

IAT NS CAPE BRETON - PORT HASTINGS TO NORTH SYDNEY (NORTHBOUND)

Northbound (km)		Total Kms	Comments
PORT HASTINGS TO INVERNESS VIA TRANS CANADA TRAIL (TCT) - 92.4 KM			
	Port Hastings & Port Hawkesbury		Port Hastings is approximately 6 km from the trailhead & has all amenities Port Hawkesbury is located approx 9 km from the trailhead & has a CAPS, all amenities & bus service to Halifax
0.0	Trans Canada Trail (TCT) Pavilion at the Canso Causeway near Port Hastings	0.0	The IAT northbound starts at the TCT Pavilion by the Canso Causeway near Port Hastings. Look for a pavilion with a red roof by the causeway swing bridge. From the pavilion, walk north along the coast behind the Cdn Coast Guard bldg. In approx 1.0 km, you will see a bridge that leads to Ghost Beach
1.0	Ghost Beach	1.0	This is a 3 km walk across a rocky sand bar with Long Pond on your right and the Canso Canal on your left. Walk to the end and start looking for the abandoned railway bed (you'll probably walk right on to it)
3.0	Beginning of the railway bed	4.0	This starts out looking like an ATV trail but will soon become apparent & you'll come to a bridge & some cottages within 1.0 km
10.0	Creignish	14.0	
3.8	Craigmore	17.8	
10.5	Baxters Cove	28.3	
2.7	Judique	31.0	Watch for the Celtic Trail which runs 0.5 km north to the Judique Community Centre, CAPS, convenience store & B&Bs. Check out the Celtic Music Interpretive Centre while you're there! Water scarce between Judique and Glencoe Station
3.8	Judique North	34.8	
11.8	Port Hood	46.6	CAPS, motel, hardware store, groceries, tavern, restaurant
8.1	Glencoe Station	54.7	
12.0	Village of Mabou	66.7	CAPS, commercial campground on West Mabou Rd, motel, grocery / convenience store, café & deli.
3.7	Glendyer Station	70.4	
1.9	Glendyer	72.3	
13.5	Strathlorne Station / Kenloch	85.8	
3.0	Deepdale Rd	88.8	To bypass Inverness, turn right on Deepdale Road & walk 2.0 km to Loch Ban Rd To go into the town of Inverness, cross Deepdale Rd & continue on TCT for 3.6 km. Turn right at Gables Motel & continue into town
3.6	Inverness	92.4	LAST RESUPPLY POINT UNTIL SCOTSVILLE (APPROX. 3.0 KM OFF TRAIL) CAPS, accommodations & commercial camping, hardware store, groceries, restaurants, Coal Miner's Café (a must stop!)

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INVERNESS TO KILARLITY ROAD - 24.6 KM			
0.0	Inverness	92.4	To get back on the IAT, go back to the TCT trailhead next to the Gables Motel, turn left & walk 3.6 km on to Deepdale Rd
3.6	Turn left on Deepdale Rd (from TCT)	96.0	
2.0	Turn right on Loch Ban Rd	98.0	
1.0	End of Loch Ban Rd. Take trail to left	99.0	Trail to right is a driveway
0.2	Take trail to right	99.2	There is a sign saying "North 105".
1.9	Take trail to left. This is SANS Rte 105 near Godfreys Mtn	101.1	
4.7	Bottom of "V" on SANS Rte 105 near Lake Ainslie & Scotsville Rd To stay on trail, turn left on to small bridge & continue north on SANS Rte 105 In approx 0.1 km, you will walk by an auto salvage yard	105.8	Scotsville Rd & Lake Ainslie are 0.5 km down the road to the right There are 2 commercial campgrounds on Lake Ainslie along Scotsville Rd Scotsville is 7.5 km down Scotsville Rd to the left but is closer from Kilarlity Road
4.8	Junction at SANS Rte 105 & Rte 615. Turn right onto SANS Rte 105	110.6	After turning right, sign says "105 North; Scotsville 8 km, etc" NOTE: Inverness Capers Snowmobile Club have a shelter located 0.4 km on SANS Rte 615 straight ahead (before turning right onto SANS Rte 105
1.5	Turn left off snowmobile trail (Rte 105) onto logging road	112.1	Before leaving the trail & turning left onto logging road, there's a "105 South" sign & at the intersection there's a yellow arrow. Both are facing south so you will have to look back (or turn around) to see them
0.6	Turn right at stop sign on logging road	112.7	You see an orange sign saying "Inverness" with an arrow pointing south & an old yellow sign ahead on a tree saying "105 North" & "Gillisdale 5 km"
3.0	Turn left onto Kilarlity Road	115.7	You'll see a sign that says "SANS Rte 105" & other snowmobile routes
1.3	End of Kilarlity Rd. Turn right on Hwy 395 & walk to Egypt Rd & Piper Glenn	117.0	Good place to swim at bridge on Hwy 395 SCOTSVILLE IS APPROX. 3.0 KM FURTHER SOUTH ON HWY 395 (CAPS & Patterson's General Store in Scotsville)
EGYPT ROAD TO LEWIS MOUNTAIN - 40.7 KM			
0.0	End of Kilarlity Rd	117.0	
1.6	Turn left onto Egypt Rd & Piper Glenn	118.6	The river will intermittently be on your right from here to the intersection of SANS 6S
2.0	House with red roof on left	120.6	To go the Egypt Falls (also known as Piper Glenn Falls) one of Nova Scotia's finest waterfalls, turn right on Piper Glenn Rd (see the optional side trail directions below) To continue on the IAT continue straight ahead

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OPTIONAL SIDETRAIL TO EGYPT FALLS - APPROX 3.4 KM			
0.0	On Egypt Rd, turn right at house with red roof onto Piper Glenn		Approx 2.0 km from Rte 395 on Egypt Rd, you'll see a house with a red roof. Turn right here to go to Egypt Falls, one of Nova Scotia's finest waterfalls
1.0	Trailhead to Egypt Falls		At approx 1.0 km, turn right off road & go down steep path to base of falls
0.7	Base of Egypt Falls		Camping spots unknown. Good water source!
1.7	Intersection of Egypt Rd & Piper Glenn		To get back onto the IAT, go back the way you came (to the house with the red roof) & turn right onto Egypt Rd
END OF SIDETRAIL			
0.0	House with red roof on left	120.6	Continue on Egypt Road
5.0	In approx. 5.0 km, come to first Intersection at SANS 6S	125.6	Continue straight through this intersection
2.7	Junction 700. Turn right on Trout Brook Rd	128.3	Sign says "Whycocomagh 35 kms" & other snowmobile routes Lots of good camping spots but water is scarce through this section
0.6	Road exiting left off Trout Brook Rd. Has a sign post but no sign	128.9	Continue straight on Trout Brook Rd
1.0	Curve left on Trout Brook Rd (SANS Rte 104)	129.9	There's a yellow left arrow and NS 104 sign. Still on Trout Brook Rd
1.0	Continue straight by a sign that says "Whycocomagh 28 km" & other snowmobile routes	130.9	Still on SANS Rte 104 & Trout Brook Rd
8.6	Turn right at intersection with the orange posts but no sign	139.5	Still on SANS Rte 104 & Trout Brook Rd
4.7	Sign that says "Trout Brook 14K" on left. DO NOT GO THAT WAY! Bear right.	144.2	
4.9	Turn left at Geldart Rd sign continue on IAT toward Lewis Mtn; continue straight ahead on Geldart Rd to resupply in Whycocomagh	149.1	WHYCOCOMAGH IS APPROX 8.0 KM STRAIGHT AHEAD ON GELDART RD CAPS, groceries, liquor, restaurants & camping @ Whycocomagh Provincial Park
1.3	Intersection with road to right (there is a stop sign on the road to right)	150.4	Continue straight through intersection
0.9	"Summit" of Lewis Mtn (2300 ft)	151.3	You'll see "Gate Ahead" sign & two blue marks on tree. Gate is visible off to left further up the hill. DO NOT GO THAT WAY Go straight ahead to old trail with thick vegetation that looks like an ATV trail
0.3	Distinct junction in trail. Keep right	151.6	
1.1	Cross wooden bridge	152.7	NEXT KNOWN GOOD WATER SOURCE SINCE EGYPT ROAD
1.5	Stone foundation on right (barely visible)	154.2	
0.8	Swimming hole	155.0	Watch for rock face on left & small cascade just below swimming hole
0.8	Electrical transformer & gravel pit at base of Lewis Mtn	155.8	Cross highway & continue on Hwy 223 to ferry at Little Narrows

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1.9	Little Narrows ferry crossing	157.7	Cross Little Narrows on ferry. No charge for walk-ons; crosses every 10 minutes
LITTLE NARROWS FERRY TO GRAND NARROWS - 25.1 KM			
0.0	Little Narrows ferry crossing & McKenzie's Country Store (convenience store)	157.7	From here to Grand Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes -- which are <u>salt water</u> -- and limited camping options
OPTIONAL INLAND ROUTE - 25.6 KM			
0.0	Turn left out of the ferry dock & walk to Ross Rd	157.7	This is Hwy 223
0.4	Turn right on Ross Rd	158.1	You will come to an electric fence & gate that blocks Ross Rd
6.0	Turn left onto dirt road at the gate	164.1	This is Cains Mountain Rd
2.4	Turn right onto Walker Rd	166.5	
4.3	Turn left onto Hwy 223	170.8	
2.5	Turn left at Highland Hill Rd	173.3	
7.3	Continue straight through Dunn & Fraser Roads	180.6	
1.7	Turn right on to Saint Columba Road	182.3	There is no sign at the end of Highland Hill Rd but Great Bras D'Or Lake should be directly across the road
1.0	At end of Saint Columba Rd, turn left to cross the bridge over Barra Strait. This is Hwy 223	183.3	Turn right to go to the CAPS and/or Highland Museum in Iona NOTE: Instead of taking the roads to Derby Road, you can climb down the bank immediately after the bridge and walk along the beach
END OF OPTIONAL INLAND ROUTE			
0.0	Turn right out of the ferry dock & walk on Hwy 223 towards Iona	157.7	
1.0	Little Narrows Beach	158.7	Good spot to stop for lunch and/or a swim. Tourist bureau a little further up the road on right where you can get fresh water
22.2	Village of Iona	180.9	CAPS @ school on right; Highland Village Museum on left. Good food at Highland Heights Inn
0.5	Intersection of Saint Columba Rd & Barra Strait Bridge. Go past the brick church on the left and continue straight ahead over the bridge	181.4	Instead of taking the roads to Derby Road, you can climb down the bank immediately after the bridge and walk along the beach
0.7	Turn right on Grand Narrows Rd	182.1	
0.5	Turn right on Derby Point Rd	182.6	
0.1	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn left on Derby Point Rd	182.7	ATM, liquor & corner store. Very scenic section of road with several beaches & camping spots LAST RESUPPLY PLACE UNTIL BEAVER COVE

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0.1	Grand Narrows Hotel B & B on left. The best accommodations on the trail!	182.8	The Grand Narrows Hotel B & B is a designated heritage property circa 1887, located on the Bras d'Or, the largest and most beautiful salt-water lake in the world. Owned by Elaine & Terry MacNeil, Ph: 1-888-702-3730
GRAND NARROWS TO NORTH SYDNEY - 61.4 KM			
0.0	Grand Narrows Hotel B & B	182.8	
7.4	At end of Derby Point Rd, turn right onto Hwy 216	190.2	
2.2	Turn left on Benacadie Rd	192.4	There's a sawmill located just after the turn off to Benacadie Rd
0.1	At the stop sign just a little ways further up Benacadie Rd, take a quick jig left & then right onto Farrell Rd	192.5	
2.4	At the stop sign, turn left onto Highland Rd	194.9	This road doesn't have a road sign but it's called Highland Rd
0.4	Turn right on Rear Big Beach Rd	195.3	
1.8	Walk past last house on Rear Big Beach Rd on right side of road	197.1	Continue straight & keep bearing left. Don't turn right onto any of the logging roads
1.8	Trail branching off to left	198.9	Turn left on to the trail with lime green & pink flagging tape clearly marked "SIA-IAT". Towards the end, there's a washed out section so continue on the ATV trail to the left
1.0	Other end of Rear Big Beach Rd	199.9	You'll come off this trail across from a house at the other end of Rear Beach Rd. Continue down this road to the stop sign
0.3	At the stop sign, turn right onto Hwy 223	200.2	
0.3	Beginning of cross country ski trail near Shenacadie. Turn left across the street from House no. 7419, cross the railway tracks and continue down the hill. Turn right on the cross-country trail. Keep bearing left for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way	200.5	This is a lovely trail that meanders between the Bras d'Or Lakes on your left and the railroad & Hwy 223 on your right. It's well-maintained until the last 0.5 km or so where the bridge is lop-sided and the trail gets a bit overgrown
4.0	End of cross country ski trail. You'll come out at a driveway next to a railroad crossing on your right with cottages & the Bras d'Or Lakes to your left. At the top of the driveway, there's a white garbage can & you'll be able to see House no. 6783 on the right side of Hwy 223. Turn left onto Hwy 223	204.5	You are still in Shenacadie on Hwy 223
9.0	Beaver Cove Restaurant & Convenience Store	213.5	LAST RESUPPLY PLACE ON TRAIL UNTIL NORTH SYDNEY
14.1	Turn left on Scotch Lake Rd	227.6	
4.7	Turn right on MacDonald Rd	232.3	This is a dirt road
1.0	Turn right on to the Trans Canada Trail (TCT) at the Old Branch Road Trailhead	233.3	This is a multi-purpose trail that runs 7.9 km from North Sydney to Scotch Lake. It's also open to local traffic so watch out for cars & trucks

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7.9	Turn right on Johnson Rd towards North Sydney. Cross the overpass to King Street	241.2	North Sydney has CAPS & all amenities
2.3	Turn left on Commercial St to downtown North Sydney	243.5	
0.4	At the corner of Commercial & Blower Streets, continue straight ahead onto the pedway to the NL Ferry Terminal	243.9	There is a Subway on your left & Bob & Claytons Auto Repair on your right. Continue straight ahead through the gate at the chain link fence
0.3	Turn left into the Marine Atlantic Ferry Terminal to Port Aux Basques NL	244.2	Rollie's Wharf Restaurant is located just past the NL Ferry Terminal on Purves Street
BON VOYAGE & HAPPY TRAILS!			