



CAREGIVERS OUT & ABOUT



August 10, 2026



August 11, 2026 (rain date)



By the lighthouse (555 Havenside Rd, Louisbourg)



10:30 a.m.

Join us for a gentle, short walk overlooking rugged shoreline, coastal birds, fishing boats and unsurpassed ocean vistas.

All caregivers are welcome, no matter the skill level.
Meet with other caregivers, chat and relax with a view!



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



902.595.0128

or



CapeBreton@CaregiversNS.org



Louisbourg Lighthouse Trail



1 hour, 2 km

EASY



WHAT TO WEAR:

- ☐ Comfortable shoes
- ☐ Comfortable clothes
- ☐ Hat (optional)
- ☐ Sunglasses (optional)

WHAT TO BRING:

- ☐ Water
- ☐ Lunch*

*if you'd like to have lunch
together after the hike

**We'll bring snacks,
bug spray and sunscreen!**