



Brier Island Overnighter

A group of ten Scotian Hikers attended the Brier Island Overnighter last weekend and had a great time!

We could not have asked for better weather: sunshine, blue skies, and a nice breeze. Arriving on Brier Island in the early afternoon, we all checked into our respective lodgings then met up shortly to begin Saturday's trek - a hike from Northern Light to Western Light along the rugged northwestern coastline of the island. In addition to ducks, gulls and comorants, we spotted a number of seals bobbing out in the water, just as curious about us as we were about them. The shoreline trail - lined with a variety of pretty wildflowers - skirted around scenic coves and inlets and over hilly, grassy terrain. We stopped at Peajack Cove for a lunch break; it may have felt like we were far from civilization at this point, but Westport was only a kilometre or two south of us along Peajack St. Continuing



on our journey, we soon entered a fairly wet, muddy section of the trail - this persisted almost to the end of the hike, as it turned out, but most of us left the trail not long after Peajack Cove and escaped onto the rocky basalt shoreline. This presented its own challenges, but allowed us to explore some tidal



pools along the way. Western Light had come into clearer view by now, but was still deceptively distant. As the afternoon progressed, the lighthouse grew larger, and we finally made it to our destination - Western Light, the westernmost point in Nova Scotia and the official boundary of the Bay of Fundy! If my pedometer is anywhere near accurate, we had hiked 12 kms in 3.5 hours. The distance isn't that far as the crow flies, but considering all the ups and downs and twists and turns along the trail, it added up. Some of the group opted to drive back to Westport



while others added another 6 kms to the hike by walking back. Evening was setting in by the time everyone had returned to their lodgings; most stayed at Brier Island Lodge (<http://www.brierislandlodge.com>) while some stayed at the local hostel (<http://www.brierislandhostel.com>). After having supper at the Lodge dining room (delicious!), several of us



dropped over to the outdoor patio across the street from the hostel to take advantage of a mobile firepit the owner had made available. I was quite impressed by it - the interior of a dryer, mounted on a wheel rim, and both mounted on a lawnmower base!

So simple, but I had never seen such a contraption before. The next morning, before leaving the island, we drove out Gull Rock Road to Pond Cove, walked on the wonderful sandy beach (hard to believe it was deserted!) and watched the seals out in the water. Soon enough, we had to leave to catch the next ferry back to Long Island to continue the weekend's hiking agenda. Everyone enjoyed their stay on Brier Island; too bad it was just one day!





Mount Shubel & Sandy Cove Beach

Has anyone outside of Digby Neck heard of Mount Shubel? I hadn't, and I've lived in Nova Scotia most of my life. A friendly and helpful crew member on the ferry from East Ferry to Tiverton told me about it no more than three months ago, so I had to check it out. I did, and the view is so amazing that I had to add it as a stop on the recent Brier Island Overnighter in order to share the experience. From the rock ledge overlooking the community of Sandy Cove, you have a clear view of St. Mary's Bay, Digby Neck and the Bay of Fundy! If you climb Mt. Shubel, do it on a clear day, and keep back from the edge - the fall won't kill you but the landing will. It's private property, and visiting here is completely at your own risk - but it's worth the steep climb to see the breathtaking panorama. To find it, take route 217 west from Digby and when you start to come down the



big slope into Sandy Cove, look for civic address 6549 on the right; pull in here and use this right-of-way. Drive only a short distance and park off to the side so it doesn't block the property owner's driveway. On the right, look for a trail entrance marked by a small wooden arrow sign; follow this path uphill for 10 minutes. It's steep and requires some effort.

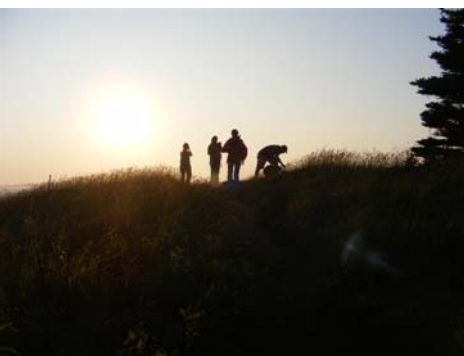


The trail levels out at the top and shortly you will emerge onto a rock ledge; from here you will have a wonderful view of St. Mary's Bay and Digby Neck, but not the Bay of Fundy. Duck back onto the trail and proceed to the next rock ledge only a matter of feet away. Enjoy. :) The other hidden gem of Sandy Cove is its beautiful sandy beach, unique on the rugged Bay of Fundy coast. In the hollow of Sandy Cove on route 217, turn at the convenience store and go north on a narrow, curvy road right to the shore - you can't miss the beach. Swim, collect rocks and beach glass, soak up the sun and read the story of Jerome, the legless Mystery Man of Sandy Cove. You will not want to leave!



Cape Split Sunset Hike, Part II

The first sunset hike didn't offer much of a sunset, so we had to try again. This time, it was a smaller group that gathered at the Cape Split parking area on August 14th - five of us altogether - but the weather was definitely cooperating. No fog, lots of sunshine and only a bit of haze. The trail to the Split wasn't as muddy as it was two weeks ago, but it still had its soupy moments. We made good time on the journey, and arrived at the cape with 40 minutes to go before the sun disappeared below the horizon. We found the best vantage point (as shown in the photo to the right), took lots of photos, and admired the stunning view. A strong breeze was blowing, and it cooled off soon after the sun went down, but the trek back in the dark wasn't cold at all. Another great hike, and fond memories made!





Scotian Hiker

SUGGESTIONS? FEEDBACK?
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There's No Place Like Home To Roam

As featured on CBC Radio!

Homegrown Trivia

1. What Nova Scotia political party was once called the CCF?
2. What town is home to the Sobeys grocery chain?
3. Who built the dykes, and farmed below sea level?
4. Nova Scotia is the _____ smallest province in Canada.
5. Where is the Stan Rogers Folk Festival held every year?
6. In what town was the HMS Rose tall ship built and launched in 1970?

(Answers at bottom of page)

Things To Do

- Explore historic and ghostly Wolfville NS with tours on Thursdays, Fridays and Saturdays <http://www.wolfvillewalkingtours.com>
- Trip to Sambro Island Lighthouse is taking place Saturday, August 22. For details, see the Events section at <http://www.nslps.com>

Announcement: McNabs & Lawlor Islands Paddle and Clean-up

Where: McNabs and Lawlor Islands Provincial Park, Halifax Regional Municipality

When: Saturday, September 12th, 9:30AM


Join fellow sea kayakers and open canoeists of Canoe Kayak Nova Scotia and Friends of McNabs Island Society for a leisurely paddle along the shoreline of McNabs and Lawlor Islands across from the Dartmouth side. We will stop at several beaches to collect litter. Plastic bags will be provided, and a motor boat will pick up the full bags afterwards. NOTE: PARTICIPANTS WILL BE BRINGING THEIR YOUR OWN KAYAKS OR CANOES FOR THE EVENT (there may however be an extra kayak or canoe but we would need to know ahead of time if you would be participating). PFDs have to be worn while on the water, while the safety equipment required by the Coast Guard (floating line, bailer, and signalling device-eg whistle) will need to be on board. Bring your own lunch, drinks and rain gear. The group will meet at the Shearwater Yacht Club. Parking is available at the Shearwater Yacht Club House. The easiest way to find the club is to drive along Pleasant Street towards Eastern Passage until you are approaching 12 Wing Shearwater. Watch the roads to the houses on the water side of the road and look for "AVENGER PL.". Turn down that road and follow it to the Shearwater Yacht Clubhouse.

Katalin Ohlsson at 902-464-1236, (evenings) or email Katalin.Ohlsson@ns.sympatico.ca for more information or to pre-register. Rain date - Saturday, September 19 @ 9:30AM. (*please contact Katalin if interested; this is not a Scotian Hiker event)

Outdoorosophy

*"Silently one by one,
in the infinite meadows of heaven,
blossomed the lovely stars,
the forget-me-nots of the angels." - Henry
Wadsworth Longfellow, Evangeline*

*"Man's heart away from nature becomes
hard." - Standing Bear*



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For those who complain about the heat we've been experiencing lately (including me), here's a nice winter scene to remind us to be patient; relief is coming soon. Dig out the snowshoes and get ready for winter adventure. For those who enjoy the heat, stop screaming. ;)



An Exciting Idea: I am looking for expressions of interest from any and all group participants, who would like to get together and go on a zip-line adventure near New Glasgow. I am thinking of Saturday, October 24th. Check out the website <http://www.anchorsabovezipline.ca/> and let me know whether to organize this or not.