



# Canyons and Waterfalls

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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.

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 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.

### 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.

### 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.

### 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.

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# June 2009

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CAT COUNTRY

# Tide Times

100.9 BIG DOG today's best variety

Times based on tides at Bass River & Burncoat Head

DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE	DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE	DATE	TIME HIGH TIDE	HEIGHT HIGH TIDE	TIME LOW TIDE	HEIGHT LOW TIDE
MAY 27	3:27	14.9	9:58	0.7	JUN 7	1:09	14.2	7:35	1.4	JUN 19	-	-	4:10	2.2
MAY 27	15:55	14.0	22:17	1.5	JUN 7	13:36	13.6	19:51	1.9	JUN 19	10:14	13.1	16:37	2.1
MAY 28	4:16	14.6	10:48	1.0	JUN 8	1:53	14.0	8:18	1.5	JUN 19	22:43	13.9	-	-
MAY 28	16:45	13.8	23:08	1.8	JUN 8	14:17	13.4	20:33	2.1	JUN 20	-	-	5:12	1.8
MAY 29	5:08	14.2	11:38	1.3	JUN 9	2:34	13.8	8:58	1.7	JUN 20	11:14	13.4	17:37	1.8
MAY 29	17:38	13.7	-	-	JUN 9	14:56	13.3	21:12	2.3	JUN 20	23:41	14.3	-	-
MAY 30	-	-	0:02	2.0	JUN 10	3:11	13.6	9:36	1.9	JUN 21	-	-	6:13	1.3
MAY 30	6:02	13.8	12:32	1.6	JUN 10	15:33	13.1	21:48	2.5	JUN 21	12:13	13.8	18:35	1.5
MAY 30	18:34	13.5	-	-	JUN 11	3:47	13.4	10:11	2.1	JUN 22	0:37	14.7	7:10	0.9
MAY 31	-	-	0:59	2.1	JUN 11	16:08	12.9	22:23	2.7	JUN 22	13:08	14.0	19:30	1.3
MAY 31	6:59	13.6	13:29	1.8	JUN 12	4:23	13.2	10:47	2.2	JUN 23	1:31	15.0	8:04	0.6
MAY 31	19:33	13.4	-	-	JUN 12	16:45	12.8	22:59	2.8	JUN 23	14:01	14.2	20:23	1.1
JUN 1	-	-	1:58	2.2	JUN 13	5:01	13.1	11:24	2.4	JUN 24	2:23	15.1	8:55	0.4
JUN 1	8:00	13.4	14:29	1.9	JUN 13	17:25	12.7	23:39	2.8	JUN 24	14:52	14.4	21:14	1.0
JUN 1	20:34	13.5	-	-	JUN 14	5:43	13.0	12:04	2.5	JUN 25	3:13	15.0	9:43	0.4
JUN 2	-	-	2:59	2.1	JUN 14	18:08	12.8	-	-	JUN 25	15:41	14.4	22:04	1.1
JUN 2	9:03	13.4	15:29	1.9	JUN 15	-	-	0:23	2.8	JUN 26	4:03	14.9	10:31	0.5
JUN 2	21:35	13.7	-	-	JUN 15	6:28	12.8	12:49	2.6	JUN 26	16:31	14.4	22:53	1.2
JUN 3	-	-	4:01	1.9	JUN 15	18:56	12.8	-	-	JUN 27	4:52	14.6	11:20	0.8
JUN 3	10:05	13.4	16:27	1.9	JUN 16	-	-	1:13	2.7	JUN 27	17:21	14.3	23:44	1.4
JUN 3	22:34	13.9	-	-	JUN 16	7:19	12.8	13:41	2.6	JUN 28	5:43	14.3	12:10	1.1
JUN 4	-	-	4:59	1.6	JUN 16	19:48	13.0	-	-	JUN 28	18:12	14.1	-	-
JUN 4	11:05	13.5	17:23	1.8	JUN 17	-	-	2:08	2.6	JUN 29	-	-	0:36	1.6
JUN 4	23:29	14.2	-	-	JUN 17	8:14	12.8	14:37	2.5	JUN 29	6:36	13.9	13:02	1.5
JUN 5	-	-	5:56	1.4	JUN 17	20:45	13.2	-	-	JUN 29	19:06	13.9	-	-
JUN 5	11:59	13.5	18:16	1.7	JUN 18	-	-	3:07	2.5	JUN 30	-	-	1:31	1.8
JUN 6	0:21	14.3	6:47	1.3	JUN 18	9:12	12.9	15:37	2.4	JUN 30	7:32	13.6	13:57	1.9
JUN 6	12:50	13.6	19:06	1.8	JUN 18	21:44	13.5	-	-	JUN 30	20:03	13.7	-	-

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