



## Moses Mountain

**The forecast on Saturday, July 25th was iffy, as usual.**

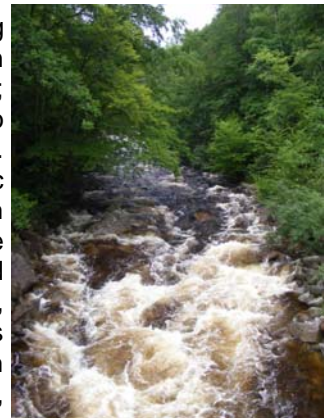
Rainy weather was supposed to clear up by noon, so ten Scotian Hiker group members ventured outdoors for the Moses Mountain hike. This hiking trail can be found in Mill Section, approximately 13kms from Windsor on Route 14 between Windsor and Chester. When you spot the Mill Section sign (coming from Windsor), be prepared to soon make a right turn across a short bridge (spanning a tree-lined waterway that runs parallel with the road); this turn sneaks up on you. Drive past a couple of houses, but don't go through the gate if it's open; park to the right just before the gate. Nova Scotia Power maintains a hydroelectric dam system here, and the gravel access roads make up the Falls Lake Loop, a 2-3 hour walk of moderate difficulty. From the parking area, we turned left and walked uphill, lush woods on either side. At the top of the hill, we arrived



at a T in the road; going right is a no-exit route and takes you to the MacDonald Dam, going left takes you by a great look-off spot and around the reservoir. We checked out the dam, then



doubled-back to go around the reservoir; soon enough, we made another side trip to the right to go down to the power station. From here, we could get some scenic photos of the rushing river flowing through the bottom of the gorge. We had to double back again to return to the main loop, and then proceeded on to the Falls Lake Dam, the mass of concrete and metal that creates Falls Lake. Water was being allowed to rush through the chute at the bottom of the dam, creating a torrent that raced downstream



towards the power station we had just come from. Crossing the dam, we travelled down the other side of the gorge, which is much more scenic and feels more like a hike through the woods, for some reason.

We took in a great view of the sheer cliffs on the opposite side of the gorge. Our plan was to not only do the Loop, but to find a way to the summit of Moses Mountain itself; more specifically, to its high rock face that we could see from the trail, which we figured would provide a panoramic southwestern view of Falls Lake and the surrounding hilly terrain. To my knowledge, there is no existing clear trail to the top, so I figured we'd be in for some trailblazing. After passing the power lines, we veered off into the woods to the left, trying to make a beeline for where I reckoned the rock face would be (hard to see due to all the leafy trees). Trudging through thick woods up the rocky hillside, we passed by a number of massive, moss-covered boulders, saw many bunchberry plants, and eventually reached a clearing on top of an exposed mound of rock at the top of the mountain. It wasn't the spot we were looking for as it didn't offer much of a view, so with some educated guesswork, we ventured in an easterly direction and finally emerged onto a large, sloping, rock ledge and were rewarded with an incredible view under mostly sunny skies. We lingered there for some time, soaking up the sun and having our lunch, enjoying the breeze before having to leave our perch.



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## Cape Split Sunset Hike

*This mid-week evening hike was supposed to involve a spectacular sunset*, but thick Bay of Fundy fog didn't cooperate with our group of 15 Scotian Hikers on this occasion. We gathered on Wednesday, July 29 at the Cape Split trailhead parking area to prepare for a hike out to the cape to watch the sunset and descend to the beach for a bonfire, followed by an after-dark trek back. Before we even left the parking lot, I was surprised, thrilled and without a doubt humbled when the group members in attendance - on behalf of those who couldn't attend, also - presented me with fantastic gifts in appreciation of all the hikes I've organized since Spring. I had no idea this was in planning. All I can say is that it's my pleasure to put these hikes together, I consider all the group members to be good friends of mine, and thank you to the Scotian Hikers of 2009! :)



**We set out on the trail, which proved to be muddy and wet in places**, and made pretty good time as we skirted around the muddy sections, climbed over the odd downed tree, and advanced toward the cape. At times, the sun shone through and its rays passed through the trees, illuminating the mist and providing a wonderful photographic opportunity. The fog soon took over again and the sun disappeared, and wasn't seen again for the rest of the hike. We reached the Split after about an

hour and a half, had a bite to eat and soon started to cool off from the mist and breeze, so we proceeded to double-back along the south edge of the cape and descend to the beach for a bonfire. Along the frequently overgrown path, we found Doll's Eyes berries (shown at left); **never eat these** - they are highly poisonous to humans, and despite their pretty appearance, can cause cardiac arrest. After another half-hour of alternately following clear path and beating through the bush, we arrived at the rope down to the beach and made our descent. The tide was



now on its way out, but wasn't taking the fog with it fast enough. Visibility remained limited, but the air was still and warm. A fire was soon started, sticks were gathered and sharpened for roasting marshmallows and sausages, and group members gathered around the bonfire as the daylight faded. We stayed until darkness fell, then everyone geared up with their headlamps and flashlights in preparation for the long hike out to the parking lot. We all climbed back up to the top of the beach path and soon found the shortcut path that cuts across the cape to the main trail, so we didn't have to return to the Split again in the darkness and slashed our travel time, fortunately. It proved to be more difficult avoiding the mud on the way out, but spirits were still high. Group members did start to get a bit tired, though, considering the late hour and it was nice to get back to the parking area, which we did by midnight. Another fun and unique hike with a top-notch group of people had come to a successful conclusion. My thanks to all of them! :)



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## Homegrown Trivia

1. Who is Nova Scotia's current Lieutenant Governor?
2. What was the name of the Halifax telegraph operator who signalled an inbound train to stop moments before the Halifax Explosion occurred?
3. What is Nova Scotia's longest sand beach?
4. The general population range of Sable Island Ponies is:  
A. 50-100 B. 200-350 C. 750-1000 D. 2500-3000
5. The W.D. Lawrence, the largest wooden full-rigger sailing vessel built in Canada, was built in what Nova Scotia community in 1874?

(Answers at bottom of page)

## Things To Do

- Digby Scallop Days are happening August 5th – 9th. Check out the website at <http://www.digbyscallopdays.com> for more info.
- Interested in learning how to climb with ropes? Join the **Annapolis Valley Climbing Enthusiasts** group on Facebook!
- 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>

## Outdoorosophy


*"There can be no very black melancholy to him who lives in the midst of nature and has his senses still. There was never yet such a storm but it was Aeolian music to a healthy and innocent ear."* - Henry David Thoreau, *Walden*

*"One touch of nature makes the whole world kin."* - Shakespeare, *Troilus and Cressida*



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## A Journey Around Cape Blomidon



On Tuesday, July 28th, Scotian Hiker group member Daniel Marshall undertook a lengthy solo journey on foot from the beach at Blomidon Provincial Park north and west around Cape Blomidon to Amethyst Cove, climbed the ropes out, then bicycled from Scots Bay back to Blomidon where he'd parked his car. A great adventure, to be sure, and he saw a number of interesting things along the way, but Daniel cautions people that this is not a casual walk due to the length, the isolation and the tides and says it's not for most people as he can envision people getting trapped by the tides (I'm in agreement). He knew the tide schedule before departing, maintained a fast, steady pace during the hike, and made it from the Blomidon parking lot to the Cape Split parking lot in approximately 4.5 hours; the bicycle portion back to Blomidon took roughly 1.5 hours. His route is outlined in black on the map to the left. His video is fascinating - from Volkswagen parts to amethyst to deer on the beach, it's neat to watch. Check it out at <http://www.youtube.com/user/DanielBJ696> and while you're there, have a look at his fun Tidal Bore Rafting on the Shubenacadie River video, too! Looks like a great time! :)

**Upcoming Hikes:** Brier Island Overnighter is coming up on August 8-9; still lots of room for anyone wanting to join in on the fun. Weekend highlights will include a hike from Northern Light to Western Light on Saturday, and then visits to the Freeport Nature Trail, Balancing Rock and Mount Shubel on Sunday. See you there! :)