

Archery/Bow Hunting

Once you learn how to select your bow, arrows and other archery equipment, it's time to hone your skills on the target range. You'll learn these "finer points" from experienced archers. Bow hunting equipment, skills and techniques (such as camouflage, tracking and animal behavior study) will also be presented and are relevant for any activity where you want to view wildlife in the natural environment.

Backyard Birds

Nova Scotia is home to many species of birds throughout the seasons. Join our expert birders both indoors and outdoors to learn how to find birds and the skills to help you identify different species as well as tips on increasing the biodiversity within your space to attract varieties of birds. Bring your binoculars, a field guide, if you have one, and discover the wonderful world of our feathered friends.

Canoeing

Flatwater paddling is basic paddling suitable for most people. Learn the basic skills of canoeing, canoe paddles, PFD selection, canoe safety and basic paddling techniques, Coast Guard requirements and other issues will be reviewed. Please note that two people will be assigned per canoe and remember to bring footwear/clothing that can get wet.

Crossbow Hunting

Want to shoot a crossbow? Crossbow hunting has grown rapidly in Nova Scotia since they were introduced as a legal hunting weapon in 2010. The crossbow is a wonderful option for those who want to experience close range stand or blind hunting. We'll cover safe crossbow use/function, equipment set-up, hunting strategies and ethics. This class will be a mix of theory and hands-on practice on the archery range and in the woods. Join experienced crossbow hunters for this fun introduction to crossbows.

Day Hikes

Discover the joys of hiking and become more comfortable with your wooded surroundings. Instructors will help you prepare for a day hike, demonstrating packs, boots and other gear. We will take a short hike on-site and discuss ways that we can tread lightly as we go.

Edible/Medicinal Plants

Not all local produce can be found at the farmers market! Take a walk on the wild side to discover many tastes that nature provides. This introduction to wild edible/medicinal plants will explore their traditional uses, handling, tips for cooking native plants and touch on plant species at risk. Get hands-on experience in collection methods and practice identifying common wild edible plants using different plant guidebooks. There will be an opportunity to taste plants gathered during the course.

Firearms Safety, Handling & Storage

Covers basic types of firearms, basics of firearm safety, and safe transport and storage. Does not include shooting but is a prerequisite for anyone without an FAC or FHC who registers for any shooting course (shotgun, rifle). **Please do not bring your own firearms.**

Fly Fishing

Often called a graceful art form, fly fishing can be an enjoyable lifetime pursuit. Participants will learn the fundamentals of fly-casting, rods, reels, line selection and the equipment needed to get started. We will practice casting and try to encourage a fish to come to our fly. The class will travel to a local fishing area.

Fly Tying

You too can create your own masterpiece from feathers, fur, tinsel, and thread. Learn about the different types of materials used to tie flies for fishing. Learn the types of flies and when best to use them. Hands on experience making your own special flies.

Outdoor Cooking

Learn how to prepare simple, healthy and hearty meals in the outdoors. Appropriate use of fire and stoves will be demonstrated, and food selection and storage will also be discussed.

Reconnecting with Nature

Spending time in nature is proven to improve both physical and mental health and well-being. Embrace the idea of spending positive time in nature by learning how to prepare for and participate in outdoor experiences safely and comfortably. Increase the value of these experiences by learning techniques and practicing ways to enhance your connection with nature through appreciation based activities. discovering and understanding the many wonders of the plant and animal inhabitants of this special space, enjoying solo reflection time and opening yourself up to the healing power of our natural world.

Scouting for Wildlife

Do you like to spend time in the woods observing wildlife in their natural habitat? Whether hunting for prey with a camera, binoculars or traditionally with a firearm or bow, the principles are ultimately the same. This class will discuss how you can educate yourself about wildlife habits, their habitats and how you can best prepare to spend time in the woods. As animals live, eat and interact in their environments, they leave many signs of their activity. You can learn things from their tracks, nests, resting areas and droppings. Participants will be walking through the woods.

Shotgunning

This is your opportunity to have fun while you learn how to safely handle a shotgun and learn shooting techniques. You will be able to judge distances and even knock a few clay targets out of the air. A firearms license, or proof of having successfully completed the Canadian Firearms Safety Course (non-restricted) or attendance at the Firearms Safety, Storage and Handling class on Friday morning are pre-requisites. Class will travel to a gun range.

Shooting Rifles

Target shooting is an exciting challenge, so don't let this one slip by! You will learn how to handle rifles and ammunition safely and how to improve your shooting skills. A firearms license or proof of having successfully completed the Canadian Firearms Safety Course (non-restricted) or attendance at the Firearms Safety, Storage and Handling class on Friday morning are pre-requisites. Class will travel to a gun range.

Trout Fishing

Hooking into a fish of any size always makes the heart beat a little quicker and brings a smile to your face. Whether it's a wild speckled trout from a secluded brook or taking advantage of one of our many urban stocked lakes, fishing in Nova Scotia offers a wide variety of opportunity to those enjoying the sport. This session will explore the different species of fish found in the province, relevant bait and lure choices and the equipment needed to get started. We'll even get our lines in the water in hopes of coming away with a few tall tales of our own to share.

Standup Paddle Boarding

A water sport born from surfing, standup paddle boarders stand on boards that are floating on the water, and use a paddle to propel themselves through the water. All gear and safety equipment will be provided. A dryland lesson first and then guidance on the water of basic SUP Skills, Strokes and Safety as formulated by Paddle Canada. Bring footwear/clothing that can get wet.

Tasty Fish

Spend some time learning how to clean, fillet and prepare a variety of Nova Scotia sportfish. Take a closer look at the inside of a fish and learn the ins and outs of how fish function. Compare the taste of warm and cold water sportfish and learn some simple recipes.

Wilderness Camping

Get introduced to the basics of wilderness camping as we take a short trip to our forested home for the evening. Learn the basics of packing an overnight pack and get a chance to carry a loaded pack on a short hike to our campsite. On arrival, we will work together to set up a proper and safe tent site for the night. This class will be staying out in tents overnight. If you have a large backpacking pack bring it along.