



CAREGIVERS OUT & ABOUT



August 24, 2026



August 25, 2026 (rain date)



3796 Point Michaud Road, Port Michaud



10:30 a.m.

Join us for a relaxing walk along the shore. This trail is accessible for all hikers and perfect for bird watchers!

Meet with other caregivers, chat and relax with a view!



Registration is required. To learn more and register:



902.595.0128

or



CapeBreton@CaregiversNS.org



Point Michaud Beach



2 hour, 5 km



EASY

PARKING

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!**