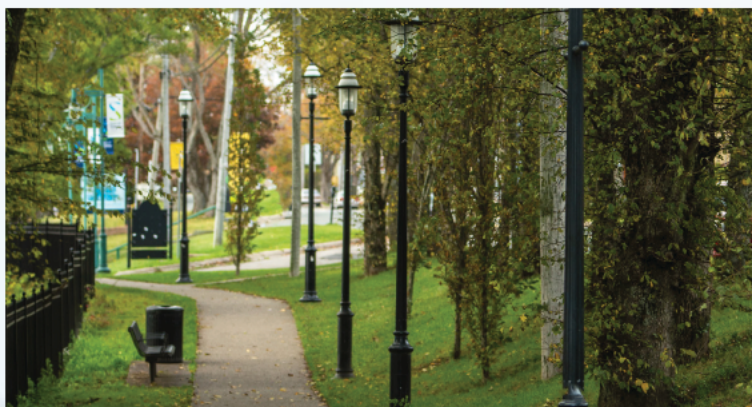


Get Out & Walk, Cape Breton!

www.CBRM.ns.ca

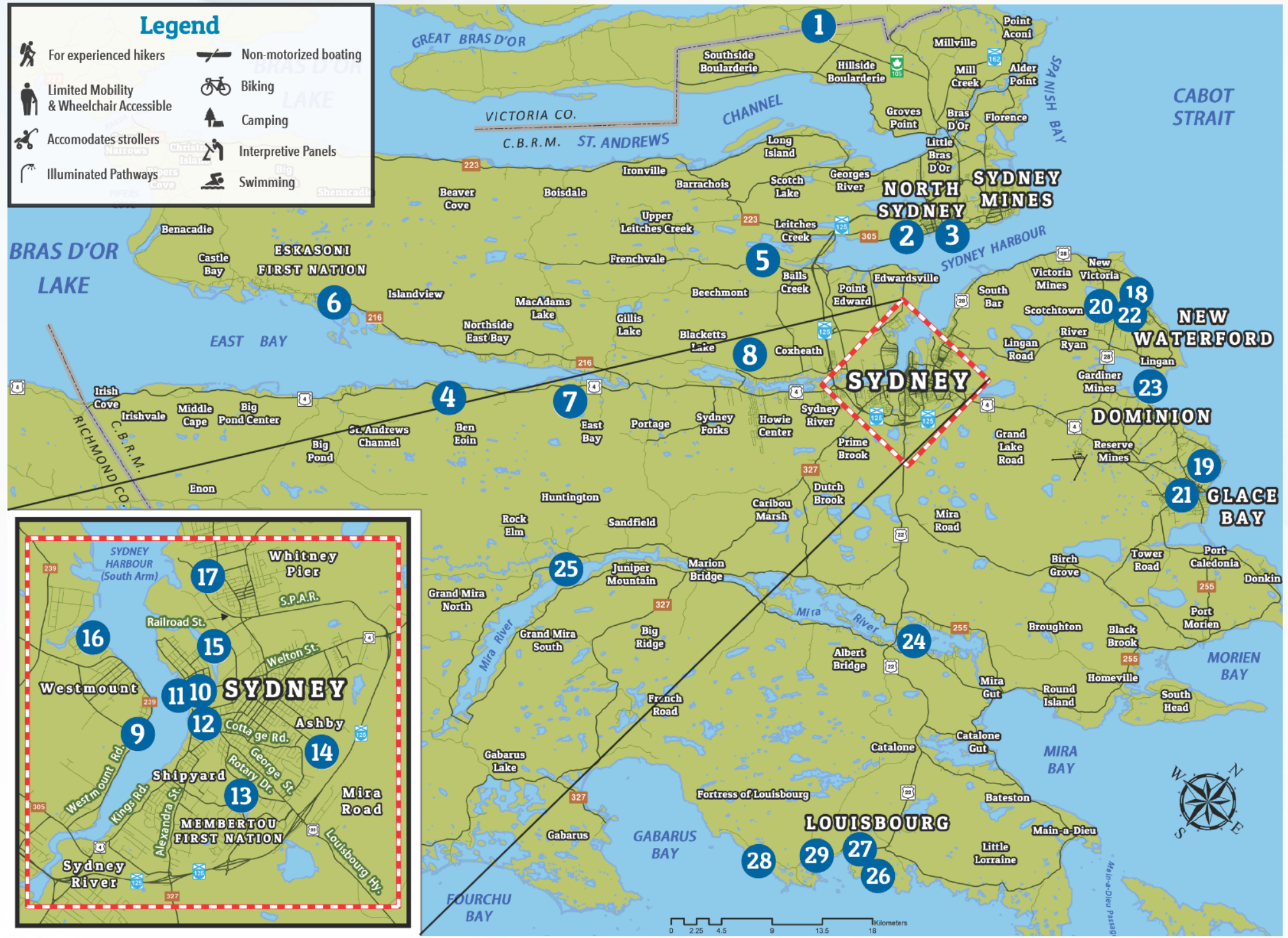


Cape Breton Regional Municipality's Walking Trails & Outdoor Spaces



Legend

-  For experienced hikers
-  Limited Mobility & Wheelchair Accessible
-  Accomodates strollers
-  Illuminated Pathways
-  Non-motorized boating
-  Biking
-  Camping
-  Interpretive Panels
-  Swimming



Get Out & Walk Cape Breton!



Top of Coxheath Hills

Here in the Cape Breton Regional Municipality, a variety of walking paths and trails suit all activity levels and abilities. Whether you walk with small children or seniors, look for something close to home, or want a more adventurous hike, a walking trail waits for you.

Walking is not only good for your health and a great way to enjoy your community, but it's also a meaningful mode of transportation. Try walking to work or school, to and from meetings, or even to the coffee shop or store. To find out how you, your friends and your family can get involved in active transportation or to learn more about walking trails in your community, visit

www.CBRM.ns.ca



The Cape Breton Regional Municipality assumes no responsibility for the safety of users of the walking trails listed in this guide. Although the information in the guide is believed to be accurate, we assume no liability for any errors that may exist. We recommend that all walkers take appropriate precautions when enjoying the outdoors...hike with companions, dress for changing weather conditions, carry drinking water and DO NOT approach or feed wildlife. Remember to take a cell phone with you so that you can call 911 in the event of an emergency. In addition to the trails listed in this guide, CBRM offers many other great areas to walk, including rugged wilderness trails for the adventurous. For more information on trails in CBRM and the rest of Nova Scotia, check out www.hikenovascotia.ca.

1 Dalem Lake Trail

Dalem Lake Provincial Park is located 3 km east of Boularderle East, off Highway 105 at St. James Road. Dalem Lake is a popular park among families, situated near a small lake with hardwood-shaded picnic tables and a beautiful white-sand beach. A 2.2 km hiking trail weaves through woods surrounding a non-motorized boat launch and the lake. Park activities include sport fishing, kayaking, canoeing, hiking, bird watching and exploring wildlife.



2 Munroe Park Boardwalk

Munroe Park, formerly Kelly Beach, is located next to the newly renovated Northern Yacht Club. This area consists of a soccer field surrounded by a 600 m loop and a nearby playground. The walking trail offers panoramic views of North Sydney Harbour and the Northwest Arm area. Six interpretive panels explain the historical significance of the areas during both world wars.

3 Indian Beach Boardwalk

Indian Beach has a long history in coal shipping, wartime naval activity, and, originally, as the summer home for local Mi'kmaq people. Interpretive panels tell the story of the historic sandbar peninsula near the ferry terminal in North Sydney. Today, the beach includes a boardwalk, playground, canteen, washrooms, and a band shell with frequent entertainment.

4 Ben Eoin Park

Ben Eoin Provincial Park is a small, secluded park in the Bras d'Or Lake region. A quick walk uphill leads to a look-off with a beautiful view of East Bay and the world-renowned Bras d'Or Lakes. Park activities include hiking, bird watching, picnicking and exploring nature. Please note that this trail tends to be very steep.

5 Frenchvale Brook Trail

Located in the small community of Frenchvale, this trail is community-owned and completely maintained by volunteers. Short in length, you will find a pleasantly groomed trail through a mixed forest with some sections adjacent to a shallow, babbling brook. The length and condition of this trail makes this hike perfect for young children and those with limited mobility. Frenchvale Brook is a non-motorized trail.



6 Goat Island Trail

Enjoy a leisurely stroll along the beautiful trails of Goat Island, located in the largest Aboriginal community east of Montreal, Eskasoni. Along the trail you will see the unspoiled natural beauty of the Bras d'Or Lakes and a variety of wildlife. Professional guides along the trail will share Mi'kmaq history and culture through stories, music and demonstrations during the peak seasons. During the down seasons, the trail is still open for use.

Visit www.eskasoniculturaljourneys.ca for more information.



7 East Bay Trail

Walk through a mix of old beautiful birch, maple, hemlock and pine trees on this 3 km hike that takes you along a gently sloping upland trail. Located just past the turn-off to East Bay Sandbar on Route #4, this hike is suitable for families and avid hikers alike. There is plenty of parking at the foot of the trail and many places to rest as you hike.



8 Coxheath Hills

Built by the Coxheath Hills Wilderness Recreation Association, the Coxheath Hills Trail starts behind the Knox United Church Hall, located at the intersection of Coxheath Road and Blackett's Lake Road. The six trails within this trail system range from moderate to difficult. The exceptional views from the trail, a waterfall, bald eagle sightings and other elements of nature are featured. Trails and the cabin close at dusk. The first 0.7 km of this trail is an extremely steep grade. Learn more at www.coxheathhills.com



9 Westmount Walking Loop

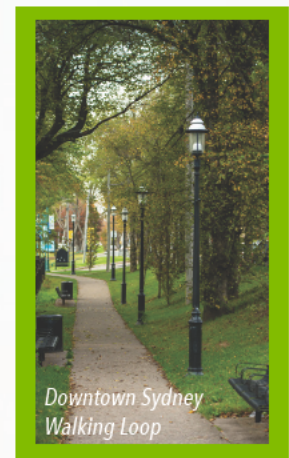
In the community of Westmount you will find a walking loop that follows the scenic harbour shoreline to Petersfield Park and the Canadian Coast Guard College. This walking loop is well marked and located on well-maintained sidewalks, making it ideal for walkers and runners of all fitness levels.

10 Downtown Sydney Walking Loop

In the community of Sydney you will find walking loops that take you around the downtown, the waterfront and the historic North End. These walking loops are well marked and located on well-maintained sidewalks, making them ideal for walkers and runners of all levels of fitness.

11 Sydney Boardwalk

The Sydney Boardwalk is located on the waterfront in downtown Sydney, convenient for shopping and dining or just walking during any time of the year. Whether you choose to visit downtown Sydney by car, foot, bike or boat, the boardwalk is an ideal place for the family to spend quality time outdoors. During the summer, live entertainment and many festivals and events take place at this gathering spot. The boardwalk round trip is a total of 2.2 km.



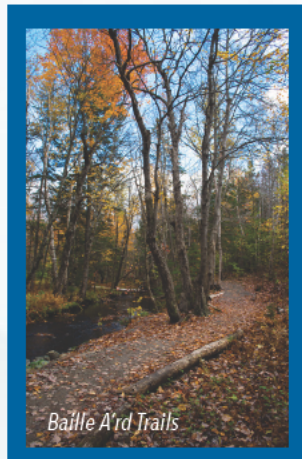
12 Wentworth Park

Located in the heart of downtown Sydney, this beautiful urban park centers on a pond that drains into Sydney Harbour. Stroll on paved paths accessible for all who want to enjoy this park year-round. The park includes a band shell, playground, lighted fountains and water splash pad as a popular spot for children to cool off on hot summer days.



14 Baile A'rd Trails

This 3 km trail system is situated on more than 70 acres of Acadian forest and contains two brooks that seem to follow you as you move through the well-maintained gravel trails. The all season trails are ideal for walking, jogging or taking in the beauties of nature. The main entrance for Baile A'rd Trail is located on Cottage Road, behind Sherwood Park Education Centre, only 3 km from downtown Sydney. www.baileardnaturetrails.com



15 Open Hearth Park Trails

Open Hearth Park is a beautiful green space on the edge of downtown Sydney. Paved pathways wind through the park providing excellent areas for easy recreational walking. For runners and bikers the park offers a variety of trails that can serve as a training facility or where organized runs can be hosted. Some sections of the pathway are illuminated at night. The site was previously home to the Sydney Steel Plant and was an industrial waste site before a ten-year remediation project gave it new life.



13 Greenlink Trails

This 3 km trail system off Rotary Drive in Sydney consists of wide gravel paths suitable for walkers and cyclists. The trail system connects the Shipyard area of Sydney to Membertou and to the Cape Breton Regional Hospital. The gravel surfaces are not suitable for wheelchairs or strollers. This scenic trail has benches and interpretive panels located along the path, and can be accessed in several locations. Parking lots are located at the Rotary Drive and Churchill Drive entrances. www.cbrm.ns.ca/recreation-facilities

16 Petersfield Provincial Park

Petersfield Provincial Park is a picnic park overlooking the south arm of Sydney Harbour located in Westmount. The park contains remnants of four cultural periods, dating from the late 18th to mid 20th centuries. Other park features include picnic tables, interpretive signs, and an extensive network of trails (7 km). Open seasonally for winter activities although there are no facilities or services provided. This park is ideal for walkers with limited mobility and families with young children and strollers.

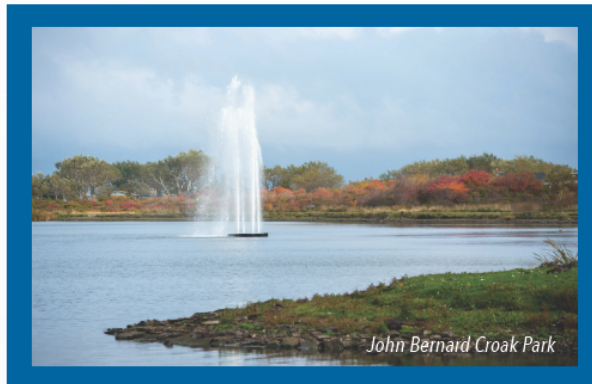


17 Whitney Pier Community Heritage Trail

This 1.7 km trail has a wide, hard-packed gravel path suitable for walkers, cyclists and strollers. Surface is also suitable for wheelchairs, however some grades along some parts of the trail may be challenging. The path is illuminated at night and is ideal for nighttime cross-country skiing. Benches and interpretive panels provide engaging information on the history of Whitney Pier and the Steel Plant era. In the summer, a wide variety of wildflowers grow in profusion along the pathway. The path can be accessed in several locations in Sydney and Whitney Pier. www.cbrm.ns.ca/recreation-facilities

18 Bill Davis Trail (Colliery Lands Park)

At Colliery Lands Park in New Waterford, located on the site of the former No. 12 and 16 pits, a miners' memorial lists the names of the 298 miners killed over the years in the local collieries. As you walk through this park, you can see an exposed coal seam, a representative mine slope, coal car display, picnic area and flags from the countries from where the first settlers came. This park offers a great place for the family to spend time outdoors and to learn about the historical significance of coal mining. The trail in the park is named for Bill Davis, a coal miner who was shot and killed by coal company police during a strike in 1925. This trail is suitable for all activity levels, as well as wheelchairs and strollers.



John Bernard Croak Park

19 John Bernard Croak Park

Located off Beacon Street in Glace Bay, this park is named for John Bernard Croak, who was awarded the Victoria Cross for his service in World War I. It has a lighted fountain, park benches and a pond seasonally stocked with trout and great for skating in winter. The park contains a 1.3 km walking path suitable for all fitness abilities.

20 Scotchtown Summit Park

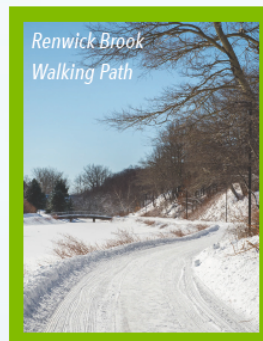
Just off Daley Road in Scotchtown is Scotchtown Summit Park, a waste rock disposal site remediated in 2012 by the former Cape Breton Development Corporation. The site includes a pond and looped walking trails. The trail system is used by all terrain vehicles (ATVs) and is linked to a network of other ATV trails.

21 Renwick Brook Walking Path  

This walking path follows the shoreline of Renwick Brook from downtown Glace Bay to Dominion Street, a distance of 1.6 km. The path passes through Queen Elizabeth Park, which contains a band shell, children's play area, picnic area, tennis courts and a little league baseball park. This scenic pathway is a great place for families to spend time outdoors. The pathway between Commercial Street and Park Street is illuminated at night.

22 Downtown New Waterford Walking Loop

In the community of New Waterford you will find a walking loop connecting the downtown to the hospital and the town's residential areas. This walking loop is well marked and located on well-maintained sidewalks, making it ideal for walkers and runners of all levels of fitness.



Renwick Brook Walking Path

23 Dominion Beach Provincial Park 

This park is located in the small, seaside town of Dominion and is situated on one of Cape Breton's most beautiful and famous beaches. Its 1.5 km sandy beach and boardwalk are perfect for families to spend a warm summer day, or use the year round for fresh, ocean air walks. Lifeguards supervise the beach in the summer.

25 Two Rivers Wildlife Park   

The Two Rivers Wildlife Park provides a full day of fun for the entire family. This 5 km trail is accessible for all and joins a larger park that includes a 1 km trail through an animal reserve. Two Rivers includes camping, a petting zoo, trails with interpretive panels, year-round events and much more. This park has an entrance fee at the gate. www.tworiverspark.com

24 Mira River Park Trail  

Located on the famous Mira River, The Mira River Provincial Park is just minutes from Sydney and Louisbourg and offers great outdoor experiences for the family. Available on site is camping, walking, boating, canoeing and swimming. www.novascotia.com



Dominion Beach Provincial Park

26 Lighthouse Trail  

Located at the end of Havenside Road in Louisbourg is the Louisbourg Lighthouse - the site of Canada's first lighthouse, built here in 1734. Adjacent to the Lighthouse is the trailhead for the Lighthouse Trail, which runs along the rugged coastline, offering visitors of all skill levels the opportunity for an enjoyable hiking experience. A 2 km walk leads visitors around a hard-packed gravel loop while interpretive panels explain the area's historic and natural features. Beyond this loop is a more challenging trail that continues another 3 km to a spectacular look-off at Lorraine Head. This section is recommended for avid hikers.

27 Louisbourg Boardwalk  

Located on Louisbourg's waterfront, the boardwalk is a pleasant place to spend some time watching fishing vessels coming in and out of the busy harbour. The community's annual Crabfest is held near the boardwalk every summer. This is a great place to meet locals and learn about the historic town of Louisbourg.

28 Simon's Point Trail

Located 2 km from Gate Two, a short distance down the Kennington Cove Road, this trail offers a short and rough 800-metre walk to the mouth of Freshwater Brook and the ocean. From the trail, see breathtaking views of the historic Fortress of Louisbourg. Simon's Point Trail makes a great addition to your day trip to the seaside village of Louisbourg. The trail has limited parking available.



Lighthouse Trail

29 Old Town Trail  

Located at the end of Wolfe Street in Louisbourg, this 2.25 km walk along the shore of Louisbourg Harbour takes visitors through "Old Town", a community that ceased to exist in the 1960s when all of the residents were relocated to facilitate the establishment of the Fortress of Louisbourg National Historic Site. Throughout the walk, interpretive panels tell a 300-year history of the area. Fantastic views of the Fortress of Louisbourg and the harbour are visible along this historic trail. Old Town Trail is wheelchair accessible.



Old Town Trail