

## Trails provide a place to exercise, not socialize

Being told to stay home for long periods of time is a difficult thing to do, especially on a warm spring day.

However, regulations put in place under Nova Scotia's Public Health Act regarding physical distancing and self-isolating to stop the spread of COVID-19 haven't changed.

Nova Scotia has tightened the borders to travellers and all entry points (land, sea, air) will be closely managed. Anyone entering the province will be stopped, questioned, and told to self-isolate for 14 days. Exemptions for cross-border travel include healthy workers in trades and transportations sectors who move goods and people (e.g. truck drivers); healthy people going to work (e.g. health-care workers); and people travelling into the province for essential health services (e.g. chemotherapy treatment).

Understandably, Nova Scotians will still want to get out for walks and hikes in these days of self-isolation and recreation closures. The province has advised citizens that many trails across our province remain open for exercise.

There are some exceptions. Provincial parks and beaches are closed. Trails within the provincial park system are closed. Provincial trails across Nova Scotia, if not within a provincial park or beach, are open to the public – given they are within walking distance of the users. Gathering limits of no more than five people and physical distancing guidelines of six feet or two meters must be followed.

It has advised Nova Scotians to stay home and stay within their own neighbourhoods. <https://nstrails.com/> is the link to the Nova Scotia Trails Guide, where citizens can go online for more information on trails in their areas. The province has advised against driving, as parking may be prohibited or unavailable in some locations. Parking at provincial park properties is prohibited.

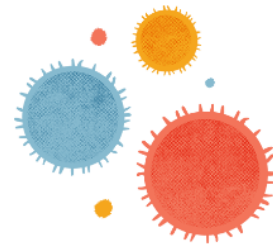
Community groups or municipalities managing trails outside of Crown land may close their trails at their discretion. If the trail is on Crown land, groups require approval from the Department of Lands and Forestry first and should contact the local area manager.

Everyone expects trails will become busier. Trails should be monitored to ensure everyone can safely enjoy them and follow the guidelines and directives. If you feel a community trail on Crown land has become too busy, please contact us for advice or to discuss options.

As always, find up-to-date information on the province's response to COVID-19 at: <https://novascotia.ca/coronavirus>

PROVINCIAL STATE OF EMERGENCY

Walk to exercise,  
not socialize



[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

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