



# Sunrise Trail

## Warm Waters, Warm Welcomes

There's a special feeling of welcome all along the Sunrise Trail. It's a part of everything, from the warmth of the gentle surf that caresses broad sand beaches to the friendly people you'll meet everywhere you go.

There's a special beauty along the Sunrise Trail, too. Gently rolling farmlands create a quilt of emerald green fields that meets the sparkling blue waters of the Northumberland Strait. Country roads wind along sandy shores with their bright red bluffs and tidal saltmarshes that are vibrant with life. Timeless towns and villages, where generations have harvested the bounty of land and sea, now wait to be explored. Gracious accommodations offer a home away from home. There are fine restaurants, colourful shops and art galleries, as well as museums, summer theatre, and a fine arts centre.

Good food and festivals are our specialty.

### Visitor Information Centres

- ✉ Amherst F6, 667-8429  
Amherst F6, 667-0696
- Antigonish F11, 863-4921  
Oxford F7, 447-2908
- ✉ Pictou F10, 485-6213  
Pugwash F7, 243-2946
- River John F9, 351-2403
- Sutherland's River G10, 922-2444
- Tatamagouche F8, 657-3285
- Tidnish E6, 661-2703
- Wallace F8, 257-2191
- Westville G9, 396-2800

*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.tourismpictoucounty.com](http://www.tourismpictoucounty.com)  
[www.centralnovascotia.com](http://www.centralnovascotia.com)



Antigonish Highland Games

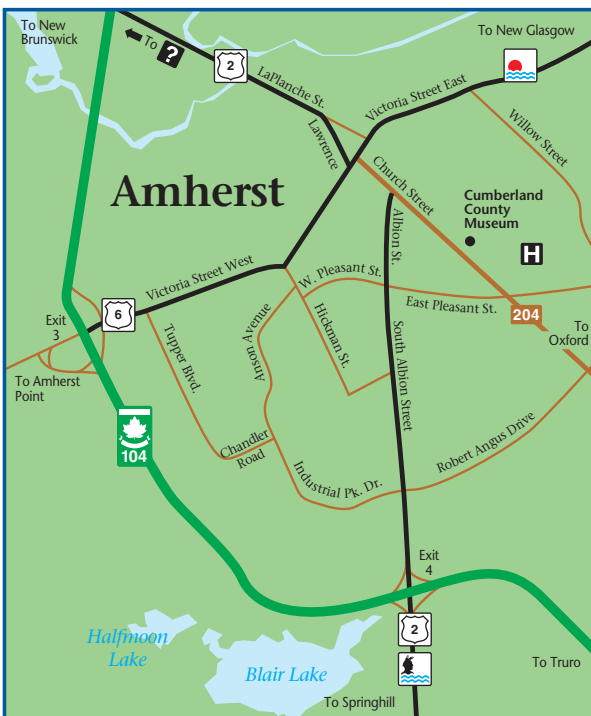


Celebrate our rich Scottish heritage at the world-famous Highland Games in Antigonish, or get swept away by the captivating magic of bagpipes, fiddles and traditional dancing at a gathering of the clans. If you love to eat, you'll enjoy special festivals celebrating our blueberries, fine wines and the delicious seafood of the Northumberland Strait.

In coastal towns all along the Northumberland Shore, the lobster boats can be seen leaving early in the morning and returning in mid-afternoon loaded with their delicious cargo. Many communities have public wharves and lobster pounds where you can purchase lobster right from the fisherman. From the sea to you—it doesn't get any fresher than that!

For swimmers and beachcombers, our 450 km (280 mi.) of shoreline and over thirty fine-sand beaches offer an irresistible invitation. There are twelve beautiful provincial parks, and nature lovers enjoy exploring our hiking trails, sand dunes and wildlife-filled salt marshes.

History comes alive along the Sunrise Trail. At the Balmoral Grist Mill you can see grain ground into flour by water power, or visit the Sutherland Steam Mill, where steam power turns logs into lumber just as it did when the mill was built in 1894. On the waterfront in Pictou, "The Birthplace of New Scotland", you can see the faithful replica of the ship *Hector* that brought the original Scottish settlers to these shores in 1773. And in Stellarton, Nova Scotia's Museum of Industry tells the story of early industrial development through entertaining interactive exhibits.



The Sunrise Trail Heritage Tour introduces you to the industry and imagination of Canada's earliest peoples—the Mi'kmaq, the Scots, the Acadians. Tour the shoreline where the age of sail meets the age of rail. Downloadable brochures are available at [www.heritagetour.ns.ca](http://www.heritagetour.ns.ca).

The Sunrise Trail begins at Exit 3 off Highway 104 and follows Victoria Street through **Amherst**. From the mid-1800s through the early 20th century, Amherst was one of Nova Scotia's most prominent centres of business and industry. Today, Amherst is an attractive, full-service town with parks, museums, and an 18-hole golf course. In the downtown area there are several tree sculptures and eleven murals depicting scenes and people from Amherst's past.

Amherst's historic position as a centre of wealth and influence is also reflected in the fact that it was the home of four of the Fathers of Canadian Confederation—Robert Barry Dickey, Jonathan McCulley, Sir Charles Tupper and Edward Barron Chandler. Dickey's former residence, Grove Cottage on Church Street, now houses the Cumberland County Museum, which traces Cumberland County's settlement and development as an early centre of industry, as well as documenting its natural and human history (see p. 259).



The Sunrise Trail follows Route 6 from Amherst through fertile farmland to **Port Howe**, a fishing community on the Northumberland Strait where fresh lobster may be purchased at the lobster pound.

**366 Alternative route:** Leaving Amherst on Route 6 and turning left on Route 366, the Sunrise Trail coastal route follows the edge of the Amherst Marsh, a part of the vast Tantramar Marsh. Covering over 50,000 ha (123,500 acres), the Tantramar is an endless network of tidal waterways, grassy wetlands and low farmlands recovered from the marsh by 18th-century Acadians. The original Acadian name for this marsh, "Tintamarre", refers to the din raised by huge flocks of waterfowl, particularly Canada Geese, who use the marsh as a stopover as they migrate along the North American Flyway. There is excellent bird-watching here and at the nearby Amherst Point Bird Sanctuary (see Glooscap Trail).

From Amherst to **Tidnish Bridge**, Route 366 follows the route of one of the most impressive engineering feats of the 19th century—the Chignecto Marine Railway. Ships traveling between the Gulf of St. Lawrence and New England had to make a long and arduous journey around Nova Scotia. Henry Ketchum, a Scottish-born engineer, undertook





Take a vineyard tour at Jost Vineyards.



Warm waters and wide sandy beaches await you.

## Don't Miss!

### Warmest Saltwater Beaches

Play in an area renowned for its abundant beaches, with the warmest waters in Nova Scotia.

### Discover the Ways of the Past

Visit the Nova Scotia Museum of Industry, Balmoral Grist Mill, Sutherland Steam Mill, or Cape George Heritage School.

### Take a Lobster to Dinner

Fresh from the clear waters of the Northumberland Strait!

### The Age of Rail: Thrill to a bygone era of steam and machines

Learn about the Chignecto Marine Railway, and visit the Tatamagouche Intercolonial Railway Station, Antigonish Heritage Museum, or the Nova Scotia Museum of Industry.

### Celebrate Scottish Heritage

Enjoy the Hector Festival & Heritage Quay in Pictou, Antigonish Highland Games, and Gathering of the Clans in Pugwash.

### Taste Our Bounty—Wild Blueberries, Maple, Fine Wine & Fresh Produce

Treat your taste buds at the Wild Blueberry and Maple Centre in Oxford, Jost Vineyards in Malagash, at local maple sugar camps, farmer's markets, and berry U-picks.

### Fantastic Festivals and Events

Experience the annual Oktoberfest in Tatamagouche, the New Glasgow Riverfront Jubilee, the Antigonish Highland Games and more!

### Family Fun

Have fun with the kids at Lismore Sheep Farm, Trenton Park, or Magic Valley Fun Park.

### Go Birding!

Visit prime birding territory at Wallace Bay Nature/Wildlife Trail, Munroe's Island Nature Reserve, or the wildlife sanctuary on the Antigonish Landing Trail.





Cyrus Eaton House, Pugwash



Blueberry picking is a family tradition.



A favourite day tour for bikers.

to build a rail system that would lift sailing ships up on specially designed rail cars and transport them 27 km (17 mi.) across the Isthmus of Chignecto to the Bay of Fundy. In spite of difficulty building in the marsh, the project was nearing completion when suddenly, in 1891, the money ran out and the project was abandoned.

Today, a section of the old marine railbed is now a 3.7-km (2.3-mi.) walking trail from the Tidnish Visitor Centre to Tidnish Dock Provincial Park. Along the way it crosses an historic keystone bridge and a modern 66-m (215-ft.) suspension bridge over the Tidnish River.

The **2** Tidnish Visitor Centre features excellent displays on the history of the marine railway. At Tidnish Dock Provincial Park, the remains of the terminal for the railway still can be seen at low tide. This picturesque seaside park also features a picnic area and a small beach. Nearby is the charming small Church of the Good Shepherd, built in 1892 for the marine railway workers.

From Tidnish to Pugwash, the Sunrise Trail follows a gentle shore of tidal inlets and sandy beaches. At **Lorneville** and **Amherst Shore**, the tide often goes out over 1.5 km (1 mi.), exposing extensive tidal flats to explore at low tide. The Amherst Shore Provincial Park features a campground, beach access and some excellent nature trails that lead through the coastal woods and along a tidal inlet. As you cross the Shinimicas River, enjoy the postcard-like view of the harbour at **Northport**, with its weathered docks and Northumberland-style lobster boats. Northport Beach Provincial Park offers picnic facilities, change rooms and a sandy beach on the Northumberland Strait.

**OFF TRAIL** ▶ Approximately 10 km (6 mi.) past Northport watch for a left turn to Heather Beach Provincial Park. This road is particularly scenic, offering excellent views of the sea and the red sand bluffs of the

shore. Heather Beach Provincial Park has a popular supervised beach and is surrounded by a thriving cottage community. The road continues to Cameron Beach near the end of the peninsula.

**301** From **Port Howe**, Route 301 leads south along the wooded banks of River Philip and through verdant farmland for 16 km (10 mi.) to the town of **2 Oxford**. This route is particularly stunning in autumn, when the hardwoods of the river valley explode in flaming reds and golds, creating a vibrant background for the crimson expanses of blueberry fields. Known as “The Blueberry Capital of Canada”, the Oxford region produces over half of Canada’s total blueberry harvest each year. Drop in at the Wild Blueberry & Maple Centre (see p. 260). In summer, the town hosts the Cumberland County Exhibition.

**321** For an alternative route back to the Sunrise Trail, cross the river in Oxford and follow Route 321 north through gentle countryside to **Port Philip** on Route 6.

**6** **2 Pugwash** is a quaint village located on a scenic harbour at the mouth of the Pugwash River. A popular holiday area, Pugwash offers visitors a unique gallery, craft shops, award-winning golf courses, and saltwater bathing on fine sandy beaches that feature some of the warmest waters in Nova Scotia.

Pugwash gained world attention in 1957, when millionaire industrialist and humanitarian Cyrus Eaton convened the first Thinkers’ Conference at Pineo Lodge. The “Pugwash Movement” became synonymous with the themes of global cooperation and nuclear disarmament, and in 1995 shared the Nobel Peace Prize with Joseph Rotblat. The town will host scientists from around the world again in 2007 for the 50th anniversary.

The town’s strong Scottish heritage is reflected in the street signs, which are in

both Gaelic and English. Each July 1, Pugwash hosts the colourful Gathering of the Clans, which attracts thousands of visitors who come to enjoy the festival’s traditional music, dances and highland games.

Pugwash is the home of a long-established producer of decorative pewter giftware (see p. 260), and the site of a major salt mine that produces over one million tonnes annually of some of the world’s purest salt.

**OFF TRAIL** ▶ A scenic side trip leads north from Pugwash along the Gulf Shore Road, following the Northumberland Strait through rolling farmland and past two 18-hole championship golf courses. The route passes through the tiny communities of **Stonehouse** and **Fox Harbour**, then turns west to trace the shore of Wallace Bay, where salt marshes and tidal inlets create a superb habitat for waterfowl and shorebirds. Gulf Shore Provincial Park, at **McLean’s Point**, offers an excellent sandy beach and warm water for swimming. Further along, Fox Harbour Park has a small picnic area overlooking a pretty tidal inlet, as well as a fine sand beach that is seldom crowded.

**6** **2 Wallace** is situated on the shore of beautiful Wallace Bay. Settled by Acadians in the 18th century, and resettled by United Empire Loyalists after the deportation of the Acadians, Wallace was a thriving commercial centre in the 1800s. The Wallace Area Museum features displays on the region’s agricultural and commercial history (see p. 259).

Over 168 species of birds have been recorded in and around Wallace Bay, and a great place to see them and enjoy the quiet tidal beauty of the region is the Wallace Bay National Wildlife Area located 2.5 km (1.5 mi.) west of Wallace on the old Bidou Road. The 582-ha (1450-acre) wildlife area is a popular breeding and staging area for a wide variety of waterfowl. Nature trails wind



throughout the site's tidal and freshwater wetlands, woodlands and open fields.

**307** Off the Sunrise Trail, right, Route 307 leads to **Wentworth**. Recreational opportunities include camping and picnic parks, hiking and biking trails for all fitness levels and, in winter, both downhill and cross-country skiing. In fall, Wentworth Valley is vibrant with the changing colours of the leaves.

**OFF TRAIL** ▶ A left turn beyond Wallace leads around the Malagash peninsula. Like the Gulf Shore Route (above), this road leads along a scenic pastoral countryside where green farmlands roll down to the red sandy shore of the Northumberland Strait. Quiet inlets and saltmarshes are rich in waterfowl and other wildlife. At **Blue Sea Corner**, near the top of the Malagash peninsula, there is a provincial beach park with a large parking area, picnic tables, pit toilets, and an access path to the wide, sandy beach. In **Malagash**, visitors can tour Jost Vineyards and sample their award-winning wines (see p. 261). The Malagash Salt Miners' Museum interprets the fascinating history of Canada's first salt mine, which operated from 1918 to 1959 (see p. 259).

**6** **Tatamagouche** is a charming village situated where the French and Waugh rivers flow into Tatamagouche Bay. Tatamagouche has become a popular travel destination, partly for its bright craft and gift shops, restaurants, museums and marina, and partly for the beauty of the surrounding countryside and unspoiled coastline. The Trans Canada Trail offers a great opportunity for hiking or biking along the coast.

In the centre of town, the Sunrise Trail Museum displays highlight the region's history from Mi'kmaq and Acadian settlements, to 19th-century agriculture, shipbuilding and pioneer lifestyles (see p. 259). The Fraser Cultural Centre has exhibits of local artists' works and a **2** visitor information centre (see p. 261). The Tatamagouche Creamery provides a home for community festivals and events, a Saturday morning farmers' market, the North Shore Archives, and an interpretive centre on the famed giantess Anna Swan (see p. 259). Tatamagouche hosts the second-largest Oktoberfest in Canada.

**311 256 326** One of the most popular destinations along the Sunrise Trail is the historic Balmoral Grist Mill in **Balmoral Mills**, 10 km (6 mi.) southeast of Tatamagouche off Route 311 on Route 256. Built in 1874 in a rocky gorge on Mathe-son Brook, the water-powered mill is now a

fully restored living-history museum where visitors can watch demonstrations of the grinding of flour from a variety of grains, exactly as it would have been done in the 1870s. The museum also features hiking trails that follow the stream, a picnic area overlooking the tranquil mill pond, and a gift shop where flour ground at the mill can be purchased (see p. 259). Further along Route 311, you can tour a sugar camp at **Earltown** (see p. 261). A short drive east on Route 256 then north on Route 326 to **Denmark** leads to the beautifully restored Sutherland Steam Mill, another provincial living history museum that demonstrates lumber milling during the age of steam. Built in 1894, this mill remained in operation until 1958, manufacturing carriages, sleighs, sleds and doors. Periodically throughout the summer, staff at the museum fire up the boilers for an impressive demonstration of the mill's working machinery (see p. 259).

**6** Route 326 rejoins the Sunrise Trail near Brule, on the scenic shores of Tatamagouche Bay. **Brule** is noted for its parks, campgrounds, golf course and sandy beaches. The Brule Fossil Centre displays conifers and footprints preserved from 290 million years ago (see p. 259). Visitors can also enjoy the seaside beauty of Tatamagouche Bay at Rushton's Beach Provincial Park, just a few kilometres east of Brule. This particularly attractive park offers a picnic area, change rooms, a boardwalk, an excellent sand beach and an observation platform overlooking a tidal saltmarsh, a favourite spot for birdwatchers.

From Rushton's Beach, the Sunrise Trail passes through **2** **River John** and **Toney River**, fishing villages with lobster pounds where visitors can purchase live lobster in season. Toney River's colourful boat-filled harbour is one of the most photographed sites along the Sunrise Trail.

**OFF TRAIL** ▶ Just past Toney River, a left turn follows Shore Road to Pictou. This scenic alternative route features interesting parks, beaches and a nature reserve. A short distance along the road, a left turn leads to Waterside Provincial Park and Caribou Island. The long, fine sand beach at Waterside Park is considered one of the best along the Northumberland Shore, and is equally popular with bathers, beachcombers and bird-watchers. From the park, a gravel road continues for 14.5 km (9 mi.) along Caribou Island, affording lovely views in all directions and ending at the tip of the island.

Returning to Shore Road, continue east to **Caribou**, where ferries provide daily service



Top: Bird's-eye view of the fall colours.

Centre: Snowboarding in Wentworth.

Bottom: Sampling maple taffy, Sugar Moon Farm.



to Wood Islands, P.E.I., May to December. Near the ferry docks, visitors can explore Caribou Provincial Park, whose long sand beach leads to the Munroe's Island Wilderness Reserve. Established by the Nature Conservancy of Canada, this 110-ha (280-acre) island has several wetland areas that attract a wide variety of waterfowl, thick softwood forests, beautiful sand beaches and rocky shores. Bald eagles and osprey are common in this area.

The historic harbour town of **Pictou**, one of the largest communities on the Northumberland Shore, is a popular destination for visitors. The town's charm stems partly from the wealth of historic architecture that dates to the town's earliest years. On September 15, 1773, Nova Scotia's first boatload of Scottish Highlanders—33 families and 25 unmarried men—arrived on the ship *Hector*; thus

began the wave of Scottish migration that has had such an impact on the development of the province.

On the Pictou waterfront, visitors will see a full-scale replica of the immigrants' ship built at the Hector Heritage Quay. The quay's colourful displays and costumed guides bring to life the history of the Scottish immigrants, the voyage of the *Hector* and the early years of pioneer life in Pictou County (see p. 260). Visitors can also tour the restored blacksmith and traditional carpentry shops.

The Hector Exhibit and Research Centre features local historical exhibits and is a centre for genealogical research (see p. 259).

While in Pictou, visitors can tour Grohmann Knives, makers of the world-famous Russell Belt Knife (see p. 261). Nearby, the deCoste Entertainment Centre hosts a wide variety of events featuring top entertainment, including lively ceilidhs in July and August (see p. 261).

 At the Pictou Rotary, Highway 106,  Nova Scotia Visitor Information Centre, which supplies official information about the province. Leaving the Pictou Rotary via the

Veniot Causeway, take Exit 2 on Abercrombie Road to New Glasgow. In **Abercrombie**, just a few minutes from New Glasgow, Crombie House Gallery exhibits an outstanding collection of Canadian art, including works by the renowned Group of Seven (see p. 261). There is also an 18-hole golf course.

**OFF TRAIL** ▶ From the Pictou Rotary, take Route 376 to **Durham** then turn left to Greenhill Look-off in Greenhill Provincial Park. Situated on a high rolling hill, the park's picnic area offers stunning, panoramic views across the patchwork fields and farmlands of Pictou County. Nearby, Magic Valley Fun Park, a 10-ha (25-acre) storybook village full of magic and imagination, also has waterslides and pools (see p. 261). At **Salt Springs** there is a lovely little picnic park by a brook.

 **106**  **104** **New Glasgow**, the largest community on the Sunrise Trail, welcomes visitors with banners of New Glasgow tartan, created to honour the town's 125th anniversary. New Glasgow is situated on the East River, and the riverfront is the focal point for entertainment and events such as the New Glasgow Jubilee and the Glasgow Square Theatre. The first rail line in Canada is now a popular riverside walking trail, the Samson Trail. In New Glasgow's vibrant downtown visitors will find gift and antique shops, art galleries, pubs and restaurants. A unique pyramid structure in the Afri-centric Heritage Park is dedicated to the first Black settlers in northeastern Nova Scotia.

**289** One side trip follows Route 289 North to Little Harbour Road and Melmerby Beach Provincial Park. One of the most popular beaches on the Sunrise Trail, Melmerby features lifeguard services, canteen, change rooms, and washroom facilities. A favourite destination for birdwatchers and beachcombers is Powell's Point Picnic Park, near **Chance Harbour**. Situated on a peninsula, the park features picnic areas and hiking trails that offer excellent views of tidal salt-marshes and surf-washed beaches. Route 289 South leads to  **Westville**, where one of Nova Scotia's largest Canada Day celebrations is held every year, and **Lansdowne**, which has a recreation park catering to seniors and people with disabilities.

**374** Nearby, **Stellarton** is Canada's pioneer coal mining and railroad town. Coal was discovered here in 1798 and was mined until recent years. Appropriately, Stellarton is home to the Nova Scotia Museum of Industry, the largest of Nova Scotia's provincial museums. It contains an extensive col-








**Top: Centre:** The 11th annual Riverfront Jubilee in New Glasgow.

**Above:** Learn the stories of days gone by at the Museum of Industry.


lection of historic locomotives, trucks, automobiles, early steam machinery and more. The museum's costumed animators and interactive displays will keep you busy for hours learning about "a day's work" in the past and present, leading up to a multimedia gallery focusing on the technology of the future (see p. 260).

Like many Nova Scotian coal-mining towns, Stellarton has seen its share of tragedy. In 1992, an explosion at the Westray coal mine in nearby **Plymouth** claimed the lives of 26 miners. A monument to the miners, with interpretive panels, has been erected on Park Street in New Glasgow.

**348** North on Route 348 in **Trenton**, Trenton Park is one of the largest recreation parks in Nova Scotia; it has a large outdoor pool, a campground, walking trails and a variety of activities. Nearby is the Pictou County Sports Heritage Hall of Fame (see p. 261).

 The Sunrise Trail continues on Route 4, then joins the Trans-Canada Highway 104 at Exit 27A.

**OFF TRAIL** ▶ Continuing along Highway 104 to Exit 29, turn left to discover Barney's River Station Schoolhouse Museum, an original pre-Confederation one-room schoolhouse (see p. 260).

**245** At Exit 27 off Highway 104,  **Sutherland's River**, the Sunrise Trail turns left on Route 245, following the Northumberland Shore through coastal and highland scenery.

**OFF TRAIL** ▶ Just past **Lower Barney's River**, a left turn leads 5 km (3 mi.) along **Big Island**, one of the most scenic coastal drives along the Sunrise Trail. The road crosses a 2-km (1.5-mi.) causeway that separates the surf and a sand beach from the gentle waters of a large tidal saltmarsh, which is a breeding and migrational stopover for many species of waterfowl and other birds. The road continues to the tip of the island to Big Island Beach, which offers uncrowded sandy expanses for walking but no facilities are available.

From Lower Barney's River to Arisaig, the coastal road rises along the seaside edge of the Antigonish Highlands and the shoreline becomes more craggy and dramatic. **Lismore** has a busy harbour crowded with a colourful array of fishing boats. St. Mary's Church at Lismore, built in 1834, is the oldest wooden church in rural Pictou County and a masterpiece of pioneer architecture.

At **Arisaig**, fossils dating back four hundred million years can be found in the sedimentary rock along the shore. Arisaig Provincial Park has interpretive displays that tell the story of the formation of the fossils, as well as a picnic area and 3 km (2 mi.) of trails, including one to the shore where careful observation may reveal the fossil deposits in the layered rocks.

**337** At **Malignant Cove**, named for the HMS *Malignant*, which was shipwrecked here in 1774, the Sunrise Trail becomes Route 337. As you round Cape George,

## Experience true Scottish Heritage on the Sunrise Trail

"We are pleased to celebrate the arrival of the first Scottish settlers who arrived in Pictou in 1773. Back then, 189 settlers planned for an eight-week journey across the ocean on the ship Hector—a wooden Dutch food ship—but that journey turned into three months at sea, because of a storm off the coast of Newfoundland. It wasn't easy; it was a journey of hardship and a lot of people lost loved ones at sea. But it's exciting because this was the first seed of Scottish immigration to North America. Today, for people who're interested in looking into their family roots, their research often begins here. We've seen a lot of excited, emotional moments when people discover their family name in documents from this historic voyage. It's so important to remember these stories because of the enormous impact they have on us, even today."

– Michelle Temple

Supervisor of Interpretive Centre  
Hector Heritage Quay

Visit [novascotia.com](http://novascotia.com) to watch videos of this and other exciting Nova Scotia experiences.



watch for a left turn that leads to the Cape George Lighthouse, standing high on a bluff, 300 m (1,000 ft.) above the surging tide. A lighthouse has stood here since 1895; the present light was built in 1968. On clear days, you can see Prince Edward Island, over 50 km (30 mi.) away. The picnic area here is an ideal place for an impromptu lunch high above the sea.

The scenery is equally spectacular in nearby **Ballantyne's Cove**, where the brightly painted homes of this busy fishing community lie scattered along green meadows atop the high red bluffs of the cove. Several look-offs afford dramatic views of the coastline, including the rocky rise of Cape George. One of the look-offs has interpretive displays that describe the geological origins of St. George's Bay.

The Sunrise Trail continues along Route 337, following the shore of St. George's Bay south to Antigonish, 53 km (33 mi.) away. The highway passes several barrier beaches and tidal inlets. Mahoney Beach is a fine sand and rock beach which is popular with bird-watchers. Nearby, visitors can explore the region's beautiful Fairmont Ridge hiking trails.

Reward your senses in **Antigonish**, a major cultural and service centre. Antigonish has a strong Scottish heritage, and the renowned Antigonish Highland Games have

been held here every year since 1861. The largest and oldest highland games held outside Scotland, the festival attracts crowds of thousands every July with its highland music, dancing, food and traditional games.

St. Francis Xavier University offers studies in Celtic languages, literature and history, and has an impressive Gaelic collection. In the Hall of the Clans are hand-carved crests of the 70 founding Scottish families of Nova Scotia. Festival Antigonish, a summer-long theatre festival, takes place at the Bauer Theatre on the St. FX campus (see p. 261).

The Antigonish Heritage Museum, in the former CN railway station on East Main Street, has displays and artifacts related to the region's cultural and economic growth as well as an extensive genealogical research collection (see p. 260).

The train station is also the start of 3 km (2 mi.) of groomed bicycling and walking trails that trace the shore of Antigonish Harbour. The harbour here is bordered by a large tidal marsh that teems with birds and wildlife, and ospreys and bald eagles can frequently be seen. During spring and fall migrations the marsh also serves as a feeding stop for large numbers of waterfowl.

**OFF TRAIL** ▶ A scenic drive along Southside Harbour Road leads to two of Nova Scotia's finest beaches. Dunn's Beach, a spectacular 1.5-km (1-mi.) sweep of sand and pristine, wind-carved dunes, is the eastern half of the barrier beach that protects Antigonish Harbour. The western half of the barrier beach is Mahoney Beach, which lies just a stone's throw across the harbour channel, but over 30 km (19 mi.) away by road.

Continuing a short distance along Southside Harbour Road leads to Pomquet Beach,

another magnificent expanse of sand and dunes that stretches along the coast for over 2 km (1.5 mi.). Pomquet Beach Provincial Park here features picnic tables, a beach boardwalk, change facilities and supervised swimming. The village of **Pomquet** was settled in 1761 by Acadians, and today many homes proudly fly *Stella Maris*, the Acadian flag. Pomquet features Acadian entertainment weekly throughout the summer.



The Sunrise Trail continues on Trans-Canada Highway 104.



Exit 35 leads to Route 316 and south along a river to **Fraser Mills**. At the Fraser Mills Fish Hatchery, visitors can see virtually every phase of early life of the 1,000,000 trout and salmon that the hatchery raises each year to stock the province's lakes (see p. 261).



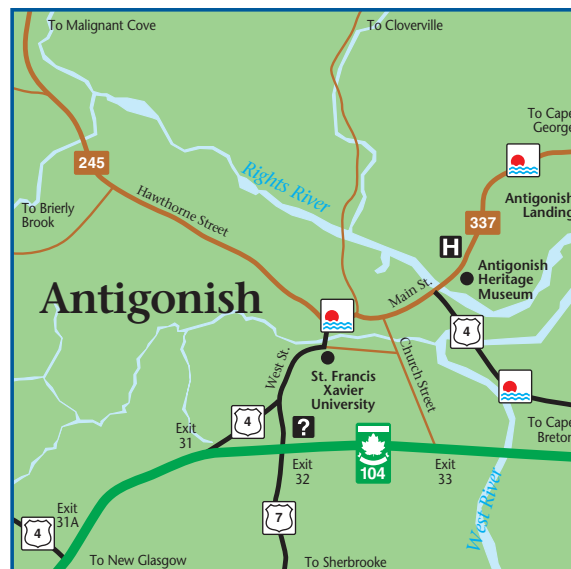
Returning to the Trans-Canada Highway, take Exit 36A to follow the coast on Route 4.

**OFF TRAIL** ▶ Off Route 4, left, **Bayfield** features a busy fishing harbour and a provincial picnic park with a sand beach. From Bayfield the road continues along the coast of St. George's Bay to **Tracadie** back on Route 4.



Further along, the community of **Monastery** was named for the French Trappist monastery that was opened here in 1825. The monastery was closed in 1919 but reopened in 1938 under the St. Augustinian Fathers who came to this country to escape Nazi persecution. The monastery is not open to the public but there is a public outdoor chapel in a glen that features a natural spring.

The Sunrise Trail ends at **Auld's Cove**, a common resting point with some services and amenities at the western end of the Canso Causeway which leads to Cape Breton. Route 344, right, is the beginning of the Marine Drive, which leads to the Halifax-Dartmouth Metropolitan area.





# Victorian Lavender Festival

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- Open July 6 to August 22, 10 - 2pm
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 902-351-2601 or 1-800-294-9530
- Shop at the Halifax Farmer's Market
- For more info, [www.lavendercanada.com](http://www.lavendercanada.com)



## Sandy Shores Motel & Waterfront Dining



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**For reservations call 1-902-243-2555 or 1-877-484-9774**  
 e-mail: [sandyshores@ns.sympatico.ca](mailto:sandyshores@ns.sympatico.ca)

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**Golf Packages, Warm Beaches, Excellent Food**

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# Balmoral Grist Mill

Treat your senses! Escape to a picturesque mill that's been grinding grain since 1874. Smell the oats, toasted in the Scottish tradition. Relax to the sounds of a waterwheel in the mill stream. Taste the flavour of all-natural oatmeal. Stroll along a forest trail or picnic beside the mill pond.

June 1 - October 15  
 Balmoral Mills 902 657 3016  
[gristmill.museum.gov.ns.ca](http://gristmill.museum.gov.ns.ca)



A PART of THE NOVA SCOTIA MUSEUM

# Sutherland Steam Mill

Know-how and ingenuity built this steam-powered lumber and woodworking mill in the 1880s. Imagine the billowing steam, hissing as it drove the powerful machines.

June 1 - October 15  
 Denmark 902 657 3365  
[steammill.museum.gov.ns.ca](http://steammill.museum.gov.ns.ca)



 FOLLOW THE KEY TO NOVA SCOTIA'S MUSEUMS

**NOVA SCOTIA**  
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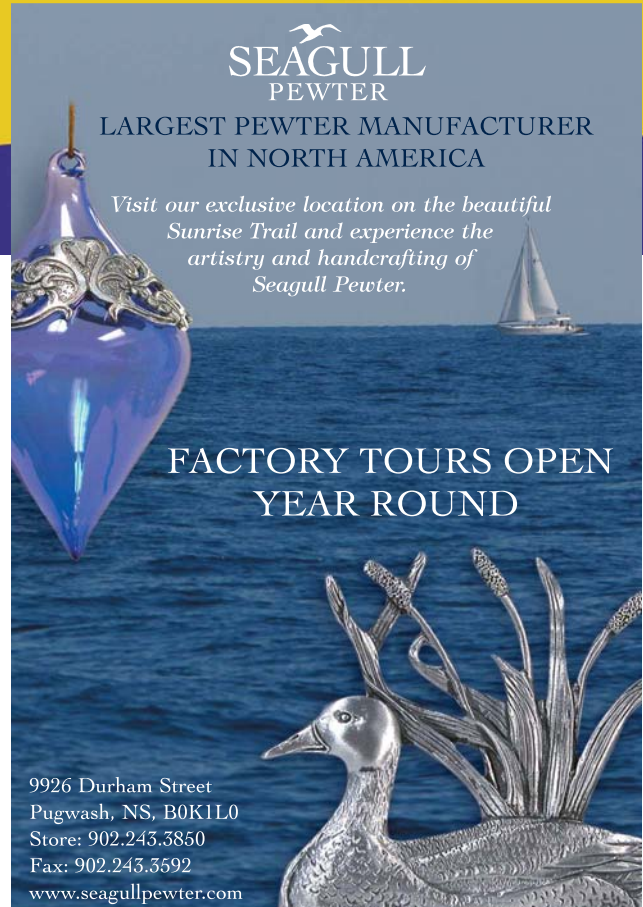
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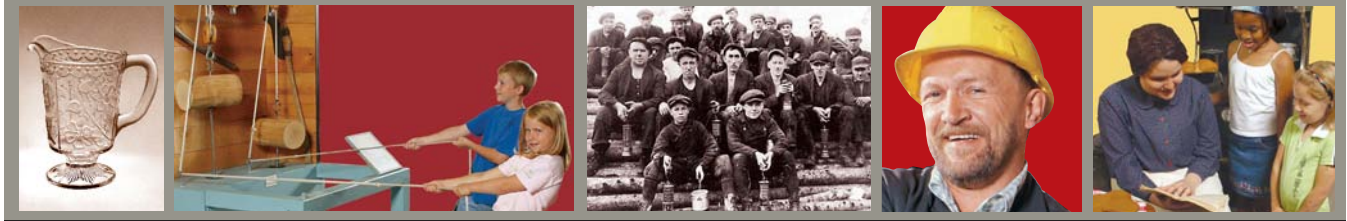
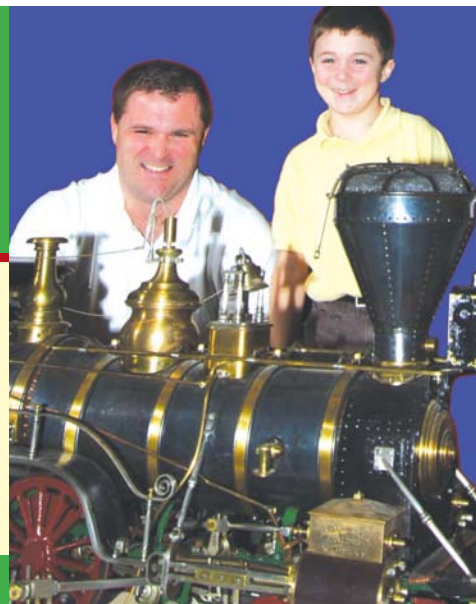
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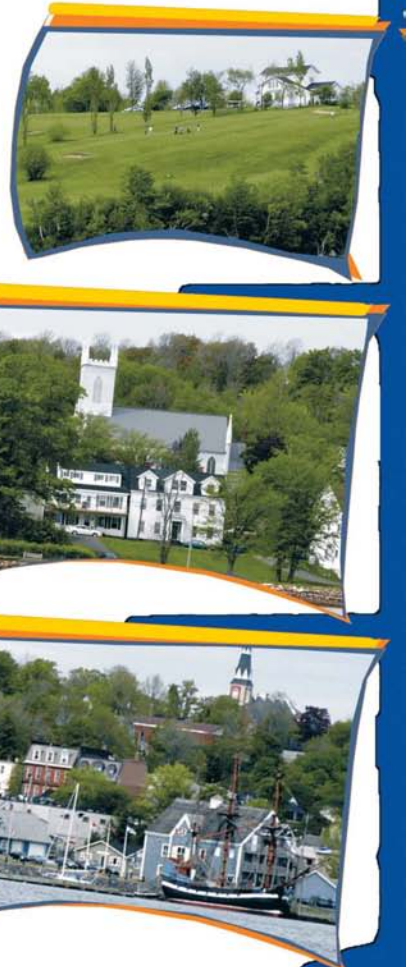
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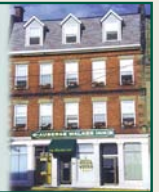
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