

THE COMPASS



Nova Scotia Outdoor Leadership Development Program
Box 487 1601 Lower Water St. - 5th floor
Halifax, N.S. B3J 2R7

Fall 2009

Mission of the Nova Scotia Outdoor Leadership Program

Founded in 1979, the Nova Scotia Outdoor Leadership Development Program aims to enhance the quality and quantity of outdoor leaders in Nova Scotia through a comprehensive, experiential leadership development process.

Managed by the Physical Activity, Sport and Recreation responsibility centre of the Nova Scotia Department of Health Promotion and Protection, the NSOLD program engages some of Nova Scotia's best outdoor specialists in the delivery of its programs.

It's fall in Nova Scotia and there is much to do outdoors. From paddling to trail building there is no shortage of events and activities going on throughout the province.

Have you visited the Nova Scotia Trails website recently? Be sure to have a look at several new paddling routes that have been added such as the Christopher Lakes, Roseway River, Eastern Shore Lakes System, Liscomb River, St Mary's River, River Hebert, Stewiacke River, and Sissiboo River. The Lunenburg to Halifax coastal water trails are also now online.

In this edition of the Compass we'll introduce you to the Annapolis Valley Mountain Biking Association. Find out about all the exciting work they have been doing to promote and enhance mountain biking opportunities. Another enthusiastic outdoor recreation group, the recently launched Outdoor Adventure Crew, is highlighted on page 3.

Under training and events, check out the variety of valuable learning opportunities coming up in the next few months.

To submit an article or course promotion, contact Sandra Fraser at 424-5481, frasersx@gov.ns.ca

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**Health Promotion
and Protection**

Annapolis Valley Mountain Bike Association (AVMBA)

Submitted by Glenn McMullen, Annapolis Valley Mountain Bike Association

Formed in early 2007, the **Annapolis Valley Mountain Bike Association (AVMBA)** is a not-for-profit society that seeks to build and maintain sustainable multi-use recreational trails and provide stellar outdoor recreational opportunities in the Annapolis Valley. AVMBA consists of dedicated volunteers working together to advocate for mountain biking as a high-quality low impact outdoor recreational activity in line with an active ecological integrity and therefore adheres to Leave No Trace principles and trail building standards that minimize or mitigate detrimental effects to natural ecosystems. The organization is affiliated with the **International Mountain Bike Association (IMBA)** a proactive organization that promotes rider education, environmental stewardship, active transportation, trail building and maintenance, advocacy, research and support for outdoor recreation. IMBA is currently working on Trail Guidelines to be implemented in Canada's National Parks which will set the standard for high quality sustainable multi use trails.



AVMBA recently had the pleasure of having IMBA representative and Trail Specialist Daniel Scott in its midst for several days this past August. Daniel is a graduate of the world renown Mountain Bike Operations program at Capilano University in B.C. This program teaches how to build and maintain sustainable and environmentally responsible trails suitable for mountain bike and multi-use. He put together two hands-on trail building workshops at local trails where he demonstrated several techniques including basic bridge work and rock armoring as well as how to design trails to be highly sustainable and require little to no maintenance. We also had a great meeting with the Department of Natural Resources - Parks and Recreation Division to discuss opportunities for building future partnerships for multi use trails in Nova Scotia.

In June, AVMBA, in partnership with the women's riding club "MudLasses", presented two free beginners Mountain Biking Clinics for Women (for the second year in a row). The event, held at Noggins Farm Market in Greenwich was a great success with more than two dozen riders in attendance. This workshop covered topics such as bike fit and operation, safety, trail etiquette, riding skills and basic maintenance skills with Coaches Sue Earle and Carolyn Towell.

In terms of future directions for our organization we are focusing on education/clinics, sustainable trail development and developing partnerships. There is interest in combining forces and looking at developing a provincial mountain biking association focussed on these same issues so that our voice can be heard more clearly. One of the key issues around mountain biking is a false perception that Mountain Biking has a larger environmental impact than hiking or other recreational forms. This tends to be one of the major reasons cited to justify banning of mountain bikes from certain multi use trails and there is simply no current scientific evidence to support that mountain biking has a larger environmental impact than hiking or other "non-motorized" transportation. In fact, independent studies that have been done show mountain biking to have a similar and in some cases lesser impact. However, we realize that ALL forms of recreation to have some impact and that the same rules apply to all users in that well planned sustainable trail design techniques can mitigate problems that would be present with any user. Our goal is to work together in cooperation with other trail users to build great trails for all. We just need to make sure we are at the table and seen as a valuable partner with lots of experience, passion and volunteer effort to bring.

For more information on the **Annapolis Valley Mountain Bike Association (AVMBA)** and to join our email list please go to www.avmba.com

For more information on the **International Mountain Bike Association (IMBA)** please go to www.imba.com



OUTDOOR ADVENTURE AT DALPLEX - NEW THIS FALL!



Dalhousie is pleased to offer a new series of outdoor adventure programming with events such as day hikes, overnights, canoe trips, kayaking, rock climbing, cross country and alpine skiing, snowboarding, ice climbing and much more! Programs will be created and organized with input and advice from the members of our Outdoor Adventure Crew.

It is in the spirit of Henry David Thoreau that these outdoor programs inspire to introduce participants to their own self, their neighbors and the beauty in the natural world around us. Programs are designed to inspire the novice outdoors person and to challenge the more experienced participants. Those with outdoor skills are encouraged to participate in assisting with trips or leading them.

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."

~ Henry David Thoreau

Trips are coordinated and organized through the Outdoor Program Coordinator, Heather Reynolds (hreynold@dal.ca). Recent adventures have included paddling on the arm, climbing at Chebucto Head and Polly Cove and Thanksgiving was shared by campfire at Keji. Events are posted and coordinated through the Rock Court facebook page. Just check out Groups, Rock Court and Outdoor Crew for discussion, information on any particular event and links for registration.

For more information, contact Heather or check out the Facebook links (<http://www.facebook.com/home.php?#/group.php?gid=36852737873>) and get connected. Outdoor Crew members receive reduced fees on programs and courses, indoor climbing perks and shopping perks with the Trail Shop.

Let's get outside :) smartly.

- Heather Reynolds

Nordic Ski Club

Do you love Nordic skiing? Are you frustrated by the lack of snow and groomed trails close to the HRM? Are you an endurance athlete (cyclist, runner, triathlete, paddler, rower....) looking for a great way to stay in shape and train with others during the winter?

A new Nordic ski club is launching this fall and will be based at Martock with a satellite operation at Shubie Park in Dartmouth. The Martock Nordic Ski Club (MNSC) will merge with the existing Nova Nordic Ski Club to create a new club offering skiing, programs, and a strong membership at both Martock and Shubie Park. The club will actively promote both cross country skiing and biathlon and encourage more people in N.S. to become active skiers.

Get involved:

Attend the Ski Martock Open House on October 18 to check out the new 2011 Canada Winter Games nordic trails, find out more about the new club, go on a hike, or participate in a trail race. Or contact the Trail Shop for more info: info@trailshop.com

Upcoming Events & Training Opportunities

AEE - Association for Experiential Education Conference October 29th - November 1st Montreal, QC
<http://www.aee.org/conferences/intl/>

Sea Kayak Level 2 Course October 31, November 1, November 7th & 8th 10:00 am - 4:00 pm East Coast Outfitters, Lower Prospect Contact: (902)-852-2567

Tour de Bloc Bouldering Competition November 7th Rock Court, Dalplex Halifax, NS Contact:
info@tourdebloc.com

Living in Place and Relation to the Land: Toward a new Land Use Ethic Saturday, November 7th at 10:00 AM to Sunday November, 8th at 4:00 PM Contact: info@redtailnatureawareness.ca

Nova Scotia Sea School Build Your Own Surfboard (ages 14 and up) November 7th & 8th, 9am-5pm (weekend) or November 9 – 13th, 5:30-9pm (weekdays) or November 14th & 15th, 9am-5pm (weekend) Contact: (902) 423-7284 or info@seaschool.org

80 hour Wilderness and Remote First Responder November 8 – 15th, 2009 8:30 am - 5:00 pm daily Halifax Regional Search & Rescue Contact: Blair Doyle adventure@hfx.eastlink.ca (902)222-0868 (cell) (902) 902-434-9122 (h)

Canoe Kayak NS Annual General Meeting November 24th 7 -9 pm Tentative location Shubie Centre Contact: (902) 425-5454 ext 316 canoens@sportnovascotia.ca

NSOLD Wilderness First Aid - November 27 - 29th, 2009 Highland Region Contact: Chris Samson at (902) 318-0134 or register.nsold@gmail.com

NSOLD Wilderness Survival January 23rd – 24th, 2010 Antigonish/ New Glasgow/ Pictou County Register online at www.nsold.ca

NSOLD Wilderness Survival January 29th – 31st, 2010 Gittens Lodge, Bible Hill \$65 (\$55 for students) Contact: Dave Comeau davidc@sstl.com or call (902) 465-3888 ext. 137

NSOLD Wilderness Survival February 6 – 7th, 2010 Guysborough County Register online at www.nsold.ca

Becoming an Outdoors Woman (BOW) Winter Workshop February 19th -21st, 2010 Gaelic College of Arts and Crafts, St Anns Cape Breton Contact: bowns@gov.ns.ca or call (902)-424-5832

Find us online:

<http://gov.ns.ca/hpp/pasr/nsold.asp>