

On-Trail Data File

Nova Scotia

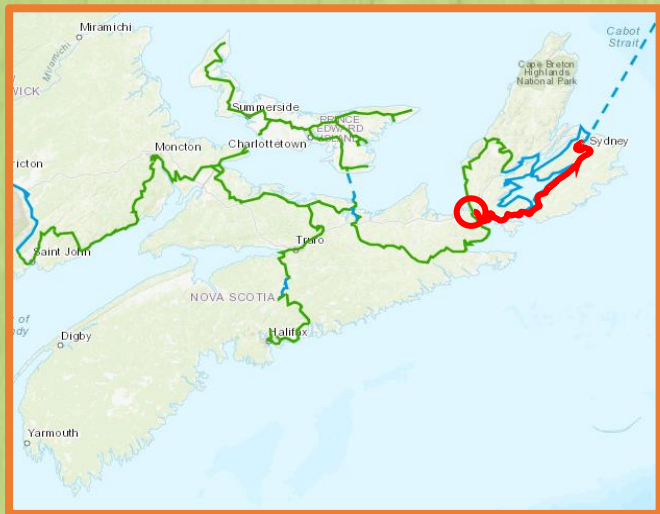
JU-SI ADVENTURES

Get Lost in the Great Outdoors and Find Yourself



The Great trail in this province has over 130 km of water ways mostly in the Bras D'Or Lakes area. For walkers and cyclist looking for alternatives to these sections roadway walking, either North on larger HWYs or South on secondary roads are your options. The trails on the Cape Breton Island vary from reclaimed railway beds to natural trail. From Port Hawkesbury to Guysborough the trail utilises roadways. Guysborough to Sunny Brae, the trail follows an old railway bed. The condition of this section varies greatly from well-groomed at first to some sections that have been 'widened' and are very rough and would be impassable after rain. The trail continues to stitch trails with roadways up to the New Brunswick border and/or down to Halifax.

Newfoundland Data Table Legend	
Grocery Store	
Convenience Store	
Post Office	
Camping	
Warming Shack	
Stores (various)	
Water Access	
Alternate Trail	Use Road
Alternate Water course	Use Road
Roadway Section	Dangerous Roadway
Trail Condition	
A	Paved
B	Groomed/easy
C	Groomed/ Intermediate
D	Difficult
E	Extreme
Water Access	
1	Dry Area
2	Possible/ Seasonal
3	Lake Water
4	Tap



Section 1 - Sydney to Aulds Cove

Option 'A' - Waterway and TCT Trail

Running Total Distance	Point to Point Distance	Off Trail Distance	Difficulty Level	Est. Days (avg 25km)	Communities	Services	Phone #	Addresses	Access to Water	Various Comments
Section 1 - Sydney to Port Hastings										
0	0	Alt-12	W/A		Sydney	Sobeys		45 King St	4	Alternative use HWY 4, 305
0		Alt--75				Canada Post		269 Charlotte		
0						Sobeys		272 Prince St	4	
0						Walmart		65 Keltic Dr	4	
0		Alt--2				Atlantic Groceries		1225 King St	4	
28.5	28.5	Alt-8	W/A	1.1	North Sydney	Northside Hospital		520 Purves St		Alternative use HWY 305
28.5						Walmart		116 King St	4	
28.5						Canadian Tire		21 Blowers St		
28.5						Sobeys		116 King St	4	
28.5						Celtic Country Market		1415 Hwy 105	4	
93.2	70.7	Alt-27	W/A	2.8	Little Bras D'Or	Arms of Gold Camping	902-736-6516	24 Church St	4	Alternative use HWY 105
93.2		Alt-36	W/A		Boularderie East	Cedar House Bakery		Hwy 105		
140.4	41.2	Alt-12	W/A	1.6	Baddeck	Baddeck Cabot Trail Camping	1-866-661-9145	9584 Hwy 105	4	Alternative use HWY 205, 105
140.4						Coop		48 Twining St	4	
140.4						Adventures East Camping	902-295-2417	9585 Hwy 105	4	
177.3	36.9	Alt-22	W/A	1.5	Whyocoomagh	Farmer's Daughters Market		Hwy 105	4	
177.3		Alt-20	W/A			Ultramar convenience		10526 Hwy 105	4	
177.3						Whyocoomagh Park Camping	902-756-2339	89 Prov Park Rd	4	
152.3	15		D/E	0.6	East Lake Ainslie	Houses		Houses	3	
152.3						Ainslie Village Campground	902-756-2255	W Lake Ainslie Rd	4	Alternative use HWY 395, 252
152.3		Alt-0	A			MacKinnon's Campground	902-756-2790	2457 Hwy 395	4	
203.9	17.6		D/E	0.7	Scottsville	General Store and Post Office		2331 Stratthorne Scottsville Rd	4	
215.4	5.5	Alt	A	0.2	Inverness	Co-op Groceries		15856 Central Ave	4	5.5 km off trail use HWY 19 or trail for resupply

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215.4			Alt	A			Consolidated Hospital		39 James St		
234.8	19.4			A	0.8	Strathlorne Scottsville Rd	Don's Auto Salvage		House		3
238.8	4	1.25	A/B/C	0.2		Mabou	Freshmart		11623 HWY 19		4
254.4	15.6		A/B/C	0.6		Southwest Mabou	Houses		Houses		3
270.4	16	0	C	0.6		Port Hood	Co-op Groceries		165 Main St		4
270.4		0.75					Sunset Sands Camping	902-787-2207	45 Wharf Rd		4
270.4							Canada Post		218 Main St		
274.5	4.1		A/B	0.2		Judique	Canada Post		5447 HWY 19		4
288.6	14.1		A/B	0.6		Walkers Cove	Houses		Houses		3
302.7	14.1		A/B	0.6		Creignish	Houses		Houses		3
312.4	9.7	0	A	0.4		Aulds Cove	Irving Oil Convenience		13239 HWY 104		4
Totals	312.4				12.5						<i>(estimated walking days based on 25km/day)</i>

Section 1 - Sydney to Aulds Cove

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Option 'B' - South Bras d'Or Lake Roadway

0.0	0.0	0	A			Sydney	Sobeys		116 Kings St		4	Alternative use HWY 4
32.6	32.6	0	A	1.3			Ben Eoin Beach RV Resort	(902) 828-3100	6140 East Bay HWY		4	
56.3	23.7	0					Irish Cove Prov. Park Picnic Area				4	Picnic area with water tap
77.1	20.8	0					Potlotek Convenience and Gas				4	There are 2 small convenience stores (well stocked) not on our maps
87.4	10.3	0.5	A	0.4		St Peter's	Battery Prov Park		HWY 4		4	
87.4		0.2					Foodland		10004 Grenville St		4	
90.9	3.5	0	A/B			<i>use St Peter's Coastal Trail</i>	Coastal Trail		off of Toulouise St			After St Peter's Coastal Trail should use HWY4, then HWY320 then Whiteside Rd and finally back on HWY104 into Port Hawkesbury
108.2	17.3	0.5	A	0.7		Louisdale	Convenience Store		476 HWY 320		4	
108.2												
135.6	27.4	0	A	1.1		Port Hawkesbury	Sobeys		622 Reeves St		4	HWY104 is not pleasant but has a large embankment
135.6			A			<i>Canso Causeway</i>						Caution while crossing - there is no pedestrian walkway!
143.6	8.0		A	0.3		Aulds Cove						
Totals	143.6				3.8							<i>(estimated walking days based on 25km/day)</i>

Section 2 - Aulds Cove to Pictou/Caribou

All information in this section is derived from The Great Trail Website, Google Maps, various guidebooks and finally updated with on-trail experience (Aug 2018).

0.0	0.0		A			Aulds Cove						
10.0	10.0		A	0.4		Pirates Harbour	Houses		Houses		3	A few campsites along HWY 344 (flat spots off the road)
25.4	15.4		A	0.6		Browns Cove	Houses		Houses		3	
36.9	11.5		A	0.5		Manassette Lake	Lake and Houses		Houses and Lake		3	
45.2	8.3		B	0.3		Port Shoreham	Houses		Houses		3	
58.7	13.5	0	A	0.5		Boylston	Canada Post		11639 HWY 16			
66.7	8.0	0	A	0.3		Guysborough	Avery's Save Easy Groceries		9996 Rte 16		4	
66.7							Guysborough Memorial Hospital		10560 Hwy 16			
66.7		4					Boylston Prov Park Camping	902-533-3326	11311 HWY 16		4	Camping up the hill in Prov Park
80.7	14.0					Erinville	Warming Shack					
92.7	12.0		B/C	0.5		Salmon River Lake	River		River		3	
112.7	20.0		B/C/D	0.8		Cross Roads Country Harbour	Houses		Houses		3	
123.4	10.7						Wilderness Campsite					Great spot to camp by Mason Bridge near the third lake
130.9	7.5		A/B	0.3		Aspen	Houses		Houses		3	
158.5	27.6		B/C/D	1.1		Eden Lake	River & Lake		River & Lake		3	Great Camping spot just off HWY 347 on Siding Rd (near East River St Marys)
173.5	15.0			0.6		Kerrowgare	Warming Shack				3	Great location by a small bridge and stream
177.5	4.0		A	0.2		Sunny Brae	Houses		Houses		3	
203.9	26.4	1.5	A	1.1		Stellarton	Sobeys		293 S Foord St		4	
203.9							Canada Post		264 Foord St			
220.8	16.9	Alt-0	W/A	0.7		New Glasgow	Sobeys		38 George St		4	Use HWY348, Abercrombie Rd and HWY 106 to Causeway
220.8		Alt-9					Aberdeen Hospital		835 E River Rd			
220.8							Canadian Tire		689 Westville Rd			
220.8		Alt-1					Walmart		713 Westville Rd			
220.8		Alt-.75					Trenton Park Camping	902-752-1019	119 Park Rd		4	Caution using the Causeway (HWY106) across the Pictou River(s) then quickly access the Jitney Trail
							Causeway to Pictou					
238.3	17.5	0	A	0.7		Pictou	Caribou & Munroe I Prov Park	902-485-6134	2119 Three Brooks Rd		4	
238.3							Canada Post		49 Front St			
238.3		Alt-2					Sobeys		239 W River Rd		4	
238.3		0					Harbour Lights Campground	902-485-5733	2881 Three Brooks Rd		4	
238.3		0.75					Birchwood Camping	902-485-8565	2521 HWY 376		4	
252.4	14.1	0	Ferry	0.6		Caribou	North Umlerland Ferries					
Totals	252.4				9.1							<i>(estimated walking days based on 25km/day)</i>

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Section 3 - Pictou to Tidnish

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0	0	0	A/B		Pictou	Caribou & Munroe I Prov Park	902-485-6134	2119 Three Brooks Rd	4		
0						Canada Post		49 Front St			
0		Alt-2				Sobeys		239 W River Rd	4		
0	0					Harbour Lights Campground	902-485-5733	2881 Three Brooks Rd	4		
0	0.75					Birchwood Camping	902-485-8565	2521 HWY 376	4		
20.1	20.1		A/B	0.8	Meadowville	Houses along Meadowville Stn		Houses	3		
32.3	12.2		A/B	0.5	Fitzpatrick	Houses along Langille Rd		Houses	3		
42.1	9.8		A/B	0.4	Denmark	Houses along HWY 326		Houses	3		
52.9	10.8	0.5	A/B/C	0.4	Tatamagouche	Shell convenience		1744 HWY 6	4		
52.9						Lilian Fraser Hospital		110 Blair Ave			
52.9		0.5				Foodland		124 Main St	4		
71.7	18.8		A/B	0.8	Lake Pineo	Lake		Lake	3		
110.1	38.4		A/B	1.5	Oxford	Independent Grocer		5185 Main St	4		
110.1			A/B			Canada Post		5152 Main St			
137.6	27.5			1.1	Truemanville	Houses along HWY 6		Houses	3		
160.6	23		A/B		Tidnish						
160.6						Houses along Tyndal Rd & HWY 970		Houses	3		
Totals	160.6			5.5	<i>(estimated walking days based on 25km/day)</i>						

Section 4 - Denmark to Halifax

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0.0	0.0		A/B/C		Denmark			Houses	3		
7.7	7.7			0.3				Houses		<i>Intersection HWY 256 & E Earltown Rd</i>	
16.7	9.0		A	0.4	Salt Spring/ Earltown	General Store		5556 HWY 311	4		
16.7			D/E								
70.0	53.3		A/B/C	2.1	Truro	Scott's Bakery		259 Loop Old HWY	4		
70.0		1.0				Foodland		241 Pictou Rd	4		
70.0		0.0				Sobeys		985 Prince St	4		
70.0						Canada Post		179 Esplanade St			
70.0						Arthur Medical Center		29 Arthur St			
70.0						Canadian Tire		90 Robie St	4		
97.1	27.1		A/B	1.1	Princeport	Houses		Houses	3		
111.1	14.0		A/B	0.6	Riverside	Houses		Houses	3		
122.6	11.5	Alt	W/A	0.5	Stewiacke	Foodland		50 Dunrovin Ave	4	<i>Alternative use Main St W, Back Rd, HWY 2</i>	
131.1	8.5	Alt-11	W/A	0.3	Shubenacadie	Wild Nat. Camping	902-785-1631	20961 HWY 2	4	<i>Alternative use HWY 205, 224, 2</i>	
140.9	9.8	Alt-16	W/A	0.4	Milford	Foodland		2295 HWY 2	4		
151.4	10.5	Alt-13	W/A	0.4	Lantz	Canada Post		10 Church St		<i>Alternative use HWY 277</i>	
151.4		3.5				Foodland		269 HWY 214	4		
186.7	35.3	0.0	A	1.4	Meaghers	Canada Post		5055 HWY 357	4		
208.2	21.5	0.5	A/B	0.9	Musquodoboit Harbour	Uprooted Market and Café		7992 HWY 7	4		
208.2						Twin Oaks Hospital		7704 HWY 7			
221.4	13.2	0.2	A/B	0.5	Porters Lake	Atlantic Superstore		5240 HWY 7	4		
239.5	18.1	0.5	A/B	0.7	East Lawrencetown	Atlantic Dutch Shop		94 Horseshoe Turn	4		
267.9	28.4	0.5	A/B	1.1	Dartmouth	Gouthro's No Frills Grocery		325 Pleasant St	4		
267.9		1.2				Sobeys		2651 Windsor St	4		
267.9						Canadian Tire		34 Logiealmond Close			
267.9						General Hospital		325 Pleasant St			
267.9						Canada Post		53 Queen St			
275.9	8.0	0.5	A	0.3	Halifax	Atlantic Superstore		1075 Barrington St	4		
275.9						MEC		1550 Granville St			
275.9						Running Room		5514 Spring Garden Rd			
275.9						Canadian Tire		194 Chain Lake Drive			
275.9						Canada Post		1680 Bedford Row			
Total	275.9			11.0	<i>(estimated walking days based on 25km/day)</i>						

Transportation to and from Nova Scotia
 Maritime Bus - <https://maritimebus.com/>
 Airlines...