



Glooscap Trail

World's Highest Tides—Fundy Shore

The Glooscap Trail evokes images of ancient legends and mysteries born of nature's beauty. Come and explore this special place, where the majestic power of the world's highest tides has shaped a landscape of unforgettable splendour. A place of excitement and adventure, where once-in-a-lifetime experiences wait just around the next bend.

Mi'kmaq legends tell of the mighty Glooscap who created Five Islands and controlled the great tides with his magic. And it's the tides that create experiences that are magically unique. Walk on the ocean floor at low tide; experience the thrill of whitewater rafting upriver on the tidal bore.

The Glooscap Trail follows the spectacular shore of the Minas Basin, whose nutrient-rich waters create an ecological diversity that make it one of North America's great natural treasures. Here you can explore pristine beaches where agates and sparkling amethysts are the gifts of the waves. Hike a deep forest trail to a cascading waterfall, or enjoy the endless view from high atop towering seacliffs. This is a land where eagles and osprey soar, where moose graze in quiet marshes and fall migrations bring hundreds of thousands of shorebirds.

Visitor Information Centres

Amherst F6, 667-8429

Amherst F6, 667-0696

Masstown G7, 662-2816

Elmsdale J8, 883-1132

Joggins F5, 251-2370

South Maitland H8, 261-2298

Parrsboro G7, 254-3266

River Hebert F5, 251-2666

Stewiacke H8, 639-1248

Truro H8, 843-3493

Truro Welcome Centre H8,
893-2922

Most Visitor Information Centres are open mid-May to mid-October (subject to change). Call the above numbers or 1-800-565-0000.

Provincial Visitor
Information Centre

www.centralnovascotia.com

Kayaking at Horseshoe Cove near Cape d'Or





Fishing boats at high and low tide, Advocate Harbour.

The towns and villages of the Glooscap Trail offer a warm welcome. There are charming inns, friendly B&Bs, hotels and seaside cottages waiting to make you feel at home. You can even stay at a lighthouse! The food is memorable too—fresh steamed lobster, wild blueberry pie and creamy seafood chowders are everyday fare in these parts.

At Parrsboro's Fundy Geological Museum learn about the age of dinosaurs and discover why the Minas shore is a rockhunters' paradise. Tour the famous fossil cliffs at the Joggins Fossil Centre. Relive the glory days of shipbuilding in Port Greville at the Age of Sail Heritage Centre and in Maitland at the Lawrence House Museum. And in Springhill, you can visit the Anne Murray Centre, or descend into a real coal mine at the Springhill Miners' Museum.

While travelling the Glooscap Trail, watch for directional and interpretive signage for the Fundy Shore Ecotour, highlighting the natural aspects of the six distinct eco-zones in the area. The various sites include museums, fossil cliffs, lighthouses, and hiking trails. Downloadable brochures are available at www.fundyshoreecotour.ns.ca.



The Glooscap Trail can be followed from Windsor, on the Evangeline Trail, or from the Nova Scotia/New Brunswick border. This description begins at the border at the **2** Nova Scotia Visitor Information Centre, where you can find maps, brochures and detailed information on all of Nova Scotia's scenic travelways.

The Glooscap Trail proceeds to **2** **Amherst**, a full-service community, which is described on the Sunrise Trail.

The Amherst Marsh is part of the Tantramar Marsh, a vast wetland that is an important breeding site for over 100 species of birds and a major stopover for hundreds of thousands of migrating birds annually. The Amherst Point Migratory Bird Sanctuary, 5 km (3 mi.) south of Amherst (take Exit 3 off the Trans-Canada Highway), features inter-

pretive signage and trails through woodland, recovery meadow and wetland shore environments.



The Glooscap Trail turns off Trans-Canada Highway 104 onto Route 2 to **2** **Springhill**, an attractive town with a proud coal-mining heritage. On the outer wall of the Town Hall a stone mural depicts life in the mines, and at the Springhill Miner's Museum, located on the site of a coal mine that closed in 1970, retired miners take visitors on guided tours through several mine buildings and into a real mine shaft (see p. 224). The town's abandoned mines are now used as a unique source of environmentally friendly geothermal energy, and the community centre is a world-leading example of its use.

Springhill is the hometown of internationally acclaimed singer and recording star Anne Murray. The Anne Murray Centre on Main Street pays tribute to the star with extensive displays highlighting her life and career, exhibits of her many gold records, and video footage of many of her performances (see p. 225).

Route 2 continues to Parrsboro.



Alternative route from Amherst to Parrsboro: The **Fundy Shore Scenic Drive** heads south on Route 302 towards the Chignecto Peninsula, tracing the shores of Chignecto Bay and the Minas Basin.

The Chignecto Peninsula is a place of dramatic rocky headlands, deep bays and long, gravel beaches swept twice daily by the world's highest tides. Famed for birdlife, fossils and semi-precious gems, this geologically fascinating region presents visitors with some of the most beautiful coastal scenery in Nova Scotia. Inland is a vast wilderness of spruce woods, lakes and streams, home to eagles, moose, black bears and lynx.



The tidal bores can be seen first from the Maccan Tidal View Wetland Park, and

again in **2** **River Hebert** at the Tidal Bore Park on Main Street by the bridge. Both parks feature interpretive displays of the phenomenon. The Heritage Model Collection in River Hebert is a clever display of over 30 scale models of historic buildings and structures (see p. 225), and the small River Hebert Mining Museum documents the area's coal mining history.

From River Hebert, a road on the right leads to **Minudie**, where an interpretive park explains local history and geography. A museum in a former schoolhouse describes the history of the granite quarry (see p. 224).

The Fundy Shore Scenic Drive continues along Route 242 to **2** **Joggins**. The Joggins Fossil Cliffs are renowned for extensive deposits of 300-million-year-old fossils. With careful observation, visitors can see fossils including large fossilized tree trunks, and sometimes ferns and animal tracks, in the multi-hued layers of the cliff. The nearby Joggins Fossil Centre displays an extensive collection, and guides relate the story of the fossils' formation (see p. 224). The centre also offers regular interpretive tours of the fossil cliffs.

The road from Joggins to Apple River leads through a wooded coastal environment that offers ample opportunity for wildlife viewing.



The Fundy Shore Drive joins Route 209 at **Apple River**. Beyond Apple River lies **Cape Chignecto**, site of Nova Scotia's largest provincial park, covering over 4,000 hectares (10,000 acres). A 48-km (30-mi) hiking trail circumnavigates the cape along rugged cliffs that rise up to 200 metres (600 feet) above the Bay of Fundy. The first 8 km (5 mi.) of the park trail are well-developed and make a popular day-hiking destination. The rest of the trail takes up to three days to complete. This is an old-growth forest where deer, moose, and eagles are frequently seen. In the Eatonville area of the park a series of shorter walking trails lead visitors to a number



Fundy Geological Museum in Parrsboro.



Ride the wave when the Fundy tide rushes up the Shubenacadie River.



Get up close and personal with the wildlife at Shubenacadie Wildlife Park.

Don't Miss!

Awesome Provincial Parks
Experience the beauty of Cape Chignecto and Five Islands provincial parks.

Fossils, Bones, & Semi-precious Stones
Visit Fundy Geological Museum in Parrsboro and the Joggins Fossil Cliffs and Centre.

The Highest Recorded Tides in the World
Walk on the ocean floor at Burncoat Head Park and visit the Tidal Bore Lookoff in South Maitland.

Great Wildlife—Past and Present
Visit Mastodon Ridge in Stewiacke, and the Shubenacadie Provincial Wildlife Park in Shubenacadie.

Scenic Lighthouses
Visit our unique lighthouses in Walton, Burncoat Head, Spencer's Island, Cape d'Or and more!



Beautiful Waterfalls
Hike Victoria Park in Truro, Economy Falls in Economy, or Ward's Falls west of Parrsboro.

The Tidal Bore
Raft the Tidal Bore on the Shubenacadie River or view the Tidal Bore in Truro, South Maitland/Maitland, River Hebert, or Maccan.

Shipbuilding Heritage
Visit the Age of Sail Centre in Port Greville and the Lawrence House Museum in the Heritage Conservation District of Maitland.

Maritime Theatre at its Best
Enjoy Ship's Company Theatre in Parrsboro, and Tantramar Theatre in Amherst.

Anne Murray Centre and Miners Museum, Springhill
Walk the story of our singing superstar, or discover the legends of the coalmines.

Approx. touring distances along scenic route:

- Amherst–Joggins 35 km
- Joggins–Advocate Harbour 55 km
- Advocate Harbour–Parrsboro 45 km
- Parrsboro–Truro 70 km
- Truro–Burncoat 50 km
- Burncoat–Windsor 80 km
- Truro–Halifax 90 km

Glooscap Heritage Centre
Learn about the Mi'kmaq culture and the Glooscap legend.



Guided interpretive walk at Joggins Fossil Cliffs.

A word of caution: The tides that occur along the Bay of Fundy and the Minas Basin are the highest tides in the world, ranging from 7.5 to 16.5 m (25 to 54 ft.) in height. The incoming tide can return with amazing speed, sometimes covering hundreds of feet of level ground in a matter of minutes, and cutting off the path of safe return. Always consult local tide tables before exploring beyond the high tide line. Plan to venture out on the ebbing tide, which gives you more time to explore. Don't overestimate the distance you can travel over rocky or soft muddy ground. Remember, you may be tired later, so allow more time for your return trip. The shores of the Bay of Fundy and Minas Basin are places of awesome natural beauty—enjoy them safely!

To check times of high and low tides, call 1-877-775-0790 (within Canada).

of viewpoints offering some of the park's most spectacular scenery, including the famous Three Sisters sea stacks that rise 50 m (150 ft) above the beach.

Advocate Harbour is one of the oldest villages in Atlantic Canada. The Acadians who settled in the area built extensive dykes between the shore and the barrier beach to recover rich farmland from the sea. One of the nicest beach walks in the province begins near the bridge in Advocate Harbour and follows the top of an Acadian dyke to the beach. Known for its impressive tide-cast piles of driftwood, Advocate Beach is a 5-km (3-mi.) natural barrier beach that extends from the rocky promontory of Cape Chignecto to the harbour entrance below the cliffs of Cape d'Or.

Just beyond Advocate Harbour, a marked side road leads to **Cape d'Or**. The Cape d'Or Lighthouse, situated on a rocky projection of land that extends into the Minas Channel with sheer cliffs rising 150 metres behind it, is one of the most spectacularly located lighthouses in the province. Established in 1922 and manned until 1989, the lighthouse now serves as a restaurant and bed-and-breakfast. Visitors can walk down to the lighthouse, or enjoy the hiking trails along the cliff edge above it. The water just beyond the light, known as the Dory Rips, is almost always turbulent with the violent meeting of the currents from the Minas Basin and the Bay of Fundy.

Samuel de Champlain was close when he named this "Cape of Gold" in 1604. The rocks here actually contained glittering veins of high-quality copper, which was actively mined a century ago. Visitors to nearby Horseshoe Cove can sometimes find nuggets

of almost pure copper on the beach, as well as jasper and other semi-precious stones.

The road from Cape d'Or to Parrsboro follows the rugged coast of the Minas Basin along the rolling flanks of the Cobequid Hills, offering impressive views of the coastline and the far side of the basin.

Many of the small communities along this route made their names in the 19th century building some of the largest and fastest tall ships the world had ever seen. In one such community, **Spencer's Island**, a cairn on the waterfront commemorates the famous mystery ship *Mary Celeste*, which was built here in 1861. Photos of the shipbuilding era are on display in a decommissioned lighthouse.


At **Port Greville**, The Age of Sail Heritage Centre recalls the era when this shore was a beehive of shipbuilding activity. The museum features displays of shipwrights' tools, a recreated chandlery shop and numerous marine artifacts. Multimedia displays relate what life was like for the builders, captains and crews of the world-trading windjammers that were launched along this shore (see p. 224).

Further along, a right turn in **Diligent River** leads a short distance to a shoreside picnic park that offers a magnificent view of the broken, rocky rise of Cape Split, 7 km (4.3 mi.) across the Minas Basin.

At **Wharton**, hikers should watch for signs indicating the start of the steep but beautiful 6-km (4-mi.) interpreted hiking trail along a gorge to Ward's Falls.

 The Fundy Shore Drive rejoins the Glooscap Trail in Parrsboro.

Parrsboro is the largest community along the north shore of the Minas Basin. From the late 1700s to the early 1900s Parrsboro was the busy mercantile centre of a vast shipbuilding industry that stretched up and down the coast. Today, this picturesque town offers a full range of services and attractions.


Parrsboro is headquarters for rockhounds who come to the Minas Basin looking for zeolites and semi-precious stones, such as agate and amethyst, that are found on the beaches and in the cliffs. A great place to learn about the minerals, fossils and fascinating geology of the region is at the  Fundy Geological Museum. The museum's excellent displays include a large collection of the minerals that can be found locally, as well as dioramas that reconstruct the prehistoric world that existed along this shore millions of years ago. The most popular attractions are the Jurassic-age dinosaur bones and fossilized footprints that were discovered at nearby Wasson's Bluff in 1985 (see p. 224).

The Parrsboro Rock & Mineral Shop and Museum has prospectors' supplies, gemstones, and minerals, as well as displays of rare fossils (see p. 224). Parrsboro holds an annual Gem and Mineral Show every year in August with displays, demonstrations, boat tours, concerts and special events.

The award-winning Ship's Company Theatre presents summer theatre reflecting the Maritime community, aboard the historic ferry MV *Kipawo* (see p. 225). Parrsboro also offers front-row seats for visitors wanting to witness the fantastic power of the Fundy tides. Along this shore, the tides rise and fall as much as 15 m (50 ft.), and twice a day they completely drain the town harbour, leaving boats resting on the sea floor. The incoming tides lift the dockside fishing boats as much as 5 cm (2 in.) a minute at their peak!

OFF TRAIL ▶ From the Parrsboro town wharf, Two Islands Road follows the shore for several kilometres, offering panoramic views of the ruggedly beautiful coastline. About 6 km (4 mi.) from town, interpretive panels at the Two Islands/Wasson's Bluff site describe the dinosaur and other fossil discoveries that were made here in 1985. A trail leads to the beach and to Wasson's Bluff, where a paleontological dig continues today.

A short drive from Parrsboro along Whitehall Road, Ottawa House Museum-by-the-Sea overlooks a fine sand beach and the spectacular rocky cliffs of nearby Partridge Island. The site was an Acadian trading fort in the 1770s, and the earliest parts of the house date from this period. Today, Ottawa House has several rooms of artifacts and exhibits that highlight the shipbuilding and commercial history of the region (see p. 224). Partridge Island, popular with rockhounds, is just a short walk away, and a hiking trail leads across the island to a look-off that offers a sweeping view of the rugged Minas Basin coastline.

 The Glooscap Trail continues west along Route 2, winding through the glaciated remains of a former mountain range known as the Cobequid Hills to the tiny community of **Moose River**, once a thriving shipbuilding and lumbering community. Fossils line the banks of the river to the shoreline.

Five Islands is a popular tourist destination. Legend says that Glooscap created the Five Islands—Moose, Diamond, Long, Egg and Pinnacle—when he threw handfuls of sod at Beaver. Five Islands Provincial Park has



Top: Rock formations at Five Islands Provincial Park.

Centre: Camping in Five Islands area.

Bottom: Economy Falls, along the Economy River Wilderness Hiking Trail Network.

campgrounds, a picnic park, a beach, and interpretive signs that relate the geology of the area. The park's 13 km (8 mi.) of hiking trails feature look-offs that offer splendid views of the islands and shore. Five Islands Lighthouse, located at Sand Point Campground, has interpretive panels and access to good swimming and clam-digging.

Economy was named after the Mi'kmaq word *kenomee* meaning "a piece of land jutting out into the water". This is a great place to "walk on the bottom of the sea" when vast red sand flats are laid bare at low tide. Clam digging, rockhounding and bass fishing are popular activities. The Cobequid Interpretation Centre in Economy (see p. 225) offers interpretive displays on the geology, history and culture of the area, as well as information and a registration point for the 30-km (18-mi.) Economy River Wilderness Hiking Trail Network (see Outdoors section). On site at the Centre is a World War II Observation Tower, where visitors are encouraged to climb to the top to enjoy the view of the bay, Acadian dykes, and surrounding area.

On the left the River Philip Road leads into the Cobequid Hills, offering a panoramic view of the bay and the community below from the Minas Basin Lookoff, as well as access to several wilderness hiking trails.

Further along, Thomas' Cove Coastal Reserve offers beach access and great birding on 8 km (5 mi.) of trails leading through coastal woodlands and along the wind- and wave-carved red sandstone shore.

In **Upper Economy**, Dutch cheese is made the traditional way at a farm high on a hill overlooking Cobequid Bay (see p. 225).

Bass River was once home of the Dominion Chair Company factory, world-famous for its Bass River chairs, and the original company store is still in operation. The Bass River Heritage Museum and the Interpretive Park (see p. 225) highlight the history of the chair company and other local points of interest. Visit a stone sculptress who turns rough rock into pieces of art, which are displayed throughout the exquisite gardens.

At **Portaupique**, the remains of Acadian dykes can be seen in the saltmarshes, a favourite feeding ground for shorebirds. At the watercolour studio in the village, visitors can view serigraphs and paintings in progress and browse through the gallery (see p. 225).

The Glooscap Trail continues through **Highland Village** to **Great Village**, once a major shipbuilding area and home of the first four-masted vessel ever built in Canada. Many



Experience the Highest Tides on the Fundy Shore

"Cape Chignecto and Cape d'Or form a U-shape along the Bay of Fundy and when the tide sweeps around, it spins off the point and creates turbulent eddies. The tide continues to Cape Split, which is also U-shaped and as a result, the three currents come crashing together at one spot. They call it the "hell hole". The highest tides are three or four days after the full moon and at that time, we can get tides that are 30 or 35-feet high. I've traveled extensively all over the world and I've never seen another spot where the sun rises and sets over the water—it's pretty unique. I envy people when they walk down the hill to the water for the first time—it's magical...there's just something about this place that's very, very warm."

– Darcy Snell

Cape d'Or Lighthouse



Visit novascotia.com to watch videos of this and other exciting Nova Scotia experiences.



Beachcombing near Medford.

homes depict a sea-faring heritage in their architectural design, and many buildings have been designated as heritage buildings. The ceiling of St. James United Church, rebuilt by shipwrights after a fire in the 1800s, is shaped like the inverted keel of a ship. A plaque commemorating the life of Pulitzer Prize-winner Elizabeth Bishop, formerly of Great Village, adorns the front of the building. Next door is an antique shop and the former Layton's Store, a national and provincial heritage building.



OFF TRAIL ▶ A short side trip into the Cobequid Hills from Great Village leads to historic **Londonderry**, once a prosperous iron-mining town. In Memorial Square, cairns commemorate those who lost their lives at work and at war.


  At **Glenholme**, Route 2 joins Route 4. The Trans-Canada Highway 104, a toll highway, can also be accessed here. To the left, Route 4 leads to Amherst and the New Brunswick border.

 The Trail continues on Route 2 to **Masstown**, where a cairn commemorates the first Acadian church, indicating a major Acadian community of the past. The Masstown Market houses a visitor informa-

tion centre alongside a garden centre, a gift shop and a restaurant.

At **Lower Onslow**, a left turn at the amber light leads to MacElmon's Pond, a picnic park with a 1-km (0.5 mi.) walking trail bordering on a wildlife sanctuary. Continuing on, the road forks to **Belmont**, a farming and lumbering community, on the right and to **Debert** on the left. On a 12,000-year-old archaeological site in Debert, an interpretive trail tells the ancient history of Nova Scotia's first people, the Mi'kmaq. There are several stream crossings and lovely view-planes. The Debert Military Museum houses artifacts and information on the significance of this site during World War II and the Cold War (see p. 224). Returning to Route 2, turn left at the amber light and cross the Ishgonish River. A cairn there denotes the travelway of early French and Native people.

 At **Central Onslow** turn right onto Highway 102 then take Exit 14 to **Truro**, where Route 2 continues. Highway 102, a limited-access highway, is an alternate route directly to Halifax. At  Exit 13A, an impressive 13-m (40-ft) statue stands at the Glooscap Heritage Centre, which provides interpretation on Mi'kmaq culture and information for visitors (see p. 226).

 Route 2 proceeds into the historic town of Truro, originally named “Cobequid” by the Mi’kmaq, meaning “place of rushing water”. The “rushing water” is the tidal bore phenomenon: twice daily a wave of water rushes from the Minas Basin to fill the channel of the Salmon River in a matter of minutes. An interpretive centre is on Tidal Bore Road (see p. 226).

Truro has been described as a Victorian market town in both character and architecture. It provides a full range of services, including an attractive downtown, unique boutiques, a cultural centre, a golf course, and a harness racing track. A wide variety of architecture can be seen in the downtown core and in Truro’s three designated Heritage Conservation Districts, including many ornate Queen Anne Revival, Italianate, and Gothic Revival styles. The impressive Second Empire-style Normal School, opened in 1878, is still standing. Colourful painted murals throughout the town depict its history, and tree sculptures highlight important figures from the past (walking tour booklets are available). The Little White Schoolhouse Museum, in a restored one-room schoolhouse of the 1930’s, and the Colchester Historical Museum offer visitors a glimpse of the past (see p. 225).

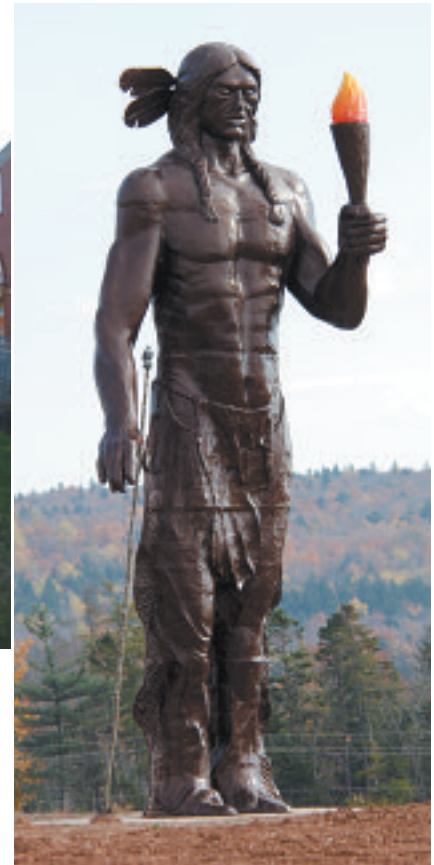
Victoria Park, in the centre of town, is one of the most beautiful natural parks in Eastern Canada. It comprises over 400 ha (1,000 acres) of magnificent trees, featuring ancient hemlocks towering above a steep chasm with a stream and two waterfalls. In a shady glen there is a replica of the



Holy Well, an Acadian baptismal site in the 17th and 18th centuries (see p. 226).

The Acadian heritage of Truro can also be seen in the dykes built along the Salmon River. The scenic Old Barns Road, too, is a reminder of the tragic deportation in 1755—all that remained afterward were a few old barns.

289 South of Truro on Route 2, a left turn on Route 289 at **Brookfield** leads to **Upper Stewiacke**, where the Stewiacke Valley Museum features displays on the region’s rich past and rooms furnished to depict



Above left: Take a tree sculpture tour in Truro.

Above: Statue of the legendary Glooscap at Millbrook.





Top: Greenwing Legacy Wetland Interpretive Project

Bottom: A replica of an ice-age wonder at Mastodon Ridge.

schools, businesses and homes of the mid-19th century (see p. 225).

2 At **Stewiacke**, near Highway 102, Mastodon Ridge Showcase features excellent interactive displays that highlight Nova Scotia's history from its geologic formation through the ice ages, the first people and the arrival of European settlers (see p. 226), and a **i** visitor information centre. Outside, a life-size replica of a mastodon is based on the 89,000-year-old mastodon bones discovered nearby at Carroll's Corner, in a gypsum mining operation.

In **Shubenacadie** the only original tin-smith shop in Eastern Canada, Watson Smith & Sons, is now a working museum with demonstrations (see p. 225). At the 20-ha (50-acre) Shubenacadie Provincial Wildlife Park, visitors can experience and enjoy many varieties of animals and birds that are native to Nova Scotia (see p. 226), and explore the new Greenwing Legacy wetland interpretation centre and nature trails.

236 From Truro, the Glooscap Trail continues along Route 236, passing through rich, rolling farmland to the Shubenacadie River, where visitors can experience one of Nova Scotia's unique adventures—tidal bore rafting! As the tidal bore rushes upriver, operators surf the waves and skirt whirlpools. Driven by the power of the Fundy tides, the wall of water going up the Shubenacadie River ranges from 1 metre (3 ft.) to over 3 metres (9 ft.) in height, depending on the phase of the moon.

In **South Maitland**, visit the new Tidal Interpretive Centre to learn about this unique phenomenon. The Tidal Bore Lookoff gives an outstanding view of the rafters battling the currents, and a 1.5-km (1-mi) walking trail leads to the South Maitland Village Park. (See p. 226.)

215 From South Maitland to Avondale, Route 215 follows the shore through a landscape of farm fields and rich red bluffs. In the late 1600s, Acadians settled along this shore, building extensive dykes that turned the tidal marshlands into fertile fields. After the deportation of the Acadians, the land was resettled by the New England Planters.

Continue along Route 215 to Maitland.

Maitland was designated Nova Scotia's first Heritage Conservation District by the Lieutenant Governor in 1995. There are nearly 50 beautiful 19th-century homes in the village. A walking tour brochure and tide tables are available at the **i** visitor information centre. The Frieze & Roy General Store, which dates from 1839, displays a number of interesting historical items throughout the store.

The history of Maitland's once-thriving shipbuilding industry lives on at the elegant Lawrence House Museum. Once the home of shipbuilder William D. Lawrence, Lawrence House is now a National Historic Site and a provincial museum. In 1874, Lawrence's shipyard launched the *William D Lawrence*, the largest wooden ship ever built in Canada (see p. 225). Dawson Dowell Park features a reconstructed wharf and historic Acadian dykes, from which you can view the tidal bore.

In **Selma**, a community art gallery in a restored schoolhouse features works in various media by area artisans.

At **Lower Selma** the East Hants Historical Museum, located in the Presbyterian Church, features exhibits of photographs and artifacts that relate the community's history. It is an excellent site for genealogy research (see p. 225). Anthony Provincial Park, overlooking Cobequid Bay, features picnic facilities, a wharf and a beach.



Low tide at Spicer's Cove, near Cape Chignecto.

354 At Noel, a left turn on Route 354 takes you to the village of Kennetcook, where many services are located. Further along, in the community of Gore, you can see five counties from the top of Court House Hill.

215 A right turn at Noel leads to **Burncoat Head**, the official site of the world's highest tides. In 1869, S. M. Saxby, an amateur astronomer, predicted that there would be exceptionally high tides worldwide, with the highest tides occurring in the Minas Basin. On October 5, 1869, the difference between high and low tide at Burncoat Head was an astounding 16.5 m (54 ft.). At the tide's peak, extensive flooding and damage were caused along the coast by a violent storm which became known as the Saxby Gale.

At Burncoat Head Park, visitors can explore a reproduction of the original lighthouse. Interpretive displays highlight the significance of the world's highest tides. The park also offers a picnic area and walking trails down to the sandstone shore.

At **Walton**, the Walton Lighthouse overlooks a rugged harbour that, until 1978, was a busy loading point for ocean-going gypsum and barite ships. Visitors can climb the three-storey structure to take in a panoramic view of the Minas Basin and surrounding shoreline. There are also picnic tables and a scenic coastal trail.

In Walton Route 215 turns right and crosses the Walton River, continuing through **Cambridge, Cheverie, Kempt Shore, and Summerville**. This shoreline has a unique marine eco-system and is a major feeding and staging area for hundreds of migratory bird species. At Cambridge a nine-hole golf course is strung along the tide-carved cliffs. Each of these communities has public access to unsupervised beaches and offers excellent views across the Minas Basin to Cape Blomidon, a huge headland that was the legendary home of Glooscap.

Off Route 215, a right turn leads along a scenic loop that follows the banks of three rivers—St. Croix, Avon and Kennetcook.

Like many areas along the Minas Basin, this region was a thriving shipbuilding region during most of the 19th century. The village of **Newport Landing** features fine old mansions, reminders of Nova Scotia's prosperity during the Age of Sail. The Age of Sail is one of the main themes of the Avon River Heritage Society Museum at **Avondale**. The museum also highlights the history and contributions of the New England Planters who settled this region in the late 18th century. Visitors can tour a boat shop, where the *Avon Spirit*, a 17-m (55-ft) schooner typical of those that once traded along these shores, was built in 1998 (see p. 225). At **Poplar Grove**, you can catch a glimpse of one of Nova Scotia's oldest houses, which was built of local fieldstone in 1699 to serve as a French mission for the Acadian villages in the area.



From **Brooklyn**, the Glooscap Trail follows Route 14 to **Windsor**, where the Evangeline Trail is joined.





SHOP

Parrsboro offers a range of unique gift shops where you can buy handmade crafts, or for longer visits stock up on groceries at the local grocery store.



EAT

With a number of local restaurants you have the choice of cafes, pubs, or fast food. Many places are open year-round, so in Parrsboro you'll never go hungry!



Parrsboro Rocks

Harbour View Restaurant

476 Pier Road
Parrsboro, N.S.
B0M 1S0



(902) 254 - 3507

Riverview Cottages



1 km East of Parrsboro on Rte 2
18 cabins in a quiet riverside setting
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E-mail: info@riverviewcottages.ca

Open April to November
3575 Eastern Ave, Parrsboro, NS
www.riverviewcottages.ca



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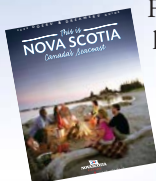
Visit the official travel web site of Nova Scotia Tourism for the most accurate and up-to-date travel information.

Check In Information and Reservation Service

Nova Scotia's official visitor information and reservation service, representing over 700 hotels, motels, inns, bed and breakfasts and campgrounds throughout the province, as well as car rental agencies. 1-800-565-0000 or www.checkinnovascotia.com



Nova Scotia Doers & Dreamers Guide



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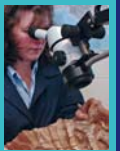
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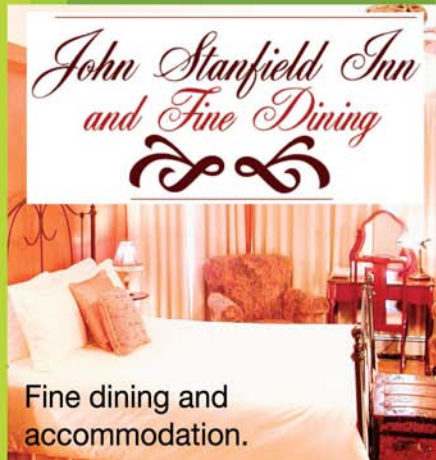



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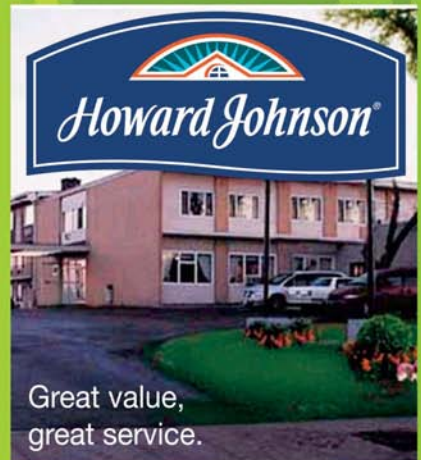
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		4 HR	2 HR	4 HR	2 HR	4 HR	2 HR	4 HR	2 HR	4 HR	2 HR	4 HR	2 HR	4 HR	2 HR
T	1	8:50 AM	10:50 AM	F	1	9:40 AM	11:40 AM	S	1	09:50 AM	11:50 AM	W	1	10:45 AM	12:45 PM
W	2	9:30 AM	11:30 AM	S	2	10:15 AM	12:15 PM	M	2	10:30 AM	12:30 PM	TH	2	11:30 AM	1:30 PM
TH	3	10:00 AM	12:00 PM	S	3	10:55 AM	12:55 PM	M	3	11:10 AM	01:10 PM	F	3	12:10 PM	2:10 PM
Fr	4	10:35 AM	12:35 PM	M	4	11:30 AM	1:30 PM	W	4	11:55 AM	01:55 PM	S	4	1:00 PM	3:00 PM
S	5	11:10 AM	1:10 PM	T	5	12:15 PM	2:15 PM	TH	5	12:40 PM	02:40 PM	S	5	2:00 PM	4:00 PM
S	6	11:50 AM	1:50 PM	W	6	1:05 PM	3:05 PM	F	6	01:30 PM	03:30 PM	M	6	3:00 PM	5:00 PM
M	7	12:35 PM	2:35 PM	TH	7	1:55 PM	3:55 PM	S	7	02:25 PM	04:25 PM	T	7	4:00 PM	6:00 PM
T	8	1:25 PM	3:25 PM	F	8	2:50 PM	4:50 PM	S	8	03:20 PM	05:20 PM	W	8	5:10 PM	7:10 PM
W	9	2:20 PM	4:20 PM	S	9	3:45 PM	5:45 PM	M	9	04:20 PM	06:20 PM	TH	9	7:50 AM	9:50 AM
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M	14	8:40 AM	8:40 AM	TH	14	8:10 AM	10:10 AM	S	14	08:55 AM	10:55 AM	T	14	10:10 AM	12:10 PM
T	15	7:35 AM	9:35 AM	F	15	9:05 AM	11:05 AM	S	15	09:45 AM	11:45 AM	W	15	10:50 AM	12:50 PM
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TH	17	9:20 AM	11:20 AM	S	17	10:50 AM	12:50 PM	T	17	11:15 AM	01:15 PM	F	17	12:10 PM	2:10 PM
F	18	10:10 AM	12:10 PM	M	18	11:40 AM	1:40 PM	W	18	12:00 PM	02:00 PM	S	18	12:50 PM	2:50 PM
S	19	11:10 AM	1:10 PM	T	19	12:30 PM	2:30 PM	TH	19	12:45 PM	02:45 PM	S	19	1:30 PM	3:30 PM
S	20	12:00 PM	2:00 PM	W	20	1:20 PM	3:20 PM	F	20	01:30 PM	03:30 PM	M	20	2:20 PM	4:20 PM
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T	22	1:55 PM	3:55 PM	F	22	3:10 PM	5:10 PM	S	22	03:10 PM	05:10 PM	W	22	4:10 PM	6:10 PM
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S	27	8:10 AM	8:10 AM	W	27	7:10 AM	9:10 AM	FR	27	07:20 AM	09:20 AM	M	27	8:10 AM	10:10 AM
M	28	7:00 AM	9:00 AM	TH	28	7:50 AM	9:50 AM	S	28	08:00 AM	10:00 AM	T	28	8:55 AM	10:55 AM
T	29	7:45 AM	9:45 AM	F	29	8:30 AM	10:30 AM	S	29	08:45 AM	10:45 AM	W	29	9:30 AM	11:30 AM
W	30	8:25 AM	10:25 AM	S	30	9:15 AM	11:15 AM	M	30	09:25 AM	11:25 AM	TH	30	10:15 AM	12:15 PM
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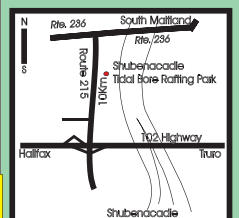
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