



Swim in the our prestine waters. Here, at Moose River, the fresh water flows to the salt water of the Bay of Fundy.



## Walking Trails - History Awaits You

**Category: Walking Trail  
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!

**Category: Walking Trail  
Burncoat Head**

Follow 101 west towards Annapolis Valley; exit right onto Hwy 215 and continue along Minas Shore. Just past Minasville turn left onto road towards Burncoat Head (watch for signs). Follow this road for a short distance and turn left onto dirt road towards Burncoat Head Community Park. Very nice park developed on site of old lighthouse... Follow trails through park or walk boardwalk to viewing platform overlooking Minas Basin; or take a tour of the reconstructed lighthouse.

**Category: Walking Trail  
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 narrow 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.

**Category: Walking Trail  
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.



## Mo's, must-stop in Five Islands

By Linda Harrington

Stop by for a coffee, curl up with a good book, admire the newest art display, chat with neighbours and sample one of the delicious menu choices for lunch. You can do all this and more at Mo's, opening soon (May 30th) along the Glooscap Trail in Five Islands.

People familiar with the area will recall the former Mel's ("Some Good Food") which closed several years ago. The building is currently undergoing major renovations but Dick Lemon hopes the doors will be open on May 30th to welcome

friends and neighbours.

"I hope that people along the shore will get in the habit of stopping by once a day," says Dick Lemon. "They will take a break from their busy day and come to Mo's for a cup of coffee and a chance to sit down and catch up on the news with others in the community."

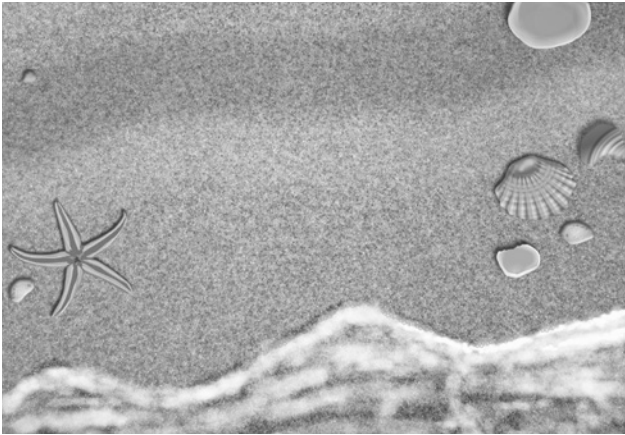
Guests at Mo's will notice big comfy chairs and as they enter through the front door with hundreds of books available for sale, rent or borrow and a selection of art on display from the Argyle Gallery of Halifax. A wood fired pizza oven will be

glowing near by and the aroma of freshly baked breads, biscuits and homemade soups will fill the air.

"I hope it gives people the feeling of a living room with lots of things going on," says Dick Lemon.

The building will have wireless internet throughout and the back section will include a ten bed hostel with clean, comfortable, colorful rooms available for travelers.

For more information on Mo's or to reserve a room at the hostel phone: 902-254-8088.



Pick a star, shell and ocean polished stone for your collection.



## Prepare for Wildblueberry Season

Submitted by Devin Trefry

Planning is already underway for the 2009 Wild Blueberry Harvest Festival and organizers are encouraging community groups and businesses of the region to get involved!

In just a few short years the festival has risen to signature event status in the province and has struck a chord with both residents and visitors alike. Nova Scotia is the leading processor of wild blueberries in the world and is the second leading producer! The wild blueberry is our provincial berry and is the #1 agricultural export in Nova Scotia - something definitely worth celebrating!

The schedule of events is diverse and exciting but help is always welcomed to expand and grow the festival even further. Last year things kicked things off with a bang by adding fireworks and an outdoor concert to

complement the over 75 events held in over 20 communities in Central and Northern Nova Scotia. Events at the festival included live music, farmers markets, pie eating competitions, art and quilt shows, exhibitions, community suppers, and even group motorcycle rides through Wild Blueberry country. The variety and sheer number of activities drew visitors from all over and encouraged them to stop and stay longer within rural communities throughout central Nova Scotia. - Check out the festival website for event ideas and more at [www.wildblueberryfest.com](http://www.wildblueberryfest.com).

If you are interested in getting your community, group, or business involved in the 2009 Wild Blueberry Harvest Festival, please contact Stephanie or Devin at 893-8782, toll free at 1-800-895-1177, or via email at [news@centralnovascotia.com](mailto:news@centralnovascotia.com).

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