

Discover the coastal lowlands, on the "Sunset Side of Cape Breton Island" along these five community trails. The Creignish Hills rise to the east, above the trail from Port Hasting to Long Point, and the Mabou Highlands dominate the skyline from Mabou to Inverness.

The bedrock, beneath the trail and glacial deposited topsoils, contain various sediments from a time when much of the lower regions of Nova Scotia was undersea. Later, a coastal wetland developed with primitive reptiles and plants: -335 to -310 million years ago, during the early Carboniferous period of the Paleozoic era.

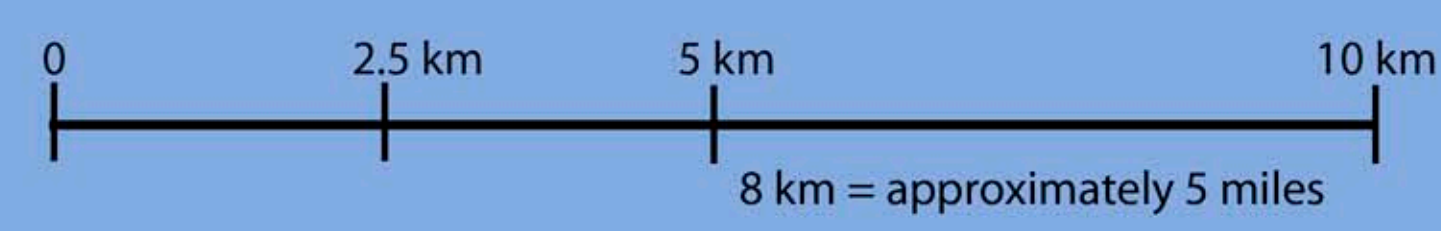
The coastal shelf (light blue), was partially above sea level during the ice ages. Globe: NASA

Summer winds: Southwest
 Winter winds: Northwest

Tide rise twice daily: 1 meter,
 Storm surge : 2 meters

Coastal weather conditions can change dramatically within hours. Carry lightweight rain jacket or windbreaker.

5 day weather forecast: www.weatheroffice.gc.ca



Map Legend

- Trail
- Kiosk (Parking, Information, Picnic Table, and Look-off)
- Look-Off
- Light House
- Fishing Port
- Community Museum
- Route 19 Ceilidh Trail
- Marshes and Wetlands

Inverness County Community Trails	GPS coordinates
Phase-1: Port Hastings to Inverness 92 Kms (57.2 miles)	
Cape Breton Island Trailhead - Canso Canal, Port Hastings: Access-Parking, Pavilion & Kiosk	N 5056161 E 0623732
The Ceilidh Coastal Trail: 22kms - Canso Canal to Chisholm's Brook, Long Point	
Bantam Marker (Canso Canal)	N 5056156 E 0623718
Chisholm's Brook (Long Point)	N 5074458 E 0617365
Troy Station Trailhead: Access-Parking & Kiosk	N 5060914 E 0619722
The Judique Flyer Trail: 19 kms Chisholm's Brook to Little Judique Harbour	
Chisholm's Brook (Long Point)	N 5074458 E 0617365
Little Judique Harbour	N 5090709 E 0614653
Michael's Landing Trailhead: Access-Parking & Kiosk	N 5083744 E 0617589
The Chestico Trail: 17 kms - Little Judique Harbour to Route 19 at Zutphen Farm	
Little Judique Harbour	N 5090709 E 0614653
Route 19 at Zutphen Farm	N 5097694 E 0619667
Port Hood Station Trailhead: Access-Parking & Kiosk	N 5097712 E 0619675
The Mabou Rivers Trail: 19.6 kms - Route 19 at Zutphen Farm to Blackstone	
Mabou Rivers Trail Route 19 at Zutphen Farm	N 5097694 E 0619667
Blackstone Rd.	N 5110221 E 0630125
West Mabou Trailhead: Access-Parking & Kiosk	N 5110904 E 0622561
The Inverness Shean Trail: 16 kms - Blackstone Road to Inverness	
Blackstone Rd.	N 5110221 E 0630125
Miner's Museum	N 5121121 E 0630278
Miner's Museum Trailhead: Access-Parking & Kiosk	N 5121121 E 0630278

Also Under Development :

The Bealach Brèagh Lake Anslie Trail: 28kms
 Paisley Rd to Scotsville to MacNaughton Road

The Lewis Mountain Trail: 14 kms
 MacNaughton Road to Lewis Mountain to Trans Canada Highway
 and a 13 km Access Trail to Whycocomagh

These Trails are Managed by Community Volunteers, Please Use Them Responsibly! Thanks!
 Please support our Inverness County Community Trail Associations.
 Contact: Dept. of Recreation & Tourism: www.invernessco.com

Community Trail Associations Managed Kiosks & Access	Coordinates :
Bantam Marker (Canso Canal)	Latitude: N 5056161 Longitude: E 0623732
Troy Station	N 5060914 E 0619722
Creignish Hall	N 5065513 E 0619625
Craigmores Station	N 5066423 E 0618066
Christie's Look-Off	N 5077671 E 0618066
Walker's Cove	N 5077434 E 0616764
Baxter's Cove	N 5079176 E 0616444
Michael's Landing	N 5083744 E 0617589
Port Hood Station	N 5097712 E 0619675
Glencoe Station Hall	N 5094274 E 0620329
West Mabou Road	N 5101904 E 0622561
Miner's Museum	N 5121121 E 0630278

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 GPS Data courtesy of Nova Scotia Government
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