



Walk the shoreline at our low tide. Here is one of the beaches at Joggin's Fossil Cliffs - 14.7 kilometres of cliffs and beach. Nova Scotia's second, and Canada's 15th, UNESCO World Heritage Site.



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.

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TRURO MUSEUMS

The Colchester Historical Museum, located on Young Street, is one of the top-rated museums in Nova Scotia. Exhibits depict the natural and human history of Colchester County from antiquity to the present day, together with a variety of temporary and traveling exhibits. Be sure to see the large tapestry created by local needle artists depicting Truro's history. As well, the museum's vast genealogical resources, dating back to the earliest days of settlement of Colchester and surrounding counties, have helped many people trace their family roots.

The museum is open year round. Hours during the

months of July and August are Monday to Friday, 10:00AM - Noon and 1:00 - 5:00PM. Saturday, 2:00 - 5:00PM. During the off season, the museum is open Tuesday to Friday 10:00AM - Noon and 1:00 - 4:00PM and Saturday 1:00 - 4:00PM. Admission is only \$2.00 for adults and \$1.00 for children and students. After your visit, take time to browse in the museum shop, where you will find a varied selection of interesting items.

Located on Arthur Street on the campus of the Nova Scotia Community College (formerly the Nova Scotia Teachers College) the Little White School House Museum is devoted to

the history of education in Nova Scotia from the mid-1800s to the early 1970's. Formerly a school building, the museum is fully restored and contains books and artifacts from the era of the one-room schoolhouse, as well as photos of the Provincial Normal School and College. The museum is open June 1 - Aug 31. Open Monday-Friday, 10 am - 5 pm. Admission is free, donations accepted.

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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.

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Grandson, Hendrikus, visiting the pot bellied pigs.



View of "the Attic" Antiques and Collectibles.

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