THE COMPASS

Your quarterly newsletter on outdoor leadership in Nova Scotia

Winter 2011

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Send us your photos! Show off your favorite place to get outside in Nova Scotia!

Do you have an outdoor leadership event you would like profiled in The Compass?

Atlantic Canada Geocaching Association Launches Winter Challenge in Nova Scotia

The NS Winter Geocaching Challenge is a 5 month game hosted by ACGA. This challenge encourages people of all ages to get out and geocache all winter long. Whether you are a beginner geocacher or someone who has been geocaching all along, participate by claiming the various tasks (eg. Find a geocache after midnight, host an event, bring a friend etc.). A closimg event is scheduled on April 2, 2011 to award prozes and to meet others who have participated in the activity. For more information on the NS Winter Geocaching, please refer to http://forum.atlanticgeocaching.com/index.php?topic=7012.0

Cape Breton is a Playground Go Out and Play!

submitted by Wayne McKay,Physical Activity Coordinator, Health and Wellness, Cape Breton Region

Winter is a fabulous time of year to get outside and be active. In Cape Breton, there are plenty of opportunities for outdoor winter fun. With snow, you can engage in a wide range of activities from snow shoeing to sledding, from downhill skiing to cross country skiing. Outdoor skating is always fun, if we have thick enough ice. However, if the weather stays mild, most rinks in Cape Breton offer affordable public skating and those snowshoeing and skiing trails can be hiked if there is no snow.

There are numerous organized winter activities as well. In the Cape Breton Highlands National Park, the group Les Amis du Plein Air, have organized guided hikes every Wednesday and Saturday starting at 10 am at various locations both inside and outside the park. If there is snow, you can bring along your snowshoes or cross country skis.

All hikes are meant to be enjoyable and taken at your own pace. For more information, contact Gayle at 224-1544 or visit http://www.pc.gc.ca/eng/pn-np/ns/cbreton/visit/visit8.aspx

Ski Ben Eoin is also a great place for outdoor winter activities. Every Wednesday at 10 am, there is a group that goes snowshoeing on the

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beautiful, groomed snowshoeing trails at the resort. They also have moonlight snowshoe jaunts scheduled for February 17 and March 17. For more information, call 828-2804.

Cape Breton is a wonderful place for outdoor (and indoor) winter activities. Be sure to be prepared with food, water and proper clothing. Embrace the winter and enjoy the wonderful natural assets we are so fortunate to have.

Hike NS Winter Guided Snowshoe Series

For a second year in a row, Hike Nova Scotia and its partners

across the province present the Winter Guided Snowshoe Series in January and February. The 7 hikes are led by local folks and participants qualify to win trail prizes.
Go to www.hikenovascotia.ca for details.

NEW Hiker Distance Award Program

Hike Nova Scotia is launching a new initiative to motivate and reward hikers to get out on the trails. The Hike NS Hiker Distance Award Program aims to motivate potential and current hikers to hike and/or hike more and reward them for achieving distance milestones. Rewards include bragging rights as well as lapel pins with distance achievements of 150, 250 and 500 km. For more on the program, go to http://www.hikenovascotia.ca/projects.cfm.

NSOLD Website Updates:

The 2011 NSOLD Course Schedule has now been posted.
Check out our new site www.nsold.ca View the 2011 schedule of upcoming NSOLD courses near you.

Bring on the Ice! Climb Nova Scotia Annual Ice Fest

February 12th (date to be determined by weather conditions). Climb Nova Scotia will set up Top-Ropes on some of Nova Scotia's best ice and have a little gathering afterwards to enjoy some stories over some apps and bevies! Please check www.climbnovascotia.ca/events for dates and RSVP details. See you on the ice!

Upcoming Programs & Events

Banff Mountain Film Festival January 25th Al Whittle Theatre, Wolfville and January 26 & 27, 2011 Empire Theatres Park Lane Contact: The Trail Shop info@trailshop.com or 423.8736.

Banff Mountain Film Festival January 26 & 27, 2010 Empire Theatres Park Lane Contact: The Trail Shop info@trailshop.com or 423.8736.

KAYAKING 101 January 28th 8:00pm - 11:00pm Sackville Sports Stadium Instruction: Safety, Equipment, Entries & Exits, Strokes, Self & Assisted Rescues Provided: Boats, Paddles, PFDs Registration: Minimum 1 week prior to course date with full payment at TAO 5187 Salter St. Downtown Halifax. Contact: TAO @ 481.9826 or info@theadventureoutfitters.com

Tour de Bloc 8 Bouldering Competition - Atlantic Block January 29th, 2011 at The Rock Court (Dalplex). Recreational, Beginner, Intermediate & Open (Advanced) Register at http://www.climbnovascotia.ca/

Wilderness Remote First Aid February 4 - 6th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

Canoe Kayak Nova Scotia Winter Social February 10th 7:30pm-10pm (please bring non perishable food items) Room 1009 Rowe Building, Dalhousie University, Halifax

Climb Nova Scotia Clean Ice Climb February 12th (Weather permitting) Halls Harbour More info: www.climbnovascotia.ca or email climbnovascotia@gmail.com

Take it Outside Nova Scotia Sea School Youth Wilderness Adventure February 13th (All day) - February 17th (All day) No experience required. Food, camping and cold-weather gear is included. 5 day (4 overnights) course length. Ages 15-18. Program Cost: $350.00 Contact: phoebe@seaschool.org or call 423.7284 http://www.seaschool.org

NSOLD Wilderness Survival February 19 - 20th Cape Breton (TBA) $20/ person $30/ family Contact: Frank Gallant frank@peak.ca 902.863.5560

NSOLD Leadership School for Youth Leaders February 19 - 20 Highland Region: Fresh Air Shelter, Antigonish $25.00County Contact: Frank Gallant frank@peak.ca 902.863.5560

NSOLD Leadership School for Adults February 19 - 20, 2011 Highland Region: Fresh Air Shelter, Antigonish County $95.00 Contact:Frank Gallant frank@peak.ca 902.863.5560

Wilderness Remote First Responder February 20 - 27 Acadia University, Wolfville Contact: Blair Doyle adventure@hfx.eastlink.ca 222.0868 (cel) or 434.9122 www.wrfa.ca

Wilderness Survival (1 overnight) February 26-27 Highland Region: Fresh Air Shelter, Antigonish County $20/ person $30/ family Contact: Frank Gallant frank@peak.ca 902.863.5560

Wilderness Remote First Aid March 11 - 13th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222.0868 (cel) or 434.9122 www.wrfa.ca

HeartWood March Break Program March 15 - 18th Camp Mockingee (near Windsor) for youth ages 14 - 18 Register by February 27th. More info on www.heartwood.ns.ca

Doyle Adventure & Safety Wilderness Survival March 18 - 20th (two overnights) HRSAR Base, Lower Sackville $225.00 + HST Contact: Blair Doyle adventure@hfx.eastlink.ca 222.0868 (cel) or 434.9122 www.wrfa.ca

Nova Scotia Winter Geocaching Challenge closing event April 2nd atlanticgeocaching.com

Waterwalker Film Festival April 7, 7pm-10pm MacMechan Auditorium, Killam Library, Dalhousie University, Halifax http://www.ckns.ca/

Wilderness Remote First Aid April 8 - 10th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222.0868 (cel) or 434.9122 www.wrfa.ca

NSOLD Wilderness Remote First Aid (WRFA) April 15 - 17, 2011 Highland Region (TBA) $85.00 Contact: Andrew Foran aforan@stfx.ca 902.867.5422

NSOLD Wilderness Remote First Aid (WRFA) Dates TBA Cape Breton $105.00 Contact: Andrew Foran aforan@stfx.ca 902.867.5422

Halifax Search and Rescue Eco-Endurance Challenge April 30th and May 1st http://ecoendurancechallenge.ca/

NSOLD Wilderness Navigation May 7, 2011 Cape Breton (TBA) $15.00Andrew Foran aforan@stfx.ca 902.867.5422

Wilderness Remote First Aid May 13 - 15th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

NSOLD Emergency Procedures May 14th Highland Region: Keppock Mountain area, Antigonish County $20/ person $30/ family Contact: Frank Gallant frank@peak.ca 902.863.5560

NSOLD Wilderness Navigation May 2011 Location TBA $75.00 includes topo map Contact: NSOLD at info@nsold.ca

Wilderness Remote First Aid June 10 - 12th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

NSOLD Mentoring in the Outdoors June 2011 Location TBA $65/ person $55/ student Contact: HeartWood Centre for Community Youth Development isabelle@heartwood.ns.ca 902.444.5885 www.heartwood.ns.ca

Wilderness Remote First Aid RECERT June 18 - 19th HRSAR Base, Lower Sackville Contact: Blair Doyle adventure@hfx.eastlink.ca 222-0868 (cel) or 434.9122 www.wrfa.ca

Contact Info

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