

2005 **Outdoor Adventure** GUIDE

*This is*  
**NOVA SCOTIA**  
*Canada's Seacoast*



novascotia.com | 1-800-565-0000

# How to Get Here



## By Land

Highways from all points in the United States and Canada join the Trans Canada Highway from New Brunswick into Nova Scotia. VIA Rail Canada provides transcontinental train service; there are stations in Truro and Halifax. Call toll-free 1-800-561-3952.

## By Air

Scheduled air service into Nova Scotia is available from all major Canadian cities, from all major United States cities through connection hubs at Boston and Newark, and from major European cities through the connecting hub at London. In addition, scheduled charter services are available linking Nova Scotia with many Canadian and European cities. Limousine service and car rentals are available at the Halifax, Yarmouth and Sydney airports. There is a shuttle bus to and from hotels in the Halifax area.

## By Sea

Come to Nova Scotia by mini-cruise. Comfortable car-ferry trips range from a one to two-hour voyage to an overnight special with accommodations and entertainment.

### Bar Harbor, Maine—Yarmouth, Nova Scotia.

Bay Ferries Limited: phone 1-888-249-7245; (902) 566-3838.

### Port-aux-Basques, Newfoundland—North Sydney, Nova Scotia.

Marine Atlantic Reservations. 1-800-341-7981.

### Wood Islands, Prince Edward Island—Caribou, Nova Scotia.

Northumberland Ferries Ltd: In Nova Scotia and Prince Edward Island, call toll-free 1-800-565-0201. From other areas, call (902) 566-3838.

### Portland, Maine—Yarmouth, Nova Scotia.

Scotia Prince Cruises Ltd. In USA and Canada, call toll-free 1-800-341-7540.

### Saint John, New Brunswick—Digby, Nova Scotia.

Bay Ferries Limited: phone 1-888-249-7245; (902) 566-3838.



For more information on Nova Scotia or to order your free

## Complete Guide for Doers and Dreamers

call our reservation and information service—

**1-800-565-0000 op. 812** (in North America)

or visit our website at [www.novascotia.com](http://www.novascotia.com)

Cover photo: Pinnacle Island, Five Islands Provincial Park

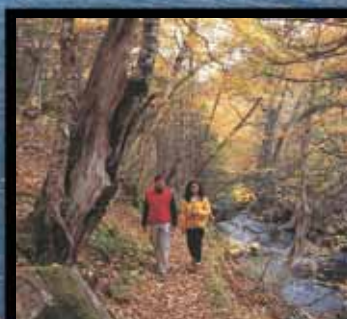
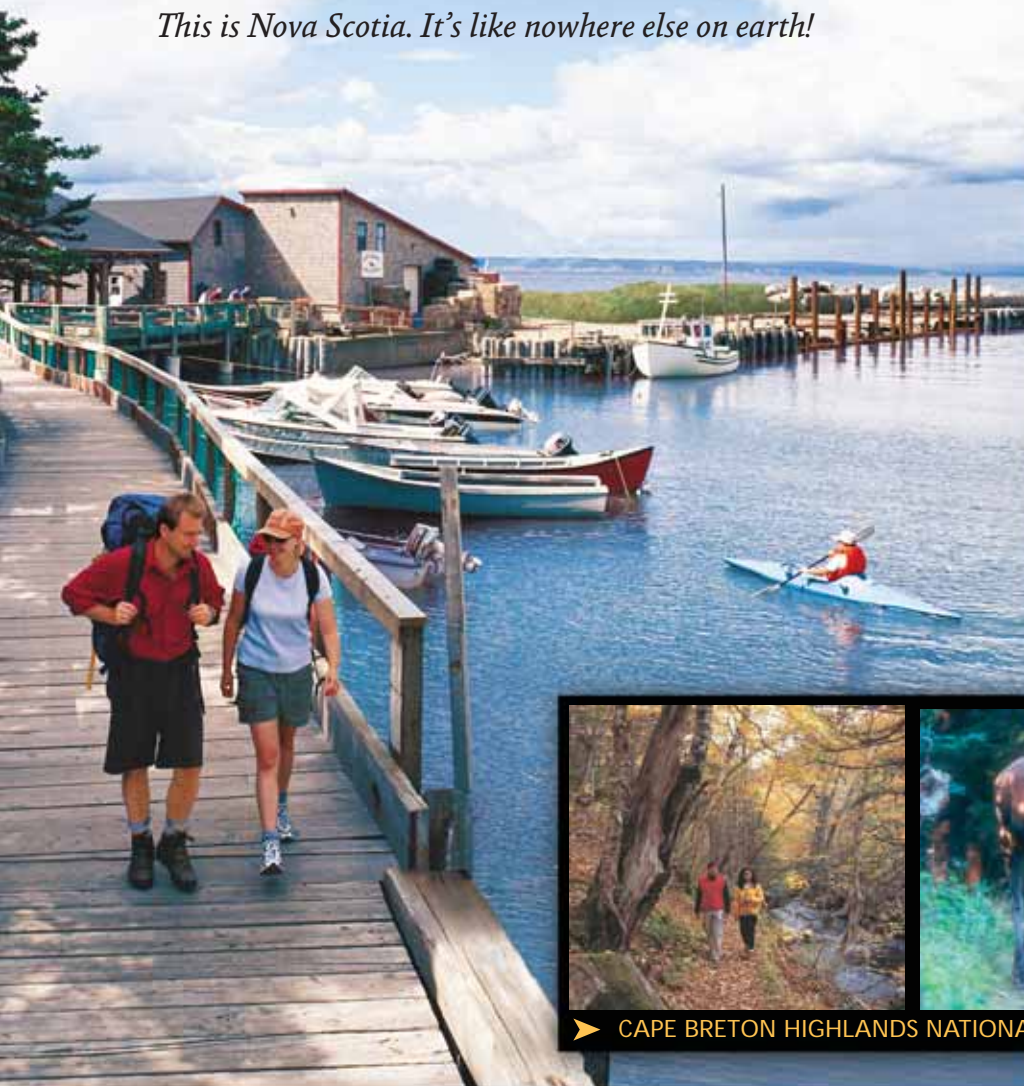


# Reserve Your Time With Nature



Our tour operators and outfitters are proud of their reputation for friendly, quality service and members of the Nova Scotia Adventure Tourism Association are committed to maintaining and enhancing Nova Scotia's environment, culture and natural splendour. We invite you to immerse yourself in our natural beauty.

*This is Nova Scotia. It's like nowhere else on earth!*



▶ CAPE BRETON HIGHLANDS NATIONAL PARK



▶ HORSESHOE COVE

## HALL'S HARBOUR



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More Than You Imagined!	2
Walking & Hiking	4
Parks & Beaches	6
Birding	8
Water Activities	10
Kayaking & Canoeing	12
Cycling	14
Whale Watching & Nature Cruises	16
Winter Activities	18
Locator Map	20
Nova Scotia Adventure Tourism Association Membership Directory	22
Packages & Day Adventures	24

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# More Than You Imagined



here cliffs and ocean collide, each view is more breathtaking than the last. Nova Scotia boasts 7600 kilometres (4750 miles) of seacoast with some of the most amazing natural wonders and diverse landscape in

the world. No matter where you are in the interior of the province you are only a 2-hour drive to the coast. From sandy beaches and rugged cliffs to pristine lakes, dramatic coastal headlands and lush farmland, Nova Scotia is all of this and more.



► KEJI SEASIDE ADJUNCT



CAPE BRETON HIGHLANDS 2005

Catch a sunset you will never forget on Cape Breton's famous Cabot Trail. It's 300 kilometres (185 miles) of scenic ocean highway. Feel the ocean's spray on your face as the pounding surf hits the

rock, and soak up gold and pink hues on the endless blue sea to fill your imagination and permanently colour your dreams.

Spend a day amid the natural marvel of the Bay of Fundy, and witness whales breaching in the highest tides



2005

TERRENCE BAY



MAHONE BAY



of the world. From on top of 200-metre high (600-ft) cliffs, watch the tide rise over 40 ft. Six hours later the tide will be out—beachcomb 100,000 acres of red ocean floor. Walk in the same spot where whales frolicked only hours earlier. Discover the shells and semi-precious stones tossed up by the tide. Explore the rock formations and sea caves that the masterful hand of 100 billion tons of seawater carves out twice each day.

Maybe you will find a fossil and discover a

clue to the dawning of the dinosaur age at the fossil cliffs of Joggins or Inverness County. Millions of years of plant matter and sediment reveal their prehistoric secrets at these accessible, internationally significant fossil deposits.

Pure beauty created by pure power. An exceptional moment in an extraordinary day in Nova Scotia.

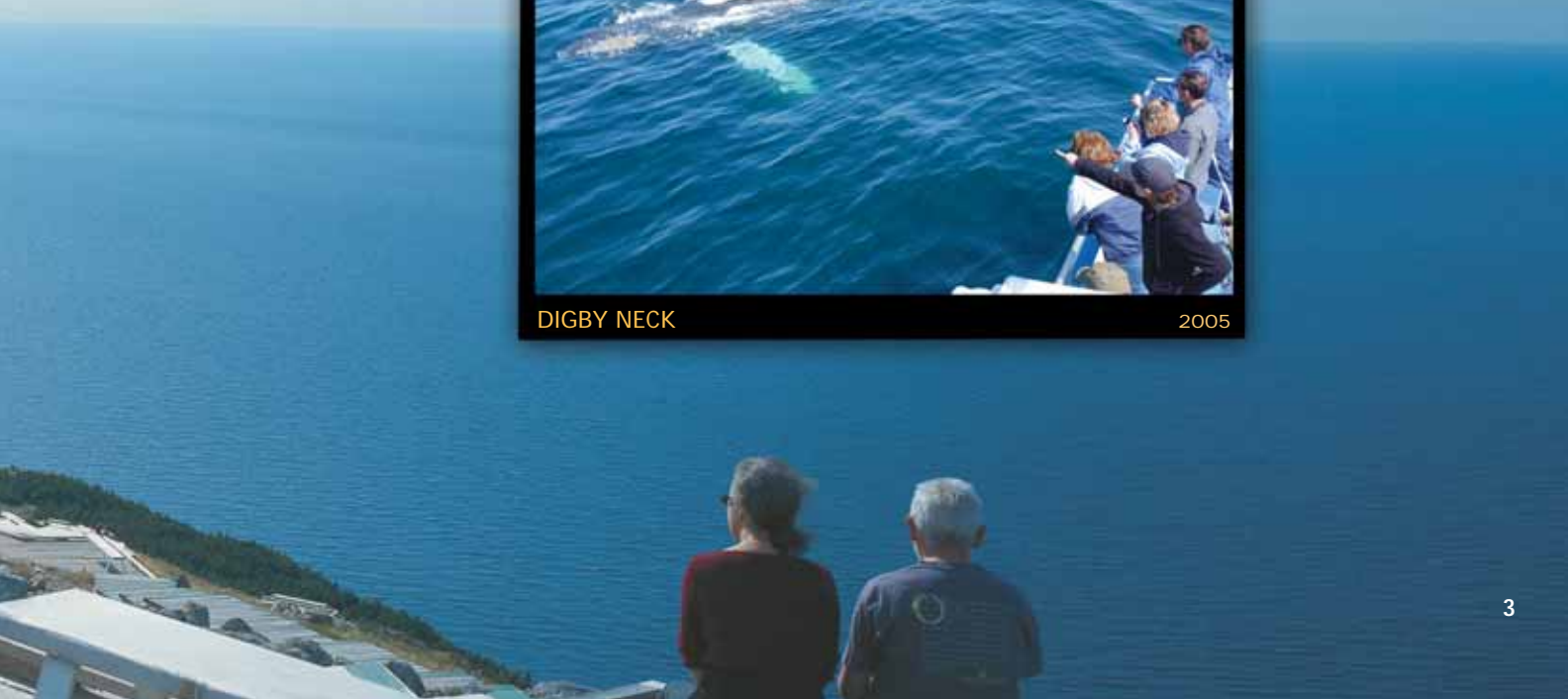
|||

KEJIMKUJIK



DIGBY NECK

2005



N

**NOVA SCOTIA HAS THOUSANDS OF KILOMETERS OF PURE NATURAL BEAUTY IN OUR COASTLINE THAT OFFERS AN ENDLESS ARRAY OF OPPORTUNITIES FOR SEASIDE WALKING, HIKING, EXPLORATION AND EVEN SOME WELL-EARNED RELAXATION!**

Experience the mighty tides and unique seascapes of **DELAPS COVE** near historic Annapolis Royal.

Explore the dykes along the Evangeline Trail. From **GRAND PRE** to **PORT WILLIAMS**, it's a short, non-circular hike enhanced by the sight of bald eagles in winter and red-tail hawks in summer.

Hike a “reversible trail” at the **KEJIMKUJIK SEASIDE ADJUNCT** on the Lighthouse Route and watch seals basking in the summer sun or hike the main park's 100 km of beauti-

ful woodland trails and revel in the presence of 300-year old Hemlocks.

Hike the tidal flats and boreal forests of the **CHAPEL GULLY TRAIL** on the Marine Drive near Canso.

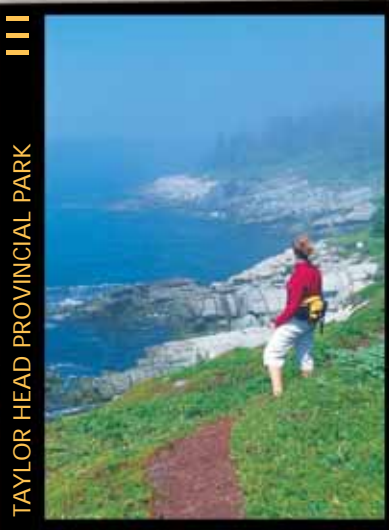
In Cape Breton, the steep-sided **NORTH RIVER CANYON** works its way into the island's interior until it reaches the highest waterfall in Nova Scotia – the North River Falls.

The famous **CABOT TRAIL** is 300 kilometres of some incredible scenic ocean highway with world-class hiking found along the Skyline Trail and the Jack Pine Trail.



FRANEY MOUNTAIN, CAPE BRETON

2005

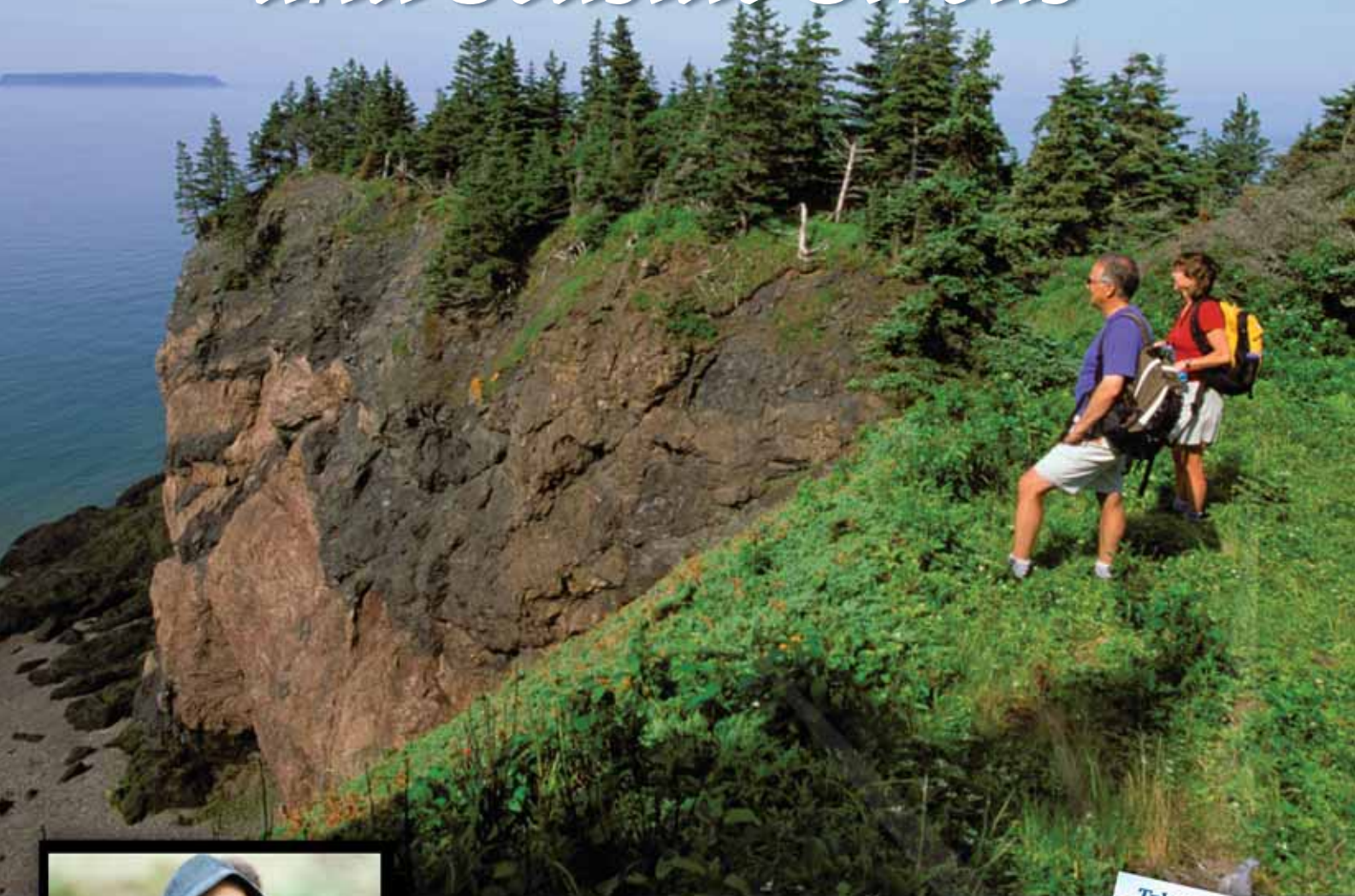


TAYLOR HEAD PROVINCIAL PARK



▶ CRYSTAL CRESCENT PROVINCIAL PARK

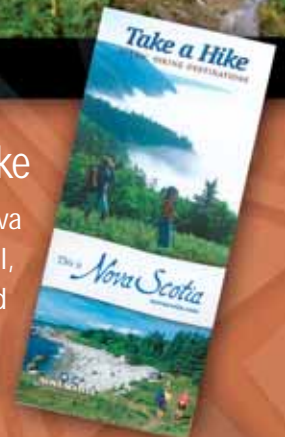
# Coastal Jaunts and Seaside Strolls



## ► CAPE CHIGNECTO PROVINCIAL PARK

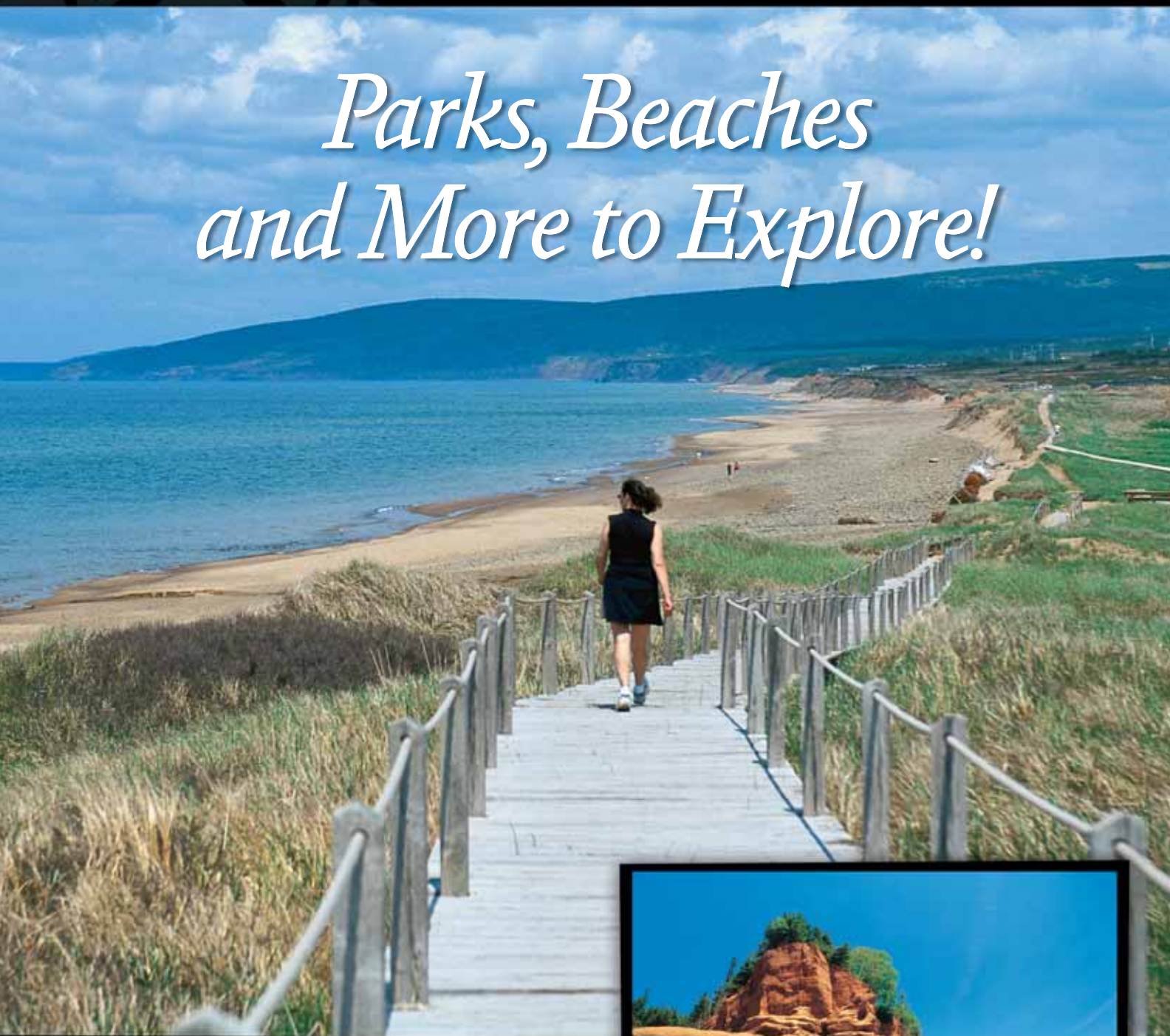
### Take A Hike

Pick up your copy of this brochure which highlights Nova Scotia's premier walking and hiking opportunities. Beautiful, uncrowded and yours to discover – experience first-hand the world-class wonder of hiking in Nova Scotia.

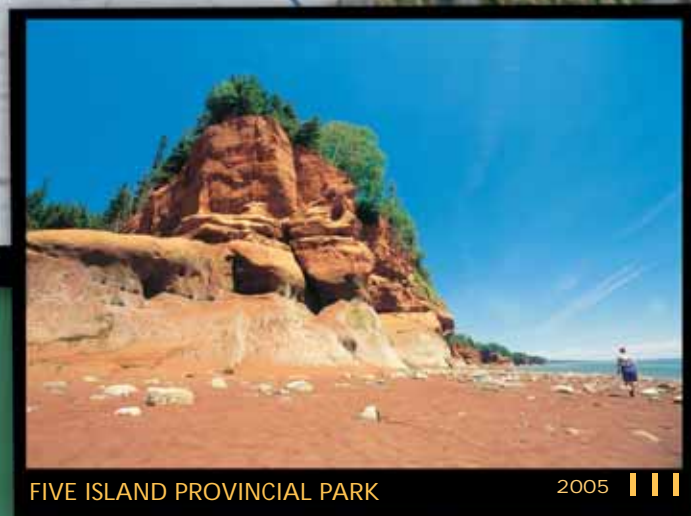


**Nova Scotia's Parks** From small wayside stops to large natural environment parks, Nova Scotia parks offer spectacular scenery, beautiful beaches, relaxing campsites and a wealth of outdoor experiences. For complete information on Nova Scotia's parks, visit [www.parks.gov.ns.ca](http://www.parks.gov.ns.ca) .

# *Parks, Beaches and More to Explore!*



▶ INVERNESS BEACH BOARDWALK



FIVE ISLAND PROVINCIAL PARK

2005 IIII





KEJIMKUJIK



**NOVA SCOTIA IS KNOWN AS CANADA'S OCEAN PLAYGROUND, AND WITH OVER 250 BEACHES AND A WIDE VARIETY OF COASTLINE EXPERIENCES IT'S NO WONDER!**

**71 PROVINCIAL PARKS** that provide direct access to a beach – white sand, rolling sand dunes, high surf, rugged coastal outcrops, cobble dunes, clam beds, extreme tidal changes,

steep cliffs, coastal trails, swimming, warm water, cold water and bird watching – the choice is yours!

Nova Scotia's unique geological history with sandstone formations forged thousands of years ago.



In Cape Breton, the scenic trail at **CAPE SMOKEY PROVINCIAL PARK** abound with moose and offer excellent, elevated seacoast views while the gentle trails of **UISGE BAN FALLS**, near Baddeck, take you through a forest of mature hardwood to a beautiful waterfall.

**CAPE CHIGNECTO PROVINCIAL PARK** is the largest provincial park in Nova Scotia with 4,200 hectares home to one of the most majestic coastal trail systems you'll find in North America. The park showcases the pristine coastline of the Glooscap Trail with deep valleys, sheltered coves, rare plants, and remnant old-growth forests are found here in abundance. With over 20 km of wilderness trails and remote walk-in campsites, it's an ideal spot to take the family for wilderness camping, kayaking, birding and rock hounding.

**FIVE ISLANDS PROVINCIAL PARK**, on the Glooscap Trail, is a great place to see the Bay of Fundy and



UISGE BAN FALLS PROVINCIAL PARK

To book your Nova Scotia adventure, contact a member of the Adventure Tourism Association. See pages 22-23.

# A

## WIDE-SPREAD SEACOAST, DIVERSE HABITAT, AND GEOGRAPHIC LOCATION ON THE ATLANTIC FLYWAY HAVE MADE NOVA SCOTIA THE PERFECT BIRDING AND WILDLIFE DESTINATION.

The marshes near **AMHERST** on the Sunrise Trail are populated by Northern Harriers (*Circus cyaneus*), blue-winged teal (*Anas discors*) and the green-winged teal (*Anas crecca*).

Evangeline Beach near **GRAND PRÉ** is home to semipalmated piping plovers (*Charadrius melodus*), a small sparrow-sized shorebird that feast on mud shrimp at low tide.

Find merlins (*Falco columbarius*), kestrels (*Falco sparverius*), northern harriers (*Circus cyaneus*) and red-tail hawks (*Buteo jamaicensis*) in the fields and marshes of the Sunrise Trail between **PICTOU** and **ANTIGONISH**.

Bald eagles (*Haliaeetus leucocephalus*) are a common sight throughout the **CAPE BRETON HIGHLANDS** and

are headliners for the annual **SHEFFIELD MILLS EAGLE WATCH** in the Annapolis Valley each February.

In addition to our more than 445 resident and migrant birds, you'll find more than 55 recognized species of mammals in Nova Scotia.

Moose are most common around **FRENCH MOUNTAIN** and the Skyline Trail in the Cape Breton Highlands National Park.

Black bear are common around the slopes of **CAP ROUGE** near Cheticamp.

The rarest wildlife species found in Nova Scotia is the Blandings turtle which makes its home in **KEJIMKUJIK NATIONAL PARK AND NATIONAL HISTORIC SITE OF CANADA**.

A large resident population of harbour and grey seals can often be seen along the **ST. CATHERINE'S RIVER BEACH TRAIL** on the Lighthouse Route.



MAVILLETTE BEACH  
BLUE HERON



NORTHERN GOSHAWK



2005  
KEJI SEASIDE ADJUNCT

# *Birds of Many Feathers*



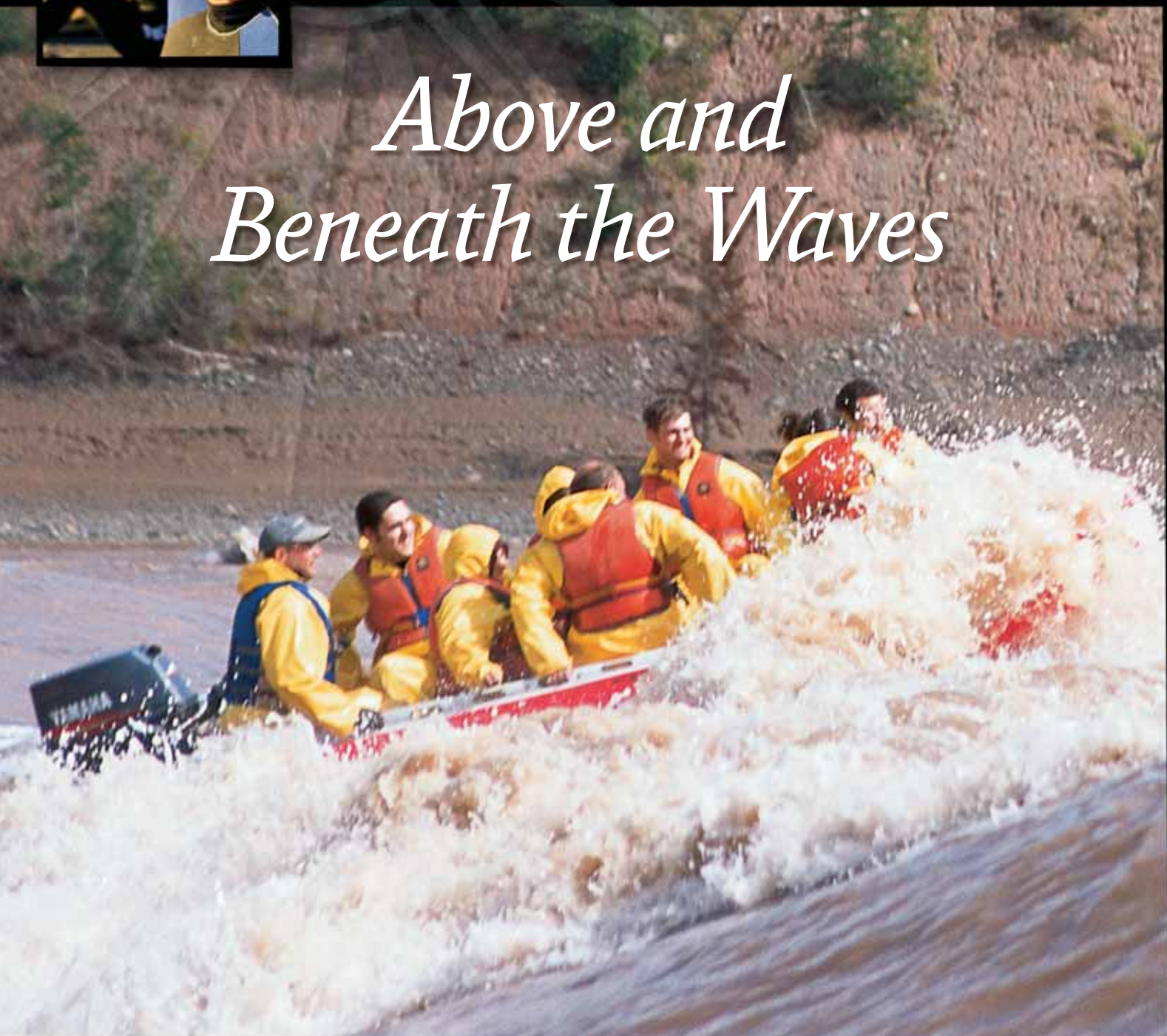
► SANDERLINGS

**Cape Sable Island** Possibly the best place to view seabirds! Located on the province's south shore, this area has been declared an International Important Birding Area in Nova Scotia, a designation that is globally recognized for four species – Semipalmated Plover, Short-billed Dowitcher, Atlantic Brant and Semipalmated Sandpiper – which are found in globally significant numbers on the Island during migrations.



**Tidal Bore Rafting** At first, the Shubenacadie River seems like a very lazy river. Situated amid 200-foot-high gypsum cliffs, it starts out as a relaxing paddle past mudflats and sandbars until you reach the mouth of the river, where the tides from the Bay of Fundy come rushing in. Suddenly, you're white-water rafting on the world's highest tides, which travel inland at roughly 50 km an hour and stir up sixteen-foot waves. We're sure you'll agree that it's an adrenaline rush!

# *Above and Beneath the Waves*



► SHUBENACADIE RIVER



**HERE'S SO MUCH WATER SO CLOSE AT HAND IN NOVA SCOTIA, AND SO MANY OPPORTUNITIES FOR WATER ADVENTURE.**

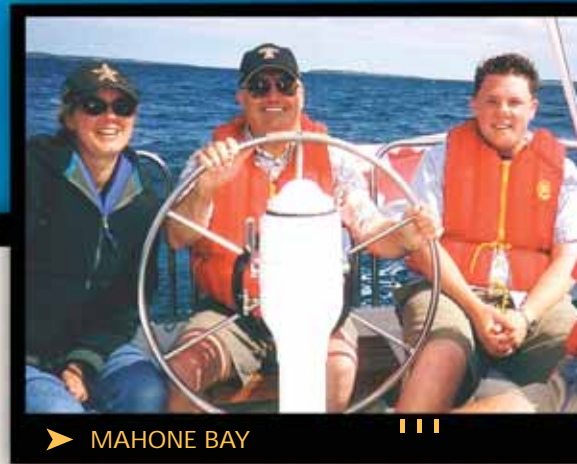
**SAILING** Some of the best sailers in the world cruise the shores of the Lighthouse Route around **MAHONE BAY, LUNENBURG, ST. MARGARET'S BAY** and the **LAHAVE RIVER** before heading inland to the saltwater lake system of the **BRAS D'OR LAKES** in Cape Breton.

**DIVING** With so much coastline, and so many coves, it's easy to dive into undersea adventure here. The approaches to **HALIFAX HARBOUR** are prime sites for wrecks, particularly the waters around **SAMBRO ISLAND** or explore the artificial wrecks at the **LUNENBURG MARINE PARK** and in **PORT MOUTON BAY**.

**SURFING** The vast number of tropical storms and hurricanes that move up the coast of North America, combined with our expansive coastline, makes Nova Scotia an emerg-

ing destination for surfing! **SUMMERVILLE BEACH** on the Lighthouse Route provides a quiet day of surfing in a natural setting while the Marine Drive's **LAWRENCETOWN BEACH PROVINCIAL PARK** offers dramatic breaks and spectacular wave activity!

**FISHING** Nova Scotia is surrounded by some of the richest fishing grounds with plenty of opportunities for both saltwater and freshwater fishing – tuna, haddock, halibut and trout are just a few species to be found.



▶ MAHONE BAY



2005

ISLE MADAME



LAWRENCETOWN BEACH PROVINCIAL PARK

**D**

**DOTTED BY HUNDREDS OF LAKES AND RIVERS, NOVA SCOTIA IS A PADDLER'S PARADISE. YOU CAN PUT IN ALMOST ANYWHERE FOR A DAY TRIP, OR PLAN AN EXTENDED PADDLING TRIP AROUND THE PROVINCE, BUT SOME AREAS ARE LESS FORGIVING THAN OTHERS. BE SURE TO CONSULT WITH LOCAL OPERATORS FOR A SAFE AND MEMORABLE JOURNEY!**

Secluded and forgiving day paddles stretch along the Marine Drive from **CANSO** to **TANGIER**.

Family paddles are appealing along the Northumberland Strait where beaches, salt marshes and estuaries around the seaside communities of **PUGWASH** and **ANTIGONISH** offer relaxed, protected paddles through calm warm waters.

Paddling the **ST. ANN'S BAY** area on the Middlehead Peninsula in Cape Breton is highlighted with an amazing view of Cape Smokey and the cliffs along the Peninsula's southwest shore.

Paddle at **FISHING COVE** in the Cape Breton Highlands Park where you can camp overnight and spend the next day exploring the park's many sea caves.



► ISLE MADAME

Test your paddling skills as you kayak the rapids down the **MUSQUODOBOIT RIVER** that stretches through Halifax and Colchester Counties.



TERRENCE BAY

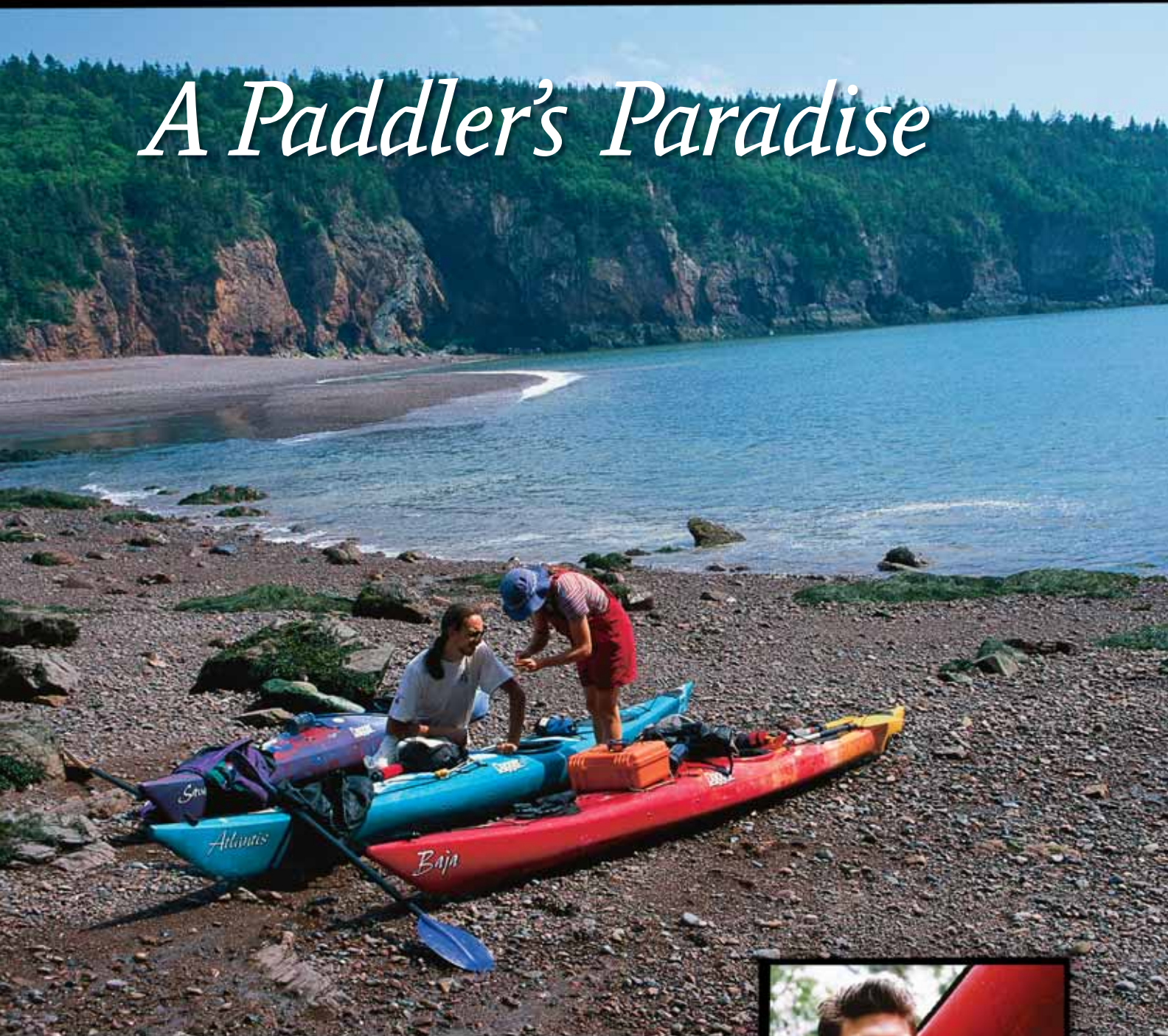


2005 RIVER BOURGEOIS



KEJIMKUJIK

# *A Paddler's Paradise*



► CAPE CHIGNECTO PROVINCIAL PARK

## Kejimkujik National Park & National Historic Site of Canada

With its expansive network of connected lakes, portages and backwaters, Keji is Eastern Canada's premier canoeing destination. In fact, it's the site of North America's oldest documented canoe route, and was a popular Mi'kmaq hunting and fishing ground.



**Cabot Trail** No Nova Scotia cycling adventure is complete without a visit to the Cabot Trail. Clockwise or counterclockwise, you are in for a breathtaking trip! This vigorous trek rewards you with unparalleled views of Cape Breton Island's rugged landscapes and seacoast.

# *Spectacular Cycling*



► NEAR PETIT-DE-GRAT, ISLE MADAME



STONEHURST





➤ RIVER BOURGEOIS



**WITH A PROVINCE-WIDE NETWORK OF QUIET COASTAL ROADS THAT WIND THROUGH PICTURESQUE COMMUNITIES, NOVA SCOTIA WAS MADE FOR CYCLISTS. WHETHER YOU GO IT ALONE WITH A SELF-GUIDED ITINERARY, OR PREFER THE CAMARADERIE OF A GROUP TOUR, OUR SCENIC DRIVES OFFER PLENTY OF SIGHTS, SOUNDS, SUCCULENT DELIGHTS AND ACTIVITIES TO MAKE YOUR TRIP A MEMORABLE ONE.**



On the Lighthouse Route, the **ASPOTOGAN PENINSULA** is a leisurely loop which winds its way through fishing villages and past the popular Bayswater Beach. Look for the roads to New Harbour, Upper Blandford and Mill Cove Shore to stretch out your cycle, or take time to watch people haul in the catch of the day in the villages along this region.

The roads of the Evangeline Trail and the Glooscap Trail offer spectacular views of the world-famous **BAY OF FUNDY**. In fact, the further you cycle out on the **CAPE CHIGNECTO PENINSULA**, the more the land rises, making for a challenging ride with a more dramatic view of the Bay.

The Sunrise Trail promotes itself as the “Mini Cabot Trail” – follow the country roads as they wind along the sandy shores of the **NORTHUMBERLAND STRAIT**, where the bright red bluffs and tidal saltmarshes are encountered on almost every corner.



2005

WINDSOR



2005

WENTWORTH



► SEAL

# F

**FEW SPECTACLES CAN COMPARE TO THE THRILL OF SEEING MARINE WILDLIFE IN THEIR NATURAL ENVIRONMENTS!**

**NOVA SCOTIA'S NATURE CRUISE OPERATORS CAN PROVIDE YOU WITH UNIQUE, AND ENVIRONMENTALLY SOUND, OPPORTUNITIES TO SEE SOME OF THE MARINE WORLD'S MOST MAGNIFICENT CREATURES IN THEIR NATURAL HABITAT.**

### **NORTH ATLANTIC RIGHT WHALE**

*(Eubalaena glacialis)*

The world's rarest large whale is easily distinguished by the absence of a dorsal fin and the presence of raised roughened skin patches on the head area. Average length is 45-50 ft / 14-15 m.

### **HUMPBACK WHALE**

*(Megaptera novaeangliae)*

Known for their frequent and spectacular surface behaviors, these whales have extra long, white pectoral flippers – a visible field mark of the humpback. Average length is 45 ft / 14 m.

### **MINKE WHALE**

*(Balaenoptera acutorostrata)*

This shy whale is the smallest baleen that seldom shows much of its body at the surface and make them difficult to spot. Average length is 25 ft / 7.5 m

### **FIN WHALE**

*(Balaenoptera physalus)*

The second largest whale species is sleek and fast and seldom allows more than a small glimpse of a back and dorsal fin and can be easily spooked by noisy boats. Average length is 70 ft / 21.5 m.



#### **Where to find them?**

- Bay of Fundy
- Cape Breton coastline from Cheticamp to Cape Smokey

#### **When to find them?**

- late May to early October.
- Minke whales visit from June to October
- Humpbacks and Fins are mostly found in June and again in August and September
- Pilot whales are more prevalent during July and August.

► DIGBY NECK



# Wonders of the Water



2005



BRIER ISLAND

2005



PLEASANT BAY

**Bay of Fundy Recommended Experience** This logo points the way to safe, memorable, value-added experiences. It is an earned designation from the Bay of Fundy Tourism Partnership, which is dedicated to sustainable tourism and quality travel experiences on Canada's phenomenal Bay of Fundy. For more information on Recommended Experience operators in the Fundy region, visit the Partnership's website: [www.highest-tides.com](http://www.highest-tides.com)





**Highland Nordic Ski Area** Ski Tuonela in St. Ann's Bay offers a 30-minute cross-country ski up a gentle grade to a cosy village of cabins, ski shops and a sauna. Further north on the Island's East Coast, explore the trails of the Cape Breton Highlands National Park or spend some time at the North Highland Nordic Ski Area, which features groomed trails from December to April and local operators who offer guided cross-country ski and/or snowshoe packages in the magnificent Cape Breton Highlands.

# *Winter Wonderland*



► CAPE NORTH



➤ WALLACE



T

**THERE IS SO MUCH MORE TO NOVA SCOTIA'S GREAT OUTDOORS THAN YOU COULD POSSIBLY EXPERIENCE IN JUST ONE**

**SEASON! WE'VE GOT A WEALTH OF NATURE AND OUTDOOR EXPERIENCES YEAR-ROUND - SPRING, SUMMER, FALL AND WINTER!**

**SKIING AND SNOWSHOEING**

Downhill or cross-country, you'll find many great ski trails across Nova Scotia. **SKI WENTWORTH** (Glooscap Trail), **SKI MARTOCK** (Evangeline Trail), and Cape Breton's **SKI BEN EOIN** and **CAPE SMOKEY** offer a variety of trails and terrain to meet your interests and skill level. If you're a cross-country skiing enthusiast, head for the ungroomed trails of **KEJIMKUJIK NATIONAL PARK AND NATIONAL**

**HISTORIC SITE**, which are also great for snowshoeing.

**SNOWMOBILING** Nova Scotia snowmobiling occurs in three distinct regions - Cape Breton Highlands, Sunrise Trail and Annapolis Valley. Each offers several days of good riding to those willing to trailer in.

**ICE FISHING** The best spots are **MERIGOMISH HARBOUR** in Pictou County, the **MUSQUODOBOIT** and **JEDDORE** harbours along the Marine Drive, the **MIRA** and **POINT EDWARD** in Cape Breton and along the **ST. MARGARET'S BAY** on the Lighthouse Route.

**SLEIGH RIDES** A great way to experience the natural beauty of our province's countryside. You can find operators pretty much across the province, from the **MIRA** region of Cape Breton down to Ross Farm in **NEW ROSS**.

**MAPLE SYRUP** The sweetness of spring brings the sweet taste of fresh maple syrup to keep spirits high. Watch this sticky elixir being produced at sugar shacks throughout **CUMBERLAND** and **COLCHESTER** Counties. Watch as the trees are tapped and the sap boiled, and then enjoy the traditional treat of freshly made syrup on snow.



WEST BACCARO

2005

CAPE NORTH



**Time/Distance Chart**

	Entry Points					
	Amherst	Digby	Halifax	North Sydney	Pictou	Yarmouth
Amherst	-	4h15 414km	2h30 214km	4h15 418km	1h30 139km	5h15 518km
Antigonish	2h30 213km	4h30 424km	2h30 224km	2h15 205km	0h45 74km	5h30 528km
Bridgewater	3h15 322km	1h30 140km	1h15 108km	5h30 537km	3h00 277km	2h30 238km
Baddeck	4h00 354km	5h45 565km	3h45 365km	0h45 64km	2h15 215km	7h00 669km
Cape North	6h00 484km	7h30 695km	5h30 495km	2h00 165km	3h45 345km	8h30 799km
Cheticamp	5h00 414km	6h30 625km	4h45 425km	1h45 152km	3h00 275km	7h45 729km
Digby	4h30 414km	-	2h30 235km	6h30 629km	3h45 369km	1h15 104km
Halifax	2h30 214km	2h30 235km	-	4h30 429km	1h45 169km	3h30 339km
Kentville	3h00 289km	1h30 125km	1h15 110km	5h15 504km	2h30 244km	2h30 229km
Liverpool	4h45 368km	1h50 144km	1h40 154km	6h00 583km	3h30 323km	2h00 192km
Parrsboro	0h50 58km	4h15 389km	2h00 189km	4h30 420km	2h00 160km	5h30 493km
Pictou	1h30 139km	4h00 369km	1h45 169km	3h00 279km	-	5h00 473km
Port Hawkesbury	3h00 271km	5h00 482km	3h00 282km	1h30 147km	1h30 132km	6h00 586km
Shelburne	4h45 437km	2h30 213km	2h30 223km	7h00 652km	4h00 392km	1h30 123km
Sherbrooke	3h00 241km	4h45 414km	2h30 195km	3h00 267km	1h15 102km	5h45 518km
Sydney	4h45 412km	6h30 623km	4h30 423km	0h15 21km	2h45 273km	7h45 727km
Truro	1h15 115km	3h00 299km	1h00 99km	3h30 330km	0h45 70km	4h15 403km
Yarmouth	5h30 518km	1h15 104km	3h30 339km	7h30 733km	5h00 473km	-

Note: Times are approximate using main road times. Scenic travelways will take longer to travel.



**Hiking & Walking**

- 1 Adventure Quest Expeditions Inc.
- 2 Atlantic Canada Nature Safaris
- 3 Scott Walking Adventures
- 4 Atlantic Explorers
- 5 Cape Breton Seacoast Adventures
- 6 Coastal Adventures
- 7 Coastal Spirit Expeditions
- 8 Dragonfly Outfitters

**Kayaking & Canoeing**

- 9 Eagle North Canoe & Kayak
- 10 East Coast Outfitters
- 11 English's Kayak Sales
- 12 Hinterland Adventures & Gear
- 13 Hubbards Cove Outfitters
- 14 Kayak Cape Breton
- 15 North River Kayak Tours & Rentals
- 16 NovaShores Adventures
- 17 Scotia Sea Kayaking Tours
- 18 Sheffield Mills Canoe & Kayak
- 19 Shoreline Adventures
- 20 Spring-Haven Canoe Outfitting

**Whale & Nature Cruises**

- 21 Basin Charters
- 22 Bird Island Boat Tours
- 23 Brier Island Whale & Seabird Cruises
- 24 Captain Cox's Whale Watch
- 25 Captain Mark's Whale & Seal Cruise
- 26 Digby Neck Whale Watch
- 27 Fiddlin' Whale Tours
- 28 Four Winds Charters
- 29 Grand Passage Marine

- 30 Laurie's Motor Inn/Seaside Whale & Nature Cruises
- 31 Lobstermen Tours
- 32 Marine Life Cruises
- 33 Mariner Cruises
- 34 Murphy's on the Water
- 35 Ocean Explorations (Zodiac) Whale Cruises
- 36 Oshan Whale Cruise
- 37 Petite Passage Whale Watch & Water Tours
- 38 Pirates Cove Whale Cruises
- 39 Puffin Boat Tours

# Scenic Travelways



 <b>Evangeline Trail</b>	 <b>Sunrise Trail</b>	 <b>Marine Drive</b>	 <b>Lighthouse Route</b>
 <b>Glooscap Trail</b>	 <b>Cape Breton Island</b>	 <b>Halifax Metro</b>	

- 40 Sail to Whales
  - 41 Ship Harbour Boat Tours
  - 42 Wesley's Whale Watching
  - 43 Whale Cruisers Ltd.
  - 44 Zipping Zodiac Whale and Seabird Tours
- Nature Tours**
- 45 Cape to Cape Nature Tours
  - 46 Discover Acadia Vacations Inc.
  - 47 EarthSea
  - 48 Les Tours du Gaboteux / Gaboteux Tours
  - 49 Lunenburg Town Walking Tours

- 50 Walk On The Wildside Nature Tours
- Cycling**
- 51 Atlantic Canada Cycling
  - 52 Freewheeling Adventures
  - 53 Pedal & Sea Adventures
- Sailing**
- 54 Canadian Sailing Expeditions
  - 55 Discovery Sailing Charters
  - 56 Sou'wester Adventures
- Scuba Diving**
- 57 Divers World

- Surfing**
- 58 Rossignol Surf Shop
- Tidal Bore Rafting**
- 59 Shubenacadie River Adventure Tours
  - 60 Shubenacadie River Runners Ltd.
  - 61 Shubenacadie Tidal Bore Rafting
- Other Adventure Operators**
- 62 White Point Beach Resort

This map details the locations of the members of the Nova Scotia Adventure Tourism Association. For a complete listing of all outdoor operators and outfitters, please check the Nova Scotia Doers' & Dreamers' Guide.

## [www.adventurenovascotia.com](http://www.adventurenovascotia.com)

The **Nova Scotia Adventure Tourism Association** (NSATA) is made up of over 60 adventure operators from all corners of Nova Scotia. We provide a great variety of opportunities for outdoor activities, learning and fun for tourists, local, national and international. NSATA is dedicated to providing the best in quality experiences while protecting and enhancing Nova Scotia's environmental, cultural and aesthetic treasures, while working together to promote Nova Scotia as a world class destination for nature travellers from around the world.

## Code of Ethics

- Ensuring that the environmental, social, cultural, economic and aesthetic needs and expectations of the community and their customers are included in the formulation of policies, plans and decisions, and result in the provision of quality goods and services.
- Ensuring operations are designed and conducted in a manner that will conserve resources, minimize or eliminate environmental damage, and where possible, enhance environmental situations.
- Continually evaluating new information, technologies and services, thus providing themselves and their employees with opportunities for development, environmental education and protection, and improved customer service.
- Acting with a spirit of cooperation within the industry and related sectors to foster greater public awareness of the economic, social, cultural and environmental significance of tourism.
- Enhancing our natural, historic, cultural and aesthetic resources as a legacy for present and future generations, through encouraging establishment of parks, wilderness reserves and protected areas.
- Complying with relevant Federal, Provincial and Municipal legislation.

### For more information on the NSATA contact:

Tourism Industry Association of Nova Scotia  
NSATA Secretariat, 1099 Marginal Road, Suite 201,  
Halifax, NS Canada B3H 4P7 tel (902) 423-4480  
or 1-800-948-4267 fax (902) 422-0184  
[www.adventurenovascotia.com](http://www.adventurenovascotia.com)

## Hiking and Walking

**Adventure Quest Expeditions Inc.**  
7066 Highway 14  
Nine Mile River, NS B2S 2V4  
T. 902-883-1974  
F. 902-883-7495  
quest@navnet.net  
[www.navnet.net/~quest/](http://www.navnet.net/~quest/)

**Atlantic Canada Nature Safaris**  
PO Box 33051  
Halifax, NS B3L 4T6  
T. 902-455-3595  
F. 902-484-6584  
tours@atlanticcanadasafaris.com  
[www.AtlanticCanadaSafaris.com](http://www.AtlanticCanadaSafaris.com)

**Scott Walking Adventures**  
Box 308, 1 Station Road  
Hubbards, NS B0J 1T0  
T. 902-858-2060  
F. 902-820-2149  
adventures@scottwalking.com  
[www.scottwalking.com](http://www.scottwalking.com)

## Kayaking and Canoeing

**Atlantic Explorers**  
PO Box 1500  
Truro, NS B2N 5V2  
T. 902-890-5508  
F. 902-893-4942  
gregor@atlanticexplorers.com  
[www.atlanticexplorers.com](http://www.atlanticexplorers.com)

**Cape Breton Sea Coast Adventures**  
RR #1, Englishtown, NS B0C 1H0  
T. 902-929-2800  
mikecrimp@hotmail.com  
[www.members.tripod.com/adventure\\_4u](http://www.members.tripod.com/adventure_4u)

**Coastal Adventures**  
PO Box 77, Tangier, NS B0J 3H0  
T./F. 902-772-2774  
coastal@dunmac.com  
[www.coastaladventures.com](http://www.coastaladventures.com)

**Coastal Spirit Expeditions**  
Box 1, River John, NS B0K 1N0  
T. 902-351-2283  
cspirit@coastalspiritexp.com  
[www.coastalspiritexp.com](http://www.coastalspiritexp.com)

**Dragonfly Outfitters**  
41 Appian Way  
Dartmouth, NS B2X 3G1  
T. 902-4625050  
F. 902-435-0918  
kayak@dragonflyoutfitters.com  
[www.dragonflyoutfitters.com](http://www.dragonflyoutfitters.com)

**Eagle North Canoe & Kayak**  
299 Shore Road, RR#2  
Dingwall, NS B0C 1G0  
T. 902-3832552  
F. 902-3832550  
eaglenorth@ns.sympatico.ca  
[www.cabottrail.com/kayaking](http://www.cabottrail.com/kayaking)

**East Coast Outfitters**  
2017 Lower Prospect Rd.  
Lower Prospect, NS B3T 1Y8  
T. 902-8522567  
F. 902-8523362  
scott@eastcoastoutfitters.net  
[www.eastcoastoutfitters.net](http://www.eastcoastoutfitters.net)

**English's Kayak Sales**  
481 Park Falls Road, RR #1  
Thorburn, NS B0K 1W0  
T. 902-9223345  
englishskayaks@ns.sympatico.ca

**Hinterland Adventures & Gear**  
54 Gates Lane  
Weymouth, NS B0W 3T0  
T. 902-837-4092  
F. 902-837-5196  
odysseys@kayakingnovascotia.com  
[www.kayakingnovascotia.com](http://www.kayakingnovascotia.com)

**Hubbards Cove Outfitters**  
10154 Hwy #3  
Hubbards, NS B0J 1T0  
T. 902-857-1270  
F. 902-857-2598  
shawnfraser@hfx.eastlink.ca  
[www.hubbardscoveoutfitters.com](http://www.hubbardscoveoutfitters.com)

**Kayak Cape Breton**  
RR 2, West Bay, NS B0E 3K0  
T./F. 902-535-3060  
kayakcb@ns.sympatico.ca  
[www.kayakcapebreton.com](http://www.kayakcapebreton.com)

**North River Kayak Tours & Boat Rentals**  
RR 4, Baddeck, NS B0E 1B0  
T. 902-929-2628  
F. 902-929-2659  
info@northriverkayak.com  
[www.northriverkayak.com](http://www.northriverkayak.com)

**NovaShores Adventures**  
283 East Dover Rd.  
East Dover, NS B3Z 3W4  
T. 902-852-3875  
F. 902-638-4118  
kayak@novashores.com  
[www.novashores.com](http://www.novashores.com)

**Scotia Sea Kayaking Tours**  
General Delivery  
Belle Cote, NS B0E 1C0  
T. 902-224-1254  
info@scotiakayaking.com  
[www.scotiakayaking.com](http://www.scotiakayaking.com)

**Sheffield Mills Canoe & Kayak**  
RR #5, Canning, NS B0P 1H0  
T. 902-582-3034  
F. 902-582-7138  
eagles@fundykayak.com  
fundykayak.com

**Shoreline Adventures**  
RR #4, 2150 Hwy 337  
Antigonish, NS B2G 2L2  
T. 902-863-5958  
info@shorelineadventures.com  
[www.shorelineadventures.com](http://www.shorelineadventures.com)

**Spring-Haven Canoe Outfitting**  
RR 3, Box 156  
Tusket, Yarmouth County  
NS B0W 3M0  
T./F. 902-648-0146  
canoe@klis.com  
[www.springhavencanoe.com](http://www.springhavencanoe.com)

## Whale and Nature Cruises

**Basin Charters**  
Box 404  
Digby, NS B0V 1A0  
T. 902-245-8446  
l.turnbull@ns.sympatico.ca  
[www.basincharters.ns.ca](http://www.basincharters.ns.ca)

**Bird Island Boat Tours**  
1672 Old Route 5  
Big Bras d'Or, NS B1X 1B1  
T. 902-674-2384  
F. 902-674-2742  
birdisld@ca.inter.net  
[www.birdisland.net](http://www.birdisland.net)

**Brier Island Whale & Seabird Cruises Ltd.**  
PO Box 1199  
Westport, NS B0V 1H0  
T. 902-839-2995  
F. 902-839-2075  
brierisl@clan.TartanNet.ns.ca  
[www.brierislandwhalewatch.com](http://www.brierislandwhalewatch.com)

**Captain Cox's Whale Watch**  
General Delivery  
Capstick, NS B0C 1E0  
T./F. 902-383-2981  
captcox@hotmail.com  
[www.whalewatching-novascotia.com](http://www.whalewatching-novascotia.com)

**Capt. Mark's Whale and Seal Cruise**  
General Delivery  
Pleasant Bay, NS B0E 2P0  
T./F. 902-224-1315  
whalewatch@canada.com  
[www.whaleandsealcruise.com](http://www.whaleandsealcruise.com)



### Digby Neck Whale Watching

RR #1, East Ferry  
Digby, NS B0V 1E0  
T. 902-245-6831  
F. 902-245-6831  
[www.digbyneckwhalewatch.com](http://www.digbyneckwhalewatch.com)

### Fiddlin Whale Tours

General Delivery  
Pleasant Bay, NS B0E 2P0  
T. 902-3832760  
[info@fiddlinwhaletours.com](mailto:info@fiddlinwhaletours.com)  
[www.fiddlinwhaletours.com](http://www.fiddlinwhaletours.com)

### Four Winds Charters

180 Hillside Drive  
Boutilliers Point, NS B3Z 1W8  
T. 902-4920022  
F. 902-8269047  
[fourwinds@ns.sympatico.ca](mailto:fourwinds@ns.sympatico.ca)  
[www.fourwindscharters.com](http://www.fourwindscharters.com)

### Grand Passage Marine

215 Water Street  
Westport, NS B0V 1H0  
T. 902-8392287  
F. 902-839-2287  
[grand@ns.sympatico.ca](mailto:grand@ns.sympatico.ca)  
[www.brierisland.ca](http://www.brierisland.ca)

### Laurie's Motor Inn/Seaside Whale & Nature Cruises

PO Box 1, 15456 Laurie Road  
Cheticamp, NS B0E 1H0  
T. 902-2242400  
F. 902-2242069  
[laurie@ns.sympatico.ca](mailto:laurie@ns.sympatico.ca)  
[www.lauries.com/](http://www.lauries.com/)

### Lobstermen Tours

89 Olypiad Avenue  
Bridgewater, NS B4V 3S5  
T. 902-634-3434  
F. 902-543-6161  
[info@lobstermentours.com](mailto:info@lobstermentours.com)  
[www.lobstermentours.com](http://www.lobstermentours.com)

### Marine Life Cruises

126 Harbor Road  
Pleasant Bay, NS B0E 2P0  
T. 902-224-1252  
F. 902-224-2364  
[captjohn@marinedream.ca](mailto:captjohn@marinedream.ca)  
[www.marinedream.ca](http://www.marinedream.ca)

### Mariner Cruises

PO Box 1264  
Westport, NS B0V 1H0  
T. 902-839-2346  
F. 902-839-2070  
[info@novascotiawhalewatching.ca](mailto:info@novascotiawhalewatching.ca)  
[www.novascotiawhalewatching.ca](http://www.novascotiawhalewatching.ca)

### Murphy's On the Water

PO Box 2378, Station Central  
Halifax, NS B3J 3E4  
T. 902-420-1015  
F. 902-423-7942  
[jeff@murphysonthewater.com](mailto:jeff@murphysonthewater.com)  
[www.murphysonthewater.com/](http://www.murphysonthewater.com/)

### Ocean Explorations (Zodiac) Whale Cruises

PO Box 719, Tiverton,  
NS B0V 1G0  
T. 902-839-2417  
F. 902-839-2182  
[tom@oceanexplorations.ca](mailto:tom@oceanexplorations.ca)  
[www.oceanexplorations.ca](http://www.oceanexplorations.ca)

### Oshan Whale Cruise

RR #1, Dingwall, NS B0C 1G0  
T. 902-383-2883  
[oshan@ns.sympatico.ca](mailto:oshan@ns.sympatico.ca)  
[www.oshan.ca](http://www.oshan.ca)

### Petit Passage Whale Watch / Kamach

RR 4, Digby, NS B0V 1A0  
T. 902-245-6132  
F. 902-245-4162  
[ppwww@tartannet.ns.ca](mailto:ppwww@tartannet.ns.ca)  
[www.ppwww.ca](http://www.ppwww.ca)

### Pirates Cove Whale Cruises

PO Box 624  
Tiverton, NS B0V 1G0  
T. 902-839-2242  
F. 902-839-2271  
[pcove@tartannet.ns.ca](mailto:pcove@tartannet.ns.ca)  
[www.tatannet.ns.ca/~pcove/index.html](http://www.tatannet.ns.ca/~pcove/index.html)

### Puffin Boat Tours

Box 33, Englishtown,  
NS B0C 1H0  
T. 902-9292563  
F. 902-929-2329  
[puffin@ns.sympatico.ca](mailto:puffin@ns.sympatico.ca)  
[www.puffinboattours.ca](http://www.puffinboattours.ca)

### Sail to the Whales

RR #1, Englishtown,  
NS B0C 1H0  
T. 902-383-2319  
F. 902-929-2387  
[dannyr@ns.sympatico.ca](mailto:dannyr@ns.sympatico.ca)  
[www.schooning.com](http://www.schooning.com)

### Ship Harbour Boat Tours & Charter Services Ltd.

118 Kennedy Street  
Port Hawkesbury, NS B9A 2Y4  
T. 902-625-2508  
F. 902-625-1819  
[jmlangle@ns.sympatico.ca](mailto:jmlangle@ns.sympatico.ca)  
[www.harbourtours.ca](http://www.harbourtours.ca)

### Wesley's Whale Watching

General Delivery  
Pleasant Bay, NS B0E 2P0  
T. 902-224-1919  
F. 902-224-1631  
[whalewatching@cabottrail.com](mailto:whalewatching@cabottrail.com)  
[www.cabottrail.com](http://www.cabottrail.com)

### Whale Cruisers (Cheticamp) Ltd.

PO Box 183  
Cheticamp, NS B0E 1H0  
T. 902-224-3376  
F. 902-224-1166  
[whalecruise@auracom.com](mailto:whalecruise@auracom.com)  
[www.whalecruisers.com](http://www.whalecruisers.com)

### Zippping Zodiac Whale and Seabird Tours

Box 28, 8 Plunket Street  
Freeport, NS B0V 1B0  
T. 902-839-2064  
F. 902-839-2327  
[bob.gillis@ns.sympatico.ca](mailto:bob.gillis@ns.sympatico.ca)  
[www.zipppingzodiac.com](http://www.zipppingzodiac.com)

## Nature Tours

### Cape to Cape Nature Tours

1173 Beaufort Avenue, Suite 100  
Halifax, NS B3H 3Y3  
T. 902-422-6858  
F. 902-429-6245  
[joancz@ns.sympatico.ca](mailto:joancz@ns.sympatico.ca)

### Discover Acadia Vacations Inc.

PO Box 252  
Port Williams, NS B0P 1T0  
T. 902-542-1184  
F. 902-542-1107  
[info@novascotiastours.com](mailto:info@novascotiastours.com)  
[www.novascotiastours.com](http://www.novascotiastours.com)

### Earthsea

PO Box 95  
Riverport, NS B0J 2W0  
T. 902-7664129  
[info@earthsea.ca](mailto:info@earthsea.ca)  
[www.earthsea.ca](http://www.earthsea.ca)

### Gaboteux Tours /

### Les Tours du Gaboteux

PO Box 1194  
Cheticamp, NS B0E 1H0  
T. 902-2242940  
F. 902-2241238  
[office@gaboteuxtours.com](mailto:office@gaboteuxtours.com)  
[www.gaboteuxtours.com](http://www.gaboteuxtours.com)

### Lunenburg Town

### Walking Tours

PO Box 1377  
Lunenburg, NS B0J 2C0  
T. 902-6343848  
F. 902-6348628  
[eric.croft@ns.sympatico.ca](mailto:eric.croft@ns.sympatico.ca)  
[www.lunenburgwalkingtours.com](http://www.lunenburgwalkingtours.com)

### Walking the Wildside Nature Tours

RR #2, Baddeck, NS B0E 1B0  
T. 902-295-1749  
[birding@naturewalks.ca](mailto:birding@naturewalks.ca)  
[www.naturewalks.ca](http://www.naturewalks.ca)

## Cycling

### Atlantic Canada Cycling

PO Box 1555, Station Central  
Halifax, NS B3J 2Y3  
T. 902-423-2453  
F. 902-423-2452  
[info@atlanticcanadacycling.com](mailto:info@atlanticcanadacycling.com)  
[www.atlanticcanadacycling.com](http://www.atlanticcanadacycling.com)

### Freewheeling Adventures Inc.

RR #1, Hubbards, NS B0J 1T0  
T. 902-8573600  
F. 902-8573612  
[bicycle@freewheeling.ca](mailto:bicycle@freewheeling.ca)  
[www.freewheelingadventures.com](http://www.freewheelingadventures.com)

### Pedal & Sea Adventures

RR #2, 9075 St. Margaret's Bay Road, Hubbards, NS B0J 1T0  
T. 902-857-9319  
F. 877-777-5699  
[marilou@vacationvillas.ca](mailto:marilou@vacationvillas.ca)  
[www.pedalandseaadventures.com](http://www.pedalandseaadventures.com)

## Sailing

### Canadian Sailing Expeditions Inc.

PO Box 2613  
Halifax, NS B3J 3N5  
T. 902-429-9463  
F. 902-429-1475  
[scott@canadiansailingexpeditions.com](mailto:scott@canadiansailingexpeditions.com)  
[www.canadiansailingexpeditions.com](http://www.canadiansailingexpeditions.com)

### Discovery Sailing Charters

66 Wake Up Hill Rd, RR #1  
Chester Basin, NS B0J 1K0  
T. 902-275-8377  
F. 902-275-1133  
[dave@discoverysailing.com](mailto:dave@discoverysailing.com)  
[www.discoverysailing.com](http://www.discoverysailing.com)

### Sou'Wester Adventures

PO Box 178, 45 Willow Lane  
Western Shore, NS B0J 3M0  
T. 902-627-4004  
F. 902-627-4099  
[sail@souwesteradventures.com](mailto:sail@souwesteradventures.com)  
[www.souwesteradventures.com](http://www.souwesteradventures.com)

## Scuba Diving

### Divers World

Unit 11, 2 Lakeside Park Drive  
Halifax, NS B3T 1L7  
T. 902-876-0555  
902-8767079  
[sales@diversworld.ns.ca](mailto:sales@diversworld.ns.ca)  
[www.diversworld.ns.ca](http://www.diversworld.ns.ca)

## Surfing

### Rossignol Surf Shop & Beach House

RR #1, Port Joli, NS B0T 1K0  
T. 902-6832530  
[ross.surf@ns.sympatico.ca](mailto:ross.surf@ns.sympatico.ca)  
[www.surfnovascotia.com](http://www.surfnovascotia.com)

## Tidal Bore Rafting

### Shubenacadie River Adventure Tours

10061 Hwy 215, RR #4  
Shubenacadie, NS B0N 2H0  
T./F. 902-261-2222  
[adventure@shubie.com](mailto:adventure@shubie.com)  
[www.shubie.com](http://www.shubie.com)

### Shubenacadie River Runners Ltd.

8681 Route 215  
Maitland, NS B0N 1T0  
T./F. 902-261-2770  
[rafting@canada.com](mailto:rafting@canada.com)  
[www.tidalborerafting.com](http://www.tidalborerafting.com)

### Shubenacadie

### Tidal Bore Rafting

R.R. #4  
Shubenacadie, NS B0N 2H0  
T. 902-758-4032  
[tidalborerafting@ns.sympatico.ca](mailto:tidalborerafting@ns.sympatico.ca)  
[www.tidalboreraftingpark.com](http://www.tidalboreraftingpark.com)

## Other Adventure Tour Operators

### White Point Beach Resort

White Point  
Queens County, NS B0T 1G0  
T. 902-421-1569  
F. 902-354-7278  
[danny@whitepoint.com](mailto:danny@whitepoint.com)  
[www.whitepoint.com](http://www.whitepoint.com)

# ADVENTURES IN *Outdoor Festivals and Events*



INGONISH



LAWRENCETOWN BEACH



BLOMIDON PROVINCIAL PARK



CAPE SABLE ISLAND



KEJIMKUIK



**NOVA SCOTIANS TAKE GREAT PLEASURE IN CELEBRATING THROUGH HUNDREDS OF FESTIVALS AND EVENTS IN COMMUNITIES FROM ONE END OF THE PROVINCE TO THE OTHER! HERE ARE JUST A FEW TO ROUND OUT YOUR GREAT NOVA SCOTIA NATURE EXPERIENCE!**

January 29 - February 13

**SHEFFIELD MILLS EAGLE WATCH**

March 17-20

**BIRDING & NATURE FESTIVAL  
SHELBURNE**

March 27

**SKI MARTOCK SLUSH CUP**

May 20-22

**BLUE NOSE MARATHON  
HALIFAX**

May 28-29

**CABOT TRAIL RELAY RACE  
BADDECK**

June 10-12

**SPRING CANOE FESTIVAL  
MAITLAND BRIDGE**

June 25

**RUDDER'S ROW DORY EVENT  
YARMOUTH**

July 2

**MARION BRIDGE 10 KM ROAD  
RACE**

July 16

**NATIONAL PARKS DAY  
PROVINCE-WIDE**

August 7

**FRED LYNCH MEMORIAL  
CANOE CHALLENGE  
WINDSOR**

August 10-13

**CHESTER RACE WEEK  
CHESTER**

August 12-14

**LOCKEPORT SEA DERBY  
LOCKEPORT**

August 13

**RACE THROUGH TIME  
LOUISBOURG**

August 14

**A WALK WITH NATURE  
DELAP'S COVE**

August 25-28

**GREAT CAPE BRETON  
FISHING EVENT  
WHYCOCOMAUGH**

September 1-4

**YARMOUTH CUP OCEAN  
YACHT RACES  
YARMOUTH**

September 3-5

**CABOT TRAIL BICYCLE TOUR  
BADDECK**

September 16-25

**HIKE THE HIGHLANDS FESTIVAL  
ST. ANN'S**

October 8-10

**THANKSGIVING SURF CLASSIC  
LAWRENCETOWN**

# BOOKS & RESOURCES

## WATER ACTIVITIES

*Sea Kayaking in Nova Scotia*  
by Scott Cunningham

*Coastal Nova Scotia*  
by Joanne Light

*Canoe Waterways:*  
[www.trails.gov.ns.ca](http://www.trails.gov.ns.ca)

*Cruising the Eastern Shore*  
by Mike Cox

*Discover Nova Scotia Sport Fishing* by Don MacLean

## HIKING AND WALKING TOURS

*Nature and Hiking Guide to Cape Breton's Cabot Trail*  
by David Lawley

*A Park Lover's Companion: Cape Breton Highlands National Park*  
by Clarence Barrett

*Hiking Trails:*  
[www.trails.gov.ns.ca](http://www.trails.gov.ns.ca)

## WILDLIFE

*Atlas of the Breeding Birds of the Maritimes Provinces*  
by Anthony J. Erskine

*Birds of Nova Scotia*  
by Robie Tufts

*A Guide to Whale Watching in the Maritimes*  
by David Lawley

*Nova Scotia Wildlife Viewing Guide* by Julie Tower and Anne Camozzi

*Wildlife of Nova Scotia*  
by Julie Towers

*Amphibians and Reptiles of Nova Scotia* by John Gilhen

*Animal Signatures*  
by Edward Claridge and Betty Ann Milligan

## SELF-GUIDED BICYCLING TOURS

*The Nova Scotia Bicycle Book* by Gary Conrad

## NATURE GUIDES

*Discover Nova Scotia's Beaches, Parks and Nature Sites* by Patty Mintz

*Trees of Nova Scotia*  
by Gary Saunders

*Natural History of Nova Scotia* by Derek Davis and Sue Browne

*Flora of Nova Scotia*  
by Marian Zink

*Tidal Life* by Harry Thurston

*Discover Nova Scotia—The Ultimate Nature Guide*  
by Gary L. Saunders

*Geological Background and Physiography of Nova Scotia*  
by Albert E. Roland

*Spring Wildflowers*  
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