



News Release

For Immediate Release

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New Trail Tromp Event Celebrates Hiking

According to various dictionary definitions, “tromp” means to walk heavily, trudge or tread or stamp on. With this definition in mind, Hike Nova Scotia is inviting hikers and the hiking curious to its first ever Trail Tromp event on October 26 in Cole Harbour. It’s meant to celebrate hiking, bring people together and support the organization’s work.

“Of course the event is about hiking, but it’s also about bringing people together to talk about hiking. You get a few hikers together and they’ll recommend favourite trails, give each other hiking tips and recount funny hiking stories,” says Janet Barlow, Hike Nova Scotia’s executive director.

“We wanted to recreate this informal connection, but on a larger scale, while fundraising too.” There will be special guests on hand who you can ask for advice on hiking, trails and more. They include:

- Deborah Peddle-Hann, fitness and wellness specialist and experienced backpacker
- Chris Surette and Jan Sebastian LaPierre from A for Adventure
- Michael Haynes, trail guidebook author
- Benoit Lalonde, waterfall guidebook author

Trail Tromp tickets range from \$25 to \$100. It runs from 9 am to 4:30 pm on Saturday, October 26 at the Cole Harbour Heritage Park. Folks can drop in at any point during the day, hike as long as they like and talk with the special guests. Ticket holders receive gifts from sponsors AtlanTick Repellent Products and Never Moor. There will be prize draws for products donated from a host of partners including Supplement King, Zoomers Physiotherapy and Health Solutions, L.L. Bean, The Trail Shop, AllTrails, Patagonia, AtlanTick Repellent Products and Never Moor. Learn more and register in advance at <https://www.hikenovascotia.ca/news-trail-tromp/>.

Why support Hike Nova Scotia? “Because, as a nonprofit, we do some pretty cool work to support hiking in the province,” replies Barlow. There are free guided hikes with local partners; free walking groups; hiking-related courses and webinars; Hiker Challenge badges; the Trail Builders Network; the International Appalachian Trail; and new this year is the Young Hikers Club.

For more information on this event or Hike Nova Scotia contact:

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