

Words of Wellness

May 2013

HIKING

Special thanks to Shelley, Jill, Ann Marie and Sandra & Eileen Anderson

Websites

www.hikingnb.ca

An online guide to New Brunswick hiking trails in Canada including Hiking Trail maps, pictures information and blog.

waterfallsnewbrunswick.ca

Hiking Apps

iWalk – GPS Fitness Coach for Hiking and Weight Loss
Accurate values for speed, pace per mile, average per mile, record per mile, distance, current altitude, burned calories as well as trip time.

iMapMyHIKE – Hiking, Trail Running, Camping, GPS
Uses the built-in GPS technology of your iPhone to enable you to track your hikes and gets you closer to achieving your health and fitness goals.

Recipe

Portable clean meals are a great treat. You can take them with you and munch away when you're in a pinch. Take this trail mix on your next adventure, whether it is to the nearest mountain range or as a post-workout snack. Add a fresh apple to a handful of trail mix and you have a complete clean meal.

Trail Mix: Select 8 of the following ingredients. You will need ¼ cup / 60 ml of each ingredient you choose. *Purchase unsalted, unroasted nuts and unsweetened dried fruit.

- Mini pretzels
- Sunflower seeds
- Dried cranberries
- Dried apricots
- Raisins
- Dried pineapple
- Dried cherries
- Almonds
- Walnuts
- Cashews
- Kashi Go-Lean cereal or other high-protein, non-fat, no-sugar-added cereal
- Mini, dark chocolate chips (only if it's your treat day!)



Source: www.eatcleandiet.com/food_and_recipes/clean_recipe/healthy_hearty_trail_mix.aspx

"In every walk with nature one receives far more than he seeks."

- John Muir

Prevention of Lyme Disease

- Wear loose fitting pants and long-sleeved shirts. Tuck your pants into your socks or wear gaiters to prevent ticks from getting inside your pants.
- Check your clothing frequently for ticks. Ticks will climb upwards until they find an area of exposed skin to chow down on.
- Wear light-coloured clothing to make it easier to spot ticks.
- Avoid contact with low-lying brush and long grass where ticks may be lurking.
- Apply insect repellent to your skin and clothing.

Source: www.canadatrails.ca

Thinking of heading out on a hiking adventure?

Here is a Day Hiker's Equipment List to get you started:

- 1) Food and Water
- 2) A map of the park or public land or trail that you're visiting.
- 3) Extra clothing. Always carry a lightweight jacket with you, preferably one that is waterproof and also wind-resistant.
- 4) Flashlight. Just in case your hike takes a little longer than you planned, bring at least one flashlight.
- 5) Sunglasses and sunscreen.
- 6) Insect repellent.
- 7) First aid kit.
- 8) Swiss army-style pocket knife.
- 9) Compass.
- 10) Emergency supplies. (Such as matches, a whistle, etc).
- 11) Fun stuff. These items aren't necessary, but they can make your trip a lot more fun:
 - wildflower and/or bird identification book
 - small pair of binoculars
 - fishing license and lightweight fishing equipment

Source www.annmariebrown.com/hiketips_equipment.html



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Long-distance Trails in New Brunswick

Source: www.canadatrails.ca

Location	Length	Number of Ratings	Average Rating (out of 5)
Mount Carleton Provincial Park	20 km	12	4.3
Sugarloaf Provincial Park	-	1	4.0
Maliseet Trail	4 km		
Mactaquac Provincial Park	10 km	4	4.0
Kouchibouguac National Park	-		
Bouctouche Dune Eco-Centre	12 km	1	4.0
The Dobson Trail	60 km	24	3.8
Hopewell Rocks	-	1	5.0
Moss Glen Nature Trail	-	1	3.5
Fundy National Park	100 km	10	4.6
Cape Jourmain Nature Centre	11 km		
Irving Nature Park	-	5	4.7
Fundy Footpath	41 km	24	4.5
New River Beach	5 km	2	4.8
Saint Andrews	-	2	2.8
Grand Manan	70 km	1	4.0
Campobello International Park	15 km	2	4.0

