



MEDIA RELEASE

Celebrate Friends of McNabs Island's 25th Anniversary with an Island Picnic – July 18th

(Dartmouth July 7, 2015) This year marks the Friends of McNabs Island Society's 25th Anniversary. To celebrate, the Friends are hosting an Island Picnic on Canada's Parks Day, Saturday, July 18th (Rain Date July 19).

"The McNabs Island Picnic has something for everyone," says Cathy McCarthy, President of the Friends. "We have guided tours, beach walks, yoga, an outdoor bootcamp, music, and children's activities including a scavenger hunt."

To add to the day's festivities, Celtic musicians Dave MacIssac and Louis Benoit will play for picnickers. And there is cool watermelon and tasty homemade cookies for everyone!

Sponsoring partner, Waterfront Development is working with Friends of McNabs Island on a number initiatives including events.

"Celebrating 25 years with the Friends of McNabs Island Society, and the community, is a wonderful way to bring more people to experience the island park," says Colin MacLean, President and CEO, Waterfront Development.

The 25th anniversary picnic includes: history tours to Fort McNab National Historic Site or midway king - Bill Lynch's childhood home; nature tours exploring the island's many diverse habitats; a beach stroll through the intertidal zone with Oceans NS guides; and a tour of the Victorian Gardens with horticulturalists.

To add to the variety of events, visitors are invited to practice yoga on the beach with Rio Halifax or take part in a boot camp with Crossfit Ironstone. For those who want to paddle to the picnic, Our HRM Alliance is launching "Hike the Greenbelt" at our picnic by paddling over from Point Pleasant Park.

Visitors should pack a picnic lunch, bring plenty of water, wear comfortable footwear and dress for the weather. For those going on the inter-tidal walk, be prepared to get your feet wet.

Tickets are available via Ticket Atlantic, 1-877-451-1221 or at participating Atlantic Superstore ticket outlets <http://www.ticketatlantic.com/en/home/events/mcnabsisland/info.aspx>.

Cost is \$15 (members of the Friends of McNabs & children under 16), \$20 (adults non-members), babies under 2 are Free, but still need a ticket.

Departures are from Halifax with Murphy's Cable Wharf, 1751 Lower Water Street, at 9:30 am with a return at 2:30 pm, or 11:30 am – 4:30 pm. Departure from Eastern Passage with A&M Sea Charters, 87 Government Wharf Road is 10:00 am with a return at 3:00 pm.

Come for a picnic and discover McNabs Island!

Thanks to our sponsors and partners - Waterfront Development, the Old Triangle, Our HRM Alliance, Oceans NS, Rio Halifax, Crossfit Ironstone, Pete's, Sobeys, Dave's Market, and Atlantic Superstores.

Friends of McNabs Island Society is a volunteer-driven, registered charity dedicated to preserving and protecting McNabs and Lawlor Island Provincial Park. Since 1990, the Friends of McNabs have improved the trails and park facilities, organized community beach cleanups and offered guided tours to island visitors – making McNabs Island a welcoming park for everyone.

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