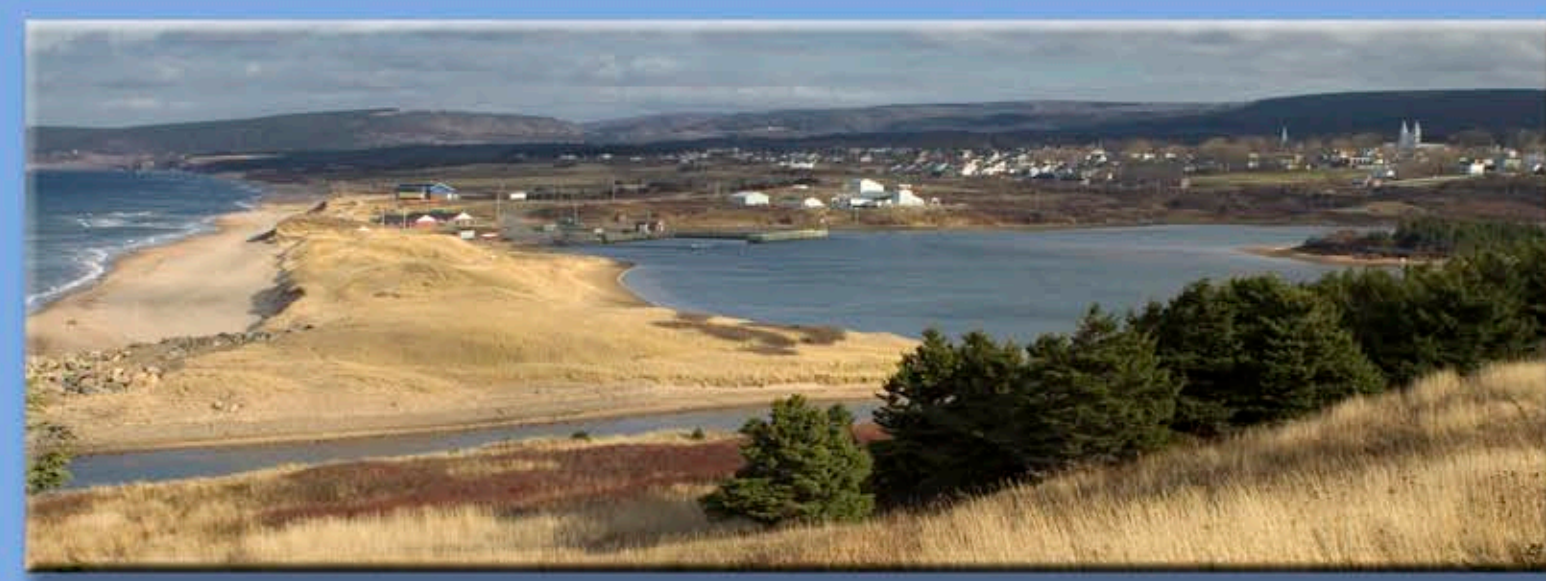
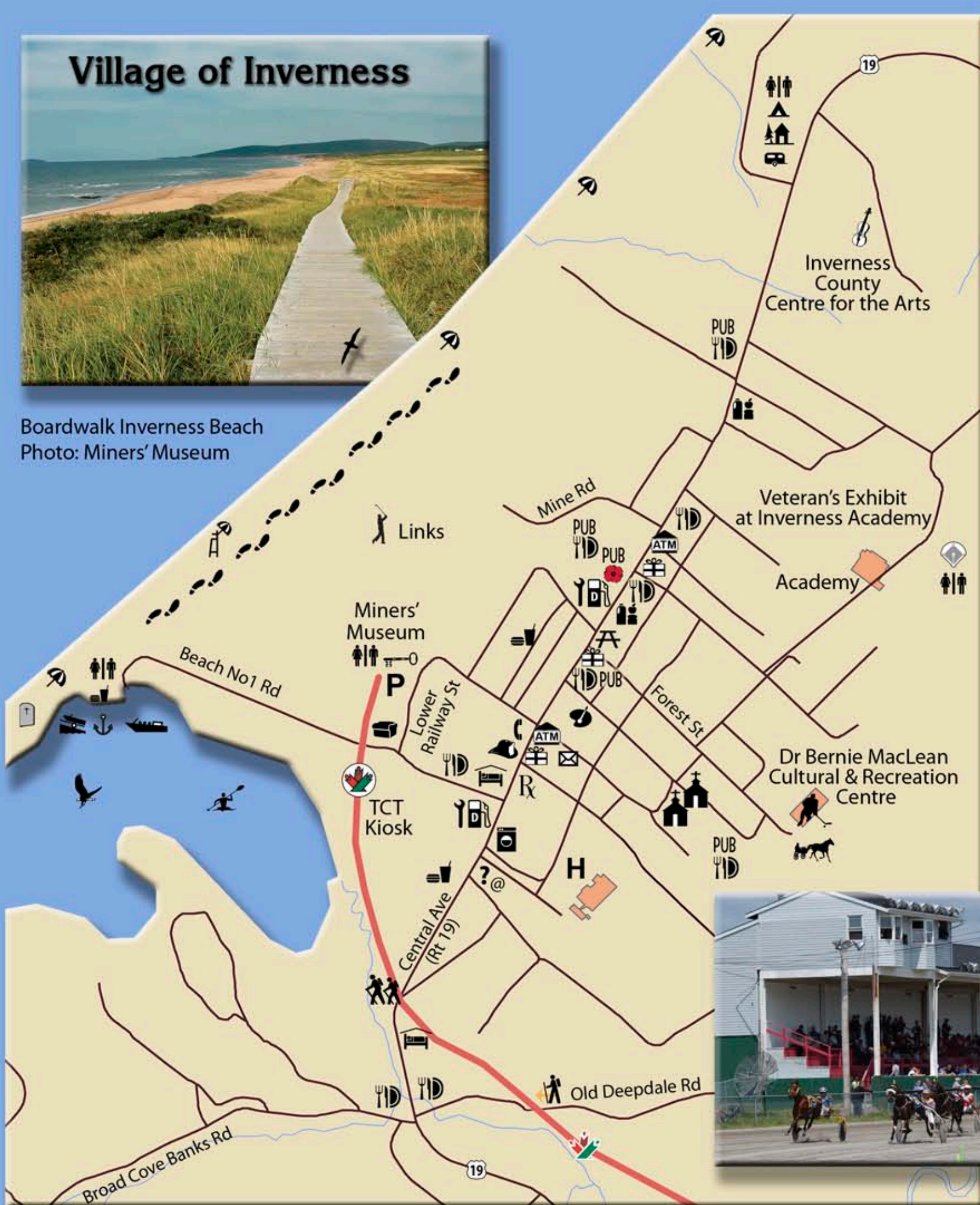
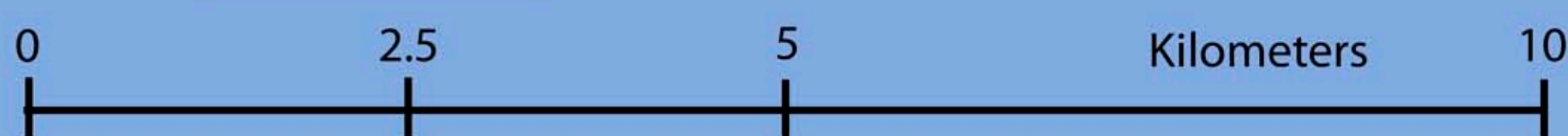
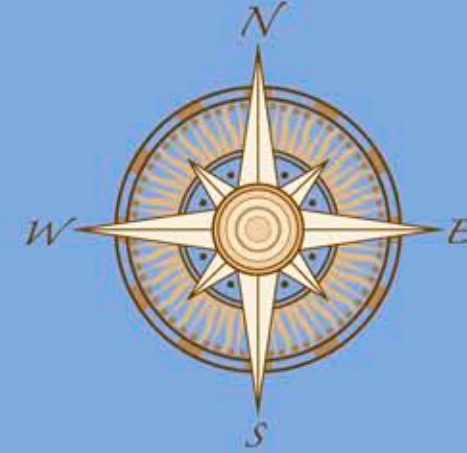


Boardwalk Inverness Beach  
Photo: Miners' Museum



Inverness Beach and Village of Inverness  
Photo: Walter Delorey

Inverness County Centre for the Arts



Inverness Miners' Museum  
Photo: Walter Delorey



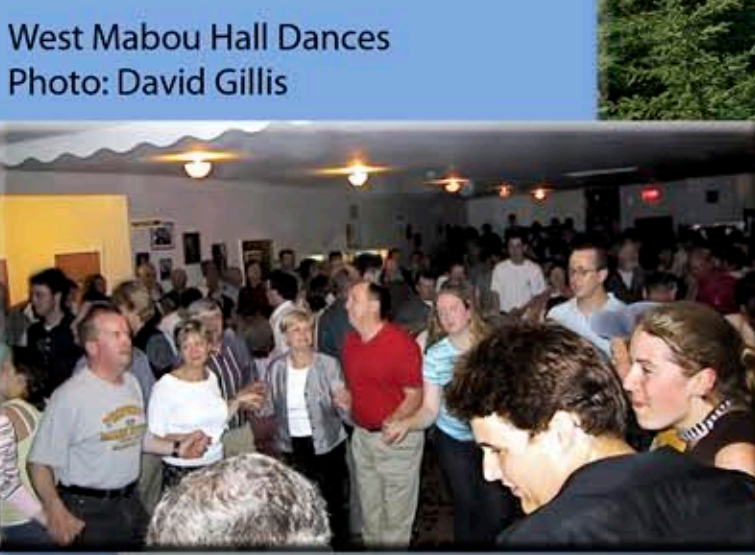
Cape Mabou Highlands Trails  
map/carte available locally at stores, inns & craft outlets in Mabou & Inverness



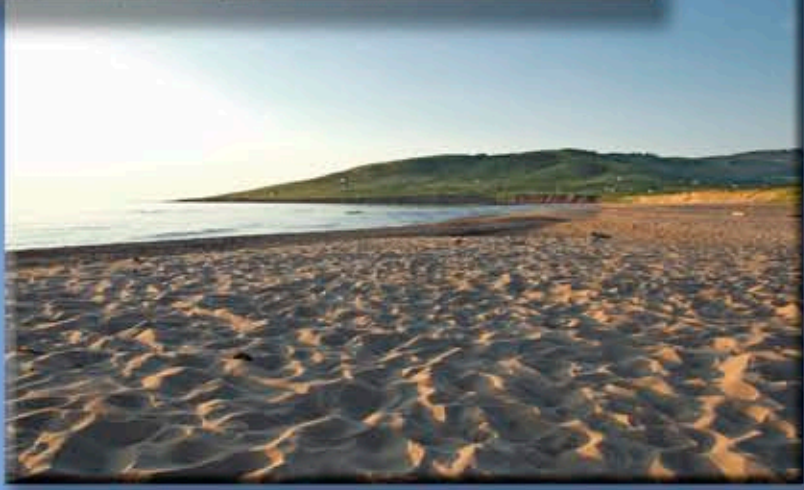
Inverness Raceway



View West of Mabou Mines Harbour from Ceilidh Trail



West Mabou Hall Dances  
Photo: David Gillis



West Mabou Beach Provincial Park  
Photo: Dawn Beaton



Glenora Distillery, Glenville



Mabou Village Harbour  
The Red Shoe Pub, Mabou  
Photo: John Gillis



## 911 Emergency Urgence

RCMP Royal Canadian Mounted Police  
GRC Gendarmerie Royale du Canada  
Inverness 258-2213  
Port Hawkesbury 625-2220  
Service en français 1-800-440-1323

H Hospital 258-2100  
Inverness Consolidated Memorial



Canadian Weather Information  
[www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)

|                              |                            |                   |                    |
|------------------------------|----------------------------|-------------------|--------------------|
| Trans Canada Trail Kiosk     | Unsupervised Beach         | Pay Phone         | Gift Shop - Crafts |
| Trans Canada Trail - Sentier | Supervised Beach           | Post Office       | Art Studio         |
| TCT Trail Head               | Light House                | CAP Site Internet | Inn - Motel        |
| Community Hiking Trails      | Fishing Port               | Banking-ATM       | Bed & Breakfast    |
| Look Off Site                | Marina                     | Pharmacy          | Cabins - Cottages  |
| Provincial Park              | Boat Launch                | Harness Racing    | RV Park            |
| Park or Picnic Area          | Water Taxi - Tours         | Ball Park         | Private Campsite   |
| Boardwalk                    | Visitor Information Centre | Tennis Court      | Shower             |
| Toilet                       | Museum                     | Playground        | Laundromat         |
| Trans Canada Highway         | Halls & festivals          | Golf              | Groceries          |
| Provincial Highway           | Arena                      | Fire Hall         | Pub                |
| Ceilidh Trail Route 19       | Fire Hall                  | Legion            | Restaurant         |
| Local Roads                  | Churches                   | Wetlands          | Take Out           |
| Unpaved Highway              | Shrine Retirement Centre   | Eagles            | Bakery             |
|                              | Pioneer Cemetery           | Seabirds          | Gas- Diesel        |
|                              |                            |                   | Service Station    |
|                              |                            |                   | Parking            |
|                              |                            |                   | Airport            |



Inverness Visitor Information Centre  
Phone: (902) 258-3740  
[invernessvic@ns.aliantzinc.ca](mailto:invernessvic@ns.aliantzinc.ca)  
Open: Summer 9am - 7pm

Port Hastings Visitor Information Centre  
Phone: (902) 625-4201  
[vic-phast@gov.ns.ca](mailto:vic-phast@gov.ns.ca)  
Open: May 2 - Jan 5

Nova Scotia Official Tourism Website:  
[novascotia.com](http://novascotia.com) or [nouvelle-ecosse.com](http://nouvelle-ecosse.com)  
Free Publications & online maps (cartes)  
Toll free in North America: 1-800-565-0000

NS Provincial Parks  
Open Mid June to Mid October  
[www.novascotiaparks.ca](http://www.novascotiaparks.ca)



Department of Recreation & Tourism  
Municipal Building, Port Hood  
Toll free: 1-800-567-2400  
Free Publications: [www.invernessco.com](http://www.invernessco.com)

Inverness County Community Museums  
Seasonal: May-June to September-October



Wildlife Issues:  
Nova Scotia Dept of Natural Resources  
Whycomagh depot: 1-902-756-2339



Map design and layout: MV Design, [www.wdmv.ca](http://www.wdmv.ca)  
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Photos: NS Government Department of Tourism, or as credited to individuals or community groups.  
Property of Inverness County TransCanada Trail Project.



At each trail kiosk there is parking, trail Access, information and a look-off.



Trans Canada Trails /Sentier  
[www.tctrail.ca](http://www.tctrail.ca)



NS Trails Federation  
[www.novascotiatrials.com](http://www.novascotiatrials.com)



Cape Breton Island Pathways Association  
[www.pathwayscb.ca](http://www.pathwayscb.ca)

This section of the Trans Canada Trail includes the following trails:

- The Mabou Rivers Trail
- The Inverness Shean Trail