



CAREGIVERS OUT & ABOUT



September 21, 2026



September 22, 2026 (rain date)



46715 Cabot Trail, Englishtown, NS B0C 1H0



10:30 a.m.

Join us for a gentle stroll along a three water vistas: a river, a pond and a scenic coastline, all in one loop. This trail is a bit of a hidden gem, with gorgeous views and relatively flat surface any hiker can conquer. Maybe you'd be lucky to see some bald eagles!



Registration is required. To learn more and register:



902.595.0128

or



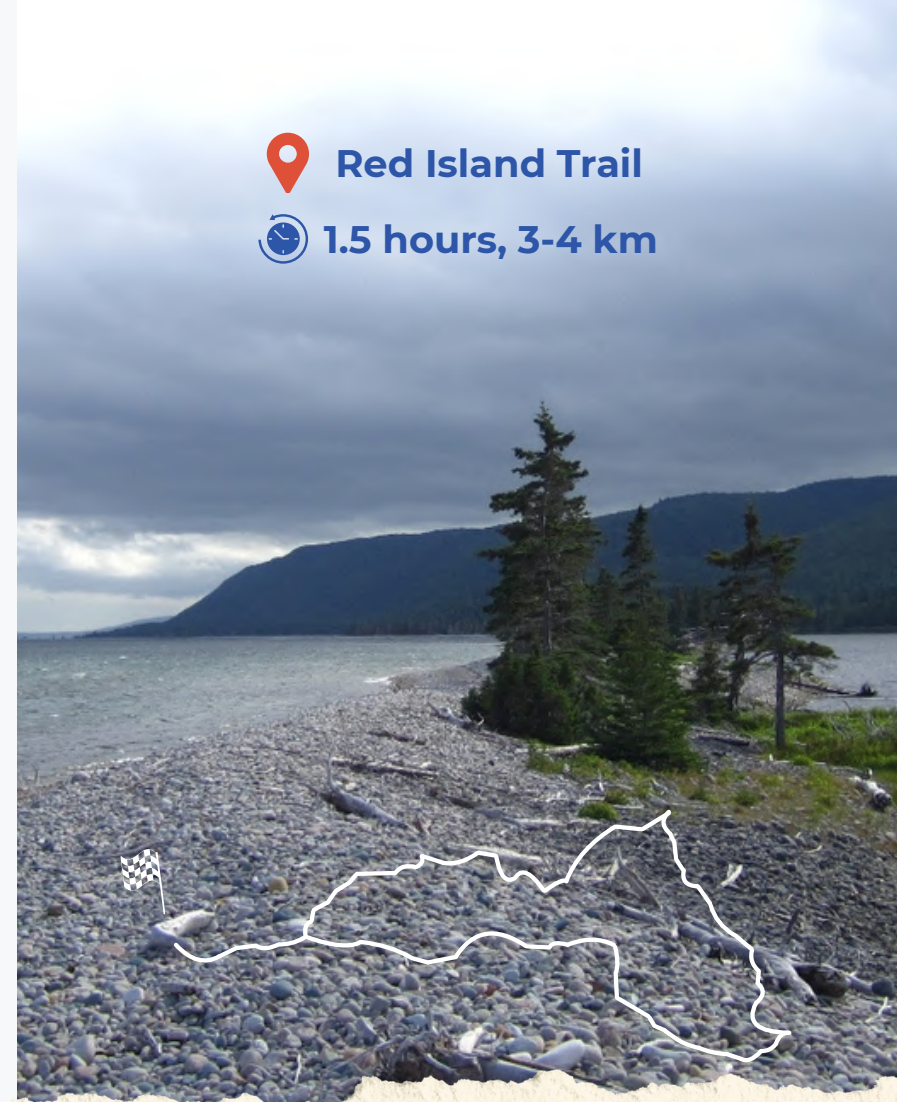
CapeBreton@CaregiversNS.org



Red Island Trail



1.5 hours, 3-4 km



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*

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

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