



In 2006, HRM Community Recreation Services and HRM Trails, with sponsorship from NS Health Promotion and Protection, have been working together to create a user friendly guide to getting out and active throughout HRM's beautiful trails and pathways, this resource has been called "Get Out Check It Out - Walk Hike Bike HRM" (GOCIO).

In Summer 2010, a second version of these popular kits will be launched with new additions, and also in a new format which will allow us to reach more residents of HRM.

Some of the new revisions of this guide include:

- adding four new trails
- more information on walking, hiking and biking in HRM
- active transportation, and accessible trails
- Active Halifax Communities - School Challenge

Stay tuned for these kits, as well as events and trail tours throughout HRM. Visit www.halifax.ca/walkhikebikeHRM in August 2010 to find out how to get your copy of the new Get Out...Check it Out ~ Walk - Hike - Bike HRM.

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