

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

Southbound (km)		Total Kms	Comments
NORTH SYDNEY TO GRAND NARROWS - 61.4 KM			
	WELCOME TO NORTH SYDNEY, CAPE BRETON ISLAND, NOVA SCOTIA!		North Sydney is a major city with a CAPs (public internet access) & all amenities. Rollies Wharf Restaurant is located just past the NL Ferry Terminal on Purves Street NEXT RESUPPLY PLACE IS BEAVER COVE
0.0	Walking directly off the ferry, turn left onto the pedway towards downtown North Sydney	0.0	Leaving the Marine Atlantic Ferry Terminal, turn right onto the pedway towards downtown North Sydney
0.3	The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street	0.3	There's a Subway on your right and Bob & Claytons Auto Repair on your left
0.4	Turn right onto King St	0.7	In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through
2.0	Cross the overpass onto Johnson Road (also known as Old Branch Road)	2.7	
0.3	Turn left on to Old Branch Road	3.0	This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake.
7.9	End of the TCT. Turn left on MacDonald Rd	10.9	
1.0	Turn right on Scotch Rd	11.9	
4.7	Turn right on Hwy 223	16.6	
14.1	Beaver Cove Restaurant & Convenience Store	30.7	FIRST RESUPPLY PLACE SINCE NORTH SYDNEY
9.0	Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep bearing right 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	39.7	This is a lovely trail that meanders between the Bras d'Or Lakes on your right and the railroad & Hwy 223 on your left. The first 0.5 km is a bit overgrown with a lop-sided bridge but after that it's well maintained.
4.0	End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223	43.7	You are still in Shenacadie on Hwy 223
0.3	Turn left on to Rear Beach Road	44.0	

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0.3	Walk past the last house on Rear Beach Road and continue straight ahead into the woods. Look for lime green & pink flagging tape clearly marked "SIA-IAT"	44.3	The trail begins on a washed out, dried up brook but there's an ATV trail that goes around it. Watch for it on your right
1.0	Other end of Rear Beach Road. Look for more lime green & pink "SIA-IAT" flagging tape at this intersection	45.3	Turn right onto the logging road & keep bearing right. Don't turn left on to any of the logging roads
1.8	Walk past first house on this section of Rear Beach Road on the left side of road	47.1	
1.8	Turn left on to Highland Road	48.9	This road doesn't have a sign but it's called Highland Road
0.4	Turn right on Farrell Road	49.3	
2.4	End of Farrell Road. Take a quick jig left & then turn right onto Benacadie Road	51.7	
0.1	Turn right on Hwy 216	51.8	There's a sawmill located just to the left of the intersection at Hwy 216
2.2	Turn left on Derby Point Rd	54.0	Scenic section of road with several beaches & camping spots
7.4	Grand Narrows Hotel B & B on left. The best accommodations on the trail!	61.4	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 LITTLE NARROWS FERRY - 25.1 KM			
0.0	Grand Narrows Hotel B & B	61.4	
0.1	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd	61.5	ATM, liquor & convenience store NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS
0.1	Turn left on Grand Narrows Rd	61.6	
0.5	Turn left onto Hwy 223 & cross the bridge over Barra Strait	62.1	From here to Little 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	Immediately after the bridge, turn right on Saint Columba Road next to the brick church	62.1	Continue straight ahead to go to the CAPS and/or Highland Village Museum 0.5 km further in Iona. Good food at the Highland Heights Inn
1.0	Turn left onto Barra Glenn Road	63.1	There is no sign at this intersection but the Bras d'Or Lake is directly across Saint Columba Rd. Ask the locals for directions
1.7	Continue straight through Dunn & Fraser Roads	64.8	
7.3	Turn right onto Highland Hill Road	72.1	
2.5	Turn right onto Highway 223	74.6	
4.3	Turn left onto Walker Road	78.9	

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2.4	Turn right onto dirt road with the gate	81.3	
6.0	Turn left on Ross Rd	87.3	
0.4	Little Narrows ferry crossing & McKenzie's Country Store (convenience store)	87.7	Cross Little Narrows on ferry. No charge for walk-ons; crosses every 10 minutes. LAST ON-TRAIL RESUPPLY PLACE UNTIL INVERNESS
	END OF OPTIONAL INLAND ROUTE		
0.7	Intersection of Saint Columba Rd & Barra Strait Bridge. Go past the brick church on the right and continue straight on Hwy 223	62.8	The scenic Bras d'Or Lakes will be on your left most of the way but take note that it's salt water & therefore, not good a good water source
0.5	Village of Iona	63.3	CAPS @ school on left; Highland Village Museum on right. Good food at Highland Heights Inn
22.2	Little Narrows Beach	85.5	Good spot to stop for lunch and/or a swim. Tourist bureau a little further up the road on left where you can get fresh water
1.0	Little Narrows ferry crossing & McKenzie's Country Store (convenience store)	86.5	Cross Little Narrows on ferry. No charge for walk-ons; crosses every 10 minutes. LAST ON-TRAIL RESUPPLY PLACE UNTIL INVERNESS
LEWIS MOUNTAIN TO EQYPT ROAD - 40.7 KM			
0.0	Little Narrows ferry crossing	86.5	Cross Little Narrows on the ferry & continue walking west on Hwy 223 to the end (Exit 6)
1.9	Trans Canada Highway 105 & electrical transformer & gravel pit at base of Lewis Mountain (2300 ft)	88.4	Go directly across Trans Canada Hwy 105 to the electrical transformer. The trail to Lewis Mountain begins at the far end of the gravel pit
0.8	Swimming hole	89.2	Watch for rock face on left of trail & a small cascade just below the swimming hole
0.8	Stone foundation on left (barely visible)	90.0	
1.5	Cross wooden bridge	91.5	ONE OF THE FEW GOOD WATER SOURCES BEFORE EGYPT ROAD
1.1	Distinct junction in trail. Keep left	92.6	
0.3	"Summit" of Lewis Mountain (2300 ft)	92.9	You'll see "Gate Ahead" sign & two blue marks on tree. The gate is visible off to the right further up the hill. DO NOT GO THAT WAY Continue straight ahead on the logging road
0.9	Intersection with road to left (there is a stop sign on the road to left)	93.8	Continue straight through this intersection
1.3	Intersection of Geldart & Trout Brook Rd	95.1	Turn left onto Geldart Road to resupply in Whycomomagh, 8.0 km off-trail (CAPS, groceries, liquor store, restaurants & camping) Turn right onto Trout Brook Road to continue on the IAT. NOTE: LOTS OF GOOD CAMPING SPOTS BUT WATER SOURCES ARE FEW & FAR BETWEEN UNTIL JUNCTION SANS 6S
4.9	Sign that says "Trout Brook 14K" on right. DO NOT GO THAT WAY! Bear left	100.0	

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4.7	Turn left at intersection with orange posts but no sign	104.7	Still on SANS Rte 104 & Trout Brook Road
8.6	Continue straight by a sign that says "Whycocomagh 28 km" & other snowmobile routes	113.3	Still on SANS Rte 104 & Trout Brook Road
1.0	Curve right on Trout Brook Road (SANS Rte 104)	114.3	There's a yellow left arrow & NS 104 sign on the left side of the curve. Still on Trout Brook Rd
1.0	Road exiting right off Trout Brook Rd. Has a sign post but no sign	115.3	Continue straight on Trout Brook Rd
0.6	Junction 700. Turn left on Trout Brook Rd	115.9	
2.7	In approx 2.7, come to intersection at SANS 6S	118.6	Continue straight through this intersection. The river will intermittently be on your left from here to Hwy 395
5.0	House with red roof. You are now on Egypt Road	123.6	To go the Egypt Falls (also known as Piper Glenn Falls) one of Nova Scotia's finest waterfalls, turn left on Piper Glenn Rd (see the optional side trail directions below). To continue on the IAT continue straight ahead
OPTIONAL SIDETRAIL TO EGYPT FALLS - APPROX 3.4 KM			
0.0	On Egypt Rd, turn left at house with red roof onto Piper Glenn		Approx 5.0 km from the intersection at SANS 6S, you'll see a house with a red roof. Turn left 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 left onto Egypt Rd
END OF SIDETRAIL			
0.0	House with red roof. You are now on Egypt Road	123.6	To continue on the IAT, go straight ahead on Egypt Road
2.0	End of Egypt & Piper Glenn Roads. Turn right on Hwy 395	125.6	Good spot to swim at the bridge on Hwy 395
1.6	Turn left on Kilarlity Rd	127.2	SCOTSVILLE IS APPROX. 3.0 KM FURTHER SOUTH ON HWY 395 (CAPS & Patterson's General Store in Scotsville)
KILARLITY ROAD TO INVERNESS - 24.6 KM			
0.0	Turn left on Kilarlity Rd	127.2	
1.3	Turn right on logging road. This is the end of Kilarlity Road	128.5	You'll see a sign that says "SANS Rte 105" & other snowmobile routes
3.0	Turn left at the stop sign on the logging road	131.5	You'll see an orange sign saying "Inverness" with an arrow pointing south & an old yellow sign on a tree to the right saying "105 North" & "Gillisdale 5 km"

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0.6	Turn right onto snowmobile trail (Rte 105)	132.1	The trail "Y's" off the logging road without warning so watch for it. You'll see a yellow arrow on a tree to the right of the trail and a little ways further up the trail, there's a "105 South" sign.
1.5	Junction at SANS Rte 105 & Rte 615 near Godfreys Mtn. Turn left onto SANS Rte 105	133.6	Before turning left, there's a sign that says "105 North; Scotsville 8 km, etc" at the intersection NOTE: Inverness Capers Snowmobile Club have a shelter located 0.4 km away on SANS Rte 615 (turn right onto SANS Rte 615 at the intersection)
4.7	Walk by an auto salvage yard	138.3	
0.1	Bottom of "V" on SANS Rte 105 near Lake Ainslie & Scotsville Rd. To stay on trail, turn right immediately after the small bridge & continue south on SANS Rte 105	138.4	Scotsville Rd & Lake Ainslie are 0.5 km further down the road. 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
4.7	Trail comes out into a clearing at the end of an ATV road	143.1	Continue straight ahead down the ATV road. You're still on SANS Rte 105
1.9	Take trail to the left	145.0	Turn around & you'll see a sign on a tree saying "North 105" facing north
0.2	End of Lochban Road. Continue up Lochban Road	145.2	
1.0	Turn left on Deepdale Rd	146.2	
2.0	Intersection with the Trans Canada Trail (TCT) on Deepdale Rd	148.2	To bypass Inverness & to take the alternate route via the TCT to Mabou, turn left on to the TCT from Deepdale Rd
3.6	Inverness	151.8	CAPS, accommodations & commercial camping, hardware store, groceries, restaurants, Coal Miner's Café (a must stop!) To continue into the town of Inverness, turn right onto the TCT for 3.6 km. turn right at the Gables Motel & continue into town.
INVERNESS TO PORT HASTINGS VIA TRANS CANADA TRAIL (TCT) - 92.4 KM			
3.6	Inverness	155.4	To get back on to the IAT, go to the TCT Trailhead next to the Gables Motel, turn left & walk 3.6 km to Deepdale Rd You will follow the abandoned railway bed all the way to Ghost Beach for a total of 88.4 km
3.0	Strathlorne Station / Kenloch	158.4	
13.5	Glendyer	171.9	
1.9	Glendyer Station	173.8	
3.7	Village of Mabou	177.5	CAPS, commercial campground on West Mabou Rd, motel, grocery / convenience store, café & deli. Turn left onto Hwy Route 19 to go into the village of Mabou; turn right onto Hwy Route 19 to continue on the IAT and/or for lodging
12.0	Glencoe Station	189.5	Water scarce between Glencoe Station and Judique
8.1	Port Hood	197.6	CAPS, motel, hardware store, groceries, tavern, restaurant

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11.8	Judique North	209.4	
3.8	Judique	213.2	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!
2.7	Baxters Cove	215.9	
10.5	Craigmore	226.4	
3.8	Creignish	230.2	
10.0	End of the railway bed	240.2	
3.0	Ghost Beach	243.2	This is a 3 km walk across a rocky sand bar with Long Pond on your left and the Canso Canal on your right
1.0	Trans Canada Trail (TCT) Pavilion at the Canso Causeway near Port Hastings	244.2	
	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
HAPPY TRAILS!			