

IAT NS MAINLAND - PORT HASTINGS TO CARIBOU (SOUTHBOUND)

WELCOME TO MAINLAND NOVA SCOTIA!

Southbound (km)		Total Kms	Comments
PORT HASTINGS, CAPE BRETON ISLAND TO ANTIGONISH - 63.6			
	Port Hastings & Port Hawkesbury		Port Hastings is approximately 6 km from the trailhead at the Canso Causeway & has all amenities. Port Hawkesbury is located approx 9 km from the trailhead at the Canso Causeway & has a CAPS, all amenities & bus service to Halifax
	Nova Scotia Visitor Information Centre		0.3 km from the Trans Canada Trail (TCT) Pavillion at the Canso Causeway on Cape Breton Island. At the TCT Pavillion, turn left on to Highway 104 next to the Causeway towards Port Hastings
CAUTION: When crossing the Canso Causeway from Cape Breton to mainland Nova Scotia, walk on the right side of causeway along the break water. Once across, move over to the left shoulder of the highway & continue straight ahead on Trans Canada Highway 104. Use caution as this a major highway with fast moving vehicles!			
0.0	Trans Canada Trail (TCT) Pavilion at the Canso Causeway near Port Hastings	0.0	Cross the Canso Causeway to mainland Nova Scotia. Use caution.
2.0	You are now in Auld's Cove on the mainland of Nova Scotia.	2.0	Canada Cultural Centre and plenty of motels, restaurants & fast food joints along this section of highway
2.0	Turn left at Exit 39 onto Route 4	4.0	
2.5	Continue straight on Route 4	6.5	You will pass through the village of Havre Boucher & go by a convenience store & post office
0.9	At the intersection of the ball field & St Paul's Church, turn right onto Cape Jack Road	7.4	Lots of great beaches & viewpoints along this road but no water. At the junction of Wharf Road, stay on Cape Jack Road, bending left
7.6	At the end of Cape Jack Road, turn right onto Route 4	15.0	You are in the community of Linwood
0.1	Hyclass Campground on Route 4	15.1	
1.0	Linwood Harbour Campground on Route 4	16.1	
4.0	Village of Monastery	20.1	Convenience & variety store. CAPS at the school only open seasonally, during school months
0.3	Cross under the overpass for Highway 104 & right turn right onto Old Trunk Road (also known as Antigonish Lane)	20.4	You can continue on Route 4 as the Old Trunk Road joins up with it again in 1.7 km but the trunk road is more scenic & a little shorter
0.5	Turn left onto Old Trunk Road	20.9	There's no sign at this junction
1.2	At the church turn right onto Route 4	22.1	
2.0	Turn right on Summerside Road towards Tracadie West Arm	24.1	Stay on this road to Bayfield. Watch for the self-serve apple stand nearer to Rileys Brook & Bayfield -- it may be open!
6.0	Bayfield Beach Road on the right	30.1	Bayfield Beach Provincial Park is 0.5 km away. No camping. To stay on the IAT, continue on Summerside Road
7.2	Turn right onto Highway 104 / Route 4 towards Antigonish	37.3	Keep to the shoulder of the highway. Use caution as this a major highway with fast moving vehicles!
2.0	Turn right towards Pomquet	39.3	This is known as Pomquet Monks Head Road. Continue on this road towards Pomquet
6.8	Intersection to Monks Head Road in the village of Pomquet	46.1	Veer right on Pomquet Monks Head Road towards Pomquet. You will pass a big church on the right

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2.0	Intersection of Pomquet Cove Road & Pomquet Beach Provincial Park	48.1	OPTIONAL: Pomquet Beach Provincial Park is a long sandy beach where wildlife & shore birds abound. To go to Pomquet Beach, continue straight on Monks Head Road for 1.8 km, then turn right on Pomquet Beach Rd & continue 2.3 km. No camping. To continue on the IAT, turn left onto Pomquet Cove Road
2.9	Turn left at the end of Pomquet Cove Road	51.0	This is known as the South Side Harbour Road
4.8	Turn right before the bridge onto Highway 104 / Route 4 towards Antigonish	55.8	Keep to the shoulder of the highway. Use caution as this a major highway with fast moving vehicles!
2.8	Turn right at Exit 34 onto Route 4	58.6	Watch for the Rose & Thistle B & B, 1.5 km from Exit 34. Open year round.
4.0	Entering the Town of Antigonish	62.6	You will cross a bridge, then pass a "Welcome to Antigonish" sign. Route 4 turns into St Andrews Street
1.0	Turn left onto Main Street into downtown Antigonish (you are still on Route 4)	63.6	FIRST MAJOR RESUPPLY POINT: All amenities are available in this university town. Dorm rooms can be rented at St Francis Xavier University during summer months & Whidden's Campground & Cottages is located on Hawthorne Street in the heart of downtown Antigonish. The Visitor Information Centre & grocery store (Sobeys) are located on Church Street near Exit 33 of Highway 104.
ANTIGONISH TO MARSH ROAD - 30.1 KM			
1.0	To continue on the IAT, turn right onto College Street	64.6	You are now leaving the town of Antigonish
0.5	Veer right on Cloverville Road	65.1	Cloverville Road is a long uphill road. You will pass the golf course & Scotsburn warehouse, then just after the Coast Beverages Production Facility, the road turns to gravel
4.0	Sign at the junction for Cloverville & Fairmont. Turn right onto Fairmont Road	69.1	Great views of the Fairmont area & windfarms at Maryvale. Eventually, you will pass Triton Brook Road on the right & then Walsh Post Road on the left NOTE: The section between Fairmont Road & West Lakevale at Route 337 is on back roads or logging roads. Not much civilization in this area.
5.5	Sign at the junction of Brophy Road & Fairmont Road	74.6	Shortly after Walsh Post Road, at civic address # 1048, you will pass a sign for the junction of Fairmont & Brophy Roads. Continue straight onto Brophy Road
6.5	Pass a road on the left with a red sign saying "Clark Far East Ent"	81.1	Soon after this, you will pass a gray house with red posts out front (civic address # 1792)
3.1	Y-junction in the road near South Lakevale	84.2	Continue straight ahead on the gravel road towards Highway Route 337. Shortly after the Y-junction, you'll pass a roped off area on the left with a sign saying Lakevale near the water's edge. Do not trespass.

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0.5	Turn left onto Route 337 toward the communities of West Lakevale, Lakevale, Cape George & Ballyntynes Cove & the Cape George Heritage Trail System	84.7	Route 337 is a very scenic walk along St George's Bay. You will pass Fisherman Crossing B&B & the Mini-Trail Community Centre. Watch for a view point with a small wooden lighthouse hanging from a post on the right side of the road. Shortly after that, there's a covered spring on the left side of the road down a very small lane below a farm (if you reach Beaver Road, you've gone too far). Visit the Cape George Heritage School Museum in the community of Cape George.
9.0	Intersection of Route 337 & Marsh Road NOTE: ROUTE 337 FROM BALLANTYNES COVE TO LIVINGSTONE COVE AROUND CAPE GEORGE IS IMPASSIBLE ON FOOT!	93.7	To continue on the Cape George Heritage Trails, hitch a drive from Ballantynes Cove to the Cape George Lighthouse & continue hiking through the trail system from there. To bypass the Cape George Heritage Trails, turn left on Marsh Road & continue approximately 4 km to Livingstone Cove
CAPE GEORGE HERITAGE TRAIL - 10.8 KM			
2.0	Ballantynes Cove YOU MUST HITCH A DRIVE TO CAPE GEORGE LIGHTHOUSE FROM HERE!	95.7	Tuna Interpretive Centre, take out food & marina
7.2	Cape George Heritage Trail - Cape George Lighthouse to Marsh Road via Trails O, N, M & L	102.9	The Cape George Heritage Trails are a SPECTACULAR maze of trails with interconnecting paths & a wide variety of options of varying lengths. The IAT route starts at the Cape George Lighthouse which is Trail O (1.5 km) & continues on to Trail N (2.9 km), Trail M (2.8 km) & Trail L (1.6 km)
1.6	Intersection of Trail L & Marsh Road	104.5	Turn right on Marsh Road towards Livingstone Cove. Watch for a "Trail" sign on the left & a roped walkway to a spring. You will pass a fire station further up the road
LIVINGSTONE COVE TO THORBURN - 79.1 KM			
3.0	Livingstone Cove (Intersection of Marsh Road & Route 337)	107.5	The community of Livingstone Cove is to the right of this intersection on Route 337. Livingstone Cove Beach is straight ahead To continue on the IAT, turn left on to Route 337 towards Malignant Cove
2.1	Community of Morar	109.6	
6.4	Community of Georgeville	116.0	As you get nearer to the intersection at Route 245, watch for a side road on the right to walk down to Malignant Cove Beach
8.5	Community of Malignant Cove & Intersection to Route 245	124.5	Turn right on to Route 245 towards Arisaig
8.1	Community of Arisaig	132.6	You will pass Arisaig Provincial Park. No camping.
2.1	Turn left on Dunmaglass Road	134.7	Turn left at the break in the guard rail onto a gravel road. From here to the Ardness Road, you will be on a series of logging roads
3.7	Veer right and cross the bridge onto SANS 715	138.4	SANS is the Snowmobilers Association of Nova Scotia. There's an orange sign on a tree just after the bridge hidden in foliage
0.6	At the junction, continue straight on SANS 715	139.0	


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3.1	Sign saying Julia's Road. This is still the Dunmaglass Road	142.1	Continue straight ahead. Eventually, you'll pass a yellow mini home on the right and a covered spring on the left. Great view of Northumberland Strait from here
1.0	At the junction of MacGee & Dunmaglass Roads, veer left onto Ardness Road towards Baileys Brook	143.1	This is also known as the Baileys Brook Ardness Road. You will eventually pass Mount Saint Mary's Cemetery on the right
5.3	At the end of Baileys Brook Ardness Road, turn left onto the paved road towards Avondale This is Arbuckle Road	148.4	There's a monument & memorial garden on the left at the end of Ardness / Baileys Brook Road
1.5	Veer right and continue on the paved road	149.9	You are still on Arbuckle Road
2.3	Turn left towards Barneys River & Route 4	152.2	
0.4	Turn right onto unknown road with the green bridge	152.6	
0.1	Cross the green metal bridge & turn left	152.7	This is Barneys River Road
0.5	Continue straight on the gravel road towards Piedmont	153.2	This is the Piedmont Valley Road
3.8	Cross the railroad tracks. The road changes to pavement	157.0	Continue straight on this road to the end
6.2	At the stop sign, turn right on to paved Route 4 towards French River & New Glasgow	163.2	You will eventually walk by Telford Cemetery on the left
3.3	Continue on Route 4 towards Sutherlands River	166.5	You will go under the overpass for Highway 104
7.5	In Sutherlands River, turn left towards Thorburn	174.0	
1.5	Turn left at the stop sign onto a gravel road	175.5	This is Park Falls Road. You will pass Rasmussen's Custom Wood Products on the left
3.0	Bridge at Park Falls	178.5	Very nice waterfall with good camping spots below the falls
0.3	Shortly after the bridge, turn right onto Route 347	178.8	Continue on Route 347 straight towards Greenwood
4.8	Intersection of McLellans Brook Road & Route 347 near Greenwood. Turn left to continue on the IAT; go straight to Cross Roads Country Market & Bakery	183.6	Cross Roads Country Market & Bakery is just ahead on Route 347. It has an ATM, restaurant, bakery, groceries & ice cream
THORBURN TO CARIBOU - 74.9 KM			
2.7	Turn left on Glen Road towards McLellans Mountain	186.3	This turns into McLellans Mountain Glencoe Road. The road eventually turns to gravel & you'll pass a gravel pit on the left
2.0	Turn right at the stop sign onto another gravel road	188.3	This is MacLellans Road
3.0	Turn left on the paved road, up the hill	191.3	This is the Brookville Road. Eventually, you'll pass a wooden bald eagle carved into a tree trunk
2.7	Just after house number 1729 turn right onto a gravel road	194.0	This is the Brook Road
2.0	Intersection at the Churchville Cemetery & the Churchville Community Hall. Turn right on Irish Mountain Road towards Churchville	196.0	Picnic tables and an interesting community information kiosk at the Community Hall
0.1	At the end of Irish Mountain Road, cross paved Route 348 and continue on the Churchville Road	196.1	This is at the "Welcome to Churchville" sign
2.0	Cross the paved road & continue straight ahead	198.1	

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2.1	At the end of Churchville Road, turn right towards the bridge	200.2	This is the bridge over the East Branch of East River
1.2	Cross another bridge & turn right up the hill on Oak Road onto Route 374	201.4	This is the village of Eureka. You'll pass an interesting community information kiosk at the Eureka Fire Hall
1.2	Turn left on Foxbrook / Mark Road	202.6	
2.5	At the end of Mark Road, turn left on the Foxbrook Road	205.1	
0.5	Turn right on to Halliday Road	205.6	
0.5	At the end of Halliday Road, turn right onto Gray Road	206.1	Eventually, you'll pass Wallace Road & near the end of Gray Road, you'll pass Gray Road Cemetery
4.3	At the end of Gray Road, turn right onto paved Middle Road	210.4	
0.7	Turn left off onto Route 289 (also known as Gairloch Road) towards Union Centre	211.1	SECOND MAJOR RESUPPLY POINT: The town of Westville is approximately 6 km off-trail on Route 289 North. Groceries and other amenities are available in this one-time mining town but NO LODGING. Last resupply point before Pictou
0.2	Pass a convenience store & gas station	211.3	
0.5	Turn right at the Union Centre Community Hall	211.8	This is Salter Road which eventually turns into Pleasant Valley Road. Near the end of Pleasant Valley Road, you will cross over Highway 104
4.3	At the end of Pleasant Valley Road, cross Route 4 and continue uphill on Patterson Road towards Green Hill	216.1	
1.0	Turn left towards Durham	217.1	This is Greenhill Road. Green Hill Provincial Park is located approximately 1.0 km off-trail on the Dan Fraser Road. Spectacular views & worth the side trip
0.9	Turn right to continue on Green Hill Road towards Durham	218.0	
2.2	Spring water on other side of road	220.2	
3.3	At the end of Greenhill Road, turn right at the fork on to West River East Side Road	223.5	
0.5	Turn left at Parkers Farm Market & cross the bridge over the West River	224.0	
0.1	C2C Rogers Hill Trail from Durham to Scotsburn 	224.1	On the other side of the bridge, watch for the Cape to Cape Trail (C2C) signage to your left on a telephone pole. This is the trail signage for the Rogers Hill Trail which will take you from Durham to Scotsburn. Refer to the Rogers Hill Trail map included with the maps or go to www.capetocapetrail.ca for more information. NOTE: After you cross the Durham Road (refer to the Rogers Hill Trail description) veer left at the Y in the trail and continue up the "well defined hauling road". There is no signage at this spot.

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6.5	Rogers Hill Trail Head at Scotsbourn Road (Route 256) & the beginning of the Trans Canada Trail (TCT) Shore Line Trail	230.6	To go to the town of Scotsburn (1.5 km off-trail), continue on the Rogers Hill Trail into town. To continue on the IAT, turn right on Scotsburn Road (this is also Route 256) & watch for the abandoned railway bed a little further up veering off to the left of Scotsburn Road. There's no trail signage here but this is the beginning of the Shore Line Trail which takes you to Browns Point near Pictou. It looks like a straight, narrow, flat gravel road & becomes very distinct after first km or so. Eventually, you'll come across "road signs" posted for the off-road vehicles and TCT trail markers. If you miss it, turn left further up Scotsburn Road onto Hardwood Hill Road & watch for it on the right side of the road
12.0	Browns Point & the beginning of the Trans Canada Trail (TCT) Jitney Trail	242.6	Cross Route 376 & continue on the Jitney trail into the town of Pictou. The picnic area at Browns Point is to your right on Scotsburn Road The Pictou "Jitney" was a noisy diesel electric train & the Jitney Trail now follows the route of the former Pictou Short Line from the centre of Pictou to Browns Point, the landing site of the original Scottish settlers in 1773
3.0	Town of Pictou	245.6	LAST MAJOR RESUPPLY POINT BEFORE LEAVING NOVA SCOTIA: All amenities are available in this historic Scottish town & home of the Ship Hector & the Ship Hector Exhibit. For the Visitor Information Centre, grocery store (Sobeys) & other amenities, leave the Jitney Trail just after crossing under Highway 104 & before the abandoned mansion. This is Norway Point Road & you'll see Maritime Odd Fellows Home on the right. Go left at the end of Norway Point Road, then immediately turn right on Veteran's Ave & continue to the end (about 1 km in total). To continue on the IAT, stay on the Jitney Trail until it ends at the DeCoste Centre & Marina Centre
0.1	Continue straight ahead on Caladh Avenue	245.7	You will pass the Ship Hector Quay & Exhibit on your right
0.5	Turn left on Coleraine Street	246.2	There's a ScotiaBank at the corner of Coleraine & Front Streets
0.1	Turn right on Front Street	246.3	You will pass a laundromat just off to the right on Creighton Street & the Post Office at the corner of Depot Street
1.0	Turn left on Welsford Street	247.3	
0.5	Turn right on Donoon Street which turns into Beeches Road & then turns into 3-Brooks Road	247.8	You will pass the Pictou County Golf & Country Club, Harbour Light Campground in Braeshore & Pictou County Lodge Resort along this road
6.5	Entrance to Munroe's Island Provincial Park & Campground on right	254.3	Last accommodations before the ferry terminal
3.0	Turn right onto PEI Ferry Road	257.3	
1.0	Turn right onto the foot traffic road for the PEI ferry terminal (Caribou Wharf)	258.3	

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0.2	Northumberland Ferries Terminal to Woods Islands, Prince Edward Island	258.5	Northumberland Ferries Limited provides seasonal ferry service (May - December) between Wood Islands, Prince Edward Island and Caribou, Nova Scotia. The journey takes about 75 minutes Website: http://www.peiferry.com/
SLIANTE! HAPPY TRAILS!			