

Becoming an Outdoors Woman Nova Scotia - Fall 2026 Class Descriptions

Firearms Safety, Handling, & Storage

Covers 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* (shooting rifles).

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.

Art in Nature

Step outside, slow down, and let nature spark your creativity! Join us for a technology-free art experience designed to make space for imagination, curiosity, and genuine connection. We'll begin outdoors, soaking up some fresh air and letting the sights, colours, shapes, and rhythms of nature inspire our creative journey. Come relax, connect, and see where nature takes your imagination! No art experience is needed, just bring yourself and a willingness to play, explore, and create! All supplies are provided.

Camping

Get introduced to the basics of 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.

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.

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.

Introduction to Home Canning

Curious about preserving your own food? Join us for a fun, hands-on introduction to the basics of home canning! We'll explore both water-bath and pressure canning, giving you the knowledge and confidence to get started. We'll chat about supplies, costs, recipe inspiration, and simple ways to save time while meal planning. Come learn, share ideas, and discover how preserving food can be a practical and rewarding part of your kitchen routine!

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Mi'kmaw Medicine Bags

In this workshop, you will learn the importance of the medicine bag, learn to make your own, what we use it for and which sacred medicines and items you can carry in your very own medicine bag. Enjoy an Elder and Grandmother Cherry Whynot of the Acadia First Nation. Wasoqapa'q (Wah soh ho bah) means Bright Water.

Nature I.D.

Unravel some of the mysteries of the forest and understand more of your wooded surroundings. Become acquainted with common plants-from lichens and mosses, to ferns, flowers and trees. As animals live, eat, and interact in their environments, they leave many signs of their activity. Discover the things you can learn from their tracks, nests, resting areas and droppings. We'll provide you with information, but if you have a favourite book or field guide, bring it along.

Nature Photography

Join an experienced nature photographer and learn the trade secrets and the factors essential to create great nature photos. This hands-on course will cover everything you need to know from light conditions, composition, to picking out that once in a lifetime shot. Bring your own 35 mm or digital camera, spare batteries (and a tripod, if you have one). A portion of the class will take place outdoors.

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.

Trail Building 101

Participants in this workshop will learn how the trail movement works in Nova Scotia then spend a couple of hours rehabilitating an existing footpath to an historic location on the Gaelic College property. Expect to use equipment and tools such as whipper snippers, rakes, pruners, etc.

Trail Building 201

Participants in this workshop will not only learn about how the trail movement works in Nova Scotia but also take part in building a *new* section of trail on the Gaelic College property. The work will be a bit more strenuous than that in the Trail Building 101 class.

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.

Wild Edible 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 will explore their traditional uses, handling, tips for cooking native plants and touch on plant species at risk. Get hands-on experience in collecting and practice identifying common wild edible plants using different plant guidebooks.

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Wilderness Survival

We know getting lost could happen, but if you were in such a situation would you survive? What you will learn in this class may make the difference. Discover how to cope in a survival situation using materials on hand. Understand how to minimize heat loss or maximize heat gain, (depending on the season). We will also discuss how to enable yourself to be found.

Woodworking

Join us for a fun, hands-on woodworking experience at the Gaelic College! Together, we'll build three benches for the trails, and you'll have the chance to add your own personal touch by signing, carving, or wood-burning a picture or symbol. You can also make and decorate your own walking stick. If time allows, we may even make some cutting boards! You'll learn to safely use tools such as sanders, wood-burning tools, and saws. No experience necessary, just bring your creativity and have fun!