**Invitation Text to Invite Your MLA to Participate in #LoveOurTrailsNS**

Dear [insert name of your MLA],

In the month of February, I invite you to take part in Hike Nova Scotia’s #LoveOurTrailsNS campaign.

I ask that you **get out onto a local trail in February, snap a photo and share on social media with the #LoveOurTrailsNS hashtag to show that you support trails in NS.** Hike NS will be celebrating MLAs who participate throughout the month by re-sharing posts with their following.

**Why?**

During the pandemic, Nova Scotians flocked to the trails in record numbers to hike. Recent storms and flooding damaged many of our trails. Our trails are feeling the impacts of both. The government has a role to play in better supporting trails and hiking because:

* Trails are a place where we go for physical activity, for relieving stress, to support our mental health and to commune with nature
* Walking is the top physical activity of Nova Scotians
* At least 75% of all trail users are hikers and hiking is one of the top three outdoor tourist activities

**What can MLAs do to support trails?**

As an MLA you can act within government to:

* Increase funding for community volunteer trail groups
* Increase funding for trails in [provincial parks](https://parks.novascotia.ca/) and [protected areas](https://novascotia.ca/nse/protectedareas/)
* Protect more [wilderness areas](https://novascotia.ca/nse/protectedareas/docs/NS_Protected_Areas_Commercial_Benefits_Final_Report.pdf)
* Know and support the provincial [Trail Strategy](https://novascotia.ca/trailstrategy/)

**Snap a Photo and Post**

During February, show your trail love by going on a hike: make it an event for your community; go with your family, friends or some constituents; or attend one of Hike NS’s [Winter Guided Hikes & Walks](https://www.hikenovascotia.ca/programs-guided-walks/). Take a photo of you on your hike and post it on social media. Be sure to include #LoveOurTrailsNS and tag Hike NS on Facebook ([@HikeNovaScotia](https://www.facebook.com/HikeNovaScotia/)), Instagram ([@hike.nova.scotia](https://www.instagram.com/hike.nova.scotia/)) or X ([@HikeNS](https://x.com/HikeNS)). If you’re not on social media, please email Hike NS at [info@hikenovascotia.ca](mailto:info@hikenovascotia.ca) and it will post for you!