



The view from the lookout at Cape Chignecto Park. Sea kayaking is another way to explore the rock spires and sea caves of Cape Chignecto Park. Come and explore with us.



View and enjoy the Port Greville Robert Cochrane War Memorial.



Sea Kayak Adventures ON WORLD'S HIGHEST TIDES

By Linda Harrington

Imagine a kayaking experience like no other. Water lifts your boat from the sand beach at sea level, as the tides begin to rise, and before the tour is complete you will have ridden on up to twelve metres of Atlantic Ocean, as it makes its twice daily run up the Bay of Fundy. Sea kayaking is one of the best ways to explore the rock spires and sea caves of Cape Chignecto Park, including the famous Three Sisters. Kayakers enjoying the beauty of the landscape and thrill of tidal paddling are often rewarded with the sighting of wildlife along the coastline, including seals, a wide variety of sea birds, bald eagles and on the shores, white tailed deer.

Kayakers are advised to join one of the local tour groups, who provide experienced guides. "We really pamper our guests with gourmet lunches on all our tours, with lots of people returning for the food" says Else Marie of Novashores Adventures. "We have been selected this year as a "Adventures in Taste" participant in the "Taste of Nova Scotia" program". Two sea kayaking tour operators offer varied kayaking experiences on the Nova Scotia side of the Upper Bay of Fundy. Novashores Adventures, which is the only "Bay of Fundy Recommended Experience" certified sea kayaking business operating in Nova Scotia offers daily tours, as well as two-day tours. Coastal Adventures offers multi-day trips in the summer months.

The day tours from Novashores Adventures have a minimum of 2 and maximum of 12 guests. Beginners of all ages are welcome, with basic paddling and safety instruction provided. The tours are arranged around tide times and include a relaxing home baked lunch, featuring local produce, on one of the pristine beaches.

The two-day Novashores Adventures' kayaking tours being at Spicer's Cove, at the northern entrance to Cape

Chignecto Provincial Park, and includes an overnight campsite at Seal Cove. Guests are often able to hear the grey seals bellowing from the rocks and observe them sunning themselves on the rocks. Delicious meals are provided throughout the tour. All equipment and camping gear is provided, just bring your own sleeping bag. They even provide a dry bag for your camera, which you will want to bring along to record all the spectacular scenery.

The four day kayaking tour by Coastal Adventure (July 15-18; August 26-29) leaves from Advocate Harbour and follows the coastline where kayakers will "weave among rock gardens, poke into sea caves and glide under towering spires draped with seaweed." A new tour of the Five Islands area has been added for Sept. 4-6th. All kayaking equipment, cooking gear and food is provided (they specialize in seafood). Participants provide tents, sleeping bags and personal items as needed.

So if you are looking for a 'high seas' adventure close to shore, a sea kayaking tour of the Bay of Fundy should be high on your list of summer activities this year.

Top 10 Reasons to Visit:



1. spectacular coastal view
2. historic 1914 lighthouse (open July and August)
3. ship playground
4. paths for walking and beach for strolling
5. ocean breezes
6. post and beam picnic shelter
7. mud flats and tides
8. Colchester County's newest regional day park
9. (Did we mention the view?)
10. _____ (Write your reason here.)

Five Islands Lighthouse Park



140 Broderick Lane, Lower Five Islands
www.colchester.ca/parks • 902.897.3180



Unique Experience Awaits at "THAT DUTCHMAN'S" CHEESE FARM

By Linda Harrington

Allow a few hours to visit That Dutchman's Cheese Farm in Upper Economy, you will want to take your time and enjoy the total experience.

Famous for their delicious Gouda cheese, That Dutchman's Cheese Farm consists of over 50 acres of farm fields and over 70 acres of woodland. A babbling brook flows through a deep ravine and this scenic property on the hillside presents a picturesque network of walking trails that crisscross the lands.

An 18 ft windmill is prominent along the trail but one must not miss visiting the variety of interesting creatures ready to greet you on your travels. Miniature goats, emus and potbelly pigs to name a few. Children, and those young at heart, will enjoy finding the forest faerie and gnomes hidden along the trails. Enjoy a relaxing stroll through the beautiful herb, flower and water gardens.

A delightful gift shop offers a large selection of antiques and collectibles.

Once you have worked up an appetite, stop by the café for a Dutch Lunch and make sure you save room to sample Maja's delicious 'Appeltaart', topped with real whipped cream.

A visit to the farm would not be complete without taking home a piece of a golden wheel. The famous Farmstead gouda cheese is available in a variety of flavors and picking only one might be difficult but no problem says Maja. "We have lots of samples to help you decided which cheeses are your favorite."

The Dutchman's Farm is a winner of the 2009 Canadian Cheese Grand Prix for their Gouda and Old Growler Gouda.

The name Dragon's Breath Blue is a unique as the cheese for which it describes. After several years of fine tuning, Willem is very pleased with this small black bell of blue cheese. "The Dragon's Breath Blue is making us famous among the cheese lovers across Canada. We regularly have calls from cheese shops all over the country, who customers keep requesting this delicious, buttery blue cheese," says Maja.

Willem and Maja van den Hoek, along with their family, have been making cheese at their Upper Economy farm for almost thirty years. They welcome visitors to stop by 112 Brown Road any day from 9AM to 6PM. The café will open on Father's Day, 11AM-4PM daily. For more informa-

tion call 902-647-2751 or visit their website at <http://www.thatdutchmansfarm.com>.

A Day Well Spent at That Dutchman's Cheese Farm

Fun, Educational and Delicious. Open Daily.

Come visit our farm animal and nature park filled with trails, gardens, ponds, miniature varieties of pigs, goats and donkeys, emus and poultry for you to explore.

For a stroll down memory lane visit "the Attic", home to a large selection of antiques and collectibles. From tools to china we have something for everyone with over 1500sq feet of display area.

Over the years we have become a favorite destination for parents and grandparents with children, to wander our trails in search of our animals to visit and feed. Along the way gnomes and faeries can be discovered hidden amongst the trees. The gnomes are easy to spot for the little ones and the faeries are more challenging. The best time to visit is in morning while it is cooler and nature is at its best. Our trails include gardens, combining wild and domestic plants, woven between 9 interconnected ponds and waterways. If you are looking for more of a hike you can follow the trail through the woods in search of our Scottish Highland Cattle. Afterward, enjoy a traditional dutch lunch in our cafe and sample some cheese in our shop. Our cafe is open Canada Day to Labour Day.

Upper Economy, NS Phone: 902-647-2751
Visit us on the web www.thatdutchmansfarm.com



Grandson, Hendrikus, visiting the pot bellied pigs.



View of "the Attic" Antiques and Collectibles.