



CAREGIVERS OUT & ABOUT



October 2, 2026



October 8, 2026 (rain date)



528 Stewiacke River Park Rd, MacKay Siding, NS B0N 2J0



11:00 a.m.

Explore shaded trails in a beautiful natural park with us. We'll stroll under hemlock and pine trees and walk along the river.

We'll start the day with a lunch under a [picnic shelter](#), if you'd like to join, bring packed lunch with you.

Registration is required. To learn more and register:



902.229.8464

or



Northern@CaregiversNS.org



Stewiacke River Park Trails



1 hour, 1.8 km

EASY



WHAT TO WEAR:

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

*parts of the trail can be rocky or rooty

WHAT TO BRING:

- ☐ Water
- ☐ Lunch*
- ☐ Sunscreen
- ☐ Bug spray (optional)

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

