

**26 Nova
Scotia Day
Trips**

A- Advocate Harbour- I love Advocate Harbour. The scenery is stunning and [Advocate Boats](#) and [NovaShores Adventures](#) tours is definitely on my bucket list. [Cape d'Or Lighthouse](#) is a steep down hill stroll from the parking lot, but you can grab a meal or even stay overnight. Please note that restaurant hours are subject to change without notice so please call ahead 1-902-670-8314 or email at capedor@hotmail.com (or pack an emergency lunch)

And don't even get me started on [Cape Chignecto](#) with its challenging backpacking trails and gorgeous vistas.

B-Bear River - Just off the beaten path, and inland from Digby, Bear River is an artist's mecca and a photographer's delight. Sometimes referred to as "Little Switzerland" the houses closest to the river are protected from tidal influence by stilts. Add a visit to [Bear River Vineyards](#) to your itinerary. There is a guest suite on the property-please contact the property at 902-467-4156 to check availability. Bear River has a large Mi'kmaq population -bear River First Nations.

C.Chéticamp - At the western entrance to the Cape Breton National Highlands Park, this small Acadian fishing village boasts big cultural influence- in fact, along with Saint-Joseph-du-Moine, it's the largest francophone region in Cape Breton, evidenced by the opportunities to see and purchase Acadian crafts and gifts. We treated ourselves to supper at Le Gabriel Restaurant, which serves Acadian fare and traditional dishes such as burgers, fish and chips and lobster.

D.Delaps Cove- This is one of my favorite short hikes, because you can see both the Bay of Fundy and a waterfall at one point along the [Bohaker Trail hike](#). The Bohaker Trail is just over 2 km in length and a pretty easy hike-unless you decide to crawl down to the foot of the falls. There are a few benches along the trail including one that overlooks the falls, so you can sit and soak in its beauty. Wear shoes suitable for hiking because part of the trail runs along the rocky shoreline. Keep an eye peeled for grey seals!

E. Eastern Shore. Ok, this is quite a chunk of land to cover, so I suggest you don't do it in one day. Some of the highlights I love about this section of the province is Taylor's Head Provincial Park -a series of 4 trails ranging from easy to difficult. We did the [Headland Trail](#) quite a few years ago-a 8 km trail that rims the Atlantic and requires really sturdy footwear. On the cobbled beach part. It's on our to do list to go back to do it again. There are galleries, museums and bakeries scattered along route 7 and while Willy Krachs Smokehouse is closed after 60 years in business, farther along the eastern Shore is St. Mary's River Smokehouses. [Liscombe Lodge](#) is a great getaway spot-trails, kayaking and more.

F. Five Islands. Named after the cluster of five islands-Long, Diamond, Egg, Pinnacle and Moose – located just off the coast. Legend claims these islands are the result of an infuriated Glooscap, the benevolent culture hero of the Mi'kmaq. Angered by Beaver, Glooscap retaliated by throwing sticks, stones and mud into the Bay. There are other variations of this legend but this is the one I'm sticking with. Campers can enjoy Five Islands Provincial Park -many sites have beautiful views or just stop for a picnic. Hikers can explore any of the three trails inside the park.

I'd thought we'd explored everything but in my research I found out about Five Islands Lighthouse Park-so that is on my list for the next time we are up. It has a playground, beach access)check the [tides](#), please) washrooms and a short walking trail. Lastly, Five Islands is the home of the infamous '[Not Since Moses](#)' run. You may enjoy a stop at Diane's for supper or grabbing some fresh veggies at the 'mini Masstown market there.

G. Grand Pre. From the dykes to the beach to the eastern end of the Harvest Moon Trailway, the small community of Grand Pre has plenty to offer, especially the [Grand Pre National Historic Site](#). I highly recommend you take the time to watch the 20 minute film that tells the sad story of the Acadian Deportation. Round out your day with a stop the Covenantor Church, a glass of vino at Grand Pre Winery, lunch at the quaint [Evangeline Cafe](#), snap some photos at the View Park and last, but not least, a stop at the Deportation Cross at Horton Landing.

H. Hall's Harbour The community of Hall's Harbour is reportedly named after a American privateer named Samuel Hall who made his living by raiding the Valley settlers. Rumour has it that he found it necessary to flee unexpectedly, leaving behind abandoned treasure. Stroll the beach (need sturdy shoes and don't forget the [tides](#)) have a lobster at the restaurant and peruse the art at the Captain's Treasure Chest open May to October. I recommend being there for both tides- there are plenty of things to do in the area while you wait the six hours from high to low or vice versa. It's worth it to see the boats sitting on the ocean bottom and then slowly rising with the incoming tide. Check out the sampling of activities in [Port Williams](#)-it's only about 23 km away.

I. Ingonish Beach We visited this small beach when touring the Cabot Trail last Sept, a sandy beach about 60 kms east of Baddeck. The path to the beach is somewhat rocky. There are picnic tables and wash facilities. Some ass had made an awful mess -what's wrong with people and since it was off season-I guess-it hadn't been cleaned up. I did enjoy the beach and had a nice swim.

J. Joggins. Joggins is for sure not the only fossil site, nor even the closest one to me (Think Blue Beach) but it is one of some importance. A 15-km length of the coast known as the Joggins Fossil Cliffs was officially listed on the World Heritage List on July 7, 2008. There is a cafe onsite. You are only 5 km away from River Hebert -which if it fits your schedule is a spot to view the tidal bore. Heritage Models Museum is close by. To find out the tidal bore times for that area, call the [Amherst Visitor Centre](#) a few days ahead of time. If you are even 20 minutes late, you may miss it.

K. Kejimikujik National Park. Naturally. I have been going here since my babies were, well, babies. I have lots of memories of biking and hiking and kayaking and swimming and mud fights and night theatre- I've coaxed (bullied) a few timid not wanna be kayakers into enjoy the calm paddling of the Mersey River. Weekends are a crapshoot as far as getting a spot to camp

goes if you haven't [reserved](#) ahead. I usually try to take my weekends starting Monday. :) There's good snowshoeing here and there's a sheltered picnic area not too far from Mill Falls so you can have a meal and stay dry no matter what the season.

L. Lawrencetown (Annapolis County) Alright. This is a teeny tiny village whose claim to fame is the [Annapolis Valley Exhibition](#). (I once saw Glass Tiger there!) I like it because it seems, I dunno-more like what an old fashioned exhibition should be.

If you are thinking about a day kayaking trip, you can do what we did- drop the kayaks and the husband off at the boat launch in Lawrencetown, drive west and leave the truck at the boat launch at the Visitors Centre in Bridgetown (about 15 km away) and then hop on Kings Transit to jump off in Lawrencetown again. (Or have two vehicles, whatever) This is a pretty long paddle, especially if the [tide is coming into the Annapolis River](#). Hubby says if you want a leisurely paddle, time it to leave about high tide. Bring food. And water.

M. Malagash. I first visited to do an article about biking this peninsula, but have gone back a few times since. One of the spots I head for is the Blue Sea Beach Provincial Park -since it's on the Northumberland Strait, expect the weather to be fairly warm. There are picnic tables and change rooms and for the unsuspecting-poison ivy. Stop by [Jost vineyards](#) for a wine tasting, have a meal at their cafe or rent a bicycle from them to explore the island on two wheels. Other places of interest are the [Vista Bella Farm & Malagash Cidery](#) and the Malagash Salt Miners' Museum.

N. Noel. Named after the Acadian Noël Doiron, who settled in the area before joining the exodus of Acadians leaving mainland Nova Scotia.

Noel's [Burntcoat Head Park](#) known for having the Guinness Books of Records world's highest tides. before. This is a must see. But keep your eyes peeled for the road that leads to the park-it's easy to miss.

To fill in your day, have lunch and a short walk at Anthony Provincial Park, about 17 kms east. If you are craving for an adventurous treat-schedule your trip around a river rafting tour-there are several companies located in South Maitland. I've gone out a few times with [Shubenacadie River Runners](#) and they always take great care of me. I'd like to be able to afford to take my whole family out-love to hear the daughters-in-law scream. But it's so fun.

[Rhttp://riverrunnersns.com/](http://riverrunnersns.com/) Reservations are strongly recommended.

O. Oak Island. Last year my sister was lucky enough to get 6 tickets for a tour to [Oak Island](#) hosted by Charles Barkhouse. Charles is a first class storyteller, and makes it interesting for even a lukewarm fan like myself. It's fun though now to watch the show and see the points of interest we saw on the tour. Unfortunately.....as of this writing, both the [Oak Island Official Tours](#) and the [Friends of Oak Island Tours](#) are sold out for 2018. Sorry. The interpretive centre is open MAY 19 TO OCTOBER 14 10 - 5 DAILY

(Exception will be posted at the beginning of the Causeway) The Friends of oak Island Tours tickets sale begin March 1st-mark your calendars for 2019!!!

P. **Port Mouton** Ahhh, Summerville Beach. Over a km of gorgeous sand to stroll along. Azure water lapping at the shore. THIS IS THE COLDEST FRACKING WATER I HAVE EVER BEEN IN-and I'm not afraid of cold water. Not a big enough parking lot for a hot day. There are pit toilets and roofed picnic tables. Be advised this is nesting area for the endangered Piping Plover. I love these birds-please keep to the pathway to avoid disturbing them. Stop at Seaside Seafoods for fish and chips if you don't feel like packing yet another picnic. If you really want to live it up-book a night or two at the [Quarterdeck](#) to soak up the sun and relax.

Q. **Queensland Beach**. I am beginning to sense a theme-water, water everywhere. This is nice little beach that's not a terribly long drive for me,so it's a frequent visit for me..This beach not too far from Hubbards seems to be busy all year long-we took a drive down that way a couple weeks ago(March) and there were cars coming and going the entire time we were there. Some of even got out on the beach but then it started to sleet so we wrapped THAT idea up pretty quickly. The entrance to the parking lot is still accessible after a storm surge smashed up Conrads Road which runs between the shore and Queensland Lake. Water-cold. Beach in summer-packed.

R. **Round Hill** - located on highway 201, Round Hill is a rural community only 10 km from Annapolis Royal.This site is one of the first locations in North America continuously occupied by families of French origin. The last Acadian owner was Pierre Thibaudeau who owned a mill on this property until the Deportation. A grinding wheel is still visible on site. A bit further west you'll find [Bloody Creek National Historic Site](#), commemorating the struggle between the British and French with their Mi'kmaq allies. For even more history, continue to Port Royal for the Habitation and then to Annapolis Royal's historic Fort Anne. Want even more history? Stop in and check out the Sinclair Inn National Historic Site and The O'Dell House or immerse yourself in it but taking in a [Candlelight Graveyard Tour](#).

S. **Shelburne** .We spent a little bit of time in Shelburne this past October . Would you believe that once upon a time (that time being 1784) Shelburne had grown due to an influx of American settlers to around 10,000 and was estimated to be the fourth largest community in North America-larger than either Halifax or Montreal. Today, a stroll through Shelburne will reveal quite a variety of museums such as the Black Loyalist Heritage Centre, Ross-Thomson House & Store Museum and Dory Shop Museum, and many of the buildings date back to Loyalist times. The historic waterfront is very pretty. Take a break and taste a cold craft beer and have a tour at [Boxing Rock Brewing Company](#) If you want a good stretch of the legs, the Kejimkujik Seaside Adjunct is about 50 km east of Shelburne. Wear good hiking shoes.

T. **Truro** - Known as the hub of Nova Scotia, this busy town has both Mi'kmaq and Acadian roots. Start your day with a trip to Victoria Park,1000 acres of beautiful urban park. Get the blood pumping by climbing the 175 steps making up Jacob's Ladder. Have a picnic, birdwatch,

snap photos of the waterfalls and just enjoy nature at it's finest.

This is my favorite place to catch the tidal bore as it shows the speed of the tide and how fast it covers the mud flats- you're close-standing right on the bank at 104 Tidal Bore Rd
104 Tidal Bore Rd, Lower Truro. Please be there about 20 minutes before the bore arrival time- find the times [here](#). You may also enjoy a stroll through the gardens at the Dalhousie Agricultural Centre in Bible Hill.

U. Upper Tantallon. Upper Tantallon is a scenic community of less than 3500.

If you feel like a bit of fresh air and exercise, try hiking or biking the 33 km long The St Margaret's Bay Trail near the historic [Train Station Bike and Bean Cafe](#). If that seems like just too much exercise, grab your BBQ and plan a swim at the Jerry Lawrence Provincial Park. Add a tour through Acadian Maple Products facility Close by in Tantallon you can book a boat tour from [Four Winds Charters](#). If you are hankering for a feed of mackerel, drop you line off the government wharf at Boutilier's Point a scant 9 km away.

V. Victoria Beach Named after Queen Victoria on the occasion of her silver jubilee in 1862, this seaside hamlet was also the western 'end of the road' for the Nova Scotia Pony Express- from where mail was transferred via steamer to Saint John. This service which began in 1849 lasted less than a year. Lighthouse lovers will want to visit the one on Battery Point, built in 1901. Love dulce? Try gathering your own on the outgoing tide. Try one of my favorite short hikes at Delaps Cove about 20 km away. And I hear good things about the Crows Nest Restaurant in Parker's Cove is supposed to be really good- las in strangers recommend it to you good. it's on our to-try list for this year.

W. Westport. Situated at the tippy tale of Digby Neck and Islands, it's known for whale watching and birding. I've gone out several times with [Brier Island Whale Watch and Seabird](#) tours and last fall is was especially rewarding. We saw a ton of whales! And the crew was so knowledgeable. And why not? This are research vessels dedicated to the study of whales, seabirds and other marine life. On the other end of the island by the lighthouse are a few picnic tables and a walking trail along the coast. There are few choices for accommodation and restaurants on the island- one that we've tried is Brier Island Lodge and we enjoyed our stay there. You'll need to take [two ferries from the](#) Mainland so allow for that. It will take about 2 hours from Digby. Allow time on the way back to hike to the Balancing Rock in Tiverton- it's a 2.5km flat hike EXCEPT for the over 200 steps to reach the Balancing Rock- but it's worth it. There's a provincial picnic park in Lake Midway that's about 18 km from Digby -you can swim and kayak and lots of tables with lake views.

X-Oppsie. Couldn't find one.

Y Yarmouth- I love strolling along the boardwalk in downtown Yarmouth- I've spotted a few seals there at times. Downtown Yarmouth has some unique shops which are fun to poke around in. Of course, everyone needs to drive out to Cape Forchu lighthouse and climb around the rocks- maybe even watch the ferry come in. We discovered a teeny beach on the way to the

lighthouse-it's on your left as you drive out. Plenty of restaurants from fast food to diners to pub food. We enjoyed a meal at [Rudders](#) -it's located on the waterfront and offers a wrap around deck where you can sample inhouse crafted beer.

If you have the time, you may want to drive east up highway one about 17 kms to the fishing village of Sandford which boasts a very small drawbridge, built in the early 1915.

No Z-sorry.

But I added 2 more to make up for it.

A. **Antigonish.** Ahh. This is the place I escape to for my week long retreat every fall. While I'm there, I get out and about and explore the town and surrounding area. The Bethany Centre has a lovely contemplative trail right on the property-not overly long, some uphill areas, benches to sit and, well, contemplate. No dogs allowed on this trail. There is also the Antigonish Landing Trail 4km return which runs along a estuary of Antigonish Harbour-lots of waterfowl. Lots of provincial parks/hiking close by such as Arisaig Provincial Park, Beaver Mountain Provincial Park and Keppoch Mountain. Cape George Provincial Park is less than 30 km away. Last fall I found my way to Pomquet and explored Pomquet Beach Provincial Park. Antigonish has a nice Farmers Market every Saturday from May-Dec on James Street behind the arena. Antigonish also has a thriving Arts and theatre culture.

B. **Blue Rocks.** The small community of Blue Rocks has been described as "Lunenburg's answer to Peggy's Cove" For the life of me, I don't see why. It's very pretty, but does it resemble Peggy's Cove?? Maybe I am missing something....

Be sure to bring your camera -it's lovely. Once we were thrilled to watch our Bluenose sail past to her berth in Lunenburg. Stop in to Blue Hog Gallery for inspiration. You can also book a kayaking tour with [Pleasant Paddling](#). Blue Rocks is less than 10 km from Lunenburg - so you could add the Fisheries Museum of the Atlantic, (I've eaten at the restaurant there and it was pretty good) or enjoy some of the many arts and crafts shops. Tour this UNESCO World Heritage Site via horse and buggy-contact [Trot in Time](#) to reserve.