



CAREGIVERS OUT & ABOUT



July 21, 2026 July 30, 2026 (rain date)

Carpool parking lot off Exit 7, Highway 103

10:30 a.m.

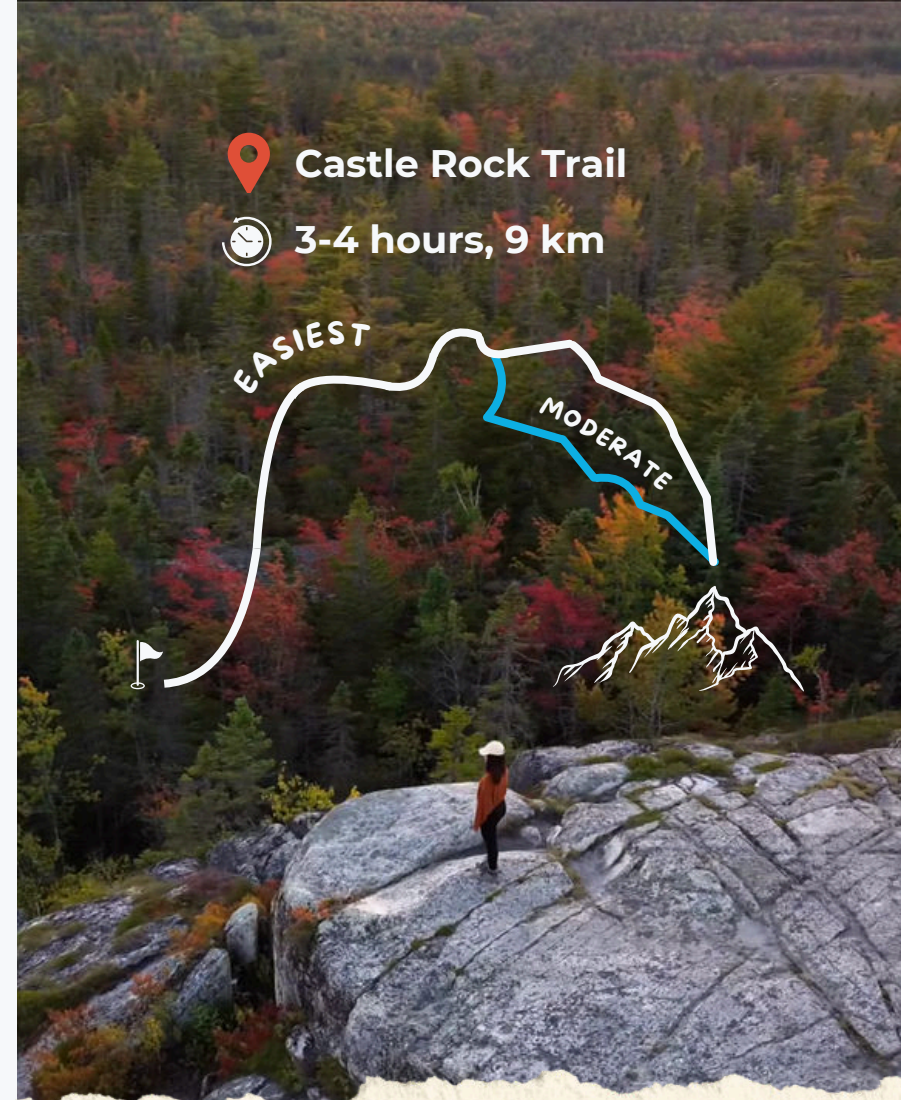
Join us for an easy to moderately challenging hike through the woods to a breathtaking view!

All caregivers are welcome, no matter the skill level. Meet with other caregivers, chat and maybe challenge yourself a little!

Registration is encouraged, but not required. To learn more and register:



902.514.1281 or SouthShore@CaregiversNS.org



Castle Rock Trail
 3-4 hours, 9 km

EASIEST

MODERATE

WHAT TO WEAR:

WHAT TO BRING:

- | | |
|--|---|
| <input type="checkbox"/> Comfortable shoes* | <input type="checkbox"/> Water |
| <input type="checkbox"/> Comfortable clothes | <input type="checkbox"/> Lunch & snacks |
| <input type="checkbox"/> Hat (optional) | <input type="checkbox"/> Bug spray |
| <input type="checkbox"/> Sunglasses (optional) | <input type="checkbox"/> Sunscreen |

*ones you don't mind getting muddy