



An eastern view of Wards Brook Beach at high tide. (Shaw Photo)



The same eastern view of Wards Brook Beach showing low tide taken just six hours later. (Shaw Photo)



There are hundreds of beaches on the Bay Of Fundy (Shaw Photo)



Walking Trails

ON WORLD'S HIGHEST TIDES

Cape D Or Light



Follow Hwy 102 from Halifax to Truro, exiting left (exit #15) onto Hwy 104 towards New Brunswick. Exit right onto Glenholme Loop, then turn right onto old highway. Follow a short distance and exit left on Hwy 2 towards Parrsboro. Turn right in Parrsboro and follow road out of town, then exit left onto 209. Follow route 209 towards Advocate Harbour, and exit left onto dirt road at signs for Cape d'Or.

Explore trails overlooking lighthouse; then walk down road to lighthouse area. Cape d'Or was once the site of a copper mining operation and you can still find traces of copper in the rocks along the shoreline.

Five Islands Park



Follow Hwy 102 from Halifax to Truro, exiting left (exit #15) onto Hwy 104 towards New Brunswick. Exit right onto Glenholme Loop, then turn right onto old highway. Follow a short distance and exit left on Hwy 2 towards Parrsboro. Follow

road to Economy and watch for park entrance at left just past summit of Economy Mountain.

Beautiful Provincial Park with beach and abundant hiking trails. Don't miss clam digging on the beach or rock-hounding along the shore. This park is one of my favorites!

Cape Sharp Light



Follow Hwy 102 from Halifax to Truro, exiting left (exit #15) onto Hwy 104 towards New Brunswick. Exit right onto Glenholme Loop, then turn right onto old highway. Follow a short distance and exit left on Route 2 towards Parrsboro. At Parrsboro, continue through town past Partridge Island and onto gravel road towards Black Rock. At the bottom of a hill that veers right look for a left turn onto the old lighthouse access road, which is no more than a cart track now.

Park and follow the old access road up over the hill to the Cape Sharp Light. There is a spectacular view across the Minas Basin (at it's most nar-

row point) towards Cape Blomidon. Look for the rip tide during a tide change. A nice spot to watch the sun setting over the Minas Basin.

Devils Bend Trail

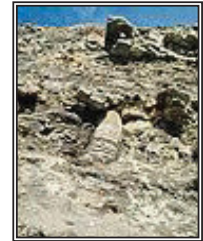


Follow Hwy 102 from Halifax to Truro, exiting left (exit #15) onto Hwy 104 towards New Brunswick. Exit right onto Glenholme Loop, then turn right onto old highway. Follow a short distance and exit left on Hwy 2 towards Parrsboro. Follow road to Economy, then turn right onto unpaved River Phillip Road (road is marked by sign to "Economy Falls"). Follow dirt road up over mountain until you see parking area for Devil's Bend trail on the right.

The Devil's Bend Trail meanders just over 6kms along the Economy River to intersect with the Economy Falls Trail. The look-off stands on a 150m bluff overlooking the "Devil's Bend" in the river, and affords an expansive view. Look for abundant wildflowers in the spring. This trail is part of the very well developed Economy Falls Trail

System, and is a beautiful hike through mature forests and sculpted cliffs.

Joggins Fossil Cliffs



There are two suggested routes to reach Joggins:

From Parrsboro, follow Highway 2 north; keep left through "Boar's Back" area of Chignecto Game Sanctuary towards River Hebert and follow signage to Joggins.

Follow Highway 102 to Truro, and exit left on Highway 104 towards Amherst. Turn off at Exit #4 and follow road south through Upper Nappan, keeping right. Turn right onto Highway 302 south through Nappan and exit right onto Highway 242 towards River Hebert and Joggins.

Follow road through town of Joggins, turning right on unpaved road towards shore. Park in lot at left and walk to shore. Follow shoreline and look for petrified trees in cliffs, or search for fossils along the beach. Look for coal mine shafts in the cliffs (long since collapsed), identified by red groundwater (rust) and old rails poking out of ground. A visit to Joggins is not complete without a stop at the Fossil Interpretation Centre to view the extensive fossil display gathered over many years by a local collector.



Sorting It Out for Tourists

PAPER

Maps & brochures
Newsprint & flyers
Cardboard
Catalogues
Magazines
Paperback books
Paper egg cartons
Envelopes
Looseleaf
Office paper

RECYCLABLES

All Beverage Containers
Pop, water & juice bottles
Juice cartons & boxes
Aluminum beverage cans
Liquor & beer containers
Milk cartons, bags & jugs
Glass containers
Tin & aluminum cans
Plastic bags
Plastic containers (#1, 2 & 4)
Aluminum pie plates

ORGANICS

All food waste:
Meat, fish & bones
Fruits & vegetables
Tea bags & coffee grounds
Bread & pasta
Egg & nut shells
Soiled and/or Wet Paper:
Paper towels & napkins
Paper plates & food containers
Paper sugar & flour bags
Coffee filters

GARBAGE

Styrofoam™
Chip bags
Bar & candy wrappers
Lids, caps & straws
Tinfoil & plastic wrap
Broken toys
Plastic cutlery
Cigarette butts
Chewing gum
Diapers & sanitary products

Nova Scotians are committed to a clean environment.

Please help us by properly sorting your waste in the designated recycling and composting containers throughout the province. For more information about Nova Scotia's leading waste diversion programs, please visit www.rrfb.com.



1-877-313-RRFB (7732)