

VICTORIA PARK TRAILS

Victoria Park boasts a trail network nearly 20 km in length, providing a popular site for walking, hiking, jogging, cross country skiing and cycling. The Hemlock Trail is a .7 km route beginning at a stairway in the lower park near Adam Street. The paths meander through 200 year old eastern hemlock stands. The 200m Lepper Brook Walk is a relatively flat trail that begins in the lower park and winds alongside the brook under the cover of softwood. The Mountain Walk is a .5 km path cut into the steep hillside of the gorge overlooking the Lepper Brook. The Dr. Jim Vibert Trail is a 1.6 km loop through the upland area beyond the gorge.

The lookoff at the top of Wood Street offers a spectacular view of the valleys of the

Salmon and North Rivers, which meet and flow into the world famous Bay of Fundy. On a clear day, the views extend down the bay to Five Islands, a distance of about 60 kilometers.

The walking trails follow the natural contours of this magnificent setting, allowing for close up views of the park's two waterfalls, the brook and steep gorges. At Jacob's Ladder, one can climb 173 steps or 180 feet - a challenge that is well worth the effort. Joe Howe Falls is one of the most photographed spots in town. Still further along are Waddell Falls and the Cathedral Dell with a pagoda and picnic tables. In a shady glen, there is a replica of the Holy Well, an Acadian baptismal site in the 17th and 18th centuries.

Golf:

Truro Golf Club - 18 hole
Mountain Golf & Country Club - 18 hole
Brookfield Golf & Country Club - 18 hole
Greenfield Golf Club - 15 hole
Riverrun Golf Club - 9 hole
Ridgewood Golf - 9 hole

Harness Racing:

Truro Raceway - Canada's fastest half-mile track. Racing every Sunday afternoon. Enclosed grandstand, dining and lounge facilities.

Recreation Parks & Gardens:

- Victoria Park - A treat for all ages. Voted as "Best of Colchester" by area residents.
- Kiwanis Park - Walking path, fishing pond, ducks, picnic tables.
- Bible Hill Recreation Park - Playground, picnic tables, horse-shoes and baseball.
- Holy Well Park - Play and picnic area along the banks of the Salmon River, Bible Hill.
- Nova Scotia Agricultural College - Alumni Gardens and Rock Garden. Stroll along the paths of the beautifully landscaped Alumni Gardens as well as the largest man made rock garden in the Maritime Provinces.
- Truro Amateur Athletic Club Grounds (TAAC Grounds), Prince Street. Playground, running track & multi-use sport field.

THERE'S MORE TO ENJOY...DOWNTOWN!

- Check out what's new in your favorite local shops
- Treat yourself to lunch at a great little café, pub or restaurant
- Enjoy an evening stroll...see all the flowers and heritage homes
- Meander through the Farmers' Market any Saturday from 8AM-1PM

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or call 895-9258 for information

TIDAL BORE – A NATURAL PHENOMENON

Truro boasts an amazing natural phenomenon seen in very few parts of the world - the Tidal Bore. In fact, the town was originally called Cobequid by the Mi'kmaq, which means "place of the rushing water."

The Bay of Fundy is particularly noted for having the highest tides in the world. Twice daily, a wave of water rushes from the Minas Basin to fill the channel of the Salmon River in a matter of minutes.

As the tide passes toward the head of the bay, it is in effect squeezed by the ever-narrowing sides and by the constant shallowing of the bottom. As it reaches the very head of the bay, the advancing tide becomes a wave varying from just a ripple to several feet in height, and this wave, called a "tidal bore", continues up the rivers which empty into the bay.

Thus, we have the phenomenon of a river changing its flow before your very eyes, as the bore rushes in over the outgoing river water.

The height of the tidal bore increases with the range of the tide, which in turn, varies with the phases of the moon. The best time to view the tidal bore is during a full moon or a new moon. Equally interesting as the wave itself is the time it takes for the river to fill to high tide - just over one hour from the arrival of the tidal bore, as compared to the conventional six hours to reach high tide along coastal waters.

This amazing wonder of nature can easily be seen from a designated viewing area in Truro near the 102 Highway. Check with the Truro Welcome Centre for tide times and directions.

For an exciting day trip, ask about the various white

water rafting tours available on the Shubenacadie River. Exhilarating upriver excursions take you over the tidal bore, a definite memory maker!

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