

# explore the great outdoors

Out and About Nova Scotia, [www.outandabouts.com](http://www.outandabouts.com). Travel writing and photography by Denise Davies.

**Beaver Mountain Provincial Park:** Located 11 km from the Town of Antigonish, Exit 30 off the TCH 104, just past Riverside Speedway. Beaver Mountain's network of roads and trails around the park provide opportunity for everyone. This forested park is suitable for cycling, hiking, walking, cross-country skiing and picnicking. A 1.6 km paved loop (wheelchair accessible) plus two easy to moderate trails – 3 and 6 km in length. Head up for a walk, a bike ride, or even cross-country skiing in the winter. A variety of trees and wildlife and several ecosystems – you'll find something to pique your interest. Don't forget to take a look at the spectacular view of the town from the park's entrance and visit the interpretive centre. [www.antigonishcounty.ns.ca/BeaverMountain](http://www.antigonishcounty.ns.ca/BeaverMountain)

Cycle or hike over **Brown's Mountain**. From Hawthorne St, turn left into Clydesdale, keep left at Pleasant Valley/Clydesdale fork. Once over the bridge, keep right for about 2-3 km, past the turkey farm, then take next left. A great spot for hikers, snowmobilers, and mountain bikers. The network of roads make for a scenic and peaceful hike.

**Arisaig Provincial Park**, Rte. 245. A small picnic park and interpretive kiosk, 27 km north of Antigonish on the Northumberland coast. The sea cliffs of Arisaig are a popular and important tourist spot and the site of extremely important fossil deposits. 1.6 km loop trail. <http://arisaig.wordpress.com/provincial-park>

**Visit Antigonish Landing Wildlife Management Area**, Adam St. or Rte. 337, Landing Rd., past Tony's Meats, or enter just past the museum and railway tracks. A beautiful natural environment within walking distance of town. Take a pleasant walk along this wildlife sanctuary which hosts herons, sandpipers, bald eagles, ducks and various other forms of wildlife. A 4 km return hike along an estuary of Antigonish Harbour.

**Fairmont Ridge Hiking Trail**, Rte. 337, 10 km past St. Martha's Regional Hospital look for the trailhead and parking lot on the left. 12 km of well marked trails – a set of 6 stacked loops through a variety of terrain, varying from rock outcrops, gullies and pas-

tures to hardwood groves and bogs. Spectacular views of Antigonish Harbour. [www.trails.gov.ns.ca/SharedUse/a011b.html](http://www.trails.gov.ns.ca/SharedUse/a011b.html)

**Mahoney's Beach Trail**, Rte. 337. Gentle walk along the shore of St. Georges Bay

**Cape George Hiking Trail**, Rte. 337, 27 km from Antigonish. A series of connecting loops, varying in length and difficulty, 33 km in total. With panoramic views of the bay, this trail meanders from scenic coastline beaches to elevated old growth forests. Three serviced trail heads: Cape George Heritage School, Ballantyne's Cove Wharf and Cape George Day Park and Cape George Lighthouse Day Park with picnic facilities and services.

**Sport Fishing:** The Antigonish area is blessed with several healthy rivers and streams, which have become synonymous with trout and salmon fishing. Antigonish Rivers Association [www.antigonishriversassociation.ca](http://www.antigonishriversassociation.ca)

**Pomquet Acadian Trail:** Three loop trails along the coastline near Pomquet and through forested areas. Spectacular view from the cliff side path. Trailhead at Chez Deslauriers. [www.outandabouts.com/2011/03/27/hike-the-acadian-trail](http://www.outandabouts.com/2011/03/27/hike-the-acadian-trail)

**Swimming:** Pomquet is a safe beach with a gentle slope and occasional sand bars. The 200 metre supervised area is located directly off the two boardwalks. Facilities include a boardwalk, change houses, and washrooms. Pomquet Beach Provincial Park is located north east of Antigonish off Highway 104 through the village of Pomquet. [www.nsls.ns.ca/pomquet-beach](http://www.nsls.ns.ca/pomquet-beach). Supervised beaches in St. George's Bay off Route 104 – Pomquet Beach Park, Taylor's Road Exit; Bayfield Provincial Park Beach, Exit 36. Lifeguards July 1 – Aug. 28 from 10 am to 6 pm (weather permitting)

**Playgrounds:** Columbus Field, Main St.; St. Joseph's Lakeside Community Centre, Hwy. 7; Sylvan Hall Community Center, Lochaber; Arisaig Parish Community Center, Rte. 245. Also, visit school playgrounds at St. Andrew's, Pomquet, Heatherton, Antigonish Education Centre, Appleseed Drive, and H.M. MacDonald School.