RIDE ALONG ONE OF NOVA SCOTIA’S MOST DRAMATIC COASTLINE.

These four rides are a journey into the region’s lesser-known rugged, pristine and remote beauty. Travel rural roads past deep harbours, inlets, fishing wharves, bays, beaches, and, of course, 100 Wild Islands.

1. Ostrea Lake Loop
Travel up and down the deep Musquodoboit and Jeddore Harbours, past spectacular island views and village wharves. You can extend the ride with a trip out to Pleasant Point Lighthouse. Out and back from Smith Settlement to Pleasant Point is a 30km ride that avoids the hard-pack gravel road.

2. Clam Harbour Loop
A scenic coastal route featuring views of islands, bays, and community wharves, with services and some great regional attractions. Make sure you visit the Deanery Project Bicycle Hub and the long sandy beach at Clam Harbour Provincial Park. The terrain has a few gently rolling hills. The highway between Ship Harbour and Webbers Store is a steady climb.

3. Sober Island Loop
A quintessential Eastern Shore setting along remote, pristine, rugged coastal inlets. Other than a scattering of homes, you’re on your own with nature. The 4km out and back trip to tour Sober Island is recommended and ends on a rocky beach. This route is mostly flat terrain. The 14km section of Highway 7 is steady climb.

4. Sherbrooke Loop
This loop starts with a trip down memory lane in the historic Sherbrooke Village, an authentic 19th Century settlement. The route travels past fast moving St. Mary’s river, the popular St. Mary’s River Falls and the Port Hilford Beach. Terrain varies including winding roads, small hills, and some sections of dirt road.

EXPERIENCE THE BEAUTY OF THE EASTERN SHORE, BY BIKE.

The Eastern Shore stretches across some of Nova Scotia’s most dramatic coastlines. These four loop rides are a journey into the region’s lesser-known rugged, pristine and remote beauty. Travel past deep harbours, inlets, fishing wharves, bays, and beaches; each a loop variation on the theme. Off the coast lies the 100 Wild Islands archipelago - one of the largest, protected and ecologically intact island groups in North America.

Preparation
The four mapped rides are mostly on rural roads. Traffic is usually light but there are no paved shoulders or bike lanes and a few sections (see maps) are unpaved. Expect more traffic along Highway 7. Cyclists travelling the routes should be comfortable sharing the road with motor vehicles and understand and accept the inherent risks. Be prepared for varying road conditions and bring supplies and essential gear with you on your ride. Services are infrequent and some are seasonal. Consult the map and listed resources for additional information about your trip before heading out. Proper preparation and planning are key ingredients to a great ride!

Resources
CycleNovaScotia.ca features additional route maps and information on cycle touring in Nova Scotia.
Destination Eastern and Northumberland Shores features tourism information and attractions along the Eastern Shore: threehoresnovascotia.com/eastern-shore
Tourism Nova Scotia features an abundance of tourism information and attractions throughout the province: novascotia.com or 1-800-565-0000
Parks for People features information about the provincial parks located throughout the Eastern Shore and Nova Scotia: novascotia.ca/natr/parks
The Deanery Project features a bike hub where you can tune up or fix your bike: thedeaneryproject.com
**OSTREA LAKE LOOP**

**Attractions:**
- Pleasant Point: Lighthouse on Ostrea Lake Road (seasonal)
- Musquodoboit Harbour: Old Riverside Lodge B&B, several restaurants (some seasonal), and a Visitor Information Centre
- Jeddore: Jeddore River Café (seasonal), Jeddore Lodge & Cabins (seasonal)

**Services:**
- Salmon River Country Inn
- Salmon River Bridge: several restaurants (some seasonal), and a Visitor Information Centre
- Old Riverside Lodge B&B, Musquodoboit Harbour: Black Sheep Gallery
- lighthouse on Ostrea Lake Road

**CLAM HARBOUR LOOP**

**Attractions:**
- Lake Charlotte: Memory Lane Heritage Village (seasonal)
- Clam Harbour Provincial Park: beach and picnic areas
- Lower Ship Harbour: The Memory Project: Home to a bicycle hub for emergency repairs, workshops, maintenance and art

**Services:**
- Lake Charlotte: Webber’s Store & Café, cookhouse at Memory Lane Heritage Village (seasonal)

**SOBER ISLAND LOOP**

**Attractions:**
- Sheet Harbour: Faro Maria Motel and Restaurant, The Hermitage Pub & Restaurant, St. Mary’s Smokehouse, St. Mary’s Smokehouse Village (seasonal), Beanie’s Bistro (seasonal), Sherbrooke Provincial Park, St. Mary’s Smokehouse, Sherbrooke Provincial Park
- Pleasant Point: Head of West Jeddore Rd.
- West Jeddore Crossing Rd.
- Jeddore Head of Watt Section Rd.

**Services:**
- Sherbrooke: Sherbrooke Village (seasonal), Sherbrooke Provincial Park, St. Mary’s Smokehouse, Sherbrooke Village Inn Restaurant (seasonal), House of Jade, Main St. Café, Dunes B&B (seasonal), St. Mary’s Smokehouse, Sherbrooke Provincial Park, St. Mary’s Smokehouse Village (seasonal), Beanie’s Bistro (seasonal), Sherbrooke Provincial Park
- Stillwater: Nimrod’s Campground (seasonal)
- Indian Harbour Lake: Lakeside Restaurant