

Getting Around...



SouWest Nova Transit is a registered charity that offers door-to-door, pre-booked, wheelchair accessible transportation options to residents of Shelburne County. Service is provided by fleet or volunteer vehicles. Fare subsidies up to 100% are available for qualified riders. To learn more or to book a trip (at least 1 full business day in advance), call toll free 1-844-637-2572 or visit www.souwestnovatransit.ca.



SouWest Nova Transit Fleet

There are also private taxi and shuttle services available that can take you around the area or further.



Brown Eyed Girl - Shelburne Harbour Tours

Shelburne Harbour Boat Tours are available to take a tour of the beautiful Shelburne Harbour and Historic Waterfront. Or take a trip to McNutt's Island where you can spend the day exploring the scenic island. For more information or to book a tour call 902-875-6521 or visit www.shelburneharbourboattours.com.



Discover and create walking routes, join walking groups, or track your own walking goals with Heart & Stroke Walkabout. Heart and Stroke Walkabout offers a variety of online tools and resources to make walking part of your everyday routine.

For more information go to: www.walkaboutns.ca

Create an account, track your steps and goals, find walking routes from across Nova Scotia or create your own.

Staying Connected

SouthShoreConnect.ca is your one-stop shop for **OUTDOOR, RECREATION, SPORT & ACTIVE LIVING** options across the beautiful **South Shore**.

An online resource with a database that is searchable by location, interest, or organization, as well as a news and events section. Check it out today to see how easy and convenient it is to find out what's going on around you. Find information on any of the opportunities in this brochure and more

at www.southshoreconnect.ca



Walking is a great low-impact activity that can be easily included into your daily routine and done year around.

Walk your way to a healthy lifestyle

- Walking is the perfect time to clear your head of negative thoughts & help to relieve stress
- Burn calories - For an extra calorie burn, walk uphill
- Walking helps to prevent heart disease, stroke and other chronic diseases

The average Canadian gets between 3,500-5,000 steps a day. To improve your health it's recommended that you get 10,000 steps a day. Use a pedometer to help track your steps.

Enhance Your Walk

You can borrow the following equipment from your local recreation department for FREE!

- **Nordic Walking Poles** - For a whole body workout
- **GPS units** - Go on your own geocache adventure
- **Pedometers** - To track your steps
- **Snowshoes** - For outdoor winter fun
- **Trail Adventures in the Municipality of Shelburne** - A new guidebook for fun and discovery. Accessed online at www.municipalityofshelburne.ca Contact your local recreation department for more information or to borrow equipment.

Active Transportation



Active Transportation is any form of **human-powered** transportation, such as walking, biking, kayaking, skateboarding or rollerblading.

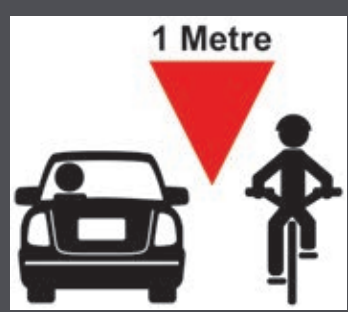
Active Transportation provides citizens with a **fun** and **efficient** way of getting around and that is a great addition to a healthy lifestyle.



Whether you are walking, biking or driving it is important to obey the rules of the road. By respecting the rules, we will have safer, more inclusive roads for all to enjoy.



THREE LAWS TO FOLLOW:



Give room!
In Nova Scotia, motor vehicle drivers are required to leave a least one metre (three feet) of space when passing a cyclist. Motorists are allowed to cross the yellow line when it is necessary to pass a cyclist, as long as it is safe to do so.

Slow down!

The speed limit in school zones is 30km/h, when children are present, in areas where the speed is normally 50km/h.



Buckle up!

Helmets must be worn at all times when riding a bicycle in Nova Scotia.



Share the Road!

Bicycles are vehicles and therefore cyclists have the same rights AND responsibilities on the road.

While driving, motorists should:

- Keep an eye out for cyclists, as they need to avoid debris and potholes
- Review the hand signals that cyclists use, so you know when they are indicating changes to their speed or direction
- Leave at least one metre of space when passing a cyclists and only pass if it is safe to do so



While bicycling, cyclists should:

- Ride in single file, except when passing another cyclist
- Maintain a straight course & avoid weaving in & out of parked cars
- Wear bright and/or fluorescent clothing
- Use a bell or horn to warn pedestrians or other vehicles that you are approaching
- Ride with a light at night (a white front light & red rear light or reflector)

Hidden Gems

Worth Exploring!

McNutt's Island - Located at the mouth of the Shelburne Harbour, McNutt's Island is the perfect place to step away from all the hustle and bustle. Explore the remains of Fort McNutt, which was constructed in 1939 and was used to protect the harbour during the Second World War. Enjoy a 6km hike across the island as you visit old bunkers, the Cape Roseway Lighthouse, and sheep, the island's only year round residents. You can reach McNutt's Island by boat or launch a kayak from Carleton Village Beach. Shelburne Harbour Tours also has daily tours out to the island during the summer months.

Welkum Park - A day use park owned by the Municipality of the District of Shelburne is located on Welshtown Lake. The park features a sandy beach, playground with an accessible swing, unsupervised fresh water swimming, picnic area with 3 gazebos, and change rooms. There are also a variety of day camps offered during the summer months, including Red Cross

Swimming lessons offered by the Municipality of Shelburne's Recreation and Parks Department (902-875-3544 ext. 225).

Roods Head Park - Enjoy a walk by the seashore at Roods Head Park. Located on the south end of Lockeport island, this Town owned natural park offers a coastal look off and picture perfect views of the breaking surf and Crescent Beach. The park also features picnic tables, a rock beach, a short wooded trail, and camping by appointment (call Lockeport Recreation at 902-656-2565 to book a site).

Explore Our Coast!

Sea Kayaking

We welcome you to kayak on our paddle perfect waters. Experience scenic coastlines, explore our beautiful harbours & bays and views that are worth the paddle.

Paddling Safety:

- Be aware of weather conditions & water temperature. Prepare for changes in weather and possibility of a capsiz.
- Use common sense and know your limits.
- Ensure you have proper safety gear and wear your personal floatation device.
- Stay hydrated and bring plenty of food and water.
- Tell someone your paddling plan - Where you are going, Who is going with you & How long you expect to be gone. Stick to your plan!

Kayak Instruction

Interested in getting started or looking to increase your kayaking skills? Kayaking camps and workshops are held throughout the spring & summer.

Canadian Tire Jumpstart Kayaking Program

Run by the municipal recreation departments and focuses on kayaking skills and safety for both children and adults. For program details contact: Municipality of Shelburne 902-875-3544 ext. 225 or Lockeport Recreation 902-656-2565

Shelburne Kayak Festival

Takes place in August each year at The Islands Provincial Park and offers clinics, demos and workshops for all levels of paddlers. Visit www.shelburnekayakfestival.ca



Kayaking along the Historic Shelburne Waterfront

Kayak Launch Sites

A few of the public launch sites located in the area:

1. Black Point Road (Ingomar) - Gravel Launch (N43° 33.810' W65° 21.686')
2. Carleton Village Beach-Sand Shoreline (N43° 39.622' W65° 19.669')
3. McNutt's Island- Ramp (N43° 39.380' W65° 18.208')
4. The Islands Provincial Park-Ramp-Seasonal Access (N43° 45.741' W65° 19.958')
5. Dock Street (Shelburne) - Ramp (N43° 45.567' W65° 19.410')
6. Sandy Point Community Centre - Rock/Sand Shoreline (N43° 41.502' W65° 19.413')
7. Jones Harbour - Ramp (N43° 45.026' W64° 58.502')
8. North Water Street (Lockeport) - Ramp (N43° 42.139' W65° 06.744')

For additional information and other launch sites visit www.southwestpaddlers.com

Kayak Rentals

Contact the **Seadog Kayak Rentals** at 902-875-1131 or visit www.theseadog.com Located at 1 Dock St, Shelburne NS

Explore Our Shores!

Beaches

There are many beaches to visit and explore. Enjoy a walk or go for a refreshing swim at Roseway Beach, Carleton Village Beach, Rockland's Beaches, Louis Head Beach, Crescent Beach, or Colin Locke's Beach to name a few. Beaches make great walking locations because they are flat, traffic free and scenic!



Louis Head Beach is located at the mouth of the Sable River and is 1.8km of white sandy beach.

When visiting beaches help to protect them, by walking on the wet sand instead of the dunes, do not disturb endangered birds and clean up any garbage.

Remember to take only pictures and leave only footprints!



Crescent Beach in Lockeport is a popular walking spot at low tide.

Piping Plover Protection

Piping Plovers are one of the most critically endangered species in Atlantic Canada. There has been a significant decrease in the population over the past decade, with less than 200 Piping Plover pairs remaining in our region.

Shelburne County has the most nesting Piping Plovers in Nova Scotia, making the protection of our beaches a vital element in helping this special bird. Plover nests are protected with signs and on busier recreational beaches, fencing.

You can help keep the Piping Plover families safe by following these tips while visiting our beaches from **April to September:**

- Walk on wet sand close to the water's edge
- Stay away from fenced and posted Piping Plover nesting areas
- Keep pets leashed
- Do not drive vehicles or off-highway vehicles on beaches or dunes



Roseway Beach, 25km from Shelburne.

Source: Birds Studies Canada (information & graphic)



Outdoor Active Living Guide

for the Town of Shelburne, Municipality of the District of Shelburne & Town of Lockeport

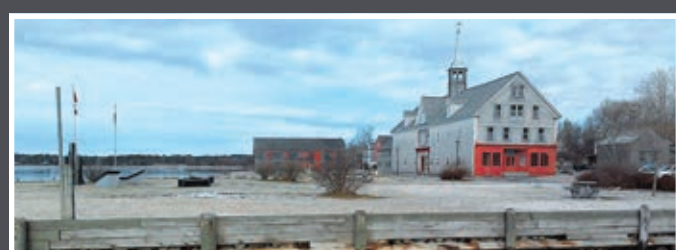


Walking & Biking Routes

Shelburne Waterfront



The Town of Shelburne's Historic Waterfront is a great place to walk year round. It offers scenic views of the Shelburne Harbour, historic homes, and picture perfect sunsets. There are many shops, museums and amenities to visit along this route. The hills on this 2.5km route are a great workout for anyone looking for an extra challenge.



Round Bay



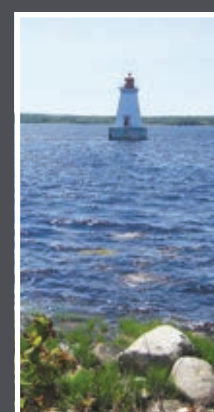
Enjoy a walk on these rural roads, where you can see various wildlife. The Round Bay loop is 4.2km long and consists of gravel roads and dirt shoulders. For a longer walk continue down Red Head Road. Round Bay Beach is also accessible from this route and is a great destination for walking, bird watching and swimming.

Roseway Beach is also a popular walking & swimming location and can be accessed at the end of Beach Road, off of Shore Road.

Sandy Point - Jordan Bay



The Sandy Point-Jordan Bay Loop is a 35km route popular with cyclists. You'll enjoy the scenic coastline views this route has to offer. Be sure to bring your camera. A great resting point is the Sandy Point Community Centre and Lighthouse Park, where there is a canteen and port-a-potty during the summer months. In the spring there is the annual Sandy Point-Jordan Bay bike ride hosted by the Municipality of Shelburne's Recreation & Parks Department.



The Islands Park & Roseway River Trail



The Islands Provincial Park is opened for tent, RV and group camping from June to October. It is a convenient place to stay and visit the surrounding communities. Launch a kayak at the Park to explore the Shelburne Harbour or have a picnic at the day use area. The Park is also a popular walking destination, especially in the off-season. One loop around the campground and day use park is 1.8km, continue out the road to the Roseway River Trail (1km), which connects to the 3.5km Shelburne Rail Trail that will take you through the Town of Shelburne.

Welshtown - Ohio



Travel along part of the Roseway River on this 19km cycling route on secondary roads, it will take you into wooded countryside through the communities of Welshtown and Ohio. For a side trip continue 2km on the Upper Clyde Road to Welkum Park-A day use park owned by the Municipality of Shelburne. A great spot to enjoy a picnic lunch or a refreshing swim. Note - This route crosses the 103 Highway - Use caution.



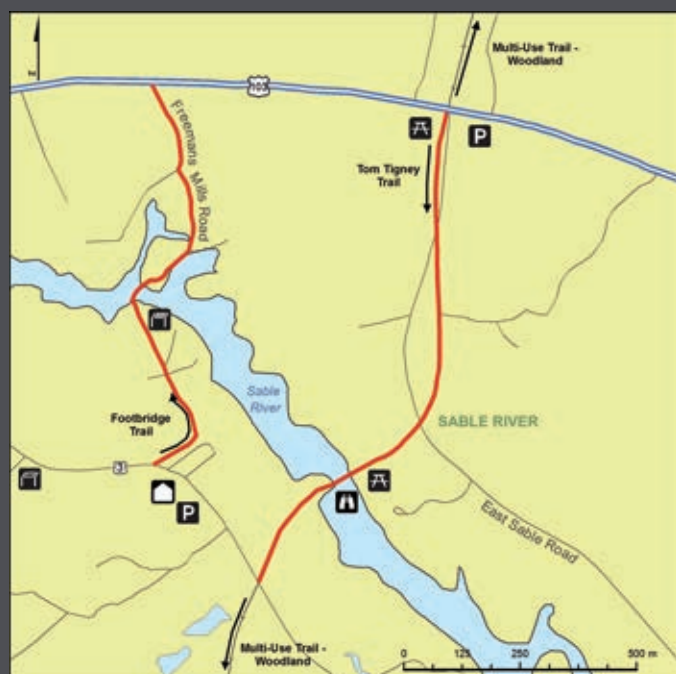
West Head



Just a short walk (0.26km) from the end of the West Head Road, explore the rocky shoreline of West Head. Enjoy views of Blue Island as you walk and on a clear day see across to Sandy Point & Jordan Bay. A hidden gem with lots to discover! Photographers and painters will be sure to find inspiration from the scenic ocean views and crashing waves. Please respect land owner's property.



Sable River



The **Shared Multi-use Tom Tigney Trail** (1.2km) winds through an attractive forest and crosses over the Sable River. Once a railway line, this trail has linked the communities along the Sable River for over 100 years. Today the trail provides a great place for walking, biking, cross country skiing, snowshoeing, AT/ing or geocaching. Both ends of the trail meet up with the Woodland Multi-use Trail to Queens County and to Canada Hill.

The **Footbridge Trail** (0.9km) offers a unique experience for everyone. Walkers can follow the signs from the trail head (located on the Sable River Fire Dept. property) to the footbridge that spans across the Sable River, from there continue down Freemans Mill Road, where the trail ends at Hwy 103.

Jordan River Trail



The Jordan River Trail is part of the old rail line and is now maintained by the Municipality of the District of Shelburne. The trail stretches 2.6km, crossing over the Jordan River. The wooded trail offers a quiet place to walk, bike or snowshoe in the winter. The view from the bridge over the Jordan River is worth the journey.

The Shelburne County Arts Council commissioned Hayward Meisner of East Green Harbour to make wind chimes for their Outdoor Art Project. The wind chimes were installed at the bridge on the Jordan River Trail.



Old CNR Trail - Lockport



The Town of Lockport is Nova Scotia's most walkable community. There are many shops and amenities to visit. Bikes can be borrowed from the Recreation Department (902-656-2565) to help you explore all the Town has to offer.

The **Old CNR Rail Trail** (3.2km) is a popular walking & biking route through the community. Starting across from the Crescent Beach Centre follow the boardwalk towards Town, go north along Town streets and continue onto two rail bridges across the back harbour, next turning south to return through Brighton and complete the loop back at the Beach Centre (Bikers should follow the route in the opposite direction for safety). Enjoy the great ocean views or take some time to search for geocaches along the way.

Legend

- Junior/High School
- Elementary School
- Community Hall
- Bowling Alley
- Picnic Area
- Parking
- Marina
- Hospital
- Campground
- Playground
- Baseball
- Picnic Shelter
- Viewpoint
- Restrooms
- Tennis
- Farmer's Market (Seasonal)
- Fishing Pier
- Hand Launch/Small Boat Launch
- Beach
- Interpretive Exhibit
- Museum
- Wheelchair-accessible
- Lighthouse
- Arts Centre
- Library
- Visitor Information Centre
- Electric Vehicle Charging Station
- Soccer Field
- Municipal Boundary
- Local Road
- Highway
- Target Route
- Railway
- Waterbody
- Province



For more information contact: Physical Activity Coordinator at Phone 902-875-2831, E-mail: community.srhs@tcrsb.ca or Facebook: "Keep Moving"



This is the first edition of the walking and biking routes guide. We have attempted to provide a complete and accurate set of information. If you note any errors or have suggestions to improve the quality of information for future editions, we would be happy to hear from you.

Please contact the Physical Activity Coordinator at 902-875-2831.

The Town of Shelburne, Municipality of Shelburne & Town of Lockport and its partners in the development of this guide, in no way assume liability or warrant the conditions, suitability or appropriateness of the routes described. Users of this guide accept all responsibilities and risks, inherent and not inherent, associated with its use.