

# Sunset Side of Cape Breton

Summer Festivals · Kayaking · Scottish Concerts ·  
Hiking Trails · Golf · Camping & Glamping ·  
Museums · Art Galleries · Great Food ·  
Accommodations · Outdoor Concerts ·  
and more



# The 66<sup>th</sup> Annual

## BROAD COVE SCOTTISH CONCERT

Sunday, July 31<sup>st</sup>, 2022/3:00p.m. — with special guests

# ASHLEY MACISAAC | BEÒLACH MORGAN TONEY

COMPLETE PROGRAM AT [WWW.BROADCOVECONCERT.CA](http://WWW.BROADCOVECONCERT.CA)



ASHLEY MACISAAC



BEÒLACH



MORGAN TONEY

- Saturday, July 30<sup>th</sup>, 5km or 8km Walk/Run @ 9:00 a.m. from the Church
- Dance to follow the Concert @ SW Margaree Hall.

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- CAMP GROUND
- TRAILS



# CAPE BRETON ISLAND

Scan QR Code. Scroll down special publications click on Sunset Side PDF.

# WELCOME TO Canada's Musical Coast - Inverness County

Canada's Musical Coast is a string of beautiful communities and majestic coastline vistas bound together by musical traditions. The music culture here is written into the story...the very fabric of the coastline. During harsh winters and trying times, music and dance were neither indulgence or luxury, but rather survival. Music culture here is honest, authentic, and shared directly from the heart – this is a coast shaped by music.

Inverness County comprises the entire western coastline of Cape Breton Island, and reaches inland as far as the beautiful Bras d'Or Lake. Between these shorelines, the cultures, arts, languages, and landscapes complement each other, extending an open invitation for visitors to experience any or all of western Cape Breton's offerings.

*The Sunset Side of Cape Breton Island* is your guide to the activities, culinary choices, places to rest, and event information in Inverness County. We are pleased to share these wonders of our place with you!



FOR DETAILED EVENT LISTINGS FIND OUR SUMMER & FALL EVENTS GUIDE IN THE CENTRE OF THIS MAGAZINE, OR PICK ONE UP AT ANY VISITOR INFORMATION CENTRE ON CAPE BRETON ISLAND! YOU CAN ALSO FIND US ON FACEBOOK @INVERNESSCOUNTY

*Welcome! Bienvenue ! Fáilte! Pjila'si! The Municipality of the County of Inverness is thrilled to welcome you to Canada's Musical Coast. There is music all around us here: from the rousing ceilidhs presided over by talented local musicians, to the snapping of anglers' lines casting for salmon over pristine rivers, to the happy chatter of neighbours and friends in English, French, Gaelic or Mi'kmaq, to the cries of seagulls flying above busy wharves, to the waves coming to meet any number of beaches along our coast, and to the soft crunch of your boots along numerous trails throughout the county.*

*We hope you enjoy your time here and get to know the wonderful people who care deeply about our communities. Try some local food, make some new friends, learn a new song – that's what Canada's Musical Coast is all about.*

*For more help planning your stay, visit [www.canadasmusicalcoast.ca](http://www.canadasmusicalcoast.ca) or visit our Visitor Information Centres in Port Hastings, Inverness and Chéticamp.*



– Bonny MacIsaac, Warden  
Municipality of the County of Inverness

CANADA'S  
**MUSICAL coast**

# INVERNESS COUNTY MUSEUMS

Our museums house more than artifacts. They are run by community groups dedicated to sharing our history with the world. You will be greeted with a smile and leave with a better understanding of the local culture that has shaped our communities. Most museums are open mid-June to October. Check local listings.

## Strait Area Museum

24 Highway 19, Port Hastings · Tel: 902-625-1295  
straitareamuseum@gmail.com

History comes alive in this modern museum overlooking the Strait of Canso. Displays on the construction of the Canso Causeway and its impact on the people and communities in the area, model ship display, local history, early 20<sup>th</sup>-century lifestyle, railroads, and ferries. Extensive archives and materials for genealogical research available on-

site. Personalized tours of the museum are given.

Be sure to visit the gift shop, which features handmade products by local quilters, crafters, and woodworkers. Stop by the gazebo and enjoy an ice cream from the on-site ice cream barn on a hot summer day.

**Open:** June 1, 2022 - Mid October, 2022

**Hours of Operation:** Mon-Fri: 9 a.m. - 5 p.m.,

Sat & Sun 12 noon - 4 p.m. *subject to change*

## Chestico Museum

8095 Route 19, Port Hood (Harbourview) · Tel: 902-787-2244  
www.chesticoplace.com

The former Harbourview School houses museum artifacts and historical/genealogical records that relates to the early settlers of the Port Hood area. The Chestico Museum has operated as a community museum since 1986. Highlighting the history and heritage of the Port Hood area, its mission has been to provide local residents and visitors to the area with a unique heritage experience. Volunteers in the community and

summer students under the direction of dedicated museum directors have carried on research and created exhibits for the education and entertainment of all. Port Hood's marine heritage during the Age of Sail, its heyday as a coal mining town in the early twentieth century and its status as the county seat and commercial centre for Inverness have all been sources for new displays over the years.

**Hours of Operation:** June: Mon-Fri 9 a.m. - 5 p.m.;

July and August: Mon-Fri: 9 a.m. - 5 p.m., Sat: TBD

## Les Trois Pignons

15584 Cabot Trail, Cheticamp · Tel: 902-224-2642  
viclestroispignons@gmail.com · www.lestroispignons.com

Visit Les Trois Pignons for a special view into Acadian culture and the history of Cheticamp, a stunning collection of hooked rugs and antiques, genealogy resource centre and library, and a full range of visitor information services. Guides will be happy to provide information on travel, services, activities

and tourist attractions in the area, as well as a large collection of tourist tips in the form of brochures, maps, guides, etc. Very knowledgeable on this Acadian community, they can help you make the most of your visit with information about the local history, culture and way of life.

**Open:** May 16, 2022 - October 28, 2022

**Hours of Operation:** Visitor Information Centre is staffed from 8:30 a.m. - 6 p.m.

## MacDonald House Museum and Heritage Site

3458 Highway 395, East Lake Ainslie · Tel: 902-258-3317  
http://www.macdonaldhousemuseum.ca

MacDonald House Museum overlooks beautiful Lake Ainslie and consists of a restored 1850s gothic style farmhouse, display barns, a restored one-room schoolhouse, a fine collection of early

1900s furniture and artifacts, displays of farm machinery and implements, hand woven fabric displays and much more.

**Hours of Operation:** July 3, 2022 - August 27, 2022,

Wed-Sun: 10 a.m. - 5 p.m.

## Orangedale Railway Museum

1428 Orangedale Road, Orangedale

Nova Scotia's oldest surviving railway station. Built in 1886, the station exhibits classic 19<sup>th</sup>-century Intercolonial Railway architecture. The station was

operational until 1990 and currently houses railway artifacts, a stationmaster quarters and original furniture. Several railway cars on site!

**Hours of Operation:** Inquire locally

## Father John Angus Rankin Cultural Centre

4248 NS-105, Glendale · Tel: 902-625-3441 · culturalcentre@yahoo.com

Local archives, with material dating back to 1800s; C@P site (public access to Internet and e-mail); kitchen ceilidhs; Gaelic resource centre (children's Gaelic workshops in summer, other workshops); weaving demonstrations; genealogy research. Ceilidh Days

second weekend of July; Celtic Colours venue in October.

Bi-weekly ceilidhs throughout the summer beginning Wednesday, June 28<sup>th</sup>. Glendale concert July 9<sup>th</sup> on the outdoor stage

## Celtic Music Interpretive Centre Archives

5471 Highway 19, Judique · Tel: 902-787-2798  
archives@celticmusiccentre.com · www.celticmusiccentre.com

The centre collects the history, and preserves and promotes the tradition of Cape Breton music. The centre is able to house documents, recordings, videos, photographs, letters, and many items of informational value in a climate-controlled vault. Archival materials at the centre include audio cassettes, reel to reels, cds, 8-tracks, 33, 45 and 78 records, photographs, 8mm

slides, VHS and DVD video and ephemera relating to the sound and sights of Cape Breton's Celtic music traditions. For instance, The Inverness County Audio Collection is an extensive resource of interviews with fiddlers, piano players, dancers, and other musicians and cultural figures. Cultural tours and workshops are available. There is a restaurant and bar on site.

**Exhibit Room Open:** June 30, 2022 - October 16, 2022

**Hours of Operation:** Tues-Sat: 11 a.m. - 5 p.m., Sun: 12noon -5 p.m.

## Storytellers' Gallery & Museum

5663 Highway 19, Judique

This museum, housed in a heritage building that was once a company house in the nearby community of Port Hood, preserves and promotes the history of Judique. It displays many

historical photographs of the area and depicts the lifestyles of the past. Open July and August. Ceilidhs take place every 2<sup>nd</sup> Saturday mid-June through September. Admission by donation.

**Open:** July & August, Inquire locally for hours of operation

## Inverness Miners' Museum

62 Lower Railway Street, Inverness

Features exhibits devoted to the coal mining history of the district. The Inverness Miners' Museum is located in the Canadian National Railway Station (1901) in Inverness on Cape Breton Island. Established in 1977, the Museum presents the coal-mining history of the

area in a series of engaging displays. The collection reflects the pioneering and mining history of the community from 1803 to the 19<sup>th</sup>- and 20<sup>th</sup>-century mining eras. Permanent exhibits include vintage photography, paintings, drawings and artifacts, such as fossils.

**Hours of Operation:** June - September, Mon-Sun: 9 a.m. - 5 p.m.

## Whale Interpretive Centre

104 Harbour Road, Pleasant Bay · Tel: 902-224-1411

The Whale Interpretive Centre promotes and preserves an awareness of whales and marine life by creating a unique and stimulating experience for visitors. The Interpretive Centre provides various exhibits and interactive media presentations, including scale illustrations of 16 whale species that may be sighted in the waters off Cape

Breton Island. Visitors can see a life-size model of a pilot whale suspended above a saltwater livestock tank which contains live creatures found in the whale's environment. Tours are provided throughout the day. Bus tours are welcome. Other features include a gift shop, Internet access, picnic area and parking.

**Hours of Operation:** Mon-Sun: 10 a.m. - 6 p.m.

## Margaree Salmon Museum

60 East Big Intervale Road, North East Margaree · Tel: 902-248-2848  
margareesalmonmuseum@gmail.com

The Margaree Salmon Museum is located in a former schoolhouse in North East Margaree. It aims to share the rich history of fishing on the Margaree River, a river which is still world renown for its salmon. The museum also strives to educate visitors on the importance of conservation, in order to ensure the protection of fish stocks for future generations.

The museum houses exhibits relating to salmon angling on the river, as well as an excellent collection of fishing tackle, photos and memorabilia of famous anglers. Practical information for anglers is also provided, including details on sport fishing regulations, local season dates and species identification.

**Hours of Operation:** Thurs-Sun: 9 a.m. - 4 p.m.

## An Drochaid (The Bridge)

11513 Highway 19, Mabou · Tel: 902-945-2311 · mghs1975@gmail.com

Housed in a building that was formerly a general store (c. 1874), An Drochaid (The Bridge) Museum now serves as a centre for research and local music, Gaelic language activities, cultural activities, local artifacts, and genealogical

and historical records. Throughout the year, An Drochaid (The Bridge) hosts a series of ceilidh concerts, storytelling, a Gaelic conversation group and lessons, and music and dance lessons. Bus tours are welcome.

**Open:** July - August

**Hours of Operation:** Tues-Sun: 9 a.m. - 4 p.m.



# This season we say, "Welcome back!"

During a typical summer in western Cape Breton, communities throughout Inverness County would be bustling with visitors, people returning home to reconnect with family, and live music would ring well into the late nights as people gathered to make ceilidhs (visits), play tunes, sing songs, and share memories, dancing, and laughter.

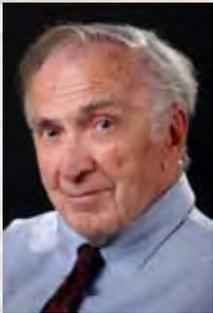
Just like the rest of the planet, the past two summers in western Cape Breton were anything but typical. Pandemic tourism relied largely upon outdoor experiences, small, socially distanced gatherings, locally owned small businesses and shops, outdoor dining options, and beach days...it was different...it was quiet...but it's given us time to learn about how to really play to our strengths. This summer, as we are set to return to the times of square dancing and tune sessions in crowded pubs, we move forward with what we learned about how to bloom where we are planted and incorporate the boundless beauty of our nature experiences into what we have to offer.

Tourism in this part of the island, whether by coincidence or design, often sparks a visitor's connection to the place, and the people and/or the cultures that thrive here. You will go back after a visit here and tell the stories of what you saw, who you met, and what experiences you had/shared, and you will likely feel a pull a longing to dig deeper and seek out other stories from or about this place. You will realize that the only way to re-capture that feeling of connection is to return again and again.

This season we say, "Welcome back." We invite you to get to know this place on the sunset side of Cape Breton. We're not about flashy exhibitions or attractions; our strengths lie in our culture, our heritage, and the spectacles of nature. We want you to know our stories, hear our music, walk our woodland paths and trails, and explore the contours of the coastlines.

As the noted educator and conservationist Jim St. Clair once said "this side of the island reaches out and hugs you," and after two years of pandemic existence we're ready for a whole lot of hugging.

## Museums page dedicated to Jim St. Clair



New to the 2022 *Sunset Side of Cape Breton* tourism guide is a page called Inverness County Museums, a listing of the museums that can be found on the sunset side of Cape Breton Island (see page on left). Publishers of this guide would like to dedicate this page to the memory of Dr. James Otis St. Clair, who passed away at the age of 90 on May 11<sup>th</sup>, 2021.

Jim, as he was known to so many on the island, was born in Lynn, Massachu-

setts, on November 21<sup>st</sup>, 1930, the son of Byron W. and Louise (March) St. Clair. His mother was the daughter of Susan MacFarlane of Mull River, thus the life-long connection he had with his beloved Mull River. In the 1960s he moved to Mull River and quickly adjusted to his new home.

Over the next six decades Jim left his indelible mark on an incredible number of people and organizations throughout Inverness County. He became known as a teacher, historian, genealogist, writer, storyteller, naturalist, researcher, mentor, neighbour, and friend to many throughout Cape Breton Island. He carried the history of Inverness County in his every fibre and could tell you stories

of people and places as easily as reading a script, and the flowers, bushes, birds, and wildlife were known to him as if born with the knowledge. He worked tirelessly to preserve and disseminate such knowledge and to support organizations throughout Cape Breton with a similar mandate.

And it was this man who helped us realize that our strength and future belonged to our culture, heritage, and genealogy. Today, we follow in his footsteps, the path made bright by his walking there first. So, to Dr. James Otis St. Clair we dedicate the Inverness County Museums page as a reflection of the passion he had for the history of this place he called home.

EMAIL: [ORAN@NS.ALIANTZINC.CA](mailto:ORAN@NS.ALIANTZINC.CA) WWW: [WWW.INVERNESSORAN.CA](http://WWW.INVERNESSORAN.CA)

PICK UP THE CURRENT ISSUE WEDNESDAY OR CHECK US OUT ONLINE ANYTIME FOR UP-TO-DATE INFORMATION...

**COVERING FESTIVALS AND EVENTS ON THE SUNSET SIDE OF CAPE BRETON!**

# The Inverness Oran



- CEILIDHS
- FESTIVALS
- SQUARE DANCES
- OUTDOOR CONCERTS

# Winding your way along Canada's Musical Coast

Inverness County is known as Canada's Musical Coast. We are a place whose earliest settlers were primarily Acadian French and Gaels, welcomed and guided by Indigenous people who inhabited the land thousands of years before the settlers arrived.

As you travel along the sunset side of Cape Breton you are never far from the song of the sea; sounds of breaking ocean waves on sandy beaches or lapping along the shores of the Bras d'Or Lake – recognized as a UNESCO World Heritage site.

Music plays a vital economic role in the sustainability of this region. In a typical summer, weekly concerts and dances are fundraising mainstays for many communities. Local establishments offering live music draw visitors and patrons, providing economic opportunities for professional musicians. Learning opportunities invite people to experience our vibrant and diverse cultures through dance or song or instrument lessons. While COVID-19 has rendered the dance halls and larger performance stages quiet and dimmed, toes still tap at live music events where social distancing measures can be implemented.

Music in Inverness County has historical significance as well. In 1853 the community of Whycomogagh hosted a gathering of 5,000-7,000 who sang Gaelic songs on a hillside. It is thought to be the largest gathering of people to participate in Gaelic music

event in Nova Scotia, if not in all of Canada. In 1972, a documentary called *The Vanishing Cape Breton Fiddler* produced by Ron MacInnis theorized that the traditional music of Cape Breton was dying. In 1973 the Cape Breton Fiddlers' Association unveiled a festival in response to this documentary proving that the tradition was very much alive. One hundred and thirty fiddlers of various ages gathered in Glendale on the grounds of St. Mary of the Angel's parish for a weekend of music. The festival was a pivotal point in cultural development in this area, as it was a key motivator in securing the future of Cape Breton fiddle music.

Inverness County is home to worldwide ambassadors of traditional Cape Breton music such as Natalie MacMaster, Heather Rankin, Ronald Bourgeois, and *Beolach*. Rock and folk-rock artists like The Town Heroes and Villages have deep roots in Inverness County that influences the music they create. Choirs such as Inverness County Singers and *Le Choeur du Havre*, currently on hiatus, usually rehearse throughout the year and present concert performances each December and May.

Whether you drive, cycle, hike, sail or paddle your way around, you can find music throughout Inverness County.

## Need-to-knows about Inverness County

A lighthearted look at life in this ruggedly beautiful place from the perspective of the people who call it home.

So, you've found your way to Inverness County, what do you do now? The short answer is a little of everything. The food, the cultures, the music, the dancing, the art, the work of the artisans; the whisky, the beer, the golf; these experiences won't be found anywhere else quite like this. Our sunsets are always in season and easily accessible from our beaches, hiking trails, boardwalks and backroads.

*Bienvenue. Failte. Pijila'si.* Welcome.

♪ This part of the island is built upon a foundation of people whose cultural values are rooted in hospitality and kindness. Our languages are poetic and lyrical and laced with good natured humour. Our traditions are filled with the understanding of our history and the knowledge of who we are.

♪ In one day in Inverness County you could play a game of golf, hike a trail, listen to at least one language that isn't English, tour a distillery, sample a flight at a craft brewery, walk a beach, watch a sunset, and still have time for a seafood dinner.

♪ It's okay to be in awe of everything you see and do here. We are too.

♪ Shopping options on the Sunset Side range from national

chains to niche boutiques and gift shops. Many of the retail businesses are locally owned/operated. The businesses play a vital role in the success of our communities offering support that ranges from sponsorship to a spot to sell raffle tickets.

♪ The bright silver stars in the skies over Inverness County shine as brightly as any city lights plus they are abundant, all natural, renewable, and sustainable.

♪ No matter your status in life away from Inverness County, while on the roads you're going to be greeted by the same two-fingered steering wheel wave from local drivers in oncoming vehicles.

♪ Back road tours are a great way to see the nooks and crannies of Inverness County and test your sense of adventure. GPS-guided back-road tours, however, have been known to result in search and rescue missions and various other mishaps. Get directions and travel tips from a human.

♪ Many of the trails you will hike and the places you will visit are maintained and cared for by volunteers. Be kind, pack it in, pack it out, leave no trace. Thank you.

♪ If someone has told you that the weather may call for shorts, a sundress, and a snowsuit all in one day, they are exaggerating. But a hat, a sweater, or fleece jacket in your bag is never a waste of space.

♪ We have lots to see and much to offer you but one of the things we do best is music. Artists from the west coast of this east coast island have earned nominations and awards including ECMAs, Junos, Folk Alliance and Canadian Folk Music and Grammys. Folk music and fiddles are what many associate with this area but indie rock, alternative, classical, and country music artists thrive here too.

♪ We have the conveniences of all the latest technology, but you can usually get information from the people much faster than it takes to do a search relying on rural internet.

# Dipping your toe in an ocean of Inverness County writing

When one thinks of Cape Breton and Inverness County, one often thinks of its rich musical heritage.

While this is so, there is a very rich writing heritage in this part of the island as well.

Some authors were born here and created their work. Others who were born here spent much of their adult lives living away and some moved here from afar or live or lived here seasonally. Very often, however, it is island life, stories, characters, culture and history that have inspired their creations.

While this in no way attempts to be a complete list of the many

authors who have written books, it may provide an inspiration or a place to start “reading local” and will give you a sense of the wide range of interesting literary works and the depth of the literary creativity of the multitude of authors who have called this musical coast home.

While it might be a challenge to find some of these publications, be sure to keep your eyes peeled for these or other titles when you are in gift shops, hardware stores, grocery stores, thrift shops or other spaces in Cape Breton that may sell books. Otherwise, many can be found online or at a local library.



Inverness native **Michael S. Ryan** and **Kristen Herrington** are the co-authors of *You and Me: Travel, Misadventures and Love Around the World*. **Rebecca Silver Slayter** is artistic director of Cabot Trail Writers' Festival and the author of the novels *In the Land of the Birdfishes* and *The Second History*.

**Brenda MacLennan Dunphy** is known as a playwright and for her active role as a director of local theatre as well as being the author of the novels *Never Speak of this Again* and *The Silence of the Vessel*.

**Morgan Murray** made a huge splash across

Canada with his hugely successful novel *Dirty Birds*.

**Mary Janet MacDonald** has had a tremendous success both in print and online with *Tunes and Wooden Spoons*, a recipe book inspired by her mother.

**Anne Levesque** of Strathlorne is the author of the novel, *Lucy Cloud*.

Acadian author **Keigan Deveau** is the writer of a children's book, *T-Rexie*.

**Lynn Coady** is the author of *Hellgoing*, *The Antagonist* and *Watching You Watching Me*.

**Oisín Curran** is the author of *Mopus* and *Blood Fable*.

**Sarah Faber** is the author of *All Is Beauty Now*.

**Susan Paddon** authored a book of poetry titled *Two Tragedies in 429 Breaths*.

Gaelic artist **Emily MacDonald** is the author of *Bodkin Beag* and *Bodkin Mor*.

In addition to being successful authors, Inverness County natives **Tom Ryan** (*Keep This To Yourself*) and **Kate Beaton** (*Pinecone and Pony*) are seeing their works being turned into television and film projects.

The late **Dr. James O. St. Clair**, historian and educator, was an author whose weekly heritage column *Then and Now* was a staple in *The Inverness Oran* newspaper for decades. Jim's book titles include *Nancy's Wedding Feast* and *MacCallum House 1798*.

Inverness author **Frank Macdonald** is a retired journalist who has been writing a weekly opinion column in *The Inverness Oran* for more than four decades. Macdonald is also known for his works of poetry and his fiction titles including: *Tinker and Blue*, *A Forest for Calum*, *The Smeltdog Man* and *T.R.'s Adventures at Angus the Wheeler's* which was illustrated by Virginia McCoy.

The late, great author **Alistair MacLeod** put Cape Breton Island on the map with his highly respected works in the short story genre. MacLeod spent much of

his career teaching literature at The University of Windsor but would continue to spend summers home in Inverness County throughout his life. Many of his works were inspired by Cape Breton Island and include such classics as *The Lost Salt Gift of Blood*, *As Birds Bring Forth the Sun and Other Stories*, *Island* (a novel), *Remembrance* and *To Everything There Is A Season* with illustrations by Peter Rankin.

**Alexander MacLeod** (*Light Lifting*, *Animal Person*), son of Alistair and Anita MacLeod, has followed closely in his father's footsteps in many ways. Dr. MacLeod, a professor of Creative Writing, Literature and Atlantic Canadian Studies at Saint Mary's University, was born in Inverness and raised in Windsor, Ontario. Alexander acknowledges the strong influence of his parents in the dedication of his second book of short stories (*Animal Person*) and his critically acclaimed stories have attracted rave reviews and a loyal reading audience the world over.

**Clive Doucet** is known for his novel *My Grandfather's Cape Breton*.

**Tessie Gillis** is remembered as the author of *The Woman From Away*.

Painter **Robert Selkowitz** created a beautiful work illustrated with many of his finest paintings in *A Painter's Path on Cape Breton Island*.

Poet **Joyce Rankin** has produced works of poetry with her titles at *my mother's door* and *The Wedding Reels*.

In addition to having a stellar career as a journalist, author **Linden MacIntyre** is also known for his novels *Causeway* and *The Bishop's Man*.

The late **Ray Smith**, a Mabou native, was a prolific writer throughout his lifetime producing such works as *Cape Breton is the Thought-Control Centre of Canada*, *The Lord Nelson Tavern* and *The Flush of Victory: Jack Bottomly Among the Virgins* to name a few.

**Effie Rankin**, Scotland native and Mabou resident, teacher and Gaelic scholar is the author of *Beyond the Braes* which chronicles the poetry and songs of Allan 'The Ridge' MacDonald.

Writer and editor **Ronald Caplan** for many years produced *Cape Breton's Magazine* and has edited numerous works featuring Cape Breton and Inverness County subjects including a highly popular series titled *Cape Breton's Christmas Stories*.

If you're looking for a good read on the history of one of the founder's of the co-operative movement, why not seek out *The Man From Margaree*, edited by Alexander F. Laidlaw and featuring writings and speeches by **Dr. and Rev. M.M. Coady**, who was also the author of *Masters of Their Own Destiny*.

Perhaps we have piqued your interest or curiosity with some of these authors and titles. If so, enjoy the adventure and the stories.





# PORT HASTINGS



*"O the Canso Causeway's a wonder they say. I wish it were sand covered over with clay then the water and weather would wear it away and on Cape Breton Island forever I'd stay..."* — from *Causeway Crossing* by A. MacDonald and J. Gillis

## At a Glance

Welcome to Cape Breton! Port Hastings is the first place to see on Cape Breton Island. This community offers a visitor the chance to stop, look and learn about our island, get some travel advice, grab a snack or take a deep breath before launching into your Cape Breton adventure.

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**Places to Eat:** A&W, Port Hawkesbury Motel (Hearthstone Inn)

**Places to Sleep:** motels, B&B, cottages

**Places to Stop:** Nova Scotia Visitor Information Centre and Cape Breton Store, Genealogy/History/Archives: Port Hastings Museum, Pioneer Cemetery

**Amenities:** Gas station, convenience store, post office

**Churches:** St. David's United, 902-625-2178

## Port Hastings

### Gateway to the Sunset Side

As you cross the Canso Causeway you arrive in the village of Port Hastings. It is primarily a residential community located next door to the town of Port Hawkesbury. Canadian author Linden MacIntyre lived here in his youth and has used the community and surrounding places along Route 19 as settings or backdrops for his novels. Port Hastings is where the sunset side of Cape Breton begins.

One of the first stops in the community is the Visitor Information Centre operated by the Province of Nova Scotia. Staff in the centre are well informed about places to stay, spots to eat and things to do around Inverness County and throughout Cape Breton. There are also services such as internet, washrooms, picnic tables, a gift shop, and information brochures.

Across the rotary from the visitor information centre are the Port Hastings Museum and Archives and St. David's Church. The displays and archives inside the museum tell the stories about the communities of Mulgrave, Port Hastings, and Port Hawkesbury, as well as surrounding places like Rhodena, Long Stretch Road, or Troy. The museum has collections of hundreds of photographs, archival records, genealogical records, and other artifacts about the area from the time of settlement at 1788 through the time of construction of the Canso Causeway

*continued on next page*

## Port Hastings Gateway to the Sunset Side

that opened in 1955. There is also information about the impact rails and sails had on this port community. The museum houses a craft shop featuring quilts and handcrafts of local artisans, and there is a picnic site in front of the building. Full hours of operation will be posted to the Museum's Facebook page when the opening is confirmed.

St. David's United Church was established as the first Presbyterian Church in Cape Breton opened in 1829. The current

building was officially opened in 1855 and still holds services weekly.

Port Hastings is also the launch point of the Celtic Shores Coastal Trail, a 92-kilometer section of the Trans Canada trail stretching along the west coast of Cape Breton to the town of Inverness. Celtic Shores is a multi-use trail meaning it's accessible to hikers, cyclists, all-terrain vehicles and snowmobiles.

Port Hastings is where your Cape Breton adventure begins.

## Celtic Shores Coastal Trail

The Celtic Shores Coastal Trail is a multi-use trail that runs for 92 kilometers (57 miles) along the Sunset Side of Cape Breton. It stretches from Port Hastings to the village of Inverness offering well maintained and groomed trails for off-road cycling or long-distance trekking. The easy, flat trail meanders along the coastline, through wilderness and over streams, following the route that trains once travelled delivering goods and goodies from the mainland, carrying residents away to adventures all over the world, bringing loved ones safely home, including soldiers from foreign battlefields. It is an ideal attraction for runners, cyclists, bird watchers, photographers, artists, and dreamers.

The Celtic Shores Coastal Trail begins at Port Hastings, just as you cross the Canso Causeway. The first four kilometers are rugged and windswept as the trail is level with the water; it is not recommended for cyclists, but it is an adventurous hike. This is the section where you will walk closest to the ocean. You will

feel the roll of the sea and experience waves crashing at your feet. On windy days, spray from higher waves is possible so pack or dress appropriately.

For cyclists, the best place to pick up the trail is a few kilometers along Route 19 at Troy Station. The trail here is flat, wide, and well maintained. As the name implies, the trailhead is near what once was a train station where people stopped along their journey. Just as a train station offers travellers a chance to move around, get a breath of fresh air, and perhaps a little nourishment, Troy Station offers ample parking, picnic tables, and benches to sit and view spectacular scenes of the ocean or watch for eagles, herons, or other wildlife.

The trail continues along through Creignish and Craigmore. You will see, hear, and smell the sea all along this section. There will also be opportunity to get a glimpse of fishing boats reaping sea harvests or the occasional sailboat from the trail that looks over St. George's Bay. There are public washrooms at the Creignish Recreation Centre, as well as other pit stop necessities such as picnic tables and benches. Christy's Lookoff in Craigmore is another trailhead with parking just off Route 19. This is a perfect spot for photographers looking to capture a magnificent sunset or watch for pods of pilot whales and seals.

The next section of the trail is known as the Judique Flyer Trail. Over the next several kilometers you will view breathtaking seascapes and skylines as the trail hugs the shoreline. This part of the trail is built on cliffs that are 21 metres above Centennial Beach. Watching the waves crash against the shore is all at once awe inspiring and mesmerising.

An interpretive panel at St. Michael's Pioneer Cemetery tells the story of the area particularly the old Walkers Cove Wharf *continued on page 14*

## Canada Day, July 1<sup>st</sup>, 2022

*Activities for the whole family!*

### Canada Day in the Park

C.B. Ceilidh Trail Park, Inverness

2 p.m. - 4 p.m.

Canada Day cupcakes, hot dogs, and entertainment (Rough Section)

### Whycocomagh Waterfront Centre

9650 Hwy 105, Whycocomagh

2 p.m. - 4 p.m.

Entertainment: Hearts of Kin

Children's activities, BBQ, Birthday Cake, enclosed beer garden

Admission: Free

Contact: Terry Gillis, 902-756-3580

### Cape Breton Highlands National Park

16648 Cabot Trail, Cheticamp

2 p.m. - 4 p.m.

Family activities and music

### Place du Pêcheur, Cheticamp

8 p.m. - Music

10 p.m. - Fireworks



902-625-1295/straitareamuseum@gmail.com

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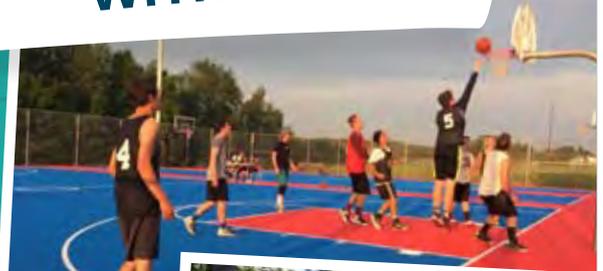
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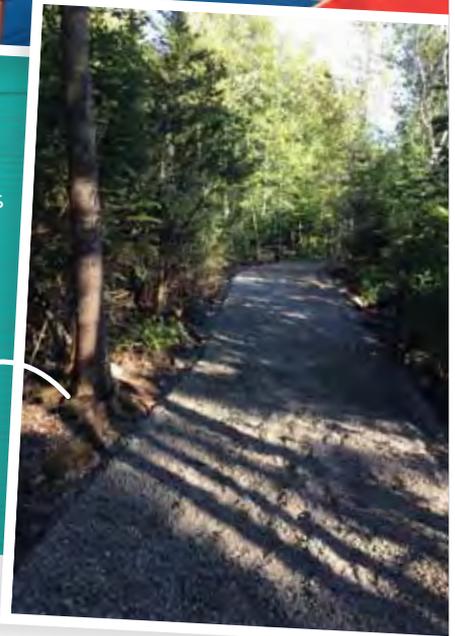
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Enjoy free outdoor concerts happening Sundays from July 3 - August 7 at **Granville Green!**

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**PORT HAWKESBURY**  
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# Port Hawkesbury Community Trails

Just as an urban forest adds green space in most major cities, the Port Hawkesbury Community trails are conveniently located in the Town of Port Hawkesbury. This is a wonderful system of all-season trails accessible for both the avid and casual hiker. This 10-kilometer trail system offers opportunity to discover a wide variety of plants and wildlife as it winds its way through majestic hardwood stands, softwood forests, and along gently flowing brooks and streams. There's a series of rest areas along the trail inviting you to stop and enjoy the surrounding scenery.

Parking is located at Grant's Pond, Crandall Road, and the Recreation Grounds. Look for the trail signs at these entry points – with helpful orientation signage featured along the trail system.

The Port Hawkesbury Trail System provides tremendous year-round experience for walkers, hikers, and cross-country skiers. Dogs are welcome, but must be leashed within 200 metres of the entrance/exit areas. Please note that the trails are unsupervised; the Town of Port Hawkesbury assumes no responsibility for the safety of trail users.



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*Cape Breton!*



# Port Hawkesbury man recycles shipping container to create coffee shop



The Groovebox Coffee house has been attracting customers from near and far since its opening in the summer of 2021. It is sure to fulfill all your ice cream, coffee, and interesting food specials. They will be getting into the groove for a second season of operation this summer, opening from mid-May to the end of October.

Located on Granville Street, Groovebox Coffee House can be found inside a psychedelic, graffiti-covered shipping container. The menu has offerings that include a wide variety of ice cream, shakes, and artisan coffee.

Business owner Damian Phillips, says the Groovebox idea was created from his wife Amanda's love for coffee and the endless potential he saw with the empty property that he found on Granville Street.

"I knew it wasn't going to be easy to pull off, so we decided to do both coffee and ice cream. The shipping container idea came from seeing them used in unique ways throughout the city of Bristol in the UK where I am from," he said.

Phillips says he has seen business owners convert shipping containers into workspaces used for everything from coffee shops to yoga studios.

A great deal of organizing and wiring went into making the Groovebox both convenient and efficient for day-to-day usage. Phillips credits his wife Amanda for seemingly turning nothing into something.

For complete details of opening hours, weekly food specials and fun events offered at the Groovebox Coffee House, visit their website at [thegroovebox.ca](http://thegroovebox.ca) or search social media for The GrooveBox on Granville.

## Resurgence: Granville Green 2022

If there was a theme for tourism operations over the last two seasons, it was bloom where you're planted. Organizations and businesses found ways to offer experiences to fill the need people had for getaways from daily living in a pandemic. The new ideas were seeds that will undoubtedly shape future offerings and events as we go forward and get on with new growth. Live music offerings happened, but less frequently than a typical summer in Cape Breton, and venues had to be creative with their delivery.

The Granville Green summer music festival has been on pause since 2019. They are returning in 2022 with the theme that reflects a vibe the whole world is striving for right now: Resurgence.

Granville Green is a free outdoor concert series held at the bandshell on Granville Street in Port Hawkesbury. This year's



concerts launch on Sunday, July 3<sup>rd</sup> and continue each Sunday evening, beginning at 7 p.m., concluding on August 7<sup>th</sup>. The bandshell is located near Port Hawkesbury's waterfront, offering the chance to take in the sea air, see the sun set, and listen to music provided by some of the hottest acts in the industry, as well as long-time favourites.

Everyone is welcome. Bring a lawn chair, a blanket, a picnic supper if you wish, or grab a snack from the food vendors on site, and enjoy the evening.

For full details of the summer schedule see the ad on page one of this magazine visit [granvillegreen.ca](http://granvillegreen.ca).



## Celtic Shore Coastal Trail *continued from page 9*

and Cannery. In 1935, a small freighter known as the *Hurry On* sunk just off the shore in Judique claiming six lives. The six came ashore at Walkers Cove. The trail comes to an intersection with Centennial Road where there is a small parking lot and a path down to the shore. The shore offers views of Port Hood Island and Henry Island and the contours of the mainland shoreline across the bay.

Baxter's Cove Look Off is the next trailhead. Here you will find parking, picnic shelters, and interpretive panels that tell you a bit about the area. Walk a little way of the trail here to visit Baxter's Cove public beach and wharf. This is one of only two known saltwater fishing seaports located directly on the 22,000 km Trans Canada Trail in Canada, the other being Squamish, BC.

For the next two kilometers northbound there's a large wetland teeming with flora and waterfowl and then you arrive the centre of the community of Judique. There is access to a beach and a picnic area to the west of the trail at "The Alexander Trail" crossing. Travelling east about 700 metres on the Alexander Trail will take you to the Celtic Music Interpretive Centre. During the warm months, the CMIC features live Celtic music daily, an interpretive museum, gift shop, and a restaurant. In the community core you will find The Tartan Gardens, St. Andrew's Parish, St. David's Pioneer Cemetery, a convenience store (selling cold beer, wine, and spirits), automotive service, and fuel.

As you move past Judique, the trail begins to turn inland. Instead of sweeping seascape vistas, there are shallow flats near harbours, wetlands, and rivers from Judique through to Port Hood. In Port Hood you'll find incredible beaches, a bakery/tearoom, casual dining, and places for a picnic meal. There are gift shops, a grocery store, a credit union for banking needs, and a hardware store.

The Chestico section of the trail carries on for a few more kilometers through canopies of trees along the Southwest Mabou River, leading to the next section of trail: Mabou Rivers Trail. This section covers 21 kilometers of rivers, meadows, and

woodlands, making for opportunities to see a variety of plants and wildflowers, otters at play, beavers at work, eagles, Canada geese, and wild ducks. The village of Mabou is home to the legendary Red Shoe Pub as well as Beaton's Delight Coffee, Shining Waters Café, and Mabou River Inn and Pizza. There is a marina in the heart of the village that offers front row seats for a nightly show of dazzling colours during sunset, as well as a calm early morning spot to enjoy a thermos of coffee. Mabou also has a grocery store, a gas station, and a credit union.

Beyond Mabou you stay inland as you travel through Blackstone and Kenloch where there are lots of opportunities to catch a glimpse of various species of birds, eagles, small wildlife such as rabbits and fox, as well as larger animals such as deer, bear, and even perhaps moose. In Deepdale, as you get nearer to the end of the trail, you'll cross the grandest of all the 26 bridges on the Celtic Shores Coastal Trail. The Deepdale Trestle is over 300 feet long and nearly 100 feet in the air.

And as you come to the end of the trail in the village of Inverness you reunite with the ocean. Inverness Harbour is filled with colourful fishing boats throughout the summer, resting safely after a day's work on the sea. Cabot Links Golf Course is also just beyond the Inverness Shean Trailhead. There are picnic sites, interpretive panels, and benches that offer a chance to get acquainted with the community of Inverness. Amenities such as grocery shopping, a pharmacy, gift shops, banking facilities, post office, coffee shops, several eateries, and a craft brewery are all within walking distance of the trail. Inverness Beach and its legendary sunsets and view to Margaree (Sea Wolf) Island are just at the bottom of Beach Road #1.

The Celtic Shore Coastal Trail that connects several communities across Inverness County is maintained entirely by volunteers. Each of the five sections along these 92 kilometers has a team/committee that devotes many hours and a great deal of energy to ensuring that the trails are maintained, kept safe, groomed, and prepared for the thousands of visitors who travel on it year round.





# CREIGNISH



Photo by: Marilyn Ellison

©M. Ellison/14



*But you put 32 mittens on 32 hands  
And I love you, Christy Ellen Frances*

From *Christy Ellen Frances*  
- by Madison Violet



Creignish is a coastal village located on Route 19 (The Ceilidh Trail), approximately 10 kilometers from the Canso Causeway. It's home to *Beolach's* Wendy MacIsaac and her cousin Ashley MacIsaac. Natalie MacMaster grew up in nearby Troy.

The community's name refers to the rocky cliffs that stand over the shores of St. George's Bay. The sounds of the sea are ever present and each spring the first sighting of fishing boats in the water is a hopeful sign of warm days to come.

Celtic Shores Coastal Trail runs through Creignish with trail

access points at Creignish Recreation Centre, at the trailhead in nearby Troy, or at Christy's Lookoff in Craigmore. The trail through this community is straight, flat, well maintained, and well suited for leisurely walks, running, cycling, or travel on off-road vehicles. It's also the perfect place to view a spectacular sunset looking over St. George's Bay.

The Store Studio (2384 Route 19) offers hand-made fibre crafts – knitting, sewing, and weaving created by local artisans. The store is a fully restored 120-year-old wooden building which has maintained the building's integrity and the memories of its history as a store that first opened over a hundred years ago. This offers a visitor local crafts for sale and some insight into the community.

Melinda By The Sea (2096 Route 19) is an artist's gallery featuring arts and crafts from around eastern Nova Scotia. This shop located high on a hill overlooking St. George's Bay offers acrylic and oil paintings, jewellery, fibre art, wood creations, soaps and much more.

Tucked into the foothills of Creignish Mountain, Stella Maris Catholic Church looks over Route 19. This wooden church was built in 1899 by Gaelic settlers who would have come there after the Highland Clearances in Northern Scotland.

Creignish Recreation Centre is home to a community hall and outdoor spaces including a playground and a ballfield. There are public washrooms at the back of the community hall offering a pit stop for the users of the Celtic Shores Trail.

## At a Glance

*If you travel on Route 19 just before the gloaming of the day, you can experience a Creignish sunset. Make the most of it by stopping at Creignish Recreation Centre to watch it from the Celtic Shores Coastal Trail. It's a great place to enjoy one of life's simple pleasures afforded by nature.*

**Places to Stop:** *Creignish Recreation Centre (community hall, baseball field, playground), Celtic Shores Coastal Trail, artisan shops*

**Churches:** *Stella Maris Roman Catholic, 902-625-2919*





# JUDIQUE



*O 's alainn an t-aite th'agam 'n cois na traghad . . .*  
*O fair is the place I have here by the sea . . .*

— from *O 's alainn an t-aite*  
 by Michael MacDonald 1775

## At a Glance

*Music lives in Judique. Stop and see the Celtic Music Interpretive Centre and learn about the unique tradition of Cape Breton fiddle music. Listen to the music and have a bite to eat during a lunchtime ceilidh. Stretch your legs or work off your lunch with a hike on the Judique Flyer Trail.*

---

**Places to Eat:** Celtic Music Interpretive Centre: Daily lunch Ceilidhs (11:30 am-3 pm Monday - Saturday), 2-5 pm (Sunday Ceilidh)

**Places to Sleep:** Glamping (Shore Road), B&B

**Places to Stop:** Celtic Music Interpretive Centre Trails: Judique Flyer Trail (Celtic Shores Coastal Trail System)

**Amenities:** gas stations, convenience store (NSLC outlet), mechanic shop, CAP (public internet access) site

**Music:** Celtic Music Interpretive Centre

**Churches:** St. Andrew's Roman Catholic, 902-787-2795

## St. Andrew's Parish

St. Andrew's Parish in Judique is the oldest Highland Roman Catholic parish in Cape Breton which was established by Scottish Gaels. Sources indicate that a chapel did exist in Judique as early as 1804 but the first parish priest was not officially appointed until 1817. This priest, Fr. Alexander MacDonnell, arrived in February of 1818, travelling from Cape Jack in Antigonish County over the ice.

The first church was constructed and opened in 1820. This structure and one more was destroyed by fires caused by lightning strikes. After these losses, parishioners decided to build the third church from sandstone. It was built in 1924 and is the church that stands in the community to this day.

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# Celtic Music Interpretive Centre

The Celtic Music Interpretive Centre grows each year in its role as a visitor destination for the community of Judique while at the same time staying true to its mission to preserve and promote the traditional music of Cape Breton. Live music happens Monday through Saturday during the summer months with ceilidhs that run from 11:30 a.m. to 3 p.m. The tunes are as tasty as the lunch menu that features many local dishes such as lobster rolls, fish tacos, sandwiches, soups and salads. Sunday afternoon music sessions happen year round from 2 to 5 p.m. The centre also maintains an extensive archive of recordings, video, articles and information about Cape Breton music, as well as an interpretive exhibit room using various media to tell the story about the music and the musicians of Cape Breton. The gift shop carries a selection of local traditional and folk music recordings, music books, local hand crafts, gift ideas, and jewellery.

What is perhaps most telling about the Celtic Music Interpretive Centre is that there are visitors who return to the Celtic Music Centre as often as possible. They consider the CMIC a home base during their stay or a focal point of their travel itinerary. The majority of front-of-house staff are young people. These individuals have been raised with a solid knowledge of Cape Breton music and dance, as well as Gaelic language, history and culture. Some staff members are alumni of a music mentorship program supported by the Celtic Music Interpretive Centre. The youthful energy and passion give the CMIC a sense of vitality and shows their commitment to securing these traditions for future generations. There is a strong sense of community among the patrons of the CMIC. The Sunday afternoon ceilidhs are true to the original sense of the Gaelic term for a visit, as people spend the afternoon visiting and catching up with new and old friends while enjoying great music, a bit of food, and preferred beverages.

Full details of all events, hours of operation and admission fees are available on the CMIC's facebook page: Celtic Music Interpretive Centre. Also check out their weekly ad in *The Inverness Oran* newspaper.

## Storytellers' Gallery & Museum

Storytellers' Gallery & Museum is located at 5663 Highway 19, just north of Judique. It is the home of the Judique Historical and Cultural Society, and a place where the traditions of the Gaelic settlers of the community of Judique are preserved.

Once a general store that saw its share of characters and storytellers, this building was purchased and converted into a museum in the 1990s. The displays offer insight into the community of Judique and the people who call it home. The Storytellers' Gallery & Museum is open to visitors during the summer season and sometimes offer events featuring the finest Gaelic music by local performers and hospitality through tea and conversation.

The Storytellers' Gallery & Museum now hosts the Storytell-

ers' Suite, a large two-bedroom airbnb, located upstairs in the historic building. This suite can be booked on the airbnb website.

Watch *The Inverness Oran* published every Wednesday for further details on events at The Storytellers' Gallery.

## Subject of early song

Fair is the place I have here by the sea... the opening line of *O 's alainn and t-aite*... a song made by Michael Mor MacDonald in 1775 reflecting upon the land he came to in Judique after immigrating from the island of South Uist in the Outer Hebrides of Scotland. This song is believed to be the first Gaelic song composed in North America.

In the centuries since, Cape Breton has gained recognition as a worldwide gathering place for authentic traditional music. In that context, it is natural that a centre devoted to maintaining the history of Cape Breton Gaelic music be in the community of Judique.

The community is serene and beautiful, located on Route 19 approximately 25 minutes from the Canso Causeway. A stop at Michael's Landing, a trailhead on the Celtic Shores Coastal Trail, offers an opportunity to see just what the Bard MacDonald was talking about. Sunsets with flat calm waters and multicoloured hues in the sky inspire photographers and artists of all kinds.





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# PORT HOOD



Photo by: Marilyn Ellison



*And look into your heart, and you'll find love, love, love, love  
Listen to the music of the moment, people dance and sing  
We're just one big family*

– from *I'm Yours* - by Jason Mraz  
(covered by Port Hood's Mitch  
MacDonald on *Canadian Idol*)



## Chestico Days festival

Port Hood is regarded as the beach capital of Cape Breton. The community also knows how to throw a good festival.

Each year, Port Hood hosts two significant community events that attract visitors, gather neighbours together, and raise funds for ongoing projects that happen throughout the year in Port Hood. Having been sidelined by the events of the previous two years, organizers are looking forward to being able to host everyone at their events again.

Murphy's Pond Music Festival happens on Saturday, July 9<sup>th</sup> on the grounds near Murphy's Pond Wharf. It's a full day

of acoustic, folk, and country music featuring local performers from across Cape Breton. Food and beverages will be available for purchase on site.

Chestico Days is now one of the longest running events of its kind in western Cape Breton. This weeklong festival runs from August 1<sup>st</sup> to 7<sup>th</sup>, offering a full schedule of events that include community meals, concerts, horse races, dances, a parade, and events for children and families. The week concludes with a fireworks display at dusk on the final night of the festival.

Watch *The Inverness Oran*, published every Wednesday, for further details and a schedule of events for these festivals.

### At a Glance

*So many beaches, all kinds of time...Port Hood is a seaside town that is made for summer! Home to five beaches, fabulous restaurants, hiking trails, and the legendary Chestico Days festival, Port Hood is a place you must see on your Route 19 adventure!*

**Places to Eat:** Admiral Lounge & Dining Room (lunch, dinner), Clove Hitch Bar & Bistro (lunch, dinner), Sandeannie's Tearoom (breakfast, lunch)

**Places to Sleep:** motel, RV/campground, B&B, inn, cottages

**Places to Stop:** Chestico Museum & Archives (genealogy, local history), Port Hood Day Park, beaches

**Trails:** Chestico Trail (Celtic Shores Coastal Trail system), Port Hood Boardwalk (at day park)

**Amenities:** gas station (mechanic on duty M-F), grocery store, convenience store, NSLC retail store, hardware/s porting goods, gift shop, photo/art gallery, municipal offices, credit union, car wash, library, CAP (public internet access) site, post office

**Music:** Admiral Lounge & Dining Room (Saturdays 6-9 pm), Clove Hitch Bar & Bistro (nightly mid-June to August)

**Churches:** St. Peter's Roman Catholic, 902-787-3317; St. Stephen's United, 902-787-2323; Jubilee United, Port Hood Island (summer only), 902-787-2323

# Friendly community by the sea

People who live in the community of Port Hood place high importance on keeping something in for tea. Home baked sweets and treats are shared amongst neighbours as gestures of love, concern, support, and friendship. Homemade cookies, banana bread, and cinnamon rolls can usually be found in most kitchens and lunchboxes.

It's only fitting that Tunes and Wooden Spoons, a weekly internet baking show broadcasts live from Port Hood each Sunday afternoon. Mary Janet MacDonald, host of the show, offers step by step tutorials on how to bake recipes that have been part of Cape Breton gastronomic culture for generations. The show has gained a loyal following around the world, giving everyone a glimpse of hospitality and focus on family that is part of the fabric of the community in Port Hood.

This community is also surrounded by some of the warmest water temperatures in Atlantic Canada making it a beach lover's haven. A total of five beaches run along the coastline, each with their own character and appeal.

With gift shops, a grocery store, restaurants, high quality, super clean accommodations, and a full service hardware store, Port Hood has something for everyone. Whether you've been lured here by the cinnamon rolls or the sunsets, Port Hood is happy to welcome you.



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# Port Hood: So many beaches, all kinds of time

Port Hood is a friendly little beachside community approximately 40 minutes north of the Canso Causeway on the Ceilidh Trail. With waters flowing from the Gulf of St. Lawrence, water temperatures in the summer average around 23 degrees (Celsius), making Port Hood beaches the warmest north of the Carolinas. It is the beach capital of Cape Breton Island.

You have your choice of five beaches, each with their own character and amenities. Sunset Beach and Breakwater are located at the north end of town. These two beaches were separated in 1960 when a barrier was constructed creating a link to Port Hood Island. This breakwater provides protection to Sunset Beach on the south, making for calm waters and sandbars and a family-friendly experience. Breakwater Beach on the north side is patrolled by the Nova Scotia Lifeguard Service to keep swimmers safe from what can be more challenging conditions. Canteen services and washroom facilities are available, located in between the access point of the two beaches.

Lawrence’s Beach has been a family favourite for generations. There are miles of sandy coastline with stunning views of Henry Island and Port Hood Island. It is a little bit more out of the way than the other beaches...access and parking are limited but upgrades have been made recently. If you like to get an early

start on your beach day, Lawrence’s is a great choice.

The Boardwalk Beach is located within the Port Hood Day Park, just across Route 19 from the Celtic Shores Coastal Trail. It is the ideal place for hunting beach glass along the shore. The boardwalk runs along the dunes, making it a great place for a romantic stroll or a walk with your favourite fur baby. Pack a picnic, a good book, and spend a day hanging out over the boardwalk in Port Hood.

Murphy’s Pond Beach is next to the community’s fishing wharf. It is the smallest section of Port Hood’s coastline, but it offers calm, protected waters with ripples created occasionally by the boats as they come and go from the wharf.

Whichever beach you choose, you are guaranteed a day filled with fresh salt air, the calming sounds of the silver sea breaking upon the shore, and some of the world’s most spectacular sunset views. There are great restaurants in the community, easy access to locally caught seafood, a campground, lodging accommodations, a grocery store, a gift shop and a full-service hardware/retail store all within walking distance to some of the beaches.

Every beach follows the pack it in, pack it out rule: leave no trace and keep these beaches beautiful for everyone to enjoy. So may beaches, all kinds of time.



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## Rolling on the River with Mike's E Bikes

Mike's E Bikes rolled onto the visitor experience scene in the summer of 2021. Located at 10013 Route 19, the headquarters for the operation are right at the beginning of the Mabou Rivers section of the Celtic Shores Coastal Trail system.

Mike offers three-hour rentals of his e-bikes and a chance to take a ride on one of the most scenic parts of the trail along the Mabou River from Southwest Mabou to Glendyre. On the round trip, you might be accompanied by eagles flying overhead, or encounter beavers at work, or witness deer grazing in the meadow, or hear a flock of Canada geese sounding a wild rumpus on the river. You will see views of Mabou Harbour that might make you think you are staring into infinity, and you will have plenty of time to stop and breathe in the fresh air, take photos, or enjoy a snack at one of the picnic areas along the trail.

There are both cruising models and mountain bike models available for rent. Each rental session begins with a short e-bike training and safety orientation before heading out on the trail. There are tours in the morning, afternoon, and the evening special that pretty much guarantees a look at a breathtaking sunset.

Mike's E Bike tours were a huge success in the first season. The tours offer a fun activity that is a great solo adventure or three hours of family fun. Booking for the new season opens on May 1<sup>st</sup>, 2022, with tours expected to begin later in the month. If you are looking to buy an e-bike, Mike also has several models



of e-bikes available for sale.

For further information or to rent an e-bike for this tour, go to [mikesebikes.ca](http://mikesebikes.ca) or follow Mikes E Bikes on social media.

## Central Park Ceilidh

Each Monday, the Port Hood and Area Development Association hosts the Central Park Ceilidh. These are free, informal concerts held in the middle of town from 7 to 8 p.m. offering a program of local musicians and a variety of musical styles.

The fourth season of these ceilidhs begins on Monday, July 4<sup>th</sup>, and continues each week until the finale concert on August 22<sup>nd</sup>. Come along and bring a lawn chair to listen to live music as the sun sets over Port Hood. A 50/50 ticket draw is held each week with proceeds going to Port Hood and Area Development initiatives.

In the event of rain or bad weather, the concert is cancelled. For complete details and schedule of this weekly concert series, search Central Park Ceilidhs on Facebook.

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# MABOU



Photo by: K.C. Beaton



*Chi mi Mabu air a'chul - B'i sid duthaich mo ghraidh.  
I see Mabou in the distance - That was the country of my love.*



## Mabou Farmers' Market:

They built it, people come...from everywhere

*Field of Dreams* is a 1989 film based on *Shoeless Joe*, a novel written by W.P. Kinsella. In the movie, a mantra is repeated that drives the lead character to create a baseball diamond in his corn field: "If you build it, they will come." This mantra could also be the inspiration to the volunteers who built the Mabou Farmers' Market. Over 15 years ago, a group of local food producers and artisans decided to try a small market to showcase their products. At the time, a movement was growing among consumers interested in shopping locally, slow cooking, and knowing where your food was coming from.

In the time since, the Mabou Farmers' Market grew from a few tables set up on the Mabou waterfront into the third-largest event of its

kind in the province of Nova Scotia. Each Sunday the market attracts over 70 vendors offering food, fresh vegetables, meat, fish, plants, baked goods, beverages for all ages, local crafts, art, one of a kind gift ideas, and live music. The event is held inside the Mabou Arena offering a covered space to move around and explore the items. The property around the arena is home to Kinship Place, a fully equipped playground that is a huge hit for the littlest visitors to the Farmers' Market.

The Mabou Farmers' Market is the place to visit on Sunday mornings to get into or stay in the loop for the week ahead in Mabou.

The season launched on June 5<sup>th</sup> and continues until October 9<sup>th</sup>. Hours are from 11 a.m. - 2 p.m. The Mabou Arena is approximately one kilometre from Route 19, on Mabou Harbour Road.

### At a Glance

*Mabou is where Gaelic language and traditions thrive. It is a place renowned for its depth of musical talent; it is not unusual to hear driving tunes ringing through the village day or night during the summer. Nestled in between highlands and the Gulf of St. Lawrence, Mabou is a haven for photographers, nature lovers, dreamers, dancers, musicians, and explorers. Visit for a night or stay forever; Mabou welcomes you!*

**Places to Eat:** *Beaton's Delight (breakfast on the go, coffee, espresso drinks), Shining Waters (breakfast, lunch) Red Shoe Pub (lunch, dinner), Mabou River Inn (pizza takeout), Glenora Distillery (lunch, dinner)*

**Places to Sleep:** *campground, B&Bs, inns, motel*

**Places to Stop:** *Mother of Sorrows Pioneer Shrine, Nest gift shop, Mabou Farmers' Market, Kinship Place playground, An Drochaid museum*

**Amenities:** *Gas station, groceries, NSLC, post office, credit union with ATM*

**Trails:** *Mabou River Trails, Celtic Shores Coastal Trail, Cape Mabou Trails, West Mabou Provincial Park (trails around West Mabou Beach)*

**Music:** *Red Shoe Pub (nightly and Sunday matinees), Glenora Inn and Distillery (afternoon and evenings Sunday-Saturday), Mabou Community Hall (Tuesdays at 7:30 pm), Glencoe Hall: Family Dances (Thursdays at 9 pm), Brookvillage Hall: Adult Dances (Mondays at 9:30 pm), West Mabou Hall: Family Dances (Saturdays at 9 pm), Strathspey Place*

**History and Genealogy:** *An Drochaid Museum, Alexander Doyle Public Library (inside Dalbrae Academy)*

**Churches:** *St. Mary's Roman Catholic, 902-945-2952; St. John the Baptist Roman Catholic (Brook Village), 902-945-2063; St. Joseph Roman Catholic (Glencoe Mills), 902-945-2952*



# Coming to the well: Square dancing in Cape Breton

Mabou has been home to three iconic dance events in community halls in Brookville, Glencoe, and West Mabou for more than three generations. These dances have brought traditional music lovers from all over the world to the area, as well as many adventurous souls who discovered the dances by chance and immersed themselves in an authentic cultural experience in Cape Breton. It was unfathomable that anything could bring these dances to a halt for one summer. So, it's not overstating it to say that two full summers without dances was for many Cape Bretoners (by birth or by heart), a soul crushing experience.

In 2022, square dancing is returning in Cape Breton! And we cannot wait! Here's what you need to know:

Brookville dances happen on Monday nights. These are adult dances: admission is restricted to those aged 19 and over; alcohol is served on the premises. There is also a canteen that serves tea, water, soft drinks, and hot dogs. Dancing begins at 9:30 p.m. and runs until 1 a.m. These dances attract some of the finest musicians and dancers on the island.

The Glencoe Hall was built as a one-room schoolhouse. It is situated at the convergence point of several country roads that connect to the surrounding communities of Judique, Port Hood, Mabou, and Whycocomagh. It's approximately a 20-minute drive on unpaved roads from any of these communities; part of the adventure of the night is just getting there. Glencoe dances are on Thursday nights and they are family dances, meaning there is no alcohol served inside the dance hall, and it welcomes people of all ages. The Glencoe

dances are most closely associated with legendary fiddler Buddy MacMaster. He was the featured player for these dances for over 30 years. After his retirement and since his passing, these dances continue to thrive featuring a rotation of well-known musicians, many of whom were influenced and inspired by Buddy's style of playing Cape Breton fiddle music. The atmosphere of these dances is fun and welcoming much like the character of the people of Glencoe. It's a great place to learn the sets, as seasoned dancers are ready and able to guide novice dancers. This dance runs from 9 p.m. - 12 a.m. beginning on June 30<sup>th</sup> then every Thursday night in July and August. There are two more dances on September 4<sup>th</sup> and October 9<sup>th</sup>.

The dances in West Mabou take place in a hall known as the West Mabou Sports Club. These events began as a community fundraising initiative. The original plan for these dances was a short term one to help with the expenses of a softball team's trip to a regional tournament in Ontario. More than 30 years later the West Mabou dance has achieved the level of becoming a staple of the Saturday night social scene in Inverness County. It has had profound impact on the growth of Cape Breton fiddle music as it has provided a stage for hundreds of young performers in need of a place to make their first public performance and/or develop their skills playing for dances. West Mabou has always been a family-friendly event and the place where parents have year-round access to passing on the traditions of Cape Breton social dancing. Young stepdancers have grown up with the opportunity to refine their art

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**Check out all Square Dances in Inverness County on page 38**

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## Coming to the well...*continued*

by being part of the solo dancers' queues that are a part of each dance. There was a time where square dancing was considered an activity for older generations and was fading in popularity. West Mabou dances have blasted away that old stereotype and made it the cool place for the under-30 set to gather on a Saturday night. Dancing begins at 9 p.m. and runs until midnight every Saturday night from June to the end of October.

A lot of the musicians you will see on the stage in these halls have earned worldwide recognition and respect as roots/traditional artists. These artists view the chance to get home to play a square dance as their time to return to the well. These are the spaces where they honed their craft as performers of Cape Breton music either by playing or by observing the tradition bearers who elevated the status of a humble dance in a country hall on a back road to the stuff of legends. A full night of playing tunes in a sultry hall on a summer's night is a workout both physically and creatively. The call and answer connection between themselves and the dancers on the floor are part of what makes home "Home" to these traditional artists. These dances are a core tradition of the Cape Breton Gaelic cultural experience.

A Cape Breton square set is a form of folk dancing, done in several parts (known as figures), traditionally in sets of four couples, each element of the figure being repeated four times (hence the designation "square" set). Square sets are danced throughout Cape Breton, each with its own local variation, but the Inverness County square set as it exists today is comprised of three figures, danced to accompanying music in the tempos of two jigs and a reel. The

culture of these dances is inclusive so whether it's your first adventure or you're a seasoned pro, there is a place for you to give it a go.

A typical night at a Cape Breton square dance is six square sets, each lasting approximately 20-25 minutes. Dress in cool and comfortable clothing. The halls are well ventilated but there is no air conditioning. Peak season crowds and full dance floors make for sultry conditions. Stay hydrated; canteen services are available at each dance venue. Dancing experience is not necessary. A little bit of a sense of humour, appreciation of adventure, and the willingness to try something new are good things to take with you to a Cape Breton square dance.

### Want to learn more about Cape Breton square dance?

The Mabou School of Cape Breton Square Dance, launched in 2017, is offering a week-long program of instruction in the art of percussive dance in Cape Breton. The week is led by Melody Cameron, a fiddler and dancer with more than 40 years' experience performing and teaching in her hometown of Mabou and around the world. She will be assisted by Jenny MacKenzie, and there will be other guest instructors as well. The 2022 school runs from August 1<sup>st</sup> to 5<sup>th</sup>. The goal of the school is to give students high quality stepdance instruction and a week filled with Mabou experiences. There are opportunities to attend local dances, ceilidhs, music sessions, dine at local restaurants, hike trails, or visit beaches.

At the time of publication, there were some spaces left for the 2022 Mabou School of Cape Breton Stepdance. Contact [capebretonstepdance.com](http://capebretonstepdance.com) for further information about registration for this year or keep it on your radar for your next trip to Inverness County.

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# Alexander Doyle Public Library

Inside Dalbrae Academy, a high school of approximately 300 students, there is an oasis of calm known as the Alexander Doyle Public library. It is part of the Eastern Counties Regional Library system that also operates branches in Port Hawkesbury, Port Hood, and Margaree. The library was opened as a permanent branch in 2015 through a partnership with the local school board, as the community had the highest circulation rates in the ECRL system through its bookmobile program.

The library offers the expected vast and varied collection of reading materials for all ages: books, magazines, and the local newspaper (*The Inverness Oran*). It also offers a little of the unexpected, such as free meeting space or quiet workspace for individuals and groups, DVDs of movies and popular TV shows for all ages, high speed internet, free wi-fi, public use computers, and a fully-equipped recording studio.

So, if you need a book for the beach or a tranquil cottage vacation, or a rainy day hang out; a place to re-connect with the rest of the world to check email, social media or write your travel blog; or even record a podcast, drop by the Alexander Doyle Public Library. It's open year round. Hours are Monday to Friday, 9:30 a.m. to 1 p.m. and 2 p.m. to 4 p.m.



Big Belle on Mabou Ridge has stood for nearly two centuries. The land on this farm has been worked and used to provide essentials for living and thriving such as food, milk, and meat.

In Mabou, music is also an essential element for living and thriving. The owners of Big Belle Farm have been meeting that need since 2019 by presenting the Blueberry Jam Festival each August. Blueberry Jam is a two-day outdoor festival highlighting the incredible music of Nova Scotia while promoting the wild blueberry industry in Cape Breton/Nova Scotia. This festival has grown in popularity and prominence over the past three years; tickets for the 2021 festival sold out in less than an hour. Blueberry Jam was nominated for an East Coast Music Award in 2022.

Now, in addition to the beautiful day under the sun, Blueberry Jam has added a "Harvest Series." The weekend series takes the music from the field and into the barn over the Thanksgiving Long Weekend to celebrate the end of the harvest season.

Blueberry Jam 2022 is scheduled for August 19<sup>th</sup> and 20<sup>th</sup>. The Harvest Series takes place October 9<sup>th</sup>-11<sup>th</sup>. Big Belle Farm will also host some stand-alone concert events throughout the summer months.

Visit [www.blueberryjam.ca](http://www.blueberryjam.ca) for full details of artists and schedules.



## Mabou Tuesday Night Ceilidhs

Featuring some of Cape Breton's Finest Traditional Musicians & Step Dancers!

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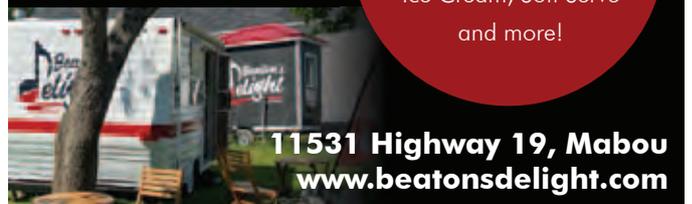
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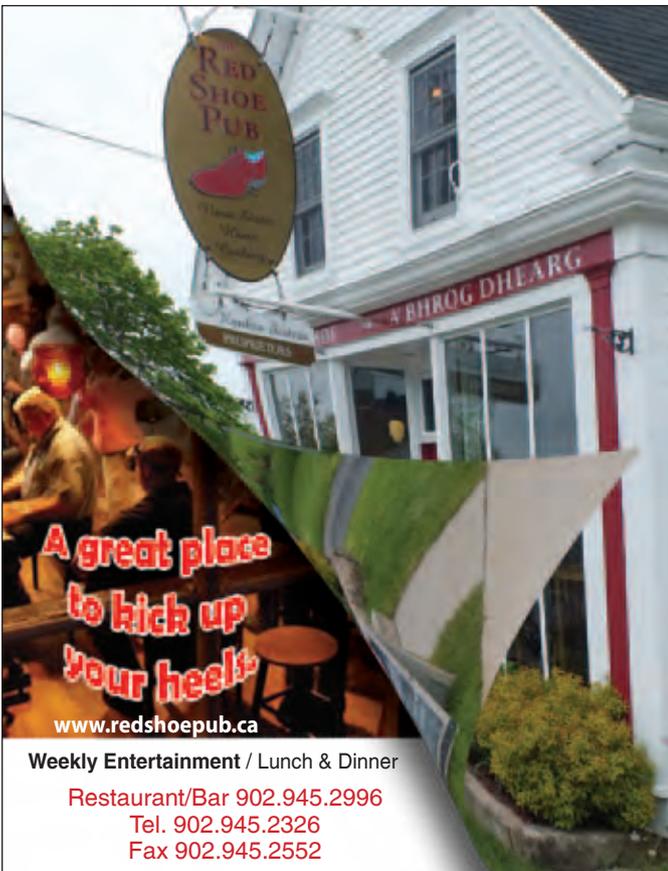
## Mabou Communications

Mabou Communications sits in the centre of the village of Mabou. A sign on the building reads *Tigh Litirichean*...translated literally it means House of Letters for it once housed a post office. It is a well-kept structure and property that seems rather non-descript to a passer by. For the people of Mabou, the building and the business operating inside it represent a David and Goliath moment in community history.

In 1991, the Canada Post Corporation informed the community of Mabou that its post office would be closed as part of a restructuring plan. The move meant that the building would be abandoned and postal services would only be available in neighbouring communities more than 15 km away. At that time when postal mail systems were a primary means of communication, losing one was viewed as a significant blow to rural existence.

The people of Mabou joined together to save the post office. Protest rallies were held in front of the building to gather attention to the issue. Canada Post representatives agreed to visit the community and address concerns. That meeting in the spring of 1991 gathered a crowd that filled the community hall and flowed out into the parking lot. The result of this meeting was that while Canada Post would no longer maintain a post office, it would work with the community to find a way to provide postal service in Mabou. The solution was Mabou Communications Ltd.

Today the business serves the community by providing a full range of postal services. There is also a Community Access Program (CAP) site which allows for affordable access to technology for residents and visitors in Mabou, free wireless internet, business services such as fax, photocopy and lamination of documents as well as office supplies. Mabou Communications is open Monday to Friday, 9 a.m. to 5 p.m.



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## Tuesday Night Ceilidhs Mabou Hall

Music is an organic part of existence in this region. Kitchen parties, jam sessions, ceilidhs, and dances happen everywhere, every day throughout the summer season, offering visitors a glimpse of how deep the well of musical talent runs on Canada's Musical Coast.

For over 20 seasons, Joey Beaton and Karen Beaton shone a light on the pure drop: traditional Cape Breton fiddle music presented in a pristine and simple format. Each Tuesday the duo, along with their special guest musicians, presented a 90-minute concert. In 2019, Joey and Karen passed the torch on to another duo committed to teaching and presenting traditional Cape Breton music: Derrick and Melody Cameron.

If you want to dig a little deeper into this form of traditional music, these Tuesday night ceilidhs are a must see. You will have the opportunity to feel the energy and power of this music; Melody is a renowned dancer who can give a glimpse of the relationship between the music and the dance. The concerts are presented in an environment that is focussed entirely on the tunes; sometimes the only other sound you will hear is the rhythmic cadence of feet tapping in perfect, effortless time to the music.

This series begins on July 5<sup>th</sup> with a special Kitchenfest ceilidh. There are nine concerts in total, wrapping up on August. Showtime each week is 7:30 p.m. Admission is \$10 per person. Check *The Inverness Oran*, published on Wednesdays for details of each week's concert.



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## Red Shoe Pub

*"Our lively Pub has become a kind of 'home away from home' for many locals and visitors over the years. We have created a cozy spot in the hamlet of Mabou, on the west coast of Cape Breton, which offers a delicious menu of Nova Scotia home cooking with a side order of live traditional music, 7 days a week!"*

– The Rankin Sisters

The Red Shoe opened for the 2022 season on June 3<sup>rd</sup>. Angie and the Red Shoe staff are excited to share good music, good food, and good times with everyone who visits during the season.

The Red Shoe is open daily from the end of May to the middle of October. There is live music each day at varying times. Check out [www.redshoe.com](http://www.redshoe.com) or *The Inverness Oran* for all the latest details on the Red Shoe schedule.

*Sláinte!*

## Strathspey Performing Arts Centre Summer 2022

Nestled among the rolling hills of Mabou you will find Strathspey Performing Arts Centre. This soft-seat theatre is a state-of-the-art performance space in rural Inverness County, an area known for its depth of talent in the creative arts. Strathspey has drawn acts from just down the road to right around the world to The John Morris Rankin stage since its opening in 2000.

Three of this summer's highlights at Strathspey Place are musical theatre projects:

– *John Allan Cameron's Last CBC Show*: Presented by West Side Performing Arts Cooperative on July 21<sup>st</sup>, 22<sup>nd</sup>, and 23<sup>rd</sup>. This show, written and directed by Brenda MacLennan-Dunphy, is a retrospective look back at the legacy of the Godfather of Celtic Music as he blazed the way on stages and TV screens across Canada and the U.S.

– *A Walk Down Memory Lane with Patsy Cline*: Boardwalk Productions presents *A Walk Down Memory Lane with Patsy Cline*. After a successful run at the Inverness County Centre for the Arts, Boardwalk Productions is back with an encore performance of *A Walk Down Memory Lane with Patsy Cline* on August 28<sup>th</sup> at 8:00 p.m.

– *Buddy Holly tribute show*: September 12<sup>th</sup> at 7 p.m. From the internationally acclaimed "Buddy Holly Story," Zachary Stevenson performs an exciting tribute to Buddy Holly live in concert.



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## MacFarlane Woods Nature Reserve

Located in Mull River on the side and top of Southwest Mabou Ridge, the woods carry the name of the MacFarlane family, immigrants in 1820 from Isle of Mull, Scotland. Their descendants assigned the old growth forest to the protection of the Special Places Legislation of the Province of Nova Scotia.

The woods are a virgin stand of all varieties of maples, yellow and white birch, and beech trees, as well as some soft wood growth. In addition, all the kinds of ferns, the three colours of lady slippers, and many other rare plants long resident in eastern forests are found in abundance.

The entrance to the rough walking trail is marked by yellow signs on the eastern side of the road between Mabou Ridge and Glencoe, about six miles from Mabou Village. The path to the reserve goes through a small area of harvested forest. The healthy stand of 325 acres is one of the very few preserved remainders of old growth forests in Nova Scotia that are under legal protection.

## Northeast Cove Geodomes

The Northeast Cove is a picturesque and sheltered body of water near where Mabou Harbour and Mabou River meet. Located only minutes from the village of Mabou, the Northeast Cove offers tranquil waterfront and mountain views, sunsets, and peaceful sounds of nature. It has long been a favourite swimming spot for locals and has been home base for the Mabou Sailing Club for more than a decade.

Northeast Cove Geodomes is a new family owned and operated business to the community of Mabou for 2022. Located at 355 Mabou Harbour Road, the geodesic domes offer luxury camping suitable for one or two people. The domes are comfortably appointed with a queen bed, washrooms, kitchenette, cozy seating, air conditioning, and decks that offer waterfront views.

For further information or booking inquiries contact [northeastcove.com](http://northeastcove.com).

## Northeast Cove Geodomes



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# Cape Mabou Highlands

Cape Mabou Highlands offers a network of 17 hiking trails situated alongside the Northumberland Strait between Mabou and Inverness on the west coast of Cape Breton.

These paths follow the rugged coastline, through hardwood glens and highland plateaus covering a total distance of about 30 km. There are three trailheads; the most accessible and popular one is at Mabou Mines, about 12 km from the village of Mabou. These hiking trails are usually uncrowded and offer enough of a challenge to get your heart pumping. The rewards include spectacular views and peaceful surroundings.

The Cape Mabou Highlands were settled in the early 1800s by Gaels who came from Highland regions in Scotland to North America. Several of the trails were originally cart tracks built and used by these pioneers. The Fair Alistair and MacKinnon's Brook trails were part of the original road from Mabou to Broad Cove (Inverness). Many of the trails bear the names of many of

these earlier pioneers. The early 1900s saw most of these settlers leave the area.

These trails traverse both crown land or private lands for the most part. There are also areas that are under a management agreement with The Nature Trust of Nova Scotia or the Nature Conservancy of Canada.

Please note that not all trails may be open at any given time. There are a few wet sections, but for the most part the trails are dry, with some small brook crossings. Please respect these lands. The trails are for hiking only; no camping or fires are permitted.

The other two trailheads can be accessed from the village of Inverness on the Sight Point Road (a narrow and often rough road), from Cape Mabou via Glenora Falls near the windmill.

For more information on the Cape Mabou Hiking Trails visit [capemabouhiking.com](http://capemabouhiking.com) or search Cape Mabou Trail Club on Facebook for up-to-date information on hiking conditions.



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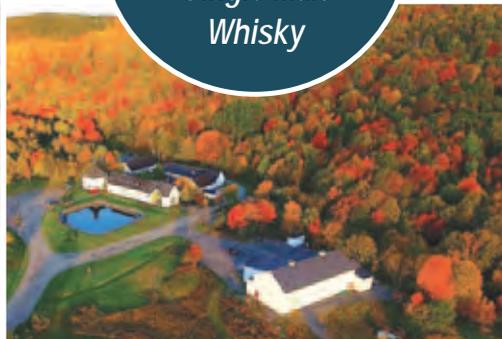
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*Located on Route 19 between Inverness and Mabou, Cape Breton*

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There is something on the menu to satisfy everyone's palate served in a bright, intimate dining room or outdoor terrace setting. Nine rooms and six chalets and with a 5 room lodge.

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## **An Amazing Cape Breton Get-away!**

Nestled at the foot of the Mabou Highlands is the Glenora Distillery, a single malt whisky distillery. The distillery offers tours, as well as providing accommodations and fine dining. It is also a popular location for catching some of the County's traditional musicians.



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www.glenoradistillery.com | E-mail: info@glenora1.ca



## Destination 252

Highway 252 is the main connector route between the communities of Mabou and Whycocomagh. It runs for about 20 kilometers and it's a road many people travel through to get to somewhere else. Over the last few years, thanks to creative and innovative thinking of people who live along the 252, this area is becoming its own destination.

This road offers incredible natural beauty in every season. The trees along the road offer lush green canopies in spring and summer and a riot of colour in the fall. In the winter these same trees glisten with frost and the surrounding snow-covered pastureland and river flats often sparkle in the sun like fields full of diamonds. The Celtic Shores Coastal Trail intersects with Highway 252 near Mabou at Glendyer, allowing access to the Mabou Rivers Trail.

Six Little Farmers is a farm discovery centre located in Hillsborough. Throughout the summer and fall it operates a petting zoo, a corn maze, a pumpkin patch, and all kinds of hands-on learning opportunities like milking cows, learning about caring for goats, calves, donkeys, pigs, sheep, chickens, and miniature horses. Visitors have an opportunity to get a better understanding of where their food comes from and how each animal on the farm has a purpose in the world outside the farm. For further information on activities and events at the Six Little Farmers Farm, visit their Facebook page.

The Mull River Farm is a small, family-run vegetable farm, destination café, and nature centre located just southeast of Mabou. What began in 2020 with a small seedling sale and a handful of pop-up produce stands at the homestead has grown into a multi-weekend spring sale offering a huge variety of vegetable, flower, and herb seedlings grown on site; the Mull River Makery, a café

that serves coffees, baked goods, and lunch every Saturday from June 4<sup>th</sup> to October 8<sup>th</sup>; and enriching, nature-based programming for children and adults throughout the season. Follow The Mull River Farm and Nature Centre on social media for up-to-date information about events and activities throughout the season.

Brookvillage Grocery has operated continuously as a retail store since first opening in 1880. In the tradition of a country store, Brookvillage Grocery is a one-stop shopping experience. A peek inside the store shows you that BVG carries everything from animal feed, hardware, local crafts and notions, fresh baked goods, gourmet grilled cheese sandwiches, ice cream, ingredients for a variety of ethnic cuisines, and the largest selection of cheeses available in Cape Breton. The store has gained national attention for its commitment to sustainable practices and finding ways to have low- or no-waste packaging for many of the products they sell. BVG is a step into the past with a twist of modern sensibility.

Beautiful Hill Farm offers all kinds of fresh produce, fresh eggs and a friendly visit on their property located in Brookvillage. Bows and Throws is a new attraction at Beautiful Hill Farm this year. Have some fun outside with family and/or friends by testing your skills with archery and hatchet throwing. Visit the Beautiful Hill Farms Facebook page for details on what they have available throughout the summer and fall.

Skye Glen Creamery is also located a few kilometers off the 252. More information on the creamery is provided on page 33.

Highway 252 offers everything for a delicious and interesting day trip on the sunset side of Cape Breton.

*For more on Route 252 see page 33*

## Beinn Mhabu

*Beinn Mhabu* is the realization of many dreams of many people. A school offering post secondary education through the medium of Gaelic; media production such as radio shows and podcasts featuring Gaelic traditional music, songs and stories, and Gaelic language education for learners of varying ages and levels of fluency. Beginning this fall, *Beinn Mhabu* will house a primary school for children. Over the next five years the school will grow to offer elementary education to students from primary to grade four; the first Gaelic immersion school of its kind in North America.

This September, *Beinn Mhabu* plans to offer post secondary programs in partnership with Cape Breton University. Programming will include a foundation year offering broad based course options such as Gaelic culture and history, an executive certificate in cultural organizations/events management as well as an executive certificate in music and ethnomusicology. *Beinn Mhabu* hopes to attract students from around the

world with these unique programs that will offer a year-round vibrancy to the community of Mabou.

*Beinn Mhabu* will operate as a satellite campus of *Colaisde na Gaidhlig* located in St. Ann's, Cape Breton which has offered education in Gaelic language, music, art, and crafts for over 80 years. The Mabou campus is home to CBFM, an internet-based radio station that broadcasts round the clock with programming in Gaelic and English and features music from Cape Breton artists.

The building that houses *Beinn Mhabu* was an operating convent and renewal centre for nearly 70 years. St. Joseph's convent was home to sisters of the Congregation of Notre Dame who served the community of Mabou as teachers and spiritual guides for 127 years. It is most fitting that the next generation of the building continues the legacy of education as a touchstone for cultural growth in this area. *Colaisde na Gaidhlig* also has plans to offer accommodation for summer students working in the area as well as conference facilities in the non-academic year.



# LAKE AINSLIE



Photo by: Francis MacDonald



*Lake Ainslie I will linger here; I'll watch the graceful eagles soar  
And gaze upon thy fountain fair, far from the din and city's roar.*

– from *Lake Ainslie's Reservoir*  
by Stanley Collins



## At a Glance

Lake Ainslie is the largest freshwater lake in Nova Scotia. The lake is approximately 20 kilometers long, stretching from the southwest side of the Margaree River, flowing into the Gulf of St. Lawrence. The communities around Lake Ainslie were settled primarily by Gaels immigrating from northern Scotland starting in 1820. The lake also has great significance to the Mi'kmaq people of Unama'ki (Cape Breton Island). Eagles maintain a presence over Lake Ainslie as a number of bald eagles nest around the shores.

**Places to Eat:** Tulloch Inn (dinner, reservations only)

**Places to Sleep:** Inn, campgrounds

**Places to Stop:** Scotsville School of Crafts, MacDonald House Museum, Kirkwood Gallery

**Trails:** Great Trail: Bealach Breagha Trail

**Amenities:** photo/art gallery, CAP (public internet access) site

**Churches:** East Lake Ainslie Presbyterian (times subject to change), 902-258-2824; Immaculate Conception Roman Catholic, West Lake Ainslie, 902-945-2592; East Lake Ainslie United, 902-756-2762

## Drive on the 395

Back road tours often find hidden gems in Inverness County, and they are a good alternative to the routes that have heavier traffic. These side roads often wind along bodies of water offering spectacular views. Since the road conditions are not straight and wide as you'd find on a larger highway, you have the option and opportunity to take in these views at a slower pace. It is often easier to pull to the side of the road to take a picture of a landscape or snap a selfie at a scenic vista.

If you turn off the Trans Canada Highway at Whycomomagh on to Routes 252 and 395, you will find yourself at the start of a scenic drive through the communities that surround Lake Ainslie. The body of water itself is the largest freshwater lake in Nova Scotia. There are places to stop and watch eagles soar over this lake, as well as spots to swim or fish, or hike and bike near it.

The MacDonald House Museum located in East Lake offers a glimpse of early days in the Lake Ainslie communities. The property features a one-room schoolhouse, a heritage home, and a barn with antique farm equipment, and it offers beautiful views of the lake, ideal for photographers and artists. The museum is now connected to The Trans Canada Trail, making it a good stopping point for anyone hiking or biking nearby. Visit the museum website, <http://www.macdonaldhousemuseum.ca>, for more details.

The Scotsville School of Crafts was founded in 1991 by the Lake Ainslie Weavers and Craft Guild. Their goal was to create a place to teach and display several traditional crafts such as spinning, weaving, and painting. The organization has converted

an old school building into a unique space, achieving their goal. The Lake Ainslie Weavers and Craft Guild offers classes in winter and fall, operates a summer gallery and gift shop selling products from local artisans. Each year during the Celtic Colours International Festival, the school offers learning workshops in heritage crafts and art that has wide appeal to people who come from around the world to see this annual 10-day musical event that happens across Cape Breton. Visit the Scotsville School of Crafts website for further information and schedule of events: [www.scotsvilleschoolofcrafts.ca](http://www.scotsvilleschoolofcrafts.ca).

See *The Inverness Oran* published every Wednesday for the latest details of events in the community of Lake Ainslie.

## More on Route 252... Skye Glen Creamery

Locals are already in love with the Skye Glen Creamery – Cape Breton's only dairy processor.

From vending machines located in the creamery storefront at their dairy farm, the Brosens family offers whole, non-homogenized Jersey milk, chocolate milk, fresh curds, and a variety of fresh cheese.

The milk comes in glass bottles, which are reusable and returnable. When you purchase their milk, there is a refundable deposit on the bottle, which you will get back upon return of a washed empty bottle.

Did you also know that Jersey milk is not only higher in fat and

protein but on average 18 per cent higher in calcium than other cows' milk?

For a chance to buy truly fresh milk and to see the cows on the pasture, you can get their products direct from the creamery at 1080 East Skye Glen Road, just off Route 252 between Whycocomagh and Mabou. Alternatively, Skye Glen Creamery products are also available at other locations, such as The Brook Village Grocery on Route 252; The Farmers Daughter, We'koqma'q Irving, and MacKeigans Pharmacy in Whycocomagh; Marguerite Boutique in Cheticamp; Ivan's Daughters in Inverness; and Mabou Freshmart.



**The  
Lake Ainslie  
Weavers &  
Craft Guild**

**INVITE YOU TO VISIT THE  
SCOTSVILLE SCHOOL OF CRAFTS**

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Peggy 902-248-2520**

**MacDonald House Museum**



Follow the key signs  
to museums in  
Nova Scotia

[www.macdonaldhousemuseum.ca](http://www.macdonaldhousemuseum.ca)

**On the shores of Lake Ainslie, tour a  
heritage home, hear stories of the local  
people and enjoy the views of the sparkling  
water. Parking, picnic site, access to the  
Trans Canada Trail through Lake Ainslie and  
a children's trail.**

**We are open from end of June to end of August.  
Visit our website or email for a list of events.**

3458 Highway 395, East Lake Ainslie  
Inverness County, Nova Scotia  
902-258-3317 Assisted by  
NSM and CCH

Email: [lahistorical@seasidehighspeed.com](mailto:lahistorical@seasidehighspeed.com)

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[www.tulloch-inn.ca](http://www.tulloch-inn.ca)

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enjoy magnificent scenery, culture and hospitality.**



# WHYCOCOMAGH



*Let my soul take in the beauty of the day and the sun going down*  
 – from *Msit No'kmaq (All My Relations)* by Morgan Toney

## Whycomomagh: Head of the waters

Whycomomagh is the central point of Inverness County. Situated on the Trans Canada Highway, the village is within a 90-minute drive to any major attraction on Cape Breton Island.

The village began to take shape as Gaels who had come to Cape Breton from Northern Scotland sought settlements that allowed for ready access to agriculture and forestry. By the middle of the 19<sup>th</sup> century mercantile businesses began to develop. Local entrepreneurship started to flourish with the establishment of blacksmith shops, hotels, and other shops. During this time, the

shores of Whycomomagh Bay and the Skye River were shared with Indigenous people in the We'koqma'q community for fishing, a tradition that continues today. Boating became an important means of supporting growing commercial initiatives. It became increasingly common to see steamships or commercial fishing vessels in the bay, docked, or passing through on their way to Sydney. The hills which surround Whycomomagh were popular for sustenance hunting.

Today, the action in Whycomomagh Bay is mostly pleasure

*Continued on page 39*

### At a Glance

*Whycomomagh is on the sunrise side of Inverness County. The name is derived from a Mi'kmaq word (We'koqma'q) meaning head of the waters. This community is located on the eastern end of Inverness County and sits on the northwest shore of the Bras d'Or Lake. The Skye River flows through the community. Whycomomagh offers beautiful trails, campgrounds, restaurants, and shopping.*

**Places to Eat:** Charlene's Bayside Cafe (lunch, dinner, breakfast on weekends only); The Farmer's Daughter (breakfast, soups, sandwiches, pizza, bakery); Tim Horton's (breakfast, soup, coffee, sandwiches, baked goods); Auld Brass Door (lunch, dinner)

**Places to Sleep:** motels, cottages, campground

**Places to Stop/Shop:** We'koqma'q, Whycomomagh Provincial Park

**Trails:** Whycomomagh Village Trail, Salt Mountain Trail, We'koqma'q Spirit Trail

**Amenities:** gas station (mechanic on duty M-F), grocery store, liquor store outlet, gift shop, flower shop/garden centre, pharmacy, churches, bank, car wash, post office, CAP (public internet access) site

**Music:** Waterfront Centre (varying schedule)

**Churches:** Holy Trinity Parish, 902-756-3005; Little Narrows Presbyterian, 902-756-2066; St. Andrews Presbyterian, 902-756-2669; Stewart United Church, 902-756-2762

WWW.DESTINATIONTRAILSNOVASCOTIA.COM

WWW.CELTICSHORES.CA

Official Trail Maps available at Cape Breton Island Visitor Information Centres.



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YEAR ROUND.**

Use at your own risk

**THE CELTIC SHORES  
COASTAL TRAIL**

**INVERNESS COUNTY'S  
TRANS CANADA TRAIL**

*The Celtic Shores Coastal Trail is comprised of five linked community trails. The major access points for these trails are listed below. The first kiosk is located just to the left of the Canso Causeway as you enter Cape Breton Island.*

92 kms – Port Hastings to Inverness  
CB Island TCT Trailhead Pavilion & Kiosk @ Canso Canal  
0623718 E 5056156 N — 0617365 E

Facebook @celticshores Instagram @celticshores



**TRAIL HEADS & INFORMATION KIOSKS**

**THE CEILIDH COASTAL TRAIL SECTION**

22kms – Canso Canal to Chisholm's Brook, Long Point Troy Station Trailhead Kiosk/Access/Parking  
0621276 E 5060816 N — 0617365 E 5074458 N

**THE JUDIQUE FLYER TRAIL SECTION**

19 kms Chisholm's Brook to Little Judique Harbour Michaels Landing Trailhead Kiosk/Access/Parking  
0617546 E 5083790 N — 0614653 E 5090709 N

**THE CHESTICO TRAIL SECTION**

17 kms – Little Judique Harbour to Zutphen Farm SW Mabou River Port Hood Station Trailhead Kiosk/Access/Parking  
0614653 E 5090709 N — 0619675 E 5097712 N

**THE MABOU RIVERS**

Trail Section  
19.6 kms – Zutphen Farm SW Mabou River to Blackstone West Mabou Trailhead Kiosk/Access/Parking  
0619675 E 5097712 N — 0630129 E 5110225 N

**THE INVERNESS SHEAN TRAIL SECTION**

16 kms – Blackstone to Inverness Miners Museum Trailhead Kiosk/Access/Parking

**TRAIL RULES AND ETIQUETTE**

*The Celtic Shores Coastal Trail is a shared use trail that is operational year round. Please use the trail responsibly. Expect to see the following users on the trail: cyclists, hikers, walkers, equestrians and summer motorized. In winter you will find people snowshoeing cross country skiing, hiking, and snowmobiling.*

**ROAD CYCLING ROUTES - OFF TRAIL**

Inverness County is a cyclist's dream for variety of cycling experiences both on the trail and on our roadways. We have put together a list of full day or half day trips you may want to consider. While on an outing, plan to visit one of our many gift & craft shops, grab lunch at our friendly eateries or take the time to grab a quick swim at one of our fine beaches or rivers.

Please remember that while Nova Scotia has legislated the "one meter" rule, safe passage of highway traffic around road cyclists is mandatory, it is your responsibility as a cyclist to be cautious of road traffic and conditions. Make yourself highly visible and use proper hand signals for approaching traffic. Check out these ten suggested road route outings.

1. Port Hood to Colindale to West Mabou & return
2. Whycomogah to Scotsville to Inverness and return via West Lake Ainslie
3. Inverness to Scotsville to Southwest Margaree to Broad Cove Banks Road Return to Inverness
4. Whycomogah to Malagawatch to West Bay to Dundee Return.
5. Margaree Centre to Margaree Harbour and return via Margaree Forks.
6. Chéticamp to Plateau to St. Joseph Du Moine and return
7. Bay St. Lawrence to Meat Cove and return
8. Cape Clear Look-off via Margaree, St. Joseph Du Moine or Chéticamp **Advisable to use local guides for various route available.**
9. Bornish and St. Margaret of Scotland Pioneer Church via Melford. **Advisable to use local guides for various route available.**
10. Inverness to Mabou via Cape Mabou. **Advisable not to cycle on signed "Cape Mabou" hiking trails. These managed trails do not permit cycling due to trail terrain sensitivity.**

Please leave a review on Trip Advisor

*Inverness County has a unique trail experience for every weekend of the year*



**DISCLAIMER:** While considerable effort has been made to provide accurate information, we take no responsibility for any errors or omissions. The ultimate responsibility for safety lies solely with the individual. MAPS ARE NOT FOR NAVIGATIONAL PURPOSES.

*Our festivals and events are back!*

SINCE 1967  
Broad Cove Scottish Concert

CANADA'S  
MUSICAL  
COAST  
Inverness County





*Don't miss the*  
**Broad Cove Concert – July 31<sup>st</sup>, 2022**  
St. Margaret of Scotland Church grounds, Broad Cove

# FESTIVALS in Inverness County



<p><b>Roots to Boots - Racines et Bottines</b> June 17<sup>th</sup> - 19<sup>th</sup>, Chéticamp visit: facebook.com/RootstoBootsfestivalracinesetbottines</p> <p><b>KitchenFest</b> July 1<sup>st</sup> - 9<sup>th</sup> visit: kitchenfest.ca</p> <p><b>Lake Ainslie Firemen's Ceilidh Days</b> July 5<sup>th</sup> - 9<sup>th</sup>, Lake Ainslie</p> <p><b>Murphy's Pond Music Fest</b> July 9<sup>th</sup>, 1 p.m. - 9 p.m. Port Hood; Enjoy a full day of Live Music, fish cake and bean supper available</p>	<p><b>Mabou Ceilidh Days</b> July 14<sup>th</sup> - 18<sup>th</sup>, Mabou</p> <p><b>Inverness Gathering</b> July 24<sup>th</sup> - 31<sup>st</sup>, Inverness</p> <p><b>Belle Cote Days</b> July 27<sup>th</sup> - 29<sup>th</sup>, Belle Cote</p> <p><b>Festival de l'Escaouette</b> July 28<sup>th</sup> - 31<sup>st</sup>, Chéticamp visit: facebook.com/FestivalDelEscaouette/</p> <p><b>66th Annual Broad Cove Concert</b> July 31<sup>st</sup>, 3 p.m. - 9 p.m., 178 Broad Cove Chapel Road <b>Outdoor Concert</b> featuring traditional Celtic music -</p>	<p>fiddle, vocals, pipes and dance; Admission: \$25, 12 and under are free <b>Adult Square Dance</b> at 9 p.m. following the concert at St. Joseph's Parish Hall, SW Margaree Admission: \$10 visit: broadcoveconcert.ca</p> <p><b>Chestico Days</b> August 1<sup>st</sup> - 7<sup>th</sup>, Port Hood visit: facebook.com/Chestico-Days</p> <p><b>Margaree Highland Games - East Margaree</b> August 13<sup>th</sup> - 14<sup>th</sup>, Margaree visit: margareehighlandgames.com</p>	<p><b>National Acadian Day</b> August 15<sup>th</sup>, Chéticamp visit: facebook.com/lestroispignons</p> <p><b>Cabot Trail Writers Festival</b> September 23<sup>rd</sup> - 25<sup>th</sup>, visit: cabottrailwritersfestival.com</p> <p><b>Celtic Colours International Festival</b> October 7<sup>th</sup> - 15<sup>th</sup> visit: www.celtic-colours.com</p>
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*For more events check out the pull out brochure in the centre of this magazine.*



# CAPE BRETON SQUARE DANCES in Inverness County

**Mondays**  
**BROOK VILLAGE ADULT SQUARE DANCES**  
Brookvillage Hall  
6432 Route 252,  
Brook Village  
Mondays (July & August)  
9 p.m. - 1 a.m.

**Thursdays & Sundays**  
**GLENCOE FAMILY SQUARE DANCES**  
Glencoe Mills Hall  
628 Upper Glencoe Road  
Thursdays  
(June 30 - August 4),  
(August 18 & August 25)  
Sundays (September 4 & October 9) 9 p.m. - 12 a.m.  
Admission: TBA

**Fridays**  
**SW MARGAREE ADULT SQUARE DANCES**  
St Joseph's Parish Hall,  
SW Margaree  
19678 Hwy 19,  
SW Margaree  
Fridays (July 1 - August 12)  
9 p.m. - 12 a.m.  
Admission: \$10

**Saturdays**  
**WEST MABOU FAMILY SQUARE DANCES**  
West Mabou Hall,  
2399 Little Mabou Road  
Saturdays  
(June 4 - October 29)  
9 p.m. - 12 a.m.  
Admission: \$10  
All ages welcome!

*Check out The Inverness Oran published every Wednesday for the latest updates!*

Continued from page 34

craft. In the last several years the Whycocomagh Waterfront Centre has been offering a place for water travellers to tie up and take in what the village has to offer – food, gift and supply shopping, hiking trails, musical events, and good people. Whycocomagh is also part of the Great Trail's Bras d'Or Lake water route. Hiking trails have been developed in places hunters once roamed. Whycocomagh is a modern little village that remains true to traditional values of friendship and hospitality. However you choose to travel, water or land, it's a great place to check out!

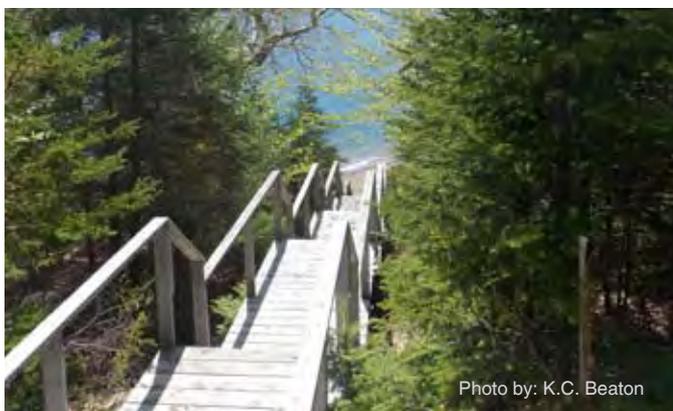


Photo by: K.C. Beaton

Staircase leading to the shore of Whycocomagh Bay in Whycocomagh Picnic Park.

## Whycocomagh Waterfront Centre

*"Where people and nature connect"*

The Whycocomagh Waterfront Centre is operated by The Whycocomagh Waterfront Centre Association, a community, volunteer-driven group, with a mandate to develop the waterfront and operate a community centre in Whycocomagh. The Waterfront Centre is a state-of-the-art facility which offers a variety of events throughout the year.

This year's events include a Canada Day (July 1<sup>st</sup>) celebration from 2 p.m. to 4 p.m. with entertainment, children's activities, a barbecue, a Canada birthday cake, and an enclosed beer garden.

On July 2<sup>nd</sup> the Whycocomagh Waterfront Centre will host a KitchenFest concert featuring local musicians Beech Hill and Rob MacLean. This concert will start at 8 p.m.

On Thursdays throughout July and August, there will be jam sessions from 7 p.m. to 9 p.m.

Located at 9650 Highway 105 in Whycocomagh, the waterfront centre also has marina facilities which offer piers, moorings, a launch ramp, fresh water, pump station, security cameras, gated access, and a washroom facility.

For current information on the centre's events visit [www.hogoma.ca/](http://www.hogoma.ca/) or find them on Facebook at WhycocomaghWaterfrontCentre.

## Whycocomagh Provincial Park and Campground and Salt Mountain:

### Hiking above the shores of Hogamagh

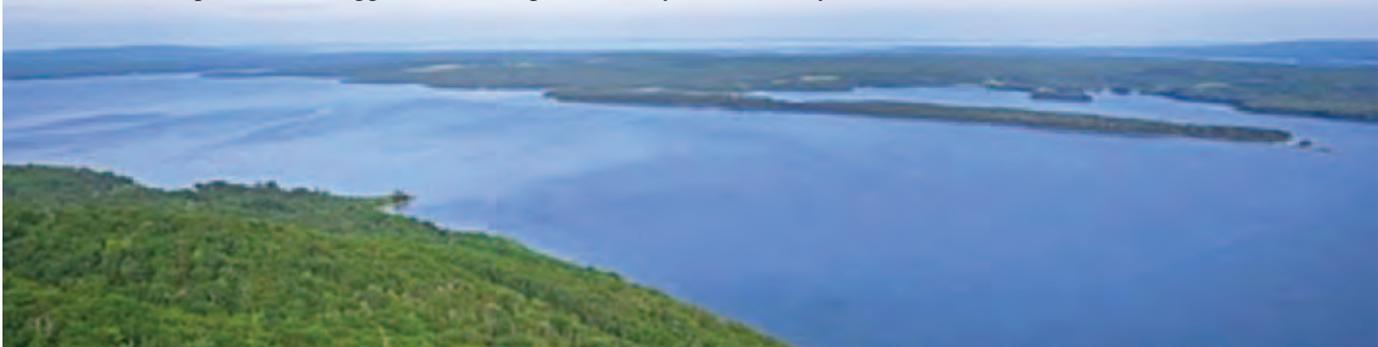
The Whycocomagh Provincial Park is located just off Highway 105 approximately 50 kilometers from the Canso Causeway, at the turnoff for Provincial Park Road. This park offers a campground with 75 campsites, picnic areas, water, washroom facilities, cooking shelters, and benches. The history of the park dates to 1959 when the land was donated by Isabel Stewart Farley in memory of her brother Hugh MacLellan who was killed during World War I.

The Salt Mountain Trail located inside the park is a short but challenging walk. The Highlander portion of the trail is 230 metres above Bras d'Or Lake that climbs over a 2.5-kilometre hike. This is a steep climb over rugged terrain that passes mostly

through mixed woods. Hikers are encouraged to use caution. Salt Mountain is not recommended for novice hikers.

The exertion of the hike up Salt Mountain is rewarded by spectacular views of Whycocomagh Bay and Bras d'Or Lake, making it abundantly clear why the name Whycocomagh was chosen as it translates from the Mi'kmaw language to mean head of the waters.

If the endeavour of a mountain hike is not for you, there is lots of room to walk around on level ground throughout the park. Sit on a bench or at a picnic table, enjoy a snack or picnic, read a book or the latest edition of *The Inverness Oran* published each Wednesday.



# Skye River Trail: A place to restore your spirit

The Skye River Trail is located at 9423 Trans Canada Highway in the community of We'koqma'q. It is part of the Great Trail, a nationwide system of trails linking 15,000 communities along 24,000 kilometres across Canada. We'koqma'q is a historic Mi'kmaq community located along the Bras d'Or Lake.

The experience of walking on the Skye River Trail fills you with a sense of peace and serenity that only a walk in the woods can create. While you are not far from a busy highway, being surrounded by trees and water gives you the feeling that you are a world away from the pace of everyday life. The sounds of birds singing and rumbling river water will all at once stir and

soothe your soul. The sun filters through the leaves giving the impression of dancing light. There are opportunities for rough camping, kayaking, and fishing on the Skye River.

The community members of We'koqma'q enjoy a long history of pride in their heritage. This is highlighted and celebrated during cultural showcases that happen during the summer and fall on the Skye River Trail. During these afternoons, displays of Mi'kmaq cultural traditions are featured including music, song, dancing, handcrafts, food, and language.

Pack a picnic lunch and come to the Skye River Trail, your spirit will be grateful.

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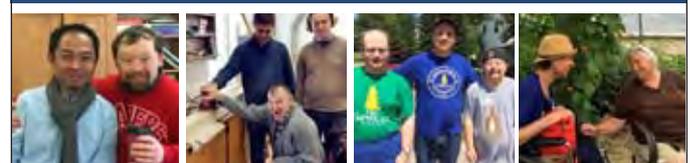
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# ORANGEDALE/MARBLE MOUNTAIN/MALAGAWATCH



Photo by: K.C. Beaton



*The stationmaster is long since gone, He faded off into the sun  
But the whistle shrill still lingers, In the hearts of everyone*

— from *The Orangedale Whistle*  
by Jimmy Rankin



## North Mountain Communities

If you're a fan of exploring places that are a bit off the beaten track, consider a drive through the communities of Orangedale to the North Mountain communities that include Malagawatch, Big Harbour Island, and Marble Mountain. If you remember the experience of a Sunday drive, when you just explored places for the sake of seeing what was there, this is worth trying.

Stop at the Orangedale Station Railway Museum to learn about the significance of the railroad to Inverness County. This award-winning museum is the site of one of Canada's oldest railway stations, dating from 1886. There are artifacts, stationmaster quarters, waiting rooms and an office looking as they would have when the station was operational.

### At a Glance

*These communities on the sunrise side of Inverness County are part of the Bras d'Or Lake scenic drive. Orangedale offers the Railway Museum. Marble Mountain offers beautiful views of the Bras d'Or Lake. There are century-old wooden churches, a beach, and a vineyard located here, and it's part of the Great Trail's water route for those who enjoy paddling.*

**Places to Stop:** Orangedale Rail Station Museum, Eileanan Breagha Vineyard, Marble Mountain Beach

**Amenities:** convenience store, post office, used clothing store, churches, craft shop

**Churches:** West Bay United, 902-345-2273; Princeville United (no tel. posted)

The village of Marble Mountain overlooks some breathtaking scenery. It is known for its pristine white beach – evidence of the deposits of white marble extracted from the mountain behind the village. Two white landmark wooden churches greet visitors entering from the west. An old commercial wharf that has provided safe shelter for many vessels over the years is also a main attraction in Marble Mountain. Pack a picnic lunch and stop at the scenic lookoff at Marble Mountain that offers a stunning view of the lake, or head to the Marble Mountain Beach. This community hosts a Family Day on August 11<sup>th</sup> – sure to be fun for everyone in the family.

Parts of the road are quiet, others are quite remote; it's all beautiful. The entire route is at the edge of The Bras d'Or Lake, regarded as Canada's inland sea. Keep in mind that these are rural road conditions with winding, hilly, sharp turns. There are places where pavement is at the very end of its life span or a gravel road. These roads are not meant to be rushed on. Cell service is not consistent throughout the drive. That's not necessarily a bad thing, but GPS won't work. So, if you like to use online maps for guidance, download or seek out directions before you go.

This region of Inverness County is steeped in history. In addition to the Orangedale Station Museum and the wooden churches in Marble Mountain, there are wooden churches located in West Bay, West Bay Road, Princeville, and Orangedale. The community of Malagawatch is a First Nations heritage site, as it is an historic home of the Mi'kmaq, the Indigenous people of Cape Breton and Atlantic Canada.

The road to these places can be accessed by venturing off Highway 105. Turn at the sign for Orangedale. The museum is visible from this road. The Marble Mountain Road turnoff is just before you get to the museum. Marble Mountain Road continues through to Port Hawkesbury through the community of West Bay. It's also possible to loop back to Highway 105 by a connecting road that takes you through the community of West Bay Road.



# GLENDALE



Photo by: Francis MacDonald



*A dhaoine bha mi seo bho'n bhris an là  
 Sinte gu sìtheil cha mo shuain  
 S'an t-sìorrachd, am bòidheadh slàn mar a dheonaich È  
 S'an nadur a' freagairt dha mo shuan*



*O people I was here since the dawning of the first day  
 Reclining peacefully in my slumber  
 In eternity, in total beauty as He willed it  
 And nature suiting and replying to my song*

*Tàladh na beinne guirme – The Blue Mountains Lullaby  
 Goiridh Dòmhallach agus Brian Ó hEadhra*

## At a Glance

*Glendale is located on the Trans Canada Highway. Settled primarily by Gaels who emigrated from Northern Scotland, the influence of this culture is still evident today. Glendale holds cultural significance for Cape Breton fiddle music as it was the site of a festival that gathered over 100 fiddlers in 1973 in response to a 1972 documentary called The Vanishing Cape Breton Fiddler. The filmmaker notes that the tradition of Scottish fiddling was fading in Cape Breton. The Glendale Festival is largely regarded as the touchstone event that re-grew the Cape Breton fiddling tradition.*

**Places to Stop:** Fr. John Angus Rankin Community Centre

**Amenities:** church, CAP (public internet access) site

**Music:** Fr. John Angus Rankin Community Centre Kitchen Ceilidh (alternating Wednesdays beginning June 28<sup>th</sup> at 7 p.m.), Glendale outdoor concert July 9<sup>th</sup>

**Churches:** St. Mary of the Angels Roman Catholic, 902-625-2345

Nestled at the foot of A' Bheinn Ghorm, the Blue Mountain lie the communities of Glendale, Kingsville, and Queensville, referred to collectively in Gaelic as Bràigh na h-aibhneadh. The mountain has been a strong influence for the people of this area providing material to build shelter, sustenance through hunting, fishing, and growing since settlers first arrived from the Highlands of Scotland at the end of the 18<sup>th</sup> century.

The Gaels (the people of Highland Scotland) have a keen appreciation for close family and community ties, merriment, good music, great stories, and good food. The community of Glendale and the surrounding places that make up Bràigh na h-aibhneadh remain true to their roots, welcoming everyone to come and see them throughout the summer season.

The Fr. John Angus Rankin Cultural Centre is housed in the former parish glebe house. It is the place to find local archives and genealogical information, a gift shop as well as a Community Access Program (CAP) site with public access computers and internet service.

The Fr. John Angus Rankin Cultural Centre is located on Highway 105 in Glendale, 20 minutes from Canso Causeway.





# INVERNESS



Photo by: David Gillis



*Look into the sky, it's glowing and alive, and everything  
you missed is right now at your side*

— from *July*  
by The Town Heroes



## Making the most of a stay in Inverness

Golf has earned a rightful place in the spotlight for the town of Inverness. In less than 10 years, the two courses have gained international attention and won places in the top 100 golf destinations in the world.

But there is so much more to see and do in Inverness besides golf. The northern side of the Celtic Shores Coastal Trail runs from Inverness towards Mabou. Approximately 20 kilometres of multi-use trail is perfect for walking, cycling, or travel by off-road vehicle. The most dramatic spot on this trail is the

Deepdale Trestle. One of 26 bridges on the entire trail, this one is truly spectacular as it is approximately 300 feet long and 100 feet in the air.

There are lots of little shops to visit, a grocery store to explore, art galleries, live horse racing, and restaurants that offer something to suit everyone. Mill Road Social Enterprises operates a bakery (you must try the cinnamon rolls) and The Closet Thrift Store. The beach is spectacular, whether you have a few minutes to spend or the whole day, it should be a part of your stay in Inverness.

### At a Glance

*Inverness is one of the most beautiful spots on the sunset side of Cape Breton. This town has seen a renaissance in the last five years with the development of two world-class golf courses. It's a new home for some, a reclaimed home for others. Small business is thriving; young families are flourishing. Play a round of golf, walk the boardwalk, hang on the beach, catch a night of harness racing, grab a brew, or find unique gifts and treats.*

**Places to Eat:** Coal Miners Café (breakfast, lunch, dinner)  
The Annex (breakfast, lunch, dinner), Whit's Public House (lunch, dinner), Panorama Dining Room (fine dining), Glenora Distillery (pub and fine dining), Reel Pizza, Route 19 Brewery Pub

**Places to Sleep:** campground, B&B, inn, cottages

**Places to Stop:** Inverness Miners Museum (local history), Inverness Beach, Inverness Visitors Centre

**Trails:** Inverness Shean Trail (Celtic Shores Coastal Trail system), Inverness Boardwalk

**Amenities:** hospital (ER, outpatient services), community health centre, gas station (mechanic on duty Monday to Friday), grocery store, convenience stores, NSLC retail store, hardware/sporting goods, gift shops, day spa, art gallery/performance centre, banking, car wash, post office  
**Music:** Coal Miners Café (weekly), Whit's Public House (nightly May-October), Broad Cove Scottish Concert (July 31<sup>st</sup>)

**Churches:** Stella Maris Roman Catholic, 902-258-2462; St. Margaret of Scotland Roman Catholic (Broad Cove), 902-258-2462; St. Matthew's United, 902-258-2323; St. John's Presbyterian (Strathlorne), 902-258-2686; Inverness Community Church, 902-258-7135

# Growing business in Inverness

Throughout the last two or three generations, most of the stories we read and hear focus on the decline of rural areas. Dwindling populations, downturn in land- and sea-based industries, and the allure of bright lights and big cities have all played a role in drawing people away from small towns and communities all over the world. Inverness, Cape Breton has bucked this trend over the last 10 years. The growth in this community shows the tenacious character of the people and offers a beacon of hope to anyone who fights what is often an uphill battle for rural development.

The quest to build a golf course in Inverness reads like a classic triumphant underdog movie script. A group of volunteers had a vision: create a large visitor attraction anchor for Inverness that would offer positive economic impact for the community. It took time, patience, dedication, and determination to find the right connection for Inverness. Once it was made, the vision of those volunteers came to fruition and the Cabot Links Golf Resort came into existence. It meant creating the first authentic links golf courses in Canada. These courses have captured the world's attention, ranked as two of the world's top 100 18-hole courses. Cabot Links is built parallel to the town of Inverness, and Cabot Cliffs is located a few kilometres north on Route 19 in Inverside.

In the time since the opening of the Cabot Links Golf Resort,

the seaside community of Inverness has experienced a renewal and growth on many levels. The area has garnered worldwide attention. Students have employment in their home community during the summer season and people come from around the world to work at the resort. Young families have moved to the community or returned home from larger centers to work at the golf resort or are pursuing spin-off employment and entrepreneurship opportunities.

The promise of a golf course attracted a large coffee chain to set up shop in Inverness, real estate development was sparked, a craft brewery has opened, and the local grocery store has undergone two expansions.

What is perhaps the most encouraging sign of confidence in rural growth has been the successful development of small business in Inverness. Storefronts on, or near, the main street continue to bloom offering a variety of products and services, unique gifts, handcrafts, clothing, home décor, adventure tours, a gym, convenience items, and fashion accessories.

All these businesses offer a glimpse of a quirky cool and hip little place surrounded by unspoiled and rugged beauty that can only be offered by the sea. They also show the spirit of the people who have taken their passion for and commitment to their community and turned the tides on rural decline.



Photo by: Francis MacDonald

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## A natural drama unfolds over the ocean in Inverness

When travelling north on Route 19, you will climb a hill known locally as The Corner (presumably because of the intersection of Banks Road and Route 19 at the foot of the hill). About midway to the top of this hill you catch the first glimpse of the sea. A little further up the harbour comes into view. Depending on the time of day, you can see the fleet of fishing boats sailing out for a day of work, coming back home to safe harbours when the work is done, or as they slumber alongside the wharf at the closing of the day. The harbour waters usually look serene, while the open water offers considerably more drama. The motion of the water ranges from lapping gently on the beach, to a wild and relentless surf that explains the craggy rough-hewn appearance of the shore. The sky over the water is an ever-changing show of light created by sun, wind, and clouds.

The town of Inverness runs parallel to the sea, making the water visible from just about any vantage point. If this fact alone doesn't captivate you, wait until sunset. The colours evolve from soft and subtle pastel blues, yellows, and pinks to intense, vibrant reds, purples, gold, and magenta as the gloaming of the day arrives.

Take a drive through Inverness to see this drama unfold at any time of the year. Or if you want to take the time to appreciate it without the distraction of keeping eyes on the road, walk. The Inverness Boardwalk can be accessed at the top of Beach Road and continues for about two kilometres over the beach. Stairways offer passage to the beach if you want to feel the sand

and water on your feet. Benches and tables are located along the boardwalk offering a peaceful spot to meditate, rest, or enjoy a picnic dinner.

These shows are free, the run is unlimited. Enjoy.



Photo by: Francis MacDonald

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# The Company House



house that sleeps eight guests and has quite the stellar view of the Inverness Harbour and beach, complete with patio and a very tasteful modern design.

There is an accessible lift for the bottom and second floor.

The second floor is home to a real estate firm, an insurance office, and a property management firm.

A Small Town Deli is located on the main floor, offering coffee, espressos, soups, sandwiches, top quality meats and cheeses, breads and sweets (all locally sourced), as well as charcuterie boards that are available in house and for takeout. The deli is also part retail outlet selling locally crafted goods and goodies – including Julia Ryan’s Trufflebar Chocolates.

A law office and accounting firm are also located on the top floor.

The artwork that adorns the walls is predominantly from local artists. Rob Romard’s photography is certainly eye-catching and brings life to the walls of The Company House with his large prints of local scenery on canvas.

The goal for The Company House is to grow as a community space, inclusive and inviting for all ages and abilities. There is space available with internet access for students to study, entrepreneurs to do start-up planning, and groups to host special events for young children and kids of all ages.

Stop in for a coffee, grab a sweet or a sandwich, and see this beautiful building with a spectacular view built by people with vision and a commitment to community.

In Cape Breton, company houses tend to go down, not up. This Company House, however, opened in 2021 is aiming to stand the test of time as an inclusive space for the community of Inverness.

Built on a lot that stood empty for many years offering little else but mud and potholes, this new, modern, open-concept, state-of-the-art facility houses 10 local businesses (or companies – hence the name, “The Company House”).

The bottom floor consists of three businesses: Amy’s Trendy Trims (hairstylist Amy Gillis); Briagha Gillis, registered massage therapist; and estheticians Taryl MacKay and Taylor Dunn.

The top floor is a breathtaking Airbnb, a two-bedroom pent-

# Inverness County Centre for the Arts: 20 years of showcasing visual arts

The Inverness County Centre for the Arts is a regional touchstone for the arts on the west coast of Cape Breton Island. Located in the town of Inverness, the 8,640 square-foot arts centre houses a gallery, performance space, and a light-filled studio. Walls of windows take in views of the rolling hills, the town, and the Gulf of St. Lawrence. Exhibitions, concerts, workshops, and other arts-related events at the centre celebrate the creative spirit of the artists of Inverness County as well as the work of artists from across Canada and the United States.

The history of a council serving the art community in Inverness County goes back to the mid-1980s when the Inverness County Council of the Arts was formed with the vision to nurture, enable, and promote the artistic expression and fulfillment of all people. The council became active in planning and presenting visual art exhibits, musical and theatrical performances, and cultural education opportunities.

As the profile of the Arts Council grew, desire to establish a venue that was devoted to the preservation and promotion of art in the community, and the mission to build the Inverness County Centre for the Arts had begun. Construction began in January 2002 and the centre opened in 2003. It is a unique venue built in a tranquil setting overlooking the ocean.

For over 19 years the Inverness County Centre for the Arts (ICCA) has hosted at least eight art exhibits a year in the gallery space including shows by internationally known artists, exhibits featuring student artists, and Hands Dancing: an annual non-juried exhibition presented

by ICCA members. The reception room hosts musical events, dramatic presentations, and craft shows throughout the year. ICCA also strives to present learning opportunities in various art media.

The Inverness County Centre for the Arts is home of an outdoor concert series called the Sunset Concert Series which features some of Canada’s best talent. These concerts run on Saturdays from 7:00 p.m. to 9:30 p.m., starting July 23<sup>rd</sup> and running until August 27<sup>th</sup>.

*Inverness County Centre for the Arts is located at 16080 Route 19 in Inverness. The gallery is open Tuesday to Sunday from 11 a.m. to 5 p.m. For further information visit the ICCA website at [www.invernessarts.ca](http://www.invernessarts.ca).*



Photo by: John Gillis

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# Inverness Beach:

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Anyone who is affected by mobility challenges, directly or as a support person, knows that trying to exist as a person with disabilities in a world geared for people without disabilities is filled with obstacles. Some of life's simple pleasures, such as a trip to the beach during a summer day, are feats of planning and logistics – if they're possible at all.

Several years ago, storms ravaged the Inverness boardwalk causing significant storm damage. As the Inverness Development Association made plans for repairs, they recognized the opportunity to go beyond fixing some broken boards to creating a place that everyone could use. The rebuilt boardwalk added a ramp that leads to the beach and mats that roll from the bottom of that ramp to the water. Two floating wheelchairs, called Mobi-Chairs are available for anyone wanting to go for a dip. Beach wheelchairs and beach walkers capable of moving over sand are also there for use. The Beach Hut has also been renovated with accessibility in mind. These changes cost approximately \$60,000. For anyone who loves the beach and lives with mobility challenges, being able to get to the water independently or with minimal support is priceless.

The Inverness Development Association has led the way in Nova Scotia making a place for everyone to enjoy as it was the first fully-accessible beach on Cape Breton Island. Inverness Beach was recognized as Atlantic Canada's most accessible beach

in 2018.

The project has made the town of Inverness an example of what good things can happen when people are committed to building strong communities. Accessible equipment is free for all to use. Bookings can be made through the Inverness Visitors Centre located at 15756 Central Avenue. Telephone: 902-258-3740.



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- 26/06/2022 - 1:30 pm - 5:30 pm
- 01/07/2022 - 6:00 pm - 10:00 pm
- 06/07/2022 - 7:00 pm - 11:00 pm
- 13/07/2022 - 7:00 pm - 11:00 pm
- 20/07/2022 - 7:00 pm - 11:00 pm
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- 10/08/2022 - 7:00 pm - 11:00 pm
- 14/08/2022 - 1:30 pm - 5:30 pm
- 24/08/2022 - 7:00 pm - 11:00 pm
- 31/08/2022 - 7:00 pm - 11:00 pm
- 04/09/2022 - 1:30 pm - 5:30 pm
- 11/09/2022 - 1:30 pm - 5:30 pm
- 18/09/2022 - 1:30 pm - 5:30 pm
- 25/09/2022 - 1:30 pm - 5:30 pm
- 02/10/2022 - 1:30 pm - 5:30 pm
- 09/10/2022 - 1:30 pm - 5:30 pm
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TURN RIGHT OFF ROUTE 19 ON TO FOREST STREET

Sponsored by the Inverness Raceway

## Two Days at the Races in Inverness

Sunday mornings in Inverness County would look entirely different if it weren't for the sight of horse trailers moving along Route 19. Watching them pass by as they make their way to Inverness is as much a morning ritual as pouring water in the teapot or making coffee. The Inverness Raceway has been a top attraction to the town since 1926. Each Sunday afternoon from June to October, a full card of live harness racing is offered to spectators that come from all over Cape Breton and throughout the Maritimes. A second evening of races is offered on Wednesday evenings in July and August.

While live harness racing is not unique to the town of Inverness, it's a rare opportunity these days, as there are just a handful of places to see events like it in the Maritimes. The Inverness Raceway is located at 112 Forest Street; turn onto Forest Street from Central Avenue (Route 19) and you'll find the track at the top of the hill.



Photo by: Bill Dunphy

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## The Annex

The Annex is a new bar and restaurant located in Inverness. Highlighting in-season, local ingredients and products on its menus, and serving them in their coastal setting, The Annex hopes to be Inverness's new favourite gathering place. The Annex also hosts a variety of musical entertainment.

The beauty of an Inverness sunset can be life-changing – just ask Mary Catherine Magee.

After listening to her father rave about his golfing experience at Cabot Links a few years ago, Magee made the trip from Toronto to the land of her roots to see first hand what Inverness had to offer.

Holding a Master's degree in business, Magee liked what she saw so much that she began thinking about the potential business opportunities within the community.

And when "The Annex" building of The Inverness Miners' Museum came up for sale, she knew she had found her calling. "When I stood on the deck, looking out over the golf course and at a beautiful sunset, I thought there should be a little café here," said Magee. The rest, as they say, is history.

The Annex is located at 66 Lower Railway Street in Inverness, overlooking Cabot Links and the Inverness beach. It is also next door to The Inverness Miners' Museum, so it makes a nice stop for visitors to the area. Current hours of operation for food are: Thursday to Monday, from 11 a.m. to 10 p.m. The bar is open later.

For regularly updated information on hours of operation, menus, and entertainment, visit their website at [www.theannexinverness.com](http://www.theannexinverness.com) or look for their weekly ads in *The Inverness Oran*.



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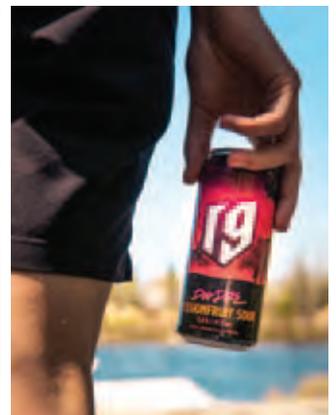
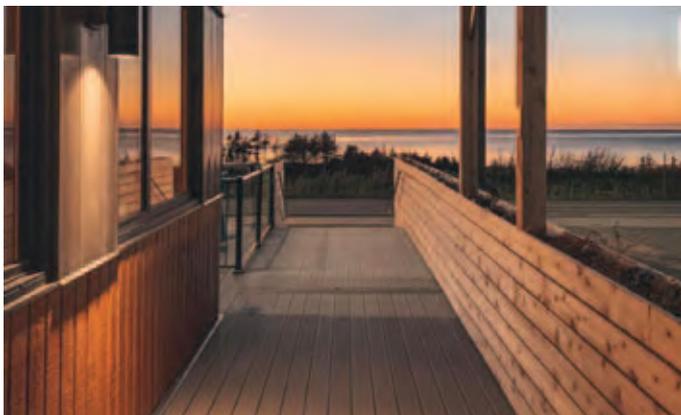


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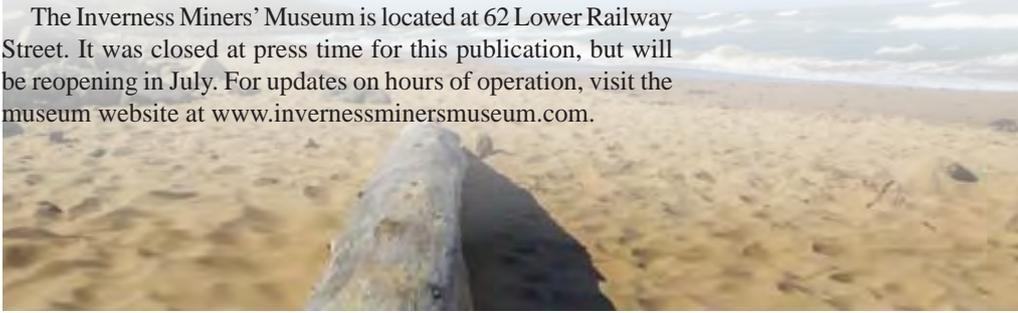
## Inverness Miners' Museum:

### The roots of Inverness underground

Coal is an intrinsic part of Cape Breton history. Communities throughout the island had mines as the sustaining economic force that saw young men transform to old men spending their life underground. Inverness County had coal mines operating in Port Hood, Mabou and Inverness.

The Inverness Miners' Museum is housed in the Canadian National Railway Station that was built originally in 1901. The museum was established in 1977, presenting the history of coal mining in the area through engaging displays. The collection of permanent displays tell the story of the pioneering and mining history of the community from 1803 through to the 20<sup>th</sup> century. There are displays of vintage photos, paintings, drawings and artifacts such as fossils found around the mine site.

The Inverness Miners' Museum is located at 62 Lower Railway Street. It was closed at press time for this publication, but will be reopening in July. For updates on hours of operation, visit the museum website at [www.invernessminersmuseum.com](http://www.invernessminersmuseum.com).



## Banks Schoolhouse Music Festival

Banks Schoolhouse Music Festival celebrates more than a decade of great music.

DMNikas is hosting the 11<sup>th</sup> Annual Banks Schoolhouse Music Festival on August 1<sup>st</sup> from 12 noon to midnight. The venue is located at 399 Broadcove Banks Road (off Route 19). This event promises a full afternoon and evening of music that is sure to be a fun time for everyone.

Admission is free, and the event is open to music lovers of all ages. It's an outdoor event so bring along a lawn chair and a blanket to sit on, plus warmer clothes as the air often cools after sunset.



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# 66<sup>th</sup> Annual Broad Cove Concert Features



**ASHLEY MACISAAC**



**BEÒLACH**



**MORGAN TONEY**

Outdoor traditional music concerts have long been a staple of the summer social scene in Cape Breton. These concerts are cultural touchstones that attract people from around the world. Each year, people arrange their holidays and trips home to be able to attend these events, connect with old friends, celebrate family gatherings, and see performances from the icons of traditional Cape Breton music.

The Broad Cove Scottish Concert has been held on the last Sunday in July since 1957. For seven decades this concert has been organized and driven entirely by volunteers. The concert is held on the grounds of St. Margaret of Scotland Parish in Broad Cove (10 kilometres north of the town of Inverness). These concerts have created a powerful legacy of potent music, spirited dancing, good food, and joyful times. The Broad Cove Scottish concert has been featured in television productions, documentaries, and has been cited by folklorists for its contribution to the unique culture that surrounds Cape Breton traditional music. Like many local festivals and events in Cape Breton, the Broad Cove Scottish Concert helps raise funds for community projects, makes positive impact on the economy, and offers employment to summer students each year.

The 2022 edition of the Broad Cove Scottish Concert takes place on July 31<sup>st</sup>. The concert begins at 3 p.m. and will run until approximately 9 p.m. Throughout the afternoon and evening emcees, Joe Murphy and Jennifer MacDonald Ashton, will welcome local performers from across Cape Breton and Nova Scotia to the stage who will perform traditional Cape Breton fiddle music, bagpiping, stepdancing, guitar music, Gaelic singing, and folk music. Organizers of the 2022 concert will honour the memories of George Ingraham and Rannie Kennedy, two pipers from the Broad Cove parish who took part in the concerts for decades.

Headline performances from Ashley MacIsaac, *Beolach*, and Morgan Toney will round out the concert program.

The grounds of St. Margaret of Scotland Church are ideal for a concert that is now regarded as the largest outdoor Scottish concert in Cape Breton. Parking is free and plentiful; the field is large enough to ensure appropriate distance while maintaining a great view of the stage. There are on-site canteen and washroom facilities as well as a refreshment tent offering adult beverages. Seating is available near the stage, but feel free to bring along lawn chairs and/or a blanket to sit on and enjoy the afternoon with friends and family.

For more information about the 66<sup>th</sup> annual Broad Cove Scottish Concert, visit their website [www.broadcoveconcert.ca](http://www.broadcoveconcert.ca), or search social media for Annual Broad Cove Scottish Concert for the latest updates. *The Inverness Oran*, published every Wednesday, will have full coverage of the event.

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# THE MARGAREES



*I saw the northern lights dance lightly high above a wild Cape Breton sky  
Felt the north wind blow softly all along the valley from the sea  
And from my doorway watched the moon rise high above the hills of Margaree...*

– from The Hills of Margaree  
by Jim Brannigan



## Living life around the Margaree River

If summer in Margaree isn't paradise, it's awfully close. Communities celebrate their vibrant sense of identity with a variety of festivals and local events, welcoming visitors to share in their good times. Summer festivals offer a variety of events that range from golf tournaments, to concerts, to dinners, dances, and athletic events. These festivals give insight into the experience of living like a local and when you support these events, you contribute to community organizations and infrastructure.

The communities around the Margaree offer everything a visitor needs to make for vacation convenience such as grocery

shopping, banks, post offices, restaurants, corner stores, and gift shops. Margaree also offers lots of things to do that can make vacation into a great escape. You can enjoy quiet inns, cottages and cabins, spend time at the library, or visit museums. If you need a little more adventure, check out hiking trails, take a tour of the Margaree river on a paddle board or ride it like a lazy river on a tube. There are places to hear music, learn to dance, play mini-golf, ride go-carts, sit on the beach, or watch the Anything That Floats race which takes place Saturday, August 6<sup>th</sup>.

Margaree is the place to go if you need to slow down, relax, and enjoy the best of what life has to offer.

### At a Glance

*The communities around the Margaree River were settled originally by Gaels, Irish, Welsh, Acadian, and loyalist families. These people sustained themselves through economic endeavours generated by the river. Margaree offers eclectic and unique experiences for visitors through its museums, hiking trails, fly fishing, paddle boarding, and one-of-a-kind craft shops.*

**Places to Eat:** *The Dancing Goat (breakfast, lunch, coffee, bakery), Duck Cove Inn (lunch, dinner, Sunday brunch), The Island Sunset (lunch, dinner, lobster pound, fine dining), Belleview Restaurant (lunch, dinner, pizza), Big Interval Fishing Lodge (lunch, dinner), Salmon Pool Inn (lunch, dinner, fine dining), The Lakes Restaurant, The Normaway Inn*

**Places to Sleep:** *motels, campground, B&B, inn, cottages*

**Places to Stop:** *Margaree Salmon Museum, Public Library, Margaree Fish Hatchery*

**Trails:** *Cape Clear, Egypt Falls*

**Fishing:** *Margaree River (licensing may be required)*

**Amenities:** *gas station (mechanic available, North East Margaree), grocery store, convenience store, gift shops, churches, post office, credit union, craft shops, art gallery, CAP (public internet access) site*

**Music:** *Normaway Inn (Wednesdays in the Barn, July, August; nightly in the dining room; Fridays during September and October); St. Joseph's Parish Hall Southwest Margaree (Fridays); Island Sunset (Tuesdays)*

**Churches:** *Margaree Family of Roman Catholic Churches, 902-235-2435; Margaree Valley Baptist, 902-248-2735; Wilson United, 902-248-2846; Calvin United, 902-235-2658*

# Margaree Salmon Museum:

## Fish stories and more

The Margaree River is known throughout the world for its salmon fishing. People have come from all over the world for a chance to cast a line and catch big fish or tell the stories about ones that got away.

For more than 50, years the Margaree Salmon Museum has been a must-stop destination for visitors to Margaree. The building was once a one-room schoolhouse in North East Margaree. Today, it's a cultural touchstone that strives to share the rich history of fishing on the Margaree River and educate visitors on the importance of conservation to preserve the stocks for future generations.

The museum offers displays that relate to salmon angling on the river, photos, and memorabilia from renowned anglers. There is also practical information for those who want to fish the river including season information, species identification, and need-to-know guidance about fishing on the Margaree River.

The Salmon Museum is open from June 15<sup>th</sup> to October 15<sup>th</sup>. It's open daily from 9 a.m. to 5 p.m.

60 East Big Intervale Road, N.E. Margaree  
 902-248-2848  
 Open June 15<sup>th</sup> - Oct. 15<sup>th</sup>, 9 a.m. - 5 p.m.

# Margaree Highland Games

The Margaree Highland Games makes its return for 2022 on Sunday, August 14<sup>th</sup> on the grounds of St. Michael's Parish located at 1181 East Margaree Road.

The games' competitions typically include five events: weight for distance, weight over bar, braemar stone, hammer toss, and caber toss. Competitors are divided into three divisions (Youth, Junior, and Amateur).

The Margaree Highland Games happen RAIN or SHINE!

Events in past years have taken place over two days but after a two-year pause, organizers are easing their way back to full scale with a one-day event, with supporting activities organized within the community that will happen throughout the week-end.

Check out *The Inverness Oran*, published on Wednesdays for full details of the Margaree Highland Games.

Follow the Margaree Highland Games on Facebook: facebook.com/MargareeHighlandGames/ or visit the website: www.margareehighlandgames.com.



Photo by: Rob Romard



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## Anything That Floats Race in Margaree

The Anything that Floats Race is an annual community event taking place on the Margaree River on Saturday, August 6<sup>th</sup>. This unique and fun-filled family event invites local people and visitors to come out and enjoy the glory of the Margaree River on a summer day. It's been a summer staple in Margaree for more than 25 years.

The event is now hosted by Live Life In Tents adventure company that invites everyone to bring their brightest, fastest and most whimsical float to Tanners Run on the Margaree River. Check-in begins at 1p.m., the race begins at 2 p.m. Participants leave Tanners Run and make their way to the finish line at Doyle's Bridge. The race entries are divided into two categories: (1) Kayaks and canoes, and (2) Everything else. Prizes are awarded to the top three fastest canoes and kayaks. Three other prizes will be awarded to floats for most creative/artistic (Salvador Dali); most seaworthy (Seaworthy Captain's Award); and the Slow Poke award for the float that defies all the doubters and floats its way through to the end.

The Anything that Floats Race is a free event, but pre-registration is required. Visit [livelifeintents.com](http://livelifeintents.com) for further information on the race and how to get your float on the river.



## Live Life in Tents

Live Life in Tents (LLIT) is a unique adventure company providing anyone who loves the outdoors with experiences that can only be found in Cape Breton. LLIT offers turnkey camping and glamping accommodations, Margaree River tubing, stand-up paddling, hiking, camping gear rentals, and custom packages to allow visitors to enjoy a hassle-free vacation along the Cabot Trail.

For complete details of these events and to see what else LLIT has to offer, visit [livelifeintents.com](http://livelifeintents.com).



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# CHÉTICAMP



Photo by: Michel Soucy



*Chéticamp is one of those jewels we are fortunate to have on  
Cape Breton Island.*

– from Ronald Bourgeois, Acadian songwriter  
speaking about his home town



## The Père Charles Aucoin Genealogy Centre

When Father Charles Aucoin (1911-1999) retired in 1973, the beneficiary of that retirement was Chéticamp. For the next quarter of a century, the Chéticamp native threw himself into a labour of love: undertaking the laborious task of transcribing by hand all of the old church records from 200 years of Acadian settlement in northern Inverness County. Father Aucoin prepared more than 100,000 personal file cards. He also wrote a number of articles on Acadian life and history.

The results of his work are of particular help to former

Chéticamp people and their descendants who return to the village in search of information about their ancestors and family history. A very important department at *Les Trois Pignons* is that of the history and genealogy of the Chéticantins. Under the able direction of volunteers Jean-Doris (*à Joe à Joe*) LeBlanc and Charles D. (*à Freddie à Damien*) Roach, there is an accumulation here of all possible documentation on these subjects: books, copies of parish registers, census lists, listing of names from all the headstones in the cemetery, and old photographs.

### At a Glance

*Chéticamp is an Acadian community on the northern side of Inverness County. Throughout its history a primary economic driver in the town has been the fishing industry. The community sits at the entrance to the Cape Breton Highlands National Park; since its opening in 1936, tourism initiatives built around a robust Acadian culture have made Chéticamp a must-see destination on the sunset side of Cape Breton.*

**Places to Eat:** *L'Abri Cafe, Restaurant et Bar (breakfast, lunch, dinner), Robin's Donuts (breakfast, coffee), The Harbour Restaurant (lunch, dinner), Doryman Pub & Grill (lunch, dinner), Le Gabriel (lunch, dinner), Seafood Stop (lunch, dinner), Freya & Thor Gallery and Cafe (coffee, fresh baked goods), The Evangeline (lunch, dinner), Wabo's (pizza)*

**Places to Sleep:** *motels, campground, B&B, inn, cottages*

**Places to Stop:** *Les Trois Pignons, Flora's, Elizabeth LeFort Gallery, Marguerite Gallant Museum, Père Charles Aucoin Genealogy Centre, folk art galleries*

**Trails:** *Gypsum Mine Trail, Cape Breton Highlands National Park*

**Golf:** *Le Portage (18 hole)*

**Amenities:** *gas stations, grocery store/hardware store, convenience stores, pharmacy, gift shops, banking, craft shops, art gallery, liquor store, bakeries, CAP (public internet access) site, post office*

**Music:** *Doryman Pub & Grill, Le Gabriel (varied schedule)*

**Churches:** *St. Peter's Roman Catholic, 902-224-2064; Christian Community Church, 902-248-2107; St. Joseph's Roman Catholic (St. Joseph du Moine) 902-224-3333*

# A jam-packed summer in Chéticamp

After two very uncertain years, 2022 has the promise of a return to more robust tourist seasons for Cape Breton. The village of Chéticamp has a full schedule of events offering visitors the opportunity to see, hear, taste, and experience the very best of everything Acadian culture has to offer.

Summer launches with the Roots to Boots Festival from June 17<sup>th</sup> -19<sup>th</sup>. This festival promises a weekend of unique events filled with music, storytelling, local flavour, hiking excursions, good food, fun, and late-night square dancing. Check out [www.rootstoboostfestival.ca](http://www.rootstoboostfestival.ca) for complete schedule details.

On July 1<sup>st</sup>, celebrate Canada Day with a full afternoon of family-focused activities beginning at 2 p.m. at the Cape Breton Highlands National Park

*Festival de L'Escaouette* takes place from July 28<sup>th</sup> through July 31<sup>st</sup>. This festival offers four days of activities for all ages that celebrate Acadian culture and traditions. The event features a moveable feast of kitchen parties held at restaurants around the community, an official opening event at *Parc des Pêcheurs*, childrens' activities and nightly performances of *Au Ruisseau du Maurice* at the Cap Rouge Campground. In between, the weekend is filled with music, dancing, dramatic productions, parades, and music.

*La Société Saint-Pierre* is the driving force behind the cultural preservation and promotion of Acadian traditions in the community of Chéticamp. Established in 1947, *La Société* celebrates a landmark 75 years of celebrating culture. A gala event is planned

during *Festival de L'Escaouette* in honour of this anniversary on Sunday, July 31<sup>st</sup> at *Place des arts Père Anselme-Chiasson*. Tickets will be for sale at the door on the day of the event.

National Acadian Day events on August 15<sup>th</sup> include 10:30 a.m. mass, a kitchen party at Freya and Thor Gallery & Café, music at *Parc des Pêcheurs* in the afternoon and at the Doryman Grill in the evening.

There are loads of opportunities to discover traditional Acadian music as musical talent can be found everywhere from the grand stage of the *Place des arts Père Anselme-Chiasson* to the more intimate venues of local bars and restaurants. Chéticamp welcomes the world, offering an unparalleled experience celebrating Acadian culture taking place throughout the region during the summer season. Visit the Chéticamp Visitor Information Centre located at *Les Trois Pignons* Museum and Archives 15584 Cabot Trail for information and insight into all that there is to see and do in Chéticamp. Their website is [www.lestroispignons.com](http://www.lestroispignons.com) and their telephone number is 902-224-2642.

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# Gypsum Mine Trail Chéticamp

The Gypsum Mine trail was started in 2008, the trail has been opened since 2011. It is a multi-purpose trail, meaning it is accessible for hiking, cycling, all-terrain vehicles, and snowmobiles. It is built on the railroad bed that once ran from Chéticamp Harbour to the mine, which operated from 1911-1939. The full trail route is approximately 12 kilometres, beginning at *Quai de Mathieu*, in the middle of the town, and continuing along the harbour. This portion of the trail is mostly straight, flat, and well groomed. It offers an easy walk or cycle along the water with views of the Gulf of St. Lawrence.

The latter part of the trail is at the mine site itself. It is approximately five kilometres round trip from the parking area on the Chéticamp Back Road to the Gypsum Mine Lake. This part of the hike would be little to no challenge for an experienced hiker or anyone in peak physical condition. It is well maintained, but there is a gentle-yet-steady incline for most of the route to the lake. It might be a bit more demanding to a novice hiker or if you're in less than peak physical condition. Embrace the challenge! There are spots to rest along the way.

Along the trail you will see pieces of gypsum – a crystalline white rock flecked with black or gray – embedded in the path. The path is lined by wildflowers and bordered by natural bogs. You may even see eagles soar overhead. You will have a view of the surrounding mountains of the Cape Breton Highlands and see craggy and rugged rock formations that were once the face of the mine. At the top of the trail is a man-made lake that

shimmers in the sun and reflects hues of greenish-blue water from the surrounding gypsum deposits. This lake has been a hidden gem swimming hole for years. Swimmers need to be cautious, however, as the true depth of the water is unknown. Trail developers have added benches beside the lake making it a serene spot to rest, take photos, have a snack, or a full picnic.

The Gypsum Mine Trail is accessible year round. As with most of the trails in the region, if you pack it in, pack it out, and respect that you are sharing the area with wildlife.



Photo by: K.C. Beaton

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## Église Saint-Pierre

The earliest settlers in the community of Chéticamp are believed to have arrived in 1785. These pioneers chose to establish themselves in the mountains overlooking the harbour. Over the next 50 years, the people of Chéticamp dredged a channel to the sea and grew the community into a port. Fishing became more and more of an economic driver in the area.

Towards the end of the 19<sup>th</sup> century, the population was growing in Chéticamp. People increasingly chose to establish their homes closer to the water. The church that was built in 1862 soon became too small and was no longer central to the population.

Planning began to build a new church in the centre of the village of Chéticamp. Father Pierre Fiset, parish priest, had a vision to build a magnificent structure that could be seen from any vantage point in the parish. Funds to build this church were gathered through levies on each parishioner. Local fishermen donated a day's catch to the parish with revenue from the sales of the fish added to the fund. In time, David Ouelett, a Québec architect known for his work in design of churches was contracted to design the new church. Much of the building material was given freely by local merchants and business operators. Parishioners contributed to the construction, the wood, and the mortar. The first mass was celebrated in December 1892. Total construction costs for the church were approximately \$42,000. The Cassavant pipe organ, which by today's valuation would be worth in the vicinity of \$100,000, was installed in 1905 for \$1,496.

L'Église Saint-Pierre stands solidly in the centre of Chéticamp today. The building remains a testament to the faith and the fortitude of the people of the parish as well as the Acadian spirit. It is recognized as one of the most iconic and beautiful churches in Atlantic Canada.



Photo by: Michel Soucy



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# Chéticamp Boardwalk:

## A stroll by the roll of the sea

Need to stretch your legs after a road trip? Do you need an early walk to shake off the dew of sleep or maybe an after-dinner stroll to aid digestion before turning in for the night? Or maybe you need to sit in a peaceful spot to watch the sun go down? Whatever the motivation, be sure to see the boardwalk and *Quai Mathieu* during your visit to Chéticamp.

*Quai Mathieu*, named after the ship that carried John Cabot on his discovery mission to Cape Breton, offers free parking and washroom facilities, and access to the promenade/boardwalk that runs along Chéticamp Harbour through the centre of town. The smell of sea air is invigorating and the view from the Harbour as it opens out to the Atlantic Ocean is inspiring. Enjoy a morning coffee from a local café or a picnic lunch as you sit and watch the activity of fishing boats coming and going from the wharf, or a variety of sea birds doing a bit of meal planning.

The Chéticamp boardwalk is a perfect spot to stop and catch your breath during your adventure in Cape Breton.



Photo by: K.C. Beaton

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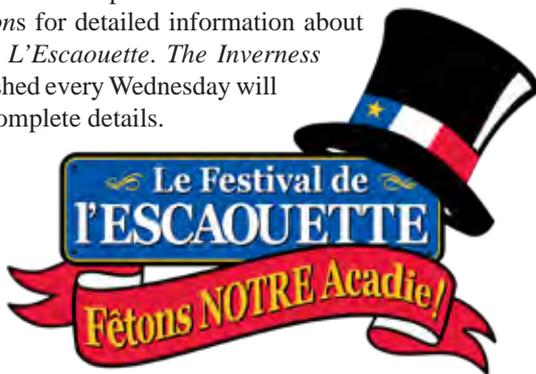
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## Festival de L'Escaouette

One of the many aspects of visiting Cape Breton is the vast and varied opportunities to experience the culture, traditions, and customs of the local people, with the local people. The community of Chéticamp has cultivated experiential tourism into an art form. Their customs and traditions are fused into the food they serve, the music they play, the songs they sing, and the theatre they perform.

From July 28<sup>th</sup> to July 31<sup>st</sup> *Festival de L'Escaouette* brings together all the best of Acadian culture into four days of activities for all ages. The schedule of events includes concerts, a special mass, a parade, and a gala concert celebrating 75 years of *La Société Saint-Pierre*. The gala will feature some of the area's finest musicians complemented by a choir under the direction of Michel Aucoin and houseband led by Scott Macmillan.

See [www.cheticamp.ca](http://www.cheticamp.ca) for details of this festival or visit *Les Trois Pignons* for detailed information about *Festival de L'Escaouette*. *The Inverness Oran* published every Wednesday will also have complete details.



## Marguerite Gallant Museum

Marguerite Gallant (1890-1983) was a native of Chéticamp with a profound love of collecting. She worked in Pennsylvania for many years as a maid for the Edward Cahill family. It is said that she learned the value of collecting from Mr. Cahill who was an ardent collector.

When she returned to Chéticamp in 1938, Marguerite moved into a tiny house which she filled with objects of all kinds. As Marguerite's reputation for collecting spread through the community, people brought objects to her rather than let them be thrown away.

After Marguerite's death, *La Société Saint-Pierre* became custodians of the collection and moved it to *Les Trois Pignons*. Thanks to this incurable collector, many valuable artifacts from Chéticamp's history have been preserved.



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## Freya & Thor Gallery & Café

Freya & Thor Gallery & Café is located at 15856 Cabot Trail Road, at the north end of Chéticamp, just before the entrance to Cape Breton Highlands National Park. Once known as the Frog Pond Café and Gallery, the business changed hands in 2020 and has been re-imagined as a café, folk art gallery, and curated boutique offering a unique experience in Maritime flavour.

From the beginning Freya & Thor's gallery has featured the work of renowned folk artist and carver William Roach, as well as traditional rug hooking that is a mainstay of the folk-art tradition in Chéticamp. The gallery has recently undergone some renovations, creating an enlarged space to display the work of even more artists from the local area and throughout the Maritimes.

The gift shop boutique offers everything from locally made jams to handmade jewellery, cutting boards, books, and colourful items for children. New this season is an on-site screen print studio that will feature live screen print demonstrations on the weekends.

The café offers a menu of breakfast biscuit sandwiches, coffee, tea, and specialty coffees, plus home-baked treats that are sourced locally in Chéticamp. New on the menu for 2022 are fresh salads and pre-packed lunches in a hand-printed custom tote that is perfect for a road trip or a picnic lunch while hiking the trails in the Cape Breton Highlands National Park.

Freya & Thor Gallery & Café is opened Tuesday through Sunday from 9 a.m. to 4:30 p.m.; closed Mondays. Visit their website for further information [www.freyaandthor.com](http://www.freyaandthor.com).

## The Elizabeth LeFort Gallery

Elizabeth LeFort learned to hook rugs at a very young age, mastering landscapes and photographic reproductions, and has been hailed as "an artist in wool."

Elizabeth was so skillful at reproducing photographs that she began to create portraits in wool. Her portrait of American president Dwight Eisenhower was presented to him at the White House in 1957. This was followed with a series of portraits including Queen Elizabeth II, Pope Pius XII, Pope John XXIII, Jacqueline Kennedy, President Lyndon Johnson, Prime Ministers Lester Pearson and John Diefenbaker, and Prince Charles. Consequently, her art has graced Buckingham Palace, the White House, and Vatican City in Rome.

Always striving for more challenges, she completed a series of reproductions of religious paintings, including DaVinci's *The Last Supper*, and scenes from the life of Jesus.

Two of her large original works, depicting important events in the history of Canada and the United States, leave no doubt as to her sense of design and her mastery of the craft.

Elizabeth LeFort, Chéticamp's most famous artist in wool, was awarded an honorary doctorate by *Université de Moncton* in 1975 and was made a member of the Order of Canada in 1987.



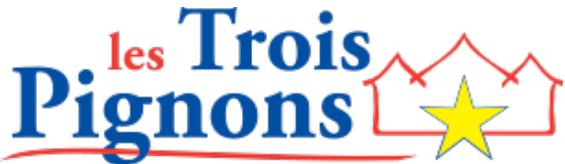
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# PLEASANT BAY



*I see the mountains, feel the salt air, I have reasons to behold  
all the wonders that never cease to be*

– from *Home I'll Be* by Rita MacNeil



## At a Glance

*Pleasant Bay is the halfway point of the Cabot Trail. The community offers experiences to visitors that range from great adventures, such as whale cruises, to hiking expeditions over unspoiled terrain to the serenity of Gampo Abbey, a Buddhist monastery and retreat centre that invites visitors in for tours at scheduled times throughout the summer.*

**Places to Eat:** *Mid-Trail Motel, Rusty Anchor, Mountain View Restaurant*

**Places to Sleep:** *motels, campground, B&B, inn, cottages*

**Places to Stop:** *Whale Interpretive Centre, Gampo Abbey*

**Trails:** *Robert's Mountain, MacIntosh Brook, Pollett's Cove, Cape Breton Highlands National Park (many trails in this region are considered suitable for advanced, experienced hikers)*

**Whale Watching:** *sea cruises (zodiac, fishing boat)*

**Amenities:** *convenience store, gift shops*

**Church:** *Pleasant Bay United, 902-383-2059*

Pleasant Bay is a village on the Cabot Trail that has been a fishing community for the entirety of its history. The earliest settlers were believed to have arrived in 1828 from the Isle of Skye. Immigrants from other parts of Scotland and Ireland soon followed and began to build settlements along the shore and coastal lowlands area. One of these settlement areas is the site of the present-day Fishing Cove hiking trail in the Cape Breton Highlands National Park.

The Skyline Trail offers some of the most iconic views of the Cabot Trail. This seven-kilometre loop trail features a dramatic headland cliff lookoff over the Atlantic Ocean. As you stand on this cliff, you may see whales in the sea below, or watch eagles soar above in the sky. Vehicles moving on the Cabot Trail look like toys. In the moment, as you take all this in, it feels like you are standing on top of the world.

The Whale Interpretive Centre promotes and preserves awareness of whales and marine life by creating a unique visitor experience. There are exhibits, interpretive displays, and scale illustrations of 16 species of whales found in the waters off Cape Breton Island. The center is open from June 1<sup>st</sup> through October 15<sup>th</sup>. Tours are provided throughout the day. Located at 104 Harbour Road, the Whale Interpretive Centre is just beside a wharf from where whale-watching cruises depart several times a day. Stop and learn about the whale habitat before setting off on a sea adventure to watch whales up close.

Pleasant Bay is also home to Gampo Abbey, a western Buddhist monastery in the Shambala tradition. Visitors are welcome to walk the grounds, hike the trails, and visit the Stupa of Enlightenment.



# Whale Interpretive Centre



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# MEAT COVE



*There's a tide that ebbs and flows, never ending as it goes  
Giving way to rise and fall, like an ancient voice it calls*

— from *Cape Breton Shore* by Jenn Sheppard, Fred Lavery, and Steve Muise



## Meat Cove: A place to escape modern life

Meat Cove is often described as a place to escape modern life. While the community is linked to the rest of the planet with current telecommunication technology, one look at the views from any point in this tiny place on the northern-most tip of Nova Scotia and you will feel the urge to go unplugged.

Like most of the other places in northern Inverness County, Meat Cove has been a fishing community for most of its existence. With a population of approximately 70 people, you get the sense that living here full time is a test of mettle. Some of the residents who live here can trace their roots back to the original settlers of Meat Cove who arrived in the 1850s.

Meat Cove Campground and Oceanside Chowder Hut are located right in the middle of Meat Cove. They are family owned and operated on property that has been in the MacLellan family for eight generations. They offer a wealth of knowledge on local hiking trails and activities. Meat Cove Campground offers tent camping and oceanside cabins, where you can drift off to sleep under a star-filled sky listening to waves breaking on the shore. There are kayak rentals, hiking trails, free showers, and free Wi-Fi. The Oceanside Chowder Hut at the campground is a fully licensed dining spot with various menu options, seafood chowder, plus a selection of local beer and wine.

Whether you visit Meat Cove for a few hours or a few days, the experience will stay with you long after you rejoin modern life.

### At a Glance

*If you sit on a hilltop or hike on the Seawall Trail in Meat Cove, you may think you are on top of the world. You wouldn't be completely wrong. The community is located on the northern tip of Cape Breton Island. Meat Cove offers the ultimate in rugged, unspoiled beauty, unparalleled ocean vistas, encounters with good, kind people and fantastic seafood.*

**Places to Eat:** Oceanside Chowder Hut, Meat Cove Community Centre

**Places to Sleep:** campground, inn

**Places to Stop/Shop:** Meat Cove CAP site (local history museum)

**Trails:** Hiking Trails, beach, boardwalk

**Amenities:** CAP (public access internet) site



# Meat Cove: A wonderful camping and hiking experience



## HIKING

Meat Cove is widely known for all its wonderful hiking trails. It offers a variety of trails that will not disappoint you, all with amazing views that you will not forget. Be sure to bring your camera to capture the scenes on film!

### CAPE ST. LAWRENCE TRAIL

Trail length is five km one way, maximum elevation 850 ft. This trail starts by the office at the Meat Cove Community Centre/Restaurant (check with the office if you plan to leave your vehicle near here) on the gravel road and changes to a narrow track after 150 metres and proceeds up the hill. This is by far the steepest and most challenging part of the hike. In the first kilometre you will climb nearly 700 feet and pass by a wooden gate and the sign for the Meat Cove Look Off trail to your left. By the time you reach a meadow and corral to your right, most of the climbing is finished. About two kilometres from the start you will see the side trail to Cape St. Lawrence to your right. As of July, 2009 this was well marked with flagging tape on both sides. It's the first trail to your right past the meadows of any size and suitable for an ATV or horse and cart originally. The rest of the hike is an easy three km proceeding gradually downhill except for one short steep section. Be sure to check the look-off at the top of this section just past Big Pond.

### LOWLANDS COVE TRAIL

Is five km to the coast from the Cape St. Lawrence turn-off or seven km from the Meat Cove Community Centre/Restaurant. Instead of taking the Cape St. Lawrence turn-off at the two km mark, keep straight on. After another kilometre you will see the Pollett's Cove turn-off to your left; after about another kilometre you should see the disused road and trail to the abandoned zinc mine (1.5 km); another 0.75 km takes you to an abandoned farm. All that remains is a clearing and some farm implements. The trail proceeds gradually down to the coast. The topographic map indicates a side trail to Lowlands Cove Brook starting 0.7 km from the coast. I was day-dreaming and totally missed this turn-off. Judging by the stunning scenery it would be worth locating.

### LOWLANDS COVE COASTAL TRAIL

Is a 3.2 km coastal trail. Just keep a safe distance from the cliff edge and follow ATV and animal tracks along the coast. If proceeding from Lowlands Cove, the Cape St. Lawrence Lighthouse and start of the trail to Meat Cove is easy to find. Proceeding the other way to Lowland Cove, be on the lookout for the trail just before the grassy area changes to a wooden area as Lowlands Brook is approached. Steel posts painted red can be found throughout the Lowlands. There are a couple of posts located close to where the trail starts inland.

### MEAT COVE MOUNTAIN TRAIL

Is 1.3 km to eastern end of ridge. This trail starts a short distance up the road from the Internet Café and is marked by a sign on a tree and a few stones placed to form steps. The trail climbs steeply nearly 900 feet in the first 0.75 km and then levels off somewhat. The grassy ridge of the mountain extends over a kilometre with fantastic views in all directions.

### RIVER BOARD WALK TRAIL

This pleasant boardwalk trail extends nearly a kilometre from the Internet Café to the beach.

#### GPS Data

<b>Cape St. Lawrence Lighthouse</b> Turn	W60°35.277'
N47°01.423' W60°34.696'	<b>Pollett's Cove Turn off</b>
<b>Cattle Corral</b> N47°01.560' W60°34.381'	N47°01.013' W60°35.294'
<b>Meat Cove Lookout-1</b> Turning	<b>Abandoned Farm</b>
N47°01.413' W60°34.233'	N47°00.856' W60°36.219'
<b>Meat Cove Lookout -2</b> N47°01.225'	<b>Lowland Cove inland/Coastal Junction</b>
W60°34.146'	N47°01.299' W60°37.144'
<b>View of Light from 525ft</b> N47°01.796'	<b>Wooden Gate</b> N47°01.446' W60°34.150'

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OTTIS TOMAS  
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PATRICK LAMEY  
PAUL CRANFORD  
PIUS MACISAAC  
RACHEL DAVIS  
RANKIN MACINNIS  
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RITA RANKIN  
ROB MACLEAN  
ROBBIE FRASER  
ROBERT DEVEAUX  
RODDIE MACINNIS  
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ROGER STONE  
ROSE MORRISON  
SARAH MACINNIS  
SCOTT MACMILLAN  
SHELLEY ALLEN  
SHELLY CAMPBELL  
SHEUMAS MACNEIL  
STEVE MACINTYRE  
STEWART MACNEIL  
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