



Driftwood Beach, Advocate Harbour

## DID YOU KNOW?

The Great Trail is under development through Cumberland County to Pictou, N.S., with a goal to complete more than 100 kms of trail.

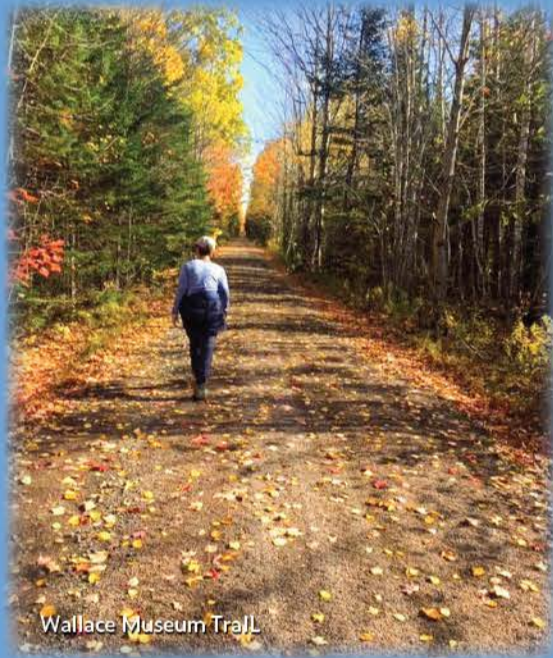


This is a 3-km trail that follows along two brooks and 800 metres of sea coast. This trail is primarily used for walking, hiking, snowshoeing and enjoying nature. The trail is located at 45 North Shore Rd., 200 metres off Hwy 6 and proceed along Waugh's Brook towards Lazy Bay.

Lazy Bay Trail - Malagash, N.S.



This loop trail is 50-km long, featuring a waterfall and is rated difficult. The trail offers a number of activity options and is best used from June through October. Often hiked over three days with overnights at Little Bald Rock and Eatonville or in two days with an overnight in Keyhole Brooks. Spectacular ocean views with several lookouts along the way. Shorter day loops of 6 km are available from the park entrance. While in the area check out Red Rocks and Driftwood Beach. Overnight camping and all hikes must be booked at the main office of the park.



Wallace Museum Trail

## DID YOU KNOW?

No need to hike alone, join Cumberland Trails on their next hiking adventure. They offer guided hikes all year long! Find out more by following them on Facebook, <https://bit.ly/2R8LFpB>



Bunny Trail

## THINGS TO KNOW BEFORE YOU GO!

- Trails are dog friendly. Keep dogs on a leash and remember to pick up after your pets.
- Don't forget your water bottle and bug spray.
- Check for ticks after your hike, especially during high seasons in the fall and spring.

Find detailed trail information, maps and GPS co-ordinates here:



All Trails website  
<https://bit.ly/3hi4CRo>



Cumberland Trails  
Facebook group,  
<https://bit.ly/2R8LFpB>



Wallace River Bridge

Thank you to Cumberland Trails for their expertise, research and photographic contributions to this guide.



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# HIKING GUIDE

- EASY
- MODERATE
- DIFFICULT
- OUT AND BACK
- LOOP
- CAMPSITE

## TRAIL INFO

[exploreCumberland.ca](http://exploreCumberland.ca)

This is a 1.8-km, out and back trail that offers scenic views and is good for all skill levels. The trail is primarily used for hiking, walking and bird watching. Take Whitehall Rd. past the Ship's Company Theatre. Just after the Ottawa House Museum, turn left onto Partridge Island Rd.



Partridge Island Shoreline Trail - Parrsboro, N.S.

This trail is a 3.1-km loop that features a river and is good for all skill levels. The trail is primarily used for hiking and bird watching. Parking is available at Friends of Pugwash Estuary, 2169 Crowley Rd. Follow the trail managed by the Nature Conservancy of Canada. The Pugwash Peace Trail is also accessible from the estuary property. This is a 5.5-km, in and out or 10-km loop, easy to moderate trail.



Cape Chignecto Day Loop

This is a 3.7-km, loop trail, good for all skill levels. The trail is primarily used for hiking, walking, running and bird watching. Best used from April through October. Access the trail by turning north on Aboiteau Rd. between Wallace and Pugwash.



This trail system provides multiple short trail experiences and a lovely 7-km, out and back Empire Loyalist Trail that also provides an option to turn right on the Great Trail and hike a further 2 km to visit the famous and historic Wallace River Swing Bridge. Visiting and returning from the Swing Bridge is roughly an 11-km adventure!





Wentworth Falls

**Amherst Point Migratory Bird Sanctuary – Amherst Point, N.S.**  
The sanctuary trail is a 4.7-km loop that features a lake and is good for all skill levels. The trail is primarily used for hiking, walking and bird watching. From Amherst, travel west on Victoria St. and continue for 2.8 km on Southampton Rd.



**Tantramar Marsh Trail – Amherst, N.S.**

This is a 1.2-km, out and back trail, accessible at the end of Motor Ave. This trail is primarily used for walking, running and bird watching.



**Amherst Shore Provincial Park – North Port, N.S.**

The park offers three easy, walking trails. Annabelles Brook trail is a 2.9-km loop or 1.3-km, out and back to the beach, while Annabelles Blacks Point Trail is a 1.1-km loop trail. The park offers accessible, serviced and unserviced campsites and restrooms with showers. Permit required.



Tantramar Marsh Trail



High Head

**Bunny Trail – Oxford, N.S.**

This trail is a 2.9-km loop featuring a river. The trail is primarily used for hiking, nature trips and snowshoeing. Enter the trail on Water St. at the end of Station St. or park at the Irving gas station and leave from the big blueberry, keeping left and crossing the red bridge.



**Wentworth Provincial Park Loop – Wentworth, N.S.**

This trail is a 3.9-km, loop trail that features a river and is good for all skill levels. The trail is primarily used for walking, trail running and nature trips. Parking is available at the park. Please note that the trail is not well signed.



**Wentworth Valley Falls (Bridal Falls) – Wentworth Valley, N.S.**

The waterfall is a 400-metre walk. Park on the side of the highway by the 'Welcome to Wentworth' sign a few minutes past Ski Wentworth heading towards Truro.



Patridge Island Look-off

**Annandale Falls – Wentworth, N.S.**

This is a 1.6-km, out and back trail, from the New Annan Rd., that features a waterfall and is rated moderate. This trail is accessible year-round. Take New Annan Rd., Hwy 246, from Wentworth to the Axe Handle Factory Rd. Then turn right on the next dirt road. Park where the road widens and walk in 50 m.



**Gut and High Head Trail – Wentworth, N.S.**

This is a 6-km, loop trail that features beautiful wild flowers. The trail is accessible year-round. It can be accessed through Ski Wentworth's main gate. A great scenic view awaits at High Head.



## DID YOU KNOW?

Waterfalls are abundant in Nova Scotia. Exploring them will take you from one end of the province to the other. So no matter where you are, there's probably one nearby!



Eatonville, Three Sisters



Trans-Canada Trail Bridge – Oxford, N.S.



Wards Falls

**Wards Falls – Dilligent River, N.S.**

This is a 6.6-km, out and back trail that features a waterfall/slot canyon. The trail is primarily used for hiking and walking. The trail sign is located about 10 minutes from the crossroads turnoff as you leave Parrsboro heading towards Advocate Harbour on Hwy 209. Enjoy the 17 bridges that crisscross the stream!



**Tidnish Dock Walking Trail – Tidnish, N.S.**

This trail is a 8-km, out and back route that features a river and is good for all skill levels. The trail is primarily used for hiking and walking. On the Sunrise Trail from Tyndall Rd., take the Tidnish Head Rd. to access the park and trailhead. The park is five minutes down this road.



Amherst Shore Provincial Park

## NEW TO HIKING?

Hiking is a wonderful way to immerse yourself in the outdoors. Transported by your own two feet and carrying only what you need for the day on your back, you can discover the beauty of nature at whatever pace you're comfortable with.

Consider the following things while searching for the perfect hike: how much time you have, your fitness level, distance, elevation gain, time of year and weather.

Find a group or hiking buddy. Be sure to tell someone where you are going and when you expect to be back. Don't forget to be considerate of other hikers, respect wildlife and dispose of your waste properly.



## HIKING GEAR

Be sure to do your own research but consider good quality hiking shoes or boots, light-weight rain gear, backpack, hiking poles, sunglasses, water, snacks, a cellphone, solar charger and first aid kit.