

**Nova Scotia** has a superb mix of hiking terrain and some of the world's greatest coastal trails. Our 7,600km (4,750 miles) of coastline and breathtaking landscapes provide hundreds of front and back country hiking adventures. With diverse topography and geological splendor, Nova Scotia



Cape Breton Highlands National Park

offers thousands of kilometres of wilderness and seaside trails, complete with unforgettable vistas at nearly every turn. Whether hiking on your own or with the comfort and expertise that comes with a guided tour, experience the best Nova Scotia has to offer.

This brochure presents some of the premier walking and hiking opportunities in Nova Scotia — but these are only a sample of the almost endless possibilities available. Beautiful, uncrowded, and yours to discover — come experience first-hand the world-class wonder of hiking in Nova Scotia.



Salt Marsh Trail

## Leave No Trace Wilderness Ethics

We need to know about wild places, to experience them and appreciate them. We need to contemplate our place within them and to discern what draws us there. We need to carry with us an ethic that recognizes the value of wild places and acknowledges our responsibility to treat them with respect. We need to care for wild places as if they are our homes because, in many ways, they are. To do this is good for us, it's good for those that follow, and it's good for the wild places, wherever they may be found (Leave No Trace Inc.).

## There are seven Leave No Trace principles:

### Plan Ahead and Prepare

- Educate yourself on any regulations or concerns regarding your destination
- Plan for your group. Ensure everyone is up to the challenge of the destination, make sure the group brings the proper gear and that food is stored properly.

### Travel and Camp on Durable Surfaces

- Good campsites are found not made.
- Stay on designated trails and use established campsites where possible.

### Dispose of Waste Properly

- Pack it in, pack it out. Bring out whatever you take in.

### Leave What You Find

- Let photos, memories, and drawings comprise your souvenirs.

### Minimize the Impact of Campfires

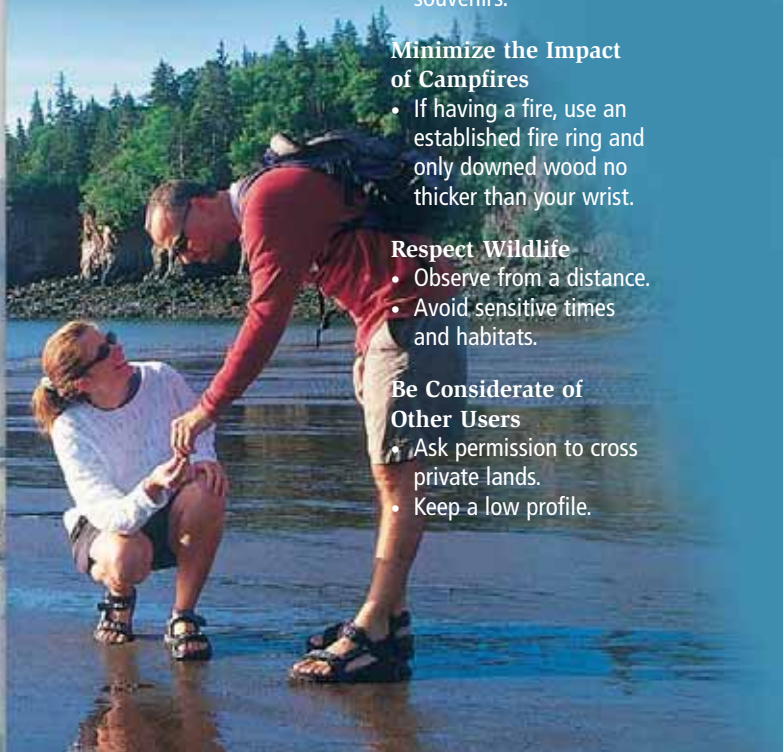
- If having a fire, use an established fire ring and only downed wood no thicker than your wrist.

### Respect Wildlife

- Observe from a distance.
- Avoid sensitive times and habitats.

### Be Considerate of Other Users

- Ask permission to cross private lands.
- Keep a low profile.



For additional hiking information [www.trails.gov.ns.ca](http://www.trails.gov.ns.ca)

For additional vacation information: 1-800-565-0000

## Hiking on the Evangeline Trail



### 1 BLOMIDON PROVINCIAL PARK

Blomidon Park is positioned on top an impressive 183-meter (600-ft) cliff, dominating the entire skyline of the Minas Basin. The brick red sandstone hillside is mirrored in the broad mud flats exposed by the retreat of the highest tides in the world, up to a 12-meter (40-foot) elevation change. More than 13-km (8-mi) of walking paths criss-cross the wooded grounds, with routes climbing from the waterline up the steep slope to look-offs offering expansive views of Kings County. Completing the entire system can require 4-5 hours, although casual walkers and families with young children can enjoy themselves on one of several shorter loops. The 759-hectare (1,875-acre) park includes 70 campsites, and picnic areas both at the top and at the bottom of the hill.

**Directions** From highway 101 take exit 11 north to Greenwich (at highway 1). Take highway 358 north to North's Corner. Turn right onto North Medford Road, then left onto Pereaux Road. Follow this road to its end at the park.

### 2 DELAPS COVE WILDERNESS TRAIL

Situated on the opposite side of North Mountain from the historic village of Annapolis Royal, Delaps Cove is exposed to the harsh weather of the Bay of Fundy. The 1871 census listed 70 inhabitants in this community. Just one house remains occupied today, and only the rock walls, apple trees, and foundations remind us of this former community.

The trail is organised in two loops of footpaths, connected by the wider track of the former road through the abandoned village. There is much to see on this walk: the remains of the former settlement, a small but picturesque waterfall, interesting plant life, and, the amazingly dynamic Bay of Fundy, the coast of which both loops briefly follow. Frequent interpretive panels, explaining your surroundings, enhance your experience.

**Directions** From Annapolis Royal on highway 1, cross the river and turn sharply left onto the Granville Road towards Port Royal. Drive through Granville Beach. Before you reach Port Royal, turn right onto Hollow Mountain Road. Follow to its end then turn left onto Shore Road West. Travel through Delaps Cove and watch for trail signs.

### 3 LIBERTY LAKE TRAIL – KEJIMKUJIK NATIONAL PARK

If you wish to go backpacking in Nova Scotia, you will almost certainly find yourself on the Liberty Lake Trail in Kejimikujik National Park. At 60-km (37-mi), this is the longest dedicated footpath in this province available to the outdoorsperson. Side trails up the West River or Ben Lake can add more than 31-km (19-mi) to the excursion, and five days is not too much to schedule if you want to experience it all.

The Kejimikujik backcountry is filled with lakes, interesting vegetation, and abundant wildlife. Between Frozen Ocean and Peskawa Lakes, you will be in an area rarely traveled, and the 300-year old Hemlocks found near the Big Dam Trailhead are a must see.

Numerous wilderness campsites are available (reservations recommended), Campsite 37 near Peskawa Lake, with its bunks and woodstove, is a popular destination for both hikers and cross-country skiers.

**Directions** West off of highway 8, the park entrance is ~27km south of Milford, and ~21km north of South Brookfield.

## Hiking on the Glooscap Trail



### 4 CAPE CHIGNECTO PROVINCIAL PARK

Cape Chignecto Provincial Park, its 185 meter (867 foot) cliffs rising out of the Bay of Fundy, is Nova Scotia's largest provincial park. With 29 km (18 mi) of coastline provides a variety of things to do and see for naturalists and hikers alike.

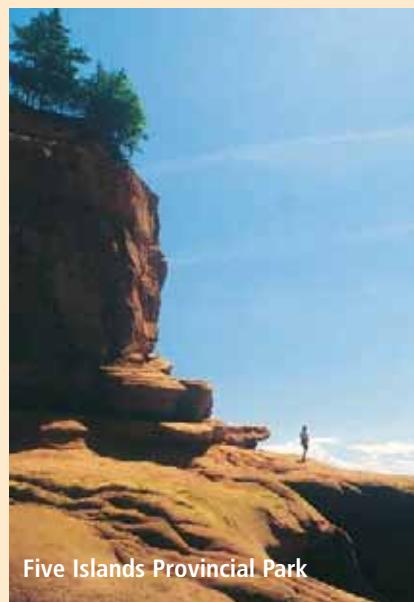
Cape Chignecto offers a wide range of challenging hiking experiences from a hike through an old growth forest on the Fundy Ridge Trail (3-4 hours), to a day long hike to Eatonville to view the Three Sisters rock formation. For those more adventurous, the best long distance trek available in the province, requiring a minimum of three days to complete the entire 60-km (36-mi) loop, is the coastal trail around the perimeter of the park. Its many campsites are often sheltered at the bottom of narrow ravines. These same gullies create formidable barriers that require frequent descents and climbs, making Cape Chignecto one of the most physically challenging hikes available in the province.

Visitors wishing to just get a taste of Cape Chignecto can take an easy walk to Red Rocks Beach (1/2 hour) or a moderate hike on the loop through the lower slopes of the Cape Chignecto Escarpment (1 hour).

**Directions** From highway 104. Take Exit 12 and follow signs to highway 2 west. Travel on highway 2 and follow it through Parrsboro. Turn right at the Irving gas station to stay on highway 2 through Parrsboro. Turn left onto highway 209 and drive ~45km to Point Hill. Once there, turn left onto West



Cape Chignecto



Five Islands Provincial Park

Advocate Road, drive through West Advocate, and the park entrance is at the end of this road.

### 5 FIVE ISLANDS PROVINCIAL PARK

Situated on the Minas Basin flank of broad, low Economy Mountain, Five Islands Provincial Park offers a number of walking paths that provide a variety of natural experiences and more than 13-km (8-mi) of exploration, within its 637-ha (1,573-a) boundaries. Its

Estuary Trail follows the bank of the inter-tidal zone of the East River. The Economy Mountain Trail travels through lush forest cover on the top of the low, rounded hill that dominates the landscape. The Red Head Trail leads to the most impressive sight in the park, the Old Wife, a sheared, jointed ridge of basalt rising out of the ocean. Directly beyond it are Moose Island and the remainder of the Five Island chain.

Clam digging is a common activity on the mud flats revealed at low tide. This is a good walking site for families, with many places to stop and rest. It is very popular in the winter for cross-country skiing.

**Directions** From highway 104. Take Exit 12 and follow signs to highway 2 west. Travel on highway 2 for ~45km. Look for the Provincial Park sign, and turn left here onto Bentley Branch Road. The park entrance is ~3km down this road.

## Hiking on the Glooscap Trail



### 6 KENOMEE HIKING & WALKING TRAILS

Near Economy Falls, one of the province's largest waterfalls, a network of hiking trails provides both recreational and wilderness outdoor experiences. From the trailhead, a short but steep path descends to the base of the falls, while other routes explore surrounding hills.

The 6.5-km (4-mi) Devil's Bend Trail follows the Economy River, for most of its length a narrow footpath. Passing through a rugged landscape of hills and valleys, this route is much more challenging than most Nova Scotia hikes.

The Kenomee Canyon Trail is one of the few wilderness standard treks in Nova Scotia. Five different stream crossings must be forded – no bridges. This 21-km (13-mi) loop features several wilderness camping sites and passes through the provincially-protected Economy River Wilderness Area.

**Directions** From highway 104. Take Exit 12 and follow signs to highway 2 west. Travel on highway 2 for ~37km to Economy. When there, turn right onto River Phillip Road. River Phillip Road is only paved for the first 2km. Travel along the unpaved section for another 5km, and you will see a road on the right. Turn right here, and 500m down the road is parking and the beginning of the Economy Falls Trail.



Kenomee Trails

### 7 THOMAS' COVE TRAILS

This trail network is organised in two loops, both beginning and ending at the parking area, where beach access is also available. Each of the loops is approximately 3.5-km (2.25-mi). The Economy Trail traces a small headland, providing excellent views of Five Islands and the Cobequid Mountains.

The Headlands Trail works toward the tip of Economy Point, revealing the opposite shoreline from Walton and Tennycap through Burntcoat Head. The soft rocks of the point, exposed to the powerful tides, are crumbled and shaped into fascinating configurations along this section.

**Directions** From highway 104. Take Exit 12 and follow signs to highway 2 west. Travel on highway 2 for ~35km. Turn left onto the Economy Point Road (500m east of the Interpretation Center). Travel on this gravel road, and look for the Thomas' Cove sign (2.7km from the highway). Turn right onto this unpaved lane. Parking is at the end of this road.

## Hiking on the Sunrise Trail



### 8 CAPE GEORGE

Shielding St. George's Bay, the hills of Cape George extend into the Northumberland Strait that separates Nova Scotia from Prince Edward Island. Ringed by coastal cliffs up to 100m (330ft) high, the tip of the cape is marked by a tall red-and-white lighthouse, a beacon for mariners since 1861.

A 33-km (21-mi) network of hiking trails wanders through the hills and forests of Cape George. Hikes of variable distance are possible, from a short 1-km to the lighthouse to an ambitious loop of more than 30-km (19-mi). A variety of experiences are available, from easy walks at the bottom of a ravine alongside a gentle brook, to rigorous treks over the exposed hilltops approaching the tip of Cape George.

There are three main trailheads; next to the wharf at Ballentyne's Cove (at the Heritage School), and at the Cape Point George Day-use park.

**Directions** Take exit 33 to Antigonish from Trans Canada Highway 104. Follow Church Street to Main street in Antigonish, from there turn right and follow Rte 337. Traveling about 35kms (21mi) to the park entrance.

### 9 FAIRMONT RIDGE

The Fairmont Ridge Hiking Trail System will appeal to both experienced hikers and those out for a Saturday stroll. Those desiring a good trek will "enjoy" the 370m (1200ft) of climb over the full hike up steep ridges and into deep ravines.

Less experienced outdoors people will appreciate that there is a map sign found at every trail junction, and that you are never more than 800m/yd from any one of them. Many route options are available with this interconnected design of trail network, with the longest route available totalling 11-km (7-mi). Fairmont Ridge offers marvelous vistas of Antigonish Harbour, St. George's Bay and Cape Breton from numerous locations along the route.

**Directions** Take exit 33 to Antigonish from Trans Canada Highway 104. Follow Church Street to Main street in Antigonish, from there turn right on to Rte 337. Traveling north for 10kms (6mi), the trail head is on the left hand side of the road and offers ample parking.

## Hiking in Cape Breton



### | 10 NORTH RIVER WATERFALL TRAIL

Gouged into the billion year-old rock of the Cape Breton Highlands, the steep-sided North River Canyon worms its way into the island's interior, until it reaches the highest waterfall in Nova Scotia, the 32-m (105-ft) North River Falls.

Located in the heart of the provincially-protected North River Wilderness Area, the 18km (11mi) return trip to the falls is a demanding hike. The narrow footpath requires numerous scrambles up steep side slopes, and several stream crossings on slippery rocks. This is definitely a choice for a fit hiking enthusiast.

Casual hikers and families can enjoy the less rugged initial 8-km (5-mi) return trip, which follows a former cart track to a salmon pool (great place for a picnic) and ruins of the abandoned homesteads that once filled the valley.

**Directions** From the Trans Canada Highway (Route 105) turn off onto the Cabot Trail at St. Ann's. Pass through St. Ann's, cross the North River bridge, then turn left onto the Oregon Road. Keeping to the left, drive about 3 km until you see the sign for the park.

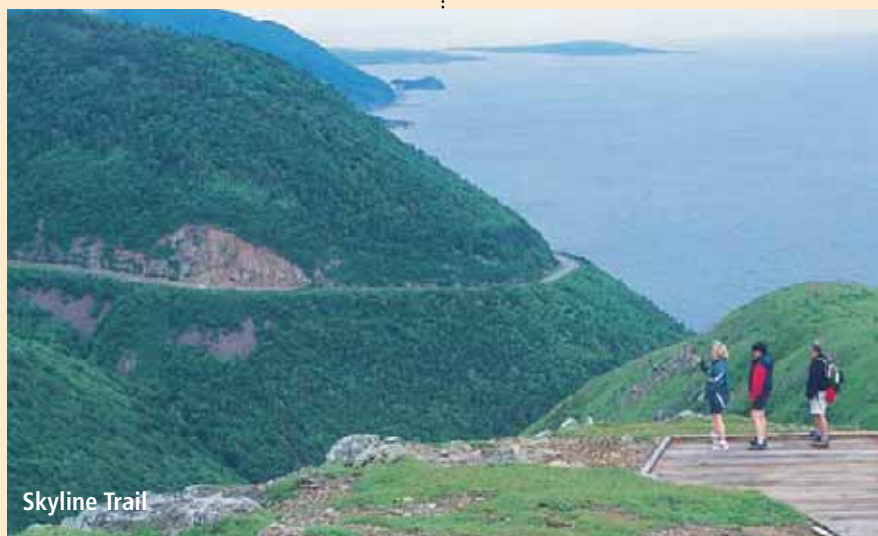
### | 11 SKYLINE TRAIL – CAPE BRETON HIGHLANDS NATIONAL PARK

The Skyline Trail is one of the most popular day walks inside Cape Breton Highlands National Park, a 7-km (4.25-mi) round trip that leads to a steep headland cliff overlooking the Gulf of St. Lawrence.

The view at the coast is stark and dramatic, with rolling ocean, hundreds of metres below. To your left, cars climbing French Mountain slowly work their way up the steep road, while the lighthouse on Cheticamp Island is visible in the distance.

Because of this trail's popularity, extensive boardwalks were built near the headland to reduce the damage to fragile plants and protect some of the most vulnerable sites from human intrusion. Interpretive panels explaining the situation are located where the trail emerges from the vegetation. Please respect the warnings and limit your access to the areas indicated.

**Directions** From Cheticamp, follow the Cabot Trail into the park, trail-head parking is 15 km past the Cheticamp Visitor Centre on the left.



Skyline Trail

## Hiking in Cape Breton



### 12 USIGE BAN FALLS

Usige (pronounced "ush-ka") Ban, is Gaelic for white water, and if you walk to the base of this 15-m (50-ft) waterfall after a heavy rain, you will understand why it received that name. At the southern edge of the Cape Breton Highlands, Falls Brook is one of the many small streams permitting the heavy rainfall that drenches the plateau to escape. April and May are the months of heaviest water flow, and the volume then would startle anyone who has only seen the waterfall in August.

This Provincial Park also contains an area of climax hardwood, with many 200-year-old maple and birch. The paths are designed with a 1.5-km (1-mi) linear route upstream to the base of the cataract, ending beneath the 150-m (500-ft) cliffs at the edge of the highlands, and a 4-km (2.5-mi) loop through the hardwood forest of the river valley.

**Directions** From highway 105, take exit 9 northwest onto Margaree Road. Follow it for ~4km, and cross the Baddeck River to Baddeck Bridge. Turn right onto Westside Baddeck Road, and travel ~6km to North Branch Road. Turn left here, and in ~3.3km the park entrance will be on your left. This is the way to get to the park from the east. It is also possible to reach the park from the west side of the Baddeck River. If you follow the signs, you should have no problems finding the park.

### 13 WEST MABOU BEACH PROVINCIAL PARK

Bounded by the sweeping expanse of the Northumberland Strait and the muscular slopes of the Mabou Highlands, West Mabou Beach has long been a favourite – but secret – sanctuary for the local population. A new network of 12-km (7.5-mi) of nature trails has been developed that permits improved access through the dune and marshes of this coastal preserve. Skirting the small fresh-water pools formed in sinkholes and passing through dense spruce thickets, the trails offer outstanding opportunities for bird-watching and naturalists. And if you want to see whales, bring your binoculars and scan the nearby ocean.

A series of interpretive panels helps to explain the complex geology of the region, and acquaints the visitor to the rich cultural heritage of this special place.

**Directions** On Route 19 take the West Mabou Road turn-off (about 3 km south of Mabou). The first entrance is to the right as the pavement ends, the second is 1km further on. Watch for the provincial park sign on your right.

## Hiking on the Marine Drive



### | 14 CHAPEL GULLY TRAIL

The Chapel Gully Trail enables you to hike very nearly on the easternmost point of mainland North America. Named for the Star of the Sea Church, which stands near the start, this trail offers rugged ocean coastline, tidal flats, boreal forest, and a burned area that is replenishing itself in jack pine. Designed as three loops, walkers may choose a length comfortable for them: 1.5-km (1-mi), 4-km (2.5-mi), or 5.5-km (3.5-mi). Benches are frequent, and there are picnic tables in several locations, including the long bridge spanning Chapel Gully.

The path works past the site of the former "Pest House", along the way interpretive panels explain how the "Pest House" was once used as a segregation compound during the early 1800s.

**Directions** Take highway 16 (from highway 104 or from highway 316) into the town of Canso. Highway 16 turns into Main St. Follow Main St. to Union St. Turn right onto Union St. and continue for ~1.2km, then turn right onto Wilmot Drive. There is a parking area located on the top of a hill.

### | 15 LISCOMB RIVER TRAIL SYSTEM

This is a fairly rugged trail, with many rocks and outcroppings, following the river from Liscombe Lodge to an old dam 4-km (2.5-mi) inland. A fish ladder has been carved into the rocky hillside, its curving path was once a trail followed by returning salmon to reach their spawning grounds upstream in the provincially-protected Liscomb River Wilderness Area. A suspension bridge spans the narrow canyon below a small waterfall, permitting a return hike along the opposite shore from your approach. This is one of the few bridges of its type in the province, and the hike is worth undertaking for this reason alone.

**Directions** Liscombe Lodge is located ~12km (7.5 mi) east of Ecum Secum, or ~27km (17 mi) west of Sherbrooke on highway 7.

### | 16 TAYLOR HEAD PROVINCIAL PARK

Taylor Head Provincial Park occupies a rugged, slender point of land extending into the Atlantic Ocean. With more than 16-km (10-mi) of coastline, of which at least one kilometre is magnificent white sand beach, and approximately 18-km (11.25-mi) of trails.

Radiating out from a central start at the parking area, at least four walking options are available. Novices should try the shorter routes before attempting the Headland or Bull Beach trails. Experienced hikers will prefer to complete the entire network.

**Directions** In Spry Bay on highway #7 ~60 km east of Musquodoboit Harbour, or ~12 km west of Sheet Harbour. When in Spry Bay, turn south onto Taylor Head Road (you'll see a large sign) and continue down this unpaved road for ~4.5km to the parking lot. The parking lot has four areas, begin your hike from the fourth and final area.

### | 17 WHITE LAKE WILDERNESS TRAIL

The White Lake Wilderness Trail is designed for those who enjoy a challenge. No compromises have been made on the route selection; if there is a hill nearby, you will climb it. This 20-km (12.5-mi) footpath alternates constantly between gully and bluff, and the route frequently skirts around massive granite boulders. Your reward will be a number of look-offs (and suitable resting-places) with views of the many lakes and granite knolls making up the provincially-protected White Lake Wilderness Area.

Connecting at either end of the Wilderness Trail, the Musquodoboit Railway follows an abandoned rail line permitting a pleasant 15-km (9-mi) return saunter suitable for any fitness level. Trekking the wilderness loop is only for the fit. Wear sturdy footwear for this one, and carry lots of water.

Various route options are available for those wanting shorter walks, such as the 2.2-km (1.4-mi) return Gibraltar Rock loop or the 11-km (6.9-mi) Admiral Lake Loop.

**Directions** Begin at the parking area in Musquodoboit Harbour at the Railway Museum. Follow the abandoned railway to the trailhead for the White Lake Wilderness and Admiral Lake trails at the north end of Bayer Lake (3.0 km).



## Hiking on the Lighthouse Route



### 18 KEJIMKUJIK SEASIDE ADJUNCT

The 22-km seaside adjunct of Kejimikujik National Park is located about 100-km (62-mi) from the inland section. Along with other nearby parks and wilderness areas, the Adjunct belongs to a concentration of recreation and conservation properties rare in Nova Scotia.

Each of the two developed walking trails offer quite different experiences. The Harbour Rocks Trail route follows the shoreline to the western end of St. Catherines River beach a 5.2 km (3.25mi) return hike from the parking lot. Expect to see hundreds of harbour seals lying on the rocks just off the trail, it is also a tremendous location for bird watching. Signs of former human habitation are common also: stone fences, rock foundations, old clearings, and cattle trails. The Port Joli Head Trail branches from the Harbour Rocks Trail, crosses the extensive bog on boardwalk, passes beside small patches of forest, follows the edge of the coast to Port Joli Head and loops along the shoreline to Harbour Rocks a 8.7 km (5.4 mi) hike beginning at the parking lot.

The trails are gravelled, well-signed, with comfort stations, viewing stations, and interpretive panels available.

**Directions** Travel 25 km southeast of Liverpool off Highway 103 at the end of St. Catherine's River Road approximately 100km from the inland portion of Kejimikujik National Park.

### 19 PENNANT POINT – CRYSTAL CRESCENT BEACH PROVINCIAL PARK

From the white sand of Coote Cove, look across Sambro Harbour to the rugged granite islands defining the western boundary of Halifax Harbour. The red-and-white striped lighthouse on Sambro Island serves to warn of nearby reefs:



Pennant Point

Shag Rock, Mad Rock, and The Sisters, all of which have claimed victims in the past. For the entire 8.5-km (5.25-mi) walk, the restless Atlantic Ocean is your constant companion as the trail heads over barrens, bogs, and massive boulders to the headland. A 20-minute drive from Halifax, Pennant Point is a different world; yet, the area is an ideal location for families, with several protected beaches that swarm with swimmers on a hot summer day, and a boardwalk front-country trail that permits an easy, but still scenic stroll near the trailhead.

**Directions** From Halifax's Armdale Rotary, travel to Sambro on highway 349 (Herring Cove Road). From Sambro follow the signs to Crystal Crescent Beach. There are two parking lots to choose from. As long as you head to the beach then turn right (southwest), you will find the coastal trail.

### 20 THOMAS H. RADDALL PROVINCIAL PARK

Thomas Raddall Provincial Park encompasses an area of 678-h (1,675-a) on the province's South Shore. Most of the park's pathways are short loops, permitting visitors to reach small headlands or former settlement sites where interpretive panels outlining the activities of the former residents may be found. All the 11-km (6.9-mi) of paths are connected, enabling walks of two to three hours. Several of the trails are designed for bicycle use as well, linking the campgrounds with aptly named Sandy Beach.

Within the park, visitors may experience a variety of natural habitats. Trails cross beaches and bogs, work through sheltered hardwood stands and exposed areas of white spruce, skirt a small lake and follow the ocean coastline for a considerable distance.

The park has day-use picnic facilities, but also features 69 car-campsites and 13 walk-in tent sites.

**Directions** From highway 103, turn south onto East Port L'Hebert Road 1.7 km west of Port Joli, or 5 km east of Granite Village. Travel ~5km down East Port L'Hebert Road, and the park entrance will be on your left.

**The Trans Canada Trail** is a shared-use linear trail that will wind its way across all of Canada's provinces and territories. The overall vision of the Trans Canada Trail Foundation was "a recreational trail linking Canada's three oceans, its people and its land". When fully complete it will be the longest shared-use trail, measuring 18,078 km, in the world. Nova Scotia's contribution to the trail runs from North Sydney to Amherst, with a link to the provincial capitol of Halifax. A second phase of the trail will run from Halifax down the South Shore and back through the Annapolis Valley. Both phases will be shared-use trail, allowing motorized and non-motorized activities. When finished all 1500km of the Nova Scotia trail will have been built by the local Municipalities and Volunteer trail groups using abandoned rail lines, public and private land, and where possible existing shared-use trails. Completed sections of trails are listed below along with their location.

#### Phase 1 (Cape Breton & Mainland Nova Scotia)

**Shortline Trail** Oxford to Pictou  
**Jitney Trail** Pictou  
**Samson Trail** New Glasgow  
**Albion Trail** Stellarton  
**Guysborough Nature Trail** Guysborough Co.  
**Ceilidh Coastal Trail** Inverness Co.  
**Judique Flyer Recreational Trail** Inverness Co.  
**Inverness Rail Trail** Inverness Co.  
**Old Branch Road Trail** Cape Breton Regional Municipality  
**Cobequid Trail** Bible Hill Truro  
**Musquodoboit Trailway** HRM  
**Blueberry Run Trail** HRM  
**Atlantic View Trail** HRM  
**Salt Marsh Trail** HRM  
**Dartmouth Multi-use Trail** HRM

#### Phase 2 (South Shore and Annapolis Valley)

**BLT Trail** HRM  
**St. Margaret's Bay Trail** HRM  
**Aspotogan Trail** Chester  
**Chester Connector** Chester  
**Dynamite Trail** Lunenburg/Queens Counties  
**Bay to Bay Trail** Lunenburg/Queens Counties  
**Adventure Trail** Lunenburg/Queens Counties  
**Bridgewater Centennial Trail** Bridgewater  
**Trestle Trail** Liverpool  
**Sable River Community Trail** Shelburne Co.  
**Jordan Falls Trail** Shelburne Co.  
**Shelburne Rail Trail** Shelburne  
**Kentville Trail** Kings Co.

#### For Additional Information on Hiking in Nova Scotia Please Contact:

**Leave No Trace Inc.**  
www.LNT.org

**Nova Scotia Provincial Parks**  
<http://parks.gov.ns.ca>

**Trails Nova Scotia:**  
www.trails.gov.ns.ca

**Parks Canada National Parks**  
www.parkscanada.gc.ca

**TransCanada Trails Nova Scotia**  
www.trailtc.ns.ca

**Nova Scotia Protected Areas**  
www.gov.ns.ca/enla/pareas

**Nova Scotia Trails Federation**  
www.novascotiatrials.com

#### To locate a C@P site in Nova Scotia contact:

<http://cap.ic.gc.ca/english/4000newns.asp>  
or by calling 1-866-569-8428

#### Books on Hiking Trails in Nova Scotia:

**Hiking Trails of Nova Scotia,**  
8th Edition (2002)  
by Michael Haynes

**Hiking Trails of Cape Breton,**  
(Revised) (2002)  
by Michael Haynes

**Trails of the Halifax Regional Municipality,** (2000)  
by Michael Haynes

**Discover Nova Scotia:  
The Ultimate Nature Guide,**  
(2001) Gary L. Saunders

For Additional Vacation Information:

**www.NovaScotia.com**

1-800-565-0000

For Additional Hiking Information:

**www.trails.gov.ns.ca**

Canada

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