

Favourite Fall Hikes Around Tantramar



Instructor: Richard Elliot, Sue Fisher, Margaret Ann Capper, Carol Machen, Judith Pascoe

Date/ Time: Fridays 1:30 pm-3:30 pm

Session Dates: October 13, 20, 27, November 3 (3-4 sessions)

Location: Various locations in Tantramar, instructors will confirm based on dates/ weather

Participants: Minimum 5, Maximum 30

Course Outline:

Three to four hiking sessions of 5- 10 km each will be held in the Tantramar area starting in October 2023. Hiking sessions will be cancelled for poor weather conditions, re-scheduling for the next week. This seniors' hiking activity assumes that participants would have sufficient conditioning to hike for one to two hours, and to be able to keep up with the seniors hiking group. Practice or conditioning before beginning the hiking course is advised and encouraged. Prior to each week's hiking session, course participants will be informed by e-mail about the leaders, the location of the hike, and when and where to meet for the hike.

Instructor Bio:

Richard Elliot, Margaret Ann Galbraith, Sue Fisher, Carol Machen and Judith Pascoe are experienced hikers and outdoors people, and have experience leading seniors' outdoors activities.

Remember to check your email before each new course begins and during the course. You will be contacted by email if:

- a) The course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course.
- b) During the course if the instructor gives notice that he or she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without email by phone, so please ensure the TSC has your correct phone # as well.

Absence/ Absenteeism - TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered for the course. If circumstances change for you between registration and the first class, or if you decide to withdraw from the class, please email the TSC coordinator at tscordinator@gmail.com. You can also call 506-364-2780 to let us know. Many courses have a wait list

and someone else may be able to take your place. Once the class has started please advise the instructor if you are unable to attend a session.

Classroom comportment - Active class participation is encouraged by the TSC. We request that class members are mindful and respectful of the level of comfort of their fellow students and the volunteer instructors as they participate in the discussions.