



# Spectacular Waterfalls OF THE COBEQUID MOUNTAINS

## Kenomee Canyon

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, following signage to Economy Falls. The Kenomee Canyon trailhead is located at the top of Economy Falls.



The Kenomee Canyon trail loop is the largest of the Economy Falls trail system, and one of the nicest trails in the Province. Borrowing from the brochure... "This is a spectacular 18km wilderness hike into the Economy River Wilderness Area along the edge of the Economy River gorge."

The trail follows the river's steep banks upstream to the headwaters at Murphy and Black brooks, then loops around, crossing both brooks, and heads back downstream on the opposite bank. The trail crosses several feeder streams which must be forded on foot, however there is a sturdy bridge spanning the river just above the falls. There are several backcountry campsites along the trail, including Chain Lake Falls, Murphy Brook Falls and Newton Lake campsites. Watch for spectacular wildflower blooms in the spring and brilliant fall colours throughout the abundant hardwood stands in the fall. This backcountry trail is one of my favorites, and makes a great two-day hike.

## Cobequid Mountains

The Cobequid Mountains stretch from Truro to Cape Chignecto. Headwaters originating in the mountain lakes and springs flow towards the Minas Basin, spilling over escarpments created by major faultlines in the rock. The abundant rivers found along this coastline can be traced inland to one or more spectacular waterfalls. Some have well developed trails while others require extensive hiking and climbing in unmarked backcountry. Only experienced and fit individuals should attempt these areas.



## Economy Falls

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 and through blueberry fields to parking area (watch for signs!). Park in designated area and follow well-developed trail down to base of waterfall.



## Harrington Falls

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 through Five Islands, then turn right onto Lynn Road (just before bridge over Harrington River). Follow road up mountain and look for obscure trailhead on left when road starts to level at top. Trailhead may be marked by survey tape, and is the site of an old (illegal) dump area (plenty of garbage on ground). Walk straight past the dump area and look for a trail that descends the hill to the right. The last part of the descent is quite steep and extreme care should be taken on the loose rock.



This area was once known by local fisherman as the "Garden of Eden", for good reason. The west branch of the Harrington River spills over a 60 foot vertical cliff into a pool, and then joins the main Harrington River. This waterfall is one of my favorites, as you can walk behind the falls area.

## Moose River Falls West Branch

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 the community of Moose River, exiting right onto dirt road just past Moose River bridge (at sharp right bend in road). Follow the main dirt road for roughly 2 kilometres; look for flagging tape on tree, at left side of road.



Follow flagging tape down mountainside, angling down to the right, on old logging road. This route will lead to the river, just downstream from the site of an old logging dam. Cross the river below the dam and follow the right bank downstream until you see the remnants of another old log driving dam. From here go right into woods, following the old dam spillway; then straight down slope to base of waterfall.

## Moose River Gorge

There is no easy way into Moose River Gorge... to get close to the river requires a 4x4 vehicle with good clearance to navigate the old logging roads. Getting into the gorge itself requires hard backcountry hiking, and vertical climbing. This is one of the roughest areas in Nova Scotia, requiring almost vertical climbs of several hundred feet... definitely NOT for the unfit or inexperienced hiker.



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Follow main dirt road up mountainside until road levels, then turn right at fork in road (this should be the third right off main dirt road). After turning right at fork, follow road short distance and take first right on old logging access road. Follow this old road as it loops down into gully and up the right side of a large hill. Look for this hill... it stands out with its trees, surrounded by a barren clear-cut landscape. Keep right on old logging road, past hill, and park at end of track. Look for old skidder track at far left of clearing and follow down hill, through woods to cliff edge. Look for flagging tape and follow straight down to river. From here you can either follow river upstream to several waterfalls, or cross river and follow downstream to the Great Falls which spills over 80 feet into a canyon surrounded by vertical rock faces. This is some of the most dangerous hiking and climbing that I've yet experienced in Nova Scotia... please use EXTREME CAUTION when navigating river and cliff edges.

## Ward Falls

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 to Parrsboro. In Parrsboro, keep right on Route 2 towards Lakelands, then exit left onto Route 209 towards Diligent River. Follow Route 209 to community of Wharton and look for signage that indicates exit to trailhead parking area on right.

Follow the well-developed trail (and numerous footbridges!) as it winds through upland forest towards a beautiful 20 foot waterfall that spills out of a gorge. Climb the wooden ladder beside the falls to explore the cave-like gorge that the river has cut through the mountain.

## North River Falls

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 the community of Five Islands, exiting right onto dirt road just past North River bridge. Follow the dirt road to a sharp left bend, then exit left onto old logging track at next sharp right bend.



Follow old logging road down small hill and to the right, through a flat area, until you can hear the falls on your left. Look for a small trail on the left, leading down steep hill to the base of the falls. The last part of the trail descends steeply on a loose bank to the falls (use the ropes to help with the descent). Extreme care should be used on this part of the trail.

## West Bass River Falls

There is no easy way into this falls... the old Economy dirt road may require a 4x4 vehicle, depending on the weather and time of year. Getting to the falls itself requires hard bushwhacking upstream for a few kilometres on the river, and some vertical climbing.



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. Drive to community of Bass River, then turn right at sharp left bend in the road (just past bridge). Follow road to sharp right bend, and exit left onto dirt road (Old Economy Road). Follow this dirt road until you cross the second small bridge (at the base of a big climb). Park here and walk right until you reach the river. Follow the river upstream for a few kilometres and you will be rewarded by the sight of a beautiful waterfall, cascading over 70 feet down a sloping cliff-face. There are two smaller (but equally beautiful) falls just above the big falls.

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