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TABLE OF CONTENTS

COUNTY MAP	2
PORT HASTINGS	5
PORT HAWKESBURY	8
GLENDALE	13
CREIGNISH	14
JUDIQUE	15
PORT HOOD	18
MABOU	24
LAKE AINSLIE	31
WHYCOCOMAGH	33
COASTAL TRAIL	36
SQUARE DANCES	38
ORANGEDALE	39
INVERNESS	40
BROAD COVE	50
MARGAREES	52
BELLE CÔTE	56
CHETICAMP	58
PLEASANT BAY	70
MEAT COVE	72

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WELCOME TO Canada's Musical Coast - Inverness County

Canada's Musical Coast is a string of beautiful communities and majestic coastline vistas bound together by musical traditions. The music culture here is written into the story...the very fabric of the coastline. During harsh winters and trying times, music and dance were neither indulgence or luxury, but rather survival. Music culture here is honest, authentic and shared directly from the heart – this is a coast shaped by music.

Inverness County comprises the entire western coastline of Cape Breton Island, and reaches inland as far as the beautiful Bras d'Or Lakes. Between these shorelines, the cultures, arts, languages and landscapes complement each other, extending an open invitation for visitors to experience any or all of western Cape Breton's offerings.

The Sunset Side of Cape Breton Island is your guide to the activities, culinary choices, places to rest and event information in Inverness County.

We are pleased to share these wonders of our place with you!



FOR DETAILED EVENT LISTINGS PICK UP OUR
SUMMER & FALL EVENTS OR OUR DANCING
AROUND INVERNESS COUNTY BROCHURE
AT ANY VISITOR INFORMATION CENTRE ON
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Back: Alfred Poirier, Jim Mustard, Dwayne MacDonald. Front: Gloria LeBlanc, Duart MacAulay, Betty Ann MacQuarrie

Councillors and Staff of the Municipality of the County of Inverness are pleased to welcome you to Canada's Musical Coast! Share in our enthusiasm for the county's vibrant lifestyle.

As you travel throughout our County you will undoubtedly be captivated by our vast coastlines and serene sunsets. We can assure you it's the people and personalities that will stay with you and draw you back again and again.

-Duart MacAulay, Warden

EMAIL: ORAN@NS.ALIANTZINC.CA WWW.INVERNESSORAN.CA



The Inverness Oran

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PORT HASTINGS

Port Hastings Museum

This season (June 13th - Oct. 15th), the Port Hastings Museum, directly across from the Port Hastings Visitors Information Centre, will continue to host the Artisans Collective and Canso Causeway display and open house.

On Canada Day, July 1st, the museum will celebrate Canada's birthday with a cake and flags distributed by the museum staff.

In August, there will be an open house with a BBQ. There will be a Canso Causeway display on August 13th.

The annual Celtic Colours International Music Festival, held each October, will be marked by the Port Hastings Museum on Friday, October 7th, with a tea and Ceilidh in the museum, prior to a supper at the Port Hastings Fire Hall put on by St. David's United Church.

A Celtic Colours song session will be held at St. David's church hall on Friday, October 14th from 1 to 4 pm with a fish cake supper to follow at the Port Hawkesbury Civic Centre at 5 pm.



Artisans Collective and Gift Shop

If original handcrafted works by gifted Cape Bretoners are of interest, we encourage you to visit the Artisans Collective craft shop at the Port Hastings Museum. This seasonal gift shop has become a destination of choice for visitors looking to purchase quality handcrafted items. Some of the artisans are juried members of the Cape Breton Centre for Craft and Design.

The gift shop is fully stocked with an assortment of top quality handcrafted goods made by the members which are quilters, knitters, weavers, and wood crafters.

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ANNUAL QUILT SHOW August 10th – 16th

The annual Quilt Show is being held from August 10th through to August 16th at St. David's Historic Church at the entrance to Cape Breton Island, Port Hastings. The quilt show and sale will be open from 10 am to 4 pm each day.

The event draws hundreds of visitors every year from across Canada, the US, and countries from around the globe including Switzerland, the Netherlands, and Germany. Many visitors return on an annual basis to view the displays or purchase quilts. Since the show's inception, we have displayed over 1,000 quilts in this beautiful church and have seen an increase in numbers of both visitors and local quilters who have submitted their works.

Hosted by St. David's Church, the quilt show and sale is one of the largest in Cape Breton and will feature over 100 quilts displayed on the pews in the church or hanging from the rafters. "Celebrating Quilting at the Causeway" has become one of our major fund-raisers. The church receives the proceeds from the donation jar at the entrance which goes towards the upkeep of the 1 year-old church. In addition, the quilters very generously give St. David's a percentage of the sale from each quilt sold. This event is a huge benefit to the church financially.

In addition to providing visitors with an amazing visual display and sale, the show offers quilters from Cape Breton Island and

the area the opportunity to promote their craft, their quality workmanship, and gives them an excellent venue to sell their items. Traditional and modern quilts, from baby size to king size, will be available in the church, while smaller items such as wall hangings, table runners, and placemats, will be for sale in the church hall. Strait area quilters will be demonstrating the art of quilting on a quilt that will be set up on a traditional wooden frame. Visitors will be able to watch the quilters, ask questions, and learn the skill of quilting by taking a few stitches of their own. The finished quilt will be used as an additional fundraiser for the church.

The Quilt Show is hosted by the Ocean Waves Quilt Society of Cape Breton and Strait Area Quilters.



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in first impressions

Port Hawkesbury

We greet every visitor to Cape Breton – that's our job as the first town after the causeway. We'll immerse you in Cape Breton's warmth, hospitality and musical culture as you visit our shops or explore our beautiful community on the coast.

Let the warm waters of our local beaches beckon, or perhaps you'd enjoy a challenging round at one of our many nearby golf courses. If nature's more your thing enjoy the breathtaking views from one of our hiking trails.

Let us caress your soul with the music and culture that has made our tiny island famous at one of our many Cellidhs. Our Granville Green free outdoor concert series, Sunday evenings throughout the summer, are sure to please every musical taste.

Come find out what kind of first-*and lasting*-impression we'll make.

For more information visit us online at TownOfPortHawkesbury.ca or call 902 625 2591



TOWN OF PORT HAWKESBURY

FARMERS' MARKET on alternate Saturdays offer fresh choices

A farmers' market is always a good way for travellers to replenish their menus with fresh produce and that's what is available at the Port Hawkesbury & Area Community Market beginning June 11th in Port Hawkesbury.

This year, this popular market is to be held at the Port Hawkesbury Civic Centre. Vendors will be offering tables of products and produce ranging from annuals, baked goods, preserves, meat, pickles, confections, and eggs, to artisan products.

Held from 3-6 pm the community market will take place on alternate Saturdays beginning June 11th.

Entertainment is provided each market day.



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Festival of the Strait

The 51st annual Festival of the Strait will be held June 30th - July 10th. June 30th will be launched with a parade of sails at the waterfront in Port Hawkesbury at dusk, and a family bonfire at the waterfront. People are invited to bring their own lawn chairs and musical instruments if they wish to join in a community sing along. Marshmallows and roasting sticks will be provided. A pub will follow at the Strait of Canso Yacht Club at the waterfront with live music starring Jeremy White.



July 1st the Town of Port Hawkesbury will be hosting a free Canada Day celebration at the Granville Green from 11 am-2 pm with cake and music and children's fun activities. Later that evening from 6-8 pm at the Oaklee Bagley Baseball Field (Grants Pond) will be the 2nd annual family baseball tournament in Oaklee's honor with a trophy awarded to the winners. Canada Day evening will be rocking out at the waterfront with Andre Pettipas and the Giants from 9 pm to 1 am for a youth concert by the sea for grades 9-12 (\$5 admission).

July 3rd will be a free seniors summer luncheon at the Port Hawkesbury Civic Centre (need to register by June 27th to attend) with entertainment and a Cape Breton cold plate with dessert, tea/coffee from 12-3 pm. At dusk attend a free old-fashioned drive-in movie at the SAERC parking lot (movie to be determined).

Other events to watch for are a Cape Breton ceilidh on the evening of Tuesday, July 5th at the Port Hawkesbury Civic Centre. There will be a princess pageant on Wednesday, July 6th at the Civic Centre, with spotlight fun in the community park afterwards. Friday, July 8th will be a "5-card dash" — horse track and BBQ fun at the Venture Downs Raceway on Crandall Road from 6-8 pm.

Saturday, July 9th will be jam-packed with a family fun day at the community park (MacQuarrie Extension Drive) from 11 am to 2 pm with games, splash-pad (take towels and swim suits), treats, inflatables, horse rides and fun! Dance the night away 10 pm-2 am at our pub by the sea at the Port Hawkesbury waterfront featuring live band Three Finger Shot with local singer Tony Ronalds (formerly Kilt). Government IDs will be requested. Admission is \$10 at the door.

Sunday, July 10th, enjoy a street parade (anyone welcome to come join in the line up at 11 am) which begins at 12 pm. A concert by land and sea will begin at 1 pm at the waterfront featuring local bands, and a boardwalk market by the sea with many local vendors and BBQ/drinks for purchase at the Strait of Canso Yacht Club. The Granville Green Concert Series begins at 7 pm and fireworks begin at 10 pm to finish off this fantastic festival.

Lots of other fun events will be held throughout the week and are accessible online at the Festival of the Strait website: festivalofthestrat.ca and questions can be forwarded to: festivalofthestrat@hotmail.com



**musiccapebreton.com up to
date entertainment and cultural
events in Inverness County**



Shannon Studio Ceilidhs every Tuesday

A *ceilidh*, Gaelic for a social gathering, takes place every Tuesday evening at the Shannon Studio in Port Hawkesbury's Civic Centre, starting July 5th and carrying on through to October 4th.

The weekly ceilidhs, emceed by radio personality Bob MacEachern, have an interesting line-up each week, one that brings to the stage members of the same family, or relatives, or friends who have influenced, or been influenced by, the family.

The Shannon Studio ceilidhs, a co-op presentation by the Port Hastings Museum and the Civic Centre, will run from 7:30-9:00 pm. Admission to the ceilidh includes a cup of tea and oatcakes which you can enjoy along with the music.

That's every Tuesday between July 5th and October 4th. Adm: \$8.

Granville Green free concerts offer exceptional talent

Port Hawkesbury's Granville Green free concert series is going into its 23rd year of bringing to the town some of the finest musical talent in Atlantic Canada, and this summer's lineup sustains the Green's reputation for offering both top performers, as well as up-and-coming singer-songwriters and groups who showcase for most of the featured musicians.

Presenting sponsors NuStar and Bear Head LNG along with co-ordinators, the Town of Port Hawkesbury, are pleased to announce an award-winning line up for the 2016 season of the popular festival series, Granville Green.

Cape Breton has been a musical destination for decades and this season the mix of artists performing in our community includes international and home-crowd favourites, to delight and captivate a new generation of concert goers.

Attendees are encouraged to bring blankets and chairs to the scenic park on Granville Street to enjoy the six Sunday evening concerts which commence weekly at 7 pm beginning July 3rd and mark the 23rd year of this award winning cultural celebration.

The series kicks off July 3rd with Ireland's traditional music phenoms Skipper's Alley. Opening for them are the folk belles of Australia, The Mae Trio. On July 10th the pride of Mabou Heather Rankin celebrates her new solo CD with New Brunswick songwriter Andy Brown kicking off the show.

July 17th Next Generation Leahy joins Granville Green from Ontario for a fabulous display of traditional folk, fiddle and



fiery feet; opening act Dylan Menzie from PEI celebrates his top 4 finalist spot in the CBC National Searchlight competition. July 24th we welcome back GRAMMY winner and Big Pond native son; Gordie Sampson with indie folk stars Port Cities.

July 31st brings Cape Breton's Pretty Archie back into Port with Andre Pettipas and finally JUNO winners join us August 7th for our final show. The award winning Wintersleep with opening act Walrus.





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Sunset Side of
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Port Hawkesbury Veterans Memorial Park a place to reflect, relax

For a touch of solemn solitude, and an opportunity to simply sit and relax, visit the Port Hawkesbury Veterans Memorial Park. While there are benches upon which to rest, the atmosphere is one where a person feels the weight of great sacrifice and the fullness of one's own gratitude.

Unveiled in 2013, the Veterans Memorial Park is the culmination of a community's dream of honouring its war heroes, living and dead.

The memorial itself is a stunning tribute to the courage of so many Canadians, particularly those who served from the town and surrounding counties. Its centrepiece is a large bronze Canadian maple leaf which enfolds several Armed Forces figures wearing the various uniforms from the wars in which Canada took part. A number of life-size statues represent soldiers, sailors, Air Force personnel and merchant marines. A military nurse holding a helmet from the First World War kneels by a grave in memory of the Unknown Soldier. It was created by Timothy B. Schmalz, a sculptor widely known for his memorial pieces.

The unveiling of this memorial was a moving experience for those in attendance, with none more moved than those veterans who were able to attend and take part in the ceremony.

If you decide to visit Veterans Memorial Park, to sit among the iconic images and more than 2000 names inscribed there, it will tell you something about the people among whom you are currently visiting, and may well remind you of those from your own home or homeland who have been equally selfless in their sacrifices.



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GLENDALE

Cultural Centre, annual concert make a visit worthwhile

Glendale Ceilidh Days - July 8th-10th

The Glendale Ceilidh Days culminates on Sunday with a popular outdoor concert from 2-5 pm that draws some of Cape Breton's finest fiddlers, dancers, pipers, and Gaelic singers.



Rodney MacDonald



Kinnon Beaton



Fr. John Angus Rankin Cultural Centre

In the Fr. John Angus Rankin Cultural Centre, located on Highway 105 in Glendale, there is much to interest the historian and the general visitor.

In the archive room, one can browse through articles, photos, maps, and genealogical histories of Glendale and area. Anyone searching their ties to the Glendale area can be assisted by one of our members, or inquiries can be made by contacting culturalcentre@yahoo.com.

The Glendale C@P site is also located in the Father John Angus Rankin Cultural Centre, giving visitors an opportunity to connect with friends and family during their travels. The C@P site offers workshops and cyber camps throughout the summer, as well as tutoring. You may also make contact for one-on-one assistance sessions on technology questions or help on program usage. Printing, photocopying and scanning are other formats offered.

In addition to technical access, traditional crafts workshops are held at the centre, particularly weaving, with looms available for those tempted to try their hand at this ancient skill.

Photos, artifacts, and history displays can be seen throughout the building, and a gift shop offers locally made crafts, hats, booklets, CDs, Wally Ellison photos, and Cape Breton books. Second-hand books are for sale at reasonable prices.

Kitchen Ceilidhs

Starting June 1st through September, the Father John Angus Rankin Cultural Centre in Glendale will be hosting kitchen ceilidhs every second Wednesday at 7 pm (June 1st, 14th, 28th; July 11th, 25th; Aug. 8th, 22nd; Sept. 5th and 19th). The musicians will vary with each kitchen ceilidh. Admission is by donation, and includes a light lunch to follow.



CREIGNISH

Celtic jam sessions popular in Creignish



Starting May 26th the bi-weekly Celtic Jams will be held at the Creignish Community Hall. The popular sessions are held Thursday evenings with an invitation extended to residents and visitors to join in if they have an instrument or song to contribute, or to just sit back and enjoy the music. Average attendance has been roughly ten musicians including fiddlers, guitarists, pianists, pipers, as well as large, appreciative audiences. The tunes usually end at 10 pm.

CREIGNISH BI-WEEKLY CELTIC-JAM SESSIONS

Doors open at **7 pm**, music starts around **7:30 pm**,
with free tea and oatcakes after **8 pm**.
free-admission (donations appreciated).

May 12th & 26th, **June** 9th & 23rd,
July 7th and 21st, **August** 4th & 18th,
September 1st, 15th, 29th, **October** 13th & 27th,
November 10th & 24th, **December** 8th & 22nd.

CREIGNISH "ALL-AGES" SQUARE-DANCES

Friday September 2nd, 8:30 pm-11:30 pm,
with **Howie MacDonald & Mac Morin**.
8 pm "dance demo & workshop" (free)
adults-\$8, youth-\$4, under 12-free

Friday, October 7th, 10 pm-1 am,
with **Kinnon & Betty Beaton**.
9:30 pm "dance demo & workshop" (free)
adults-\$8, youth-\$4, under 12-free

Ceilidhs every Sunday - Celtic Music Interpretive Centre

The Celtic Music Interpretive Centre operates year-round with Sunday afternoon (2-5 pm) ceilidhs. Each Sunday afternoon, some gifted Cape Breton fiddler has entertained local music enthusiasts through some bitter winter months, and these fiddlers will continue to entertain all comers this summer — admission \$8, children under 12 free.



JUDIQUE

The village's annual summer festival, Judique on the Floor Days, evokes something of the reputation that Judique has enjoyed for generations for the strength and courage of its men. At dances in various community halls, the cry would often be heard, "Judique on the floor. Who's going to put her off?" It was a boast and a challenge, and in most cases (according to Judiquers anyway) nobody could put them off the dance floor.

While today's dances are of a kinder, gentler nature, the people of Judique enjoy evoking the past by naming their annual festival and its associated dances with that proud motto, Judique on the Floor.



Judique's Celtic Cemetery Trail Hike

- by April MacDonald

The Celtic Cemetery Trail hike is a testament to the pioneers that settled the area.

Located next to the Celtic Music Interpretive Centre is a beautiful hiking trail where you begin in present day and hike to the pioneer past.

The natural beauty of the trail system paired with the stillness and peacefulness of the cemetery is an experience that everyone should take in.

Celtic culture is thriving in this region. This exceptional trail system meanders along the coast and provides first-class trail experiences for bikers, hikers, runners, quadders, skiers, snowmobilers and horse-back riders.

The hiking trail is perfect for the young and old, for the two-legged as well as the four-legged.

Follow this trail through the cemeteries, new and very old, through wooded areas and down

to the beach where oftentimes you'll discover a

bagpiper playing with the salty wind at his back. The hike takes you near the location of the original church which stood, so it is told, close to the ocean's shore, most likely near to where the pioneer graveyard was unearthed. In the early 1900s the church had burned to the ground.

In 1924 the cornerstone of the new stone church was laid. St. Andrew's Catholic Church, the large stone structured church, is the oldest Catholic parish developed by Highland Scots on Cape Breton Island.

The stones were moved by horse and sled, the beautiful stained glass was donated by parishioner and the Alter of marble came all the way from Italy.

*They are sea people, the pride of the land,
Strong of the spirit and rough of the hand.
Sea people the waters command
From the rocky old steeds on the strand.*



JUDIQUE ON THE FLOOR DAYS

MONDAY, AUGUST 8TH

8 pm - Bingo at Judique Community Centre

WEDNESDAY, AUGUST 10TH

Dusk - Community Spot Light, Judique Recreation Association (JRA) Grounds, Adult Supervised

THURSDAY, AUGUST 11TH

9:30 pm - Minute to Win It (9 pm-pre-register Teams of 2) Judique Fire Hall

10 pm - Pub Night, Judique Fire Hall

FRIDAY, AUGUST 12TH

9 am - Registration for Kids Ages 4-12, \$2

10 am - Track & Field Events (100m, 400m, Long Jump, High Jump, Softball Throw), JRA Grounds (Soccer Field) Canteen

9 pm - 12 am - Outdoor Family Kitchen Party, JRA Grounds (Tennis Courts) Local Traditional Music, Beer Garden, Adm \$10, Under 12 Free, Gov't IDs Requested

SATURDAY, AUGUST 13TH

8 am - Registration Cedric MacDonald Memorial Road Race, Judique Fire Hall, Race Starts at 9 am

Time TBA - JC Royals Rookie Baseball Tournament, Judique & Creignish Ball Field

12 noon - Parade

1 - 3 pm - Children's Games, Photo Booth, Minute To Win It, Canteen, BBQ, JRA Grounds

3:30 pm - Duck Race, Rankin's Brook, Steak Dinner BBQ, Judique Fire Hall, Take Outs Available, \$16

10 pm - 1 am - Outdoor Adult Dance, Music TBA, \$20, JRA Grounds

SUNDAY, AUGUST 14TH

2 - 5 pm - Kintyre Farm Outdoor Scottish Concert, 320 River Denys Road, \$10

On Sunday afternoon, August 14th, Judique is the location of one of Inverness County's finest outdoor concerts, the Kintyre Farm concert.



Kintyre Farm annual scottish concert.

Kintyre Farm, set in a farm field that feels almost enchanted, offers a lineup of fiddlers, dancers, singers, guitarists and usually a Gaelic choir, all of whom will share their talents to make this afternoon a memorable one. The Kintyre Farm Annual Scottish Concert closes out a week of activities that comprise Judique on the Floor Days.

Besides showcasing Cape Breton talent, the Kintyre Farm concert is a fund-raising effort for the Judique Community Centre which has its own cultural purpose. A multi-purpose community centre constructed with professional-grade kitchen facilities and ample parking, hosts local events such as wedding receptions, dinners and gala events on the western side of Cape Breton Island.

Celtic Colours venue

Each October, the Judique Community Centre hosts two popular events on behalf of the Celtic Colors International Celtic Music Festival. It is the location of a special gathering of fiddlers during the festival, as well as the presenter of the extremely popular Guitar Summit, which features a showcase of some of the finest Celtic guitarists in the world.



Judique Community Centre is a multi-purpose community centre serving Judique and the surrounding communities in Inverness County, Nova Scotia, Canada. We are the most popular facility for wedding receptions, dinners and gala events on the western side of Cape Breton Island. We feature a fully-equipped professional-grade kitchen facility and ample parking. Judique Community Centre has been the host to Celtic Colours fiddle night as well as the Guitar Summit. We host Mom and Tot's weekly, senior's exercise group, summer bingos, guitar summit, KOC brunches, just to name a few. We have a fabulous mezzanine room used for various group meetings, as well as corporate meetings. Catering can be provided.

The Judique Community Centre is located along the famous Ceilidh Trail which is the breathtaking coastal route to the Cabot Trail. We are situated at one of the entry points to the fabulous Celtic Shores Coastal Trails, which are perfect for walking, biking, and accessing a beach area. We are right next door to the one and only Celtic Music Interpretive Centre and across the street from the community garden.



Follow us on facebook!

902-787-2434



Sunday August 14th 2:00 - 5:00 p.m.

Judique Outdoor Scottish concert held at Cape Breton National Stage "Kintyre Farm" located on the River Denys Road in Judique.

We offer a fun-filled afternoon with lots of the famous Inverness County fiddlers, piano players, singers, step-dancers and Celtic dancers.

This is a perfect way to close out Judique on the Floor Days.

Lots of free parking, canteen and public washrooms.

Pack a blanket or chair and head for this fun-filled afternoon



Buddy MacMaster Fiddle Camp

OCTOBER 10TH-14TH



Each October the Celtic Music Interpretive Centre welcomes students from all over the world to the Buddy MacMaster Fiddle Camp, a week-long camp offered at the Celtic Music Interpretive Centre during the week of the Celtic Colours International Festival. The camp allows students the chance to study with two Cape Breton fiddlers each day, for a total of ten different instructors over five days, each instructor having their own unique style of Cape Breton fiddle playing.

Classes are aimed at intermediate and advanced players who wish to further their skills and learn the Cape Breton style of playing from some of Cape Breton's most respected fiddlers. During the lunch break each day, students will enjoy a ceilidh featuring the two instructors from that day as well as guest musicians. A jam session, open to all musicians and skill levels, also takes place each day after classes, allowing students to play together along with other musicians who frequently drop in at the sessions.





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PORT HOOD

Port Hood was first settled by United Empire Loyalists in the 1780s

The Scottish migration of the early 1800s brought more settlers, and by 1818 there were 170 people living in the village, one-half of whom were Scottish, the rest Irish or Loyalist.



The community experienced a boom period from 1880 to 1910 as coal mining, fishing and marine trade flourished. An explosion in 1908 closed one of the mines, and the other was flooded and closed in 1911. A devastating fire in July of 1942 wiped out much of the town's business district.

Port Hood (pop. 710) is the fourth-largest community and county seat of Inverness County. The village has stores, restaurants, accommodations, post office, bank, liquor store, service stations and public wharf. There's a beach in town with a picnic area and supervised swimming. Today Port Hood is a service centre for the surrounding farming and fishing communities and is a popular stop for visitors touring the Ceilidh Trail.

A cairn in the village honours native son Sidney Earle Smith (1897-1959) who distinguished himself in the fields of law, education and politics and who was one-time Minister of External Affairs for Canada.

Port Hood Harbour

Site of historic confrontation over US, British flags

Port Hood, shire town of Inverness County, is located along the shore of the Gulf of St. Lawrence, and that ocean atmosphere permeates the small village. Throughout the summer the sandy shorelines, with five stunning beaches, one of which offers lifeguard services through July and August, give residents and visitors alike a refreshing swim.

But Port Hood's beaches are just the beginning of a memorable discovery of this historic village where, during the mid-1800s, hundreds of ships plied their trade in and out of the harbour. Historian John L. MacDougall in his 1921 *History of Inverness County* tells readers that "fifty-five years ago, this writer remembers counting two hundred sail of the fine American and Maritime fishing fleet, riding restfully at anchor in the harbour at Port Hood..."

It may be of interest to American visitors to learn that during this period so many American ships were trading at Port Hood that one merchant violated the protocol regarding national flags, running the Stars and Stripes above that of the then governing nation's flag, the British Union Jack. The British Navy needed to send a warship in to enforce the proper protocol. That once-vibrant harbour vanished with the erosion of a neck of land that linked the mainland village to what is now Port Hood Island, just offshore.

While shipping may have declined, the fisheries thrived, and today, at Murphy's Pond, during lobster season a fleet of local boats lands catches daily. During the summer months, crab fishermen land their quotas daily on Murphy's Wharf, and later in the season when the tuna are running, tuna fleets bring in many of the large fish, most destined for the Japanese market.

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Sunset Sands RV Park

offers rest, relaxation, or lots to do



The community-owned Sunset Sands RV Park is located across from the Al MacInnis Sports Centre, the heart of summer activities in the village, and next door to a beautiful beach, just a comfortable chair away from a beautiful sunset, and a swimming pool for parents wanting to keep a closer eye on their children. The RV park has 72 full-service sites with 50 and 30 amps of power, satellite TV hookup, and free wi-fi access. It also offers 12 tenting sites, and is open May 20th to October 10th with seasonal and monthly rates. Rental RVs are available. From mid-June to mid-September, guests have complimentary use of a pool complex across the road (Wharf Road), which has adult and children's saltwater pools.



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www.sunsetsands.ca

Port Hood Day Park offers rest, recreation

The Port Hood Day Park may be a welcome opportunity to relax or to explore the bordering shore. Located just as you arrive at Port Hood, the day park gives visitors a chance to rest while taking in the beauty of the setting which includes a fine view of Port Hood Island across the natural harbour between the park and island.

The day park is furnished with covered picnic tables for eating, studying maps or just staring around. From the edge of the day park, too, a long, interesting boardwalk spreads across the sensitive dunes, providing a chance to stretch one's legs or use one's camera (or cell phone or Blackberry or other recording devices).



The park borders and offers easy access to a sandy beach.



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CHESTICO DAYS SCHEDULE

MONDAY, AUGUST 1ST

10 am - Co-ed Ball Hockey Tournament, Tennis Court at the Al MacInnis Sports Centre Grounds

TUESDAY, AUGUST 2ND

8 am - Golf Tournament, Shotgun Start, Dundee \$90, followed by BBQ Steak Dinner at the Arena
6:30 pm Sunset Yoga, Wine and Cheese, \$20

WEDNESDAY, AUGUST 3RD

12 pm - Sand Sculpture Competition, Court House Beach (Registration at Noon), Judging 4 pm, BBQ & Prizes
7 pm - Concert Under The Stars, Al MacInnis Sports Centre Grounds

THURSDAY, AUGUST 4TH

10 am - Co-ed Softball Tournament, Port Hood Ball Field, Pre-registration Required \$20/player
4 pm - Lobster Supper, Al MacInnis Sports Centre, \$25, Take Out Available
7:30 pm - Ceilidh, Chestico Museum, Tea, Adm: \$5, Under 12 Free

FRIDAY, AUGUST 5TH

2 pm - Children's Activities, Teddy Bear Picnic (Bringour Bear), Al MacInnis Sports Centre, Adm \$5
2 pm - Entertainment, BBQ, Port Hood Co-op Parking Lot
6 pm - Harness Racing, BBQ, Entertainment, Bounce for Cash, Beer Gardens, Port Hood Race Track, Irish Road
10 pm-2 am - Traditional Square Dance, 'Ashley MacIsaac & Friends', Al MacInnis Sports Centre, (19+) Adm: \$20, Gov't ID's Requested

SATURDAY, AUGUST 6TH

9 am - Pancake Breakfast,

St. Stephen's Jubilee United Church Hall, Adults \$9, Children \$6

- Alfred Reynolds Road Race & Fun Run/Walk (all ages), Port Hood Fire Hall, Registration 8-9am, \$10 Road Race, \$3/Individual or \$10/Family Fun Run/Walk(2km)

11 am - Street Parade

12:15-3 pm - Chicken BBQ Dinner, Hotdogs for Children, Port Hood Fire Hall
- Sausage/Hot Dog BBQ, Pop, Water, Al MacInnis Sports Centre Grounds

- Family Entertainment, Bounce-A-Rama, Bounce Kingdom, Rides, Al MacInnis Sports Centre

10 pm - 2 am - Adult Dance, 'Shameless', Al MacInnis Sports Centre (19+) Adm:\$20, Gov't ID's Requested

SUNDAY, AUGUST 7TH

1 pm - Boat Parade
9:30 pm (Dusk) - Fireworks, Old Government Wharf



PORT HOOD TRIATHLON

On Saturday, August 13th - Port Hood Kids Triathlon where youngsters age 4 to 16 take part in the swim-bike-run event. The start time is 9 am.

On Sunday, August 14th, the TD Wealth Port Hood Triathlon gets underway at 8 am.

Both events start at the Al MacInnis Sports Centre.

For further information contact
Dayna MacDonald at:
dayna_macdonald@hotmail.com



THE ANNUAL LOBSTER PICNIC JULY 9TH

The annual Port Hood Lobster Picnic is a family affair that offers more than delicious lobster or a feed of fishcakes and beans. There will be entertainment on the outdoor stage at the Al MacInnis Sports Centre throughout the day. There will be children's activities and boat tours throughout the afternoon. For adults, there will be a beer garden.

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single and family dinners

Chestico Museum hosts Strawberry Social



On the afternoon of **Sunday, July 17th**, the Chestico Museum will host a Strawberry Social. Go out and enjoy some good company.

CHESTICO MUSEUM

This museum is located in Harbourview, 3 miles south of Port Hood on Route 19. Operated by Chestico Historical Society, it is a general museum reflecting the history of Port Hood. On display are local artifacts, furnishings and objects from 1860 to 1925.

OPEN

Monday-friday: 9 am - 5 pm Saturday: 12 am - 4 pm

Not open sundays

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MABOU



MABOU CEILIDH DAYS

FRIDAY, JULY 15TH

TBA Ball Hockey, Mabou Athletic Centre, \$5/Entertainment
7 pm Boat Parade from Mabou Harbour to Mabou Marina

SATURDAY, JULY 16TH

9 am Hugh Arnold Campbell Road Race
12 noon Street Parade
1 pm Children's Games, Milling Frolic, Tea, Beer Garden, Outdoor Entertainment, Washer Toss Tournament, Mabou Athletic Centre
TBA Pub night, Mabou Athletic Centre

SUNDAY, JULY 17TH

11 am
-2 pm Farmers Market, Mabou Athletic Centre
TBA Mary Lorette Dinner, Mabou Community Hall
TBA Lucky Duck Race — Starts at David MacMillan's Farm in Glendyer to the Mabou Bridge
TBA Gala Concert, Mabou Community Hall

An Drochaid Bridge Across Time



The local museum, *An Drochaid* or Bridge Museum, operated by the Mabou Gaelic and Historical Society, is an active centre, and “bridge” is an aptly chosen name, bridging as it does the past and the present, presenting the vibrancy of the former through narrations and talents of the latter. A visitor to the museum will see a locally made quilt, the work of several women, called “Memories of Mabou” because it depicts the industries of the area in past years and in the present. One should also see the pieces of woven material from the Glendyer Woolen Mills, which were established in 1848 a few miles outside the village.



Tuesday Night Ceilidh

A weekly summer ceilidh is held each Tuesday evening in the Mabou Community Hall on the village's main street, giving residents and visitors an opportunity to hear some excellent musicians perform. With fiddler Karen Beaton, accompanied by pianist and ceilidh co-host Joey Beaton, the evening also showcases one or more of Inverness County's finest fiddlers. Joey's knowledge of the history of the music is a source of memorable information.

Mabou Sailing Club

The Mabou Sailing Club is excited to be in a position where they can now offer sailing lessons to adults and kids, including visitors to the Mabou area. Mabou Sailing Club is an active member of the Nova Scotia Yacht Association and a registered non-profit society. The club is located at the "The Point" on Mabou Harbour Road on the outskirts of Mabou. For further information please check out the website at: www.mabousailing.com.



The Red Shoe Pub



From its inaugural opening in the 1990s the Red Shoe Pub in Mabou instantly became a Cape Breton cultural institution, a reputation that remains today and continues to grow. It is a place where live music is as much a part of the interior decorating as the archival photographs and welcoming atmosphere.

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MABOU HOME TO CHIMNEY SWIFTS

- by John Gillis

In addition to being a place of worship, St. Mary's Parish Church in Mabou is home each spring and summer to chimney swifts.

The Mabou roost is one of only 10 sites known for the swifts in Nova Scotia according to Allison Manthorne of Bird Studies Canada in Sackville, New Brunswick. Mabou is the only site in Nova Scotia known east of Pictou County.

There are only 10 known sites in New Brunswick as well and none reported in Prince Edward Island. Manthorne says there were likely hundreds of chimney swift roosts in both Nova Scotia and New Brunswick just decades ago.

The chimney swifts usually arrive in Nova Scotia in late May and are usually gone by the end of August when they return to winter in South America.

Bird Studies Canada is "the leading national charitable

organization dedicated to bird science and conservation in Canada. With assistance from the Municipality of the County of Inverness and Environment Canada's EcoAction Community Funding Program, Bird Studies Canada is leading a two-year project to promote chimney swifts as a tourism asset in Mabou."

According to Manthorne, "bird watching is one of the fastest-growing hobbies in North America. The 2012 Canadian Nature Survey found that more than two thirds (70 per cent) of Canadian adults chose to spend time outdoors in order to experience nature, and almost half (47 per cent) of Canadian adults travelled to experience more nature."

If you find yourself in Mabou near dusk during the summer you might try to catch a glimpse of the chimney swifts as they gather to enter the steeple of the St. Mary's Church.



COME EXPERIENCE MABOU'S KINSHIP PLACE PLAYGROUND

The community of Mabou came together in recent years for a work party and built Kinship Place, a beautiful modern playground on the grounds next to The Mabou Arena/Athletic Centre. The playground was built and named in loving memory of a young mother from the community, Tracey MacDonell-MacDougall (1975-2010).

"The faith, hope and love that Tracey personified in her all-too-brief time with us helped spark a contagious community spirit that has made Kinship Place a reality," says the plaque memorial dedicated to Tracey at Kinship Place.

The playground is a very popular destination in summer when the Mabou Farmers Market is held inside the Mabou Arena.



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Upcoming Programming

June 19 | Men of the Deeps

July 18 & 25 & August 1, 15 & 22

A Strathspey Production: BRÌGH

August 3 | Woodstock

August 5 | Route 19 Cinema Matinee

August 7 & 8

Cape Breton Summertime Revue

August 26 | Route 19 Cinema Night

Sept 4 | Old Fashioned Variety Super Concert

October 5 & 6

A Strathspey Production: SIN AGAD AN DOIGH

October 11 & 12 | Celtic Colours

BRÌGH

RETURNING TO THE STAGE, Strathspey Place Productions will showcase a 5-week summer series of **Brìgh**. Taken from the Gaelic word meaning "essence" or "energy," **Brìgh** will feature music, dance, stories and humor that is unique to Gaelic Nova Scotia. The energy of this Summer Series, running July & August, will be brought alive by young, talented Inverness County up and coming Gaels.



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Mabou, Nova Scotia
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STRATHSPEYPLACE.COM

MOTHER OF SORROWS SHRINE; A QUIET REFLECTION

People come from all across the globe to visit this sacred site.

The Mother of Sorrows Pioneer Shrine is devoted to Mary, Mother of Sorrows.

The little church was originally built as a memorial to the pioneers of the area and was moved to the man-made hill where it rests today.

The site was dedicated by the Bishop as a shrine to the Mother of Sorrows and to the pioneers who settled the area.

"We remember our pioneers through the love of Celtic music, beginning with the bagpipes and ending with the fiddle," says Shrine board member and municipal councilor Betty Ann MacQuarrie.

Tour busses are a common fixture to the Shrine; they travel from all across North America to visit the historical church, to pray and to pay respects to Mary, Mother of Sorrows.

Two priests sit on the Shrine's board; they are Fr. Angus Morris and Fr. Bernie MacDonald. Other members include Sister Claire Beaton, Board Chair Edgar Cormier, Ken Vacon, Rita MacDonald, Dan Archie Cummings, Marcella Doucet and Betty Ann MacQuarrie.

The Mother of Sorrows Shrine has a tourist centre with a gift shop; they have also reproduced a new brochure this year for visitors coming to the Shrine.



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Trails: Exploring in and around Mabou

- Celtic Shores Coastal Trail -

Mabou Rivers Trail Section

"The trail opens up and meanders alongside the South West Mabou River for several kilometres. This section of the trail is pretty in all seasons, suitable for walking, biking, cross country skiing, and snowmobiling. Some of the meadows adjacent to the trail here were once valuable farmland for numerous homesteads founded on the upland side of the trail. The combination of river, meadows and woodlands makes for an abundance of wildlife and interesting vegetation." *Nadine Hunt*

West Mabou Beach Provincial Park

Located on Colindale Road, West Mabou, is a natural environment park with public access to a beautiful sandy beach and dune system at the mouth of Mabou Harbour. The park also consists of old farm fields and marshes, with several walking and hiking trails and a picnic

area. The West Mabou Beach is the only public access beach in the Mabou area with ample parking. Change houses and pit toilets and a small interpretive site can be found at the beach head.

Cape Mabou Trails

"Using old roads and trails in this area, the Cape Mabou Trail Club has built a well-maintained and well-marked trail system that offers tremendous views and a considerable variety of terrain from easy walks to very strenuous hikes, along coastal trails, up and down the many mountains, and through the forest." - *Victor Maurice Faubert*

MacFarlane Woods Nature Reserve

MacFarlane Woods Nature Reserve protects an excellent example of a rich, old-growth sugar maple, yellow birch, beech forest. It also hosts rare plants. It is located on Mabou Ridge above the Mull



West Mabou Beach

River Valley. Hills and valleys are the natural landscape. The hardwood forest of MacFarlane Woods is part of a virgin stand. The old-growth forest is surrounded by a variety of early succession stands which are utilized to promote natural history education for visitors.

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photos by robert willson

CAPE MABOU HIGHLANDS 3 PEAKS CHALLENGE

THREE MOUNTAINS, ONE DAY, ONE LOCATION

WHEN: August 27th

Registration Check-in: 8:30 am Start Time: 9 am

WHERE: Mabou Coal Mines

Starting at Mabou Post Road Trailhead
(Cnoc Aitein/"Sandy's Hill")

HOW: Register Your Team \$100/team

To Register Online Go To: www.capemabouhiking.com

DEADLINE: August 13th, 2016 Limit of 25 Teams

Hike for fun at your own pace in teams of 4 people. This hike will take you along beautiful ocean view and woodland wilderness trails. For more information email capemabou@gmail.com or call 902-623-0388 or 902-787-3508. Check Facebook Cape Mabou Trail Club for updates.

IN PARTNERSHIP WITH

**CAPE MABOU TRAIL CLUB AND INVERNESS COUNTY
DEPARTMENT OF RECREATION AND TOURISM**

Directions to the Mabou Post Road Trailhead:

From the village of Mabou turn west off Route 19, go past the church and over the bridge following the pavement left along the north shore of the harbour inlet for 3 km before slowing on an S curve, make a right turn on the gravel road marked Mabou Mines. Follow this road 6 km where the road opens to sweeping ocean view and Finlay Point harbour. Past the harbour continue 1 km descending the narrowing land to the Mill Brook bridge. Signs indicate parking near this bridge, and there are also several spaces ahead just up the hill next to the trailhead sign.



CEILIDH ON THE WHARF

Mabou Coal Mines

On Sunday, August 14th, a ceilidh happens on the Mabou Coal Mines wharf from 1 to 4 pm

While the ceilidh itself is a music-filled attraction, it is also one of the most beautiful side drives visitors can take into a stunningly beautiful landscape/seascape.



To Get There: Take the Mabou Harbour Road off Route 19 (beside the Mabou museum) and follow the signs. Fun and food and fine music await you at the end.

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www.mabouriverinn.com

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Nestled at the foot of the Mabou Highlands is the Glenora Distillery, a single malt whisky distillery. The distillery offers tours, as well as providing accommodations and fine dining. It is also a popular location for catching some of the County's traditional musicians.

The Glen Breton Toast

So the word is now out for all to see
A single malt from this side of the sea
A lowland taste, or a highland smile, or the tang of the sea,
Like a malt from the Isle

These secrets reside in the walls of the cask,
And those bouquets and flavours are with us at last.
Ten years in a complex of oak and of smoke,
Now we reach for the glass, For the cask has awoke

And we'll toast with Glen Breton,
With more than a dram,
For the dream of Glenora has captured our land
From the shores of Cape Breton to our mountainous west



Canadians now toast with
their very own best
Glen Breton

By
Bryan Finlay

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MacDonald House Museum



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Nova Scotia*



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sparkling water. With a large parking area, picnic site and
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Scotsville School of Crafts keeps traditions alive



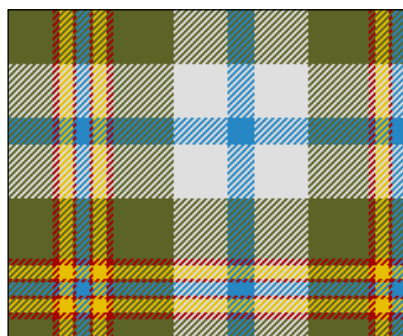
**Overshot Patterns exhibit
at School of Crafts**

The main objective of the Scotsville School of Crafts is to perpetuate the traditional Celtic handcrafts while incorporating the most modern methods and techniques.

The Lake Ainslie Weavers and Craft Guild is also compiling a body of documents on all textile weaving in Inverness County. The highlight of its collection is a magnificent exhibit of overshot samples created by Florence Mackley which is currently on display, courtesy of her niece, Brenda Hart Timmons of Margaree. There are 35 mounted pieces with name plaques in the Mackley exhibit, as well as some framed vintage patterns.



A sample of woven scarves



The Lake Ainslie tartan

BLUE for the water, the sky above and the blueberries that grow/ **WHITE** for the cross of St. Andrew, the Barite and the snow **GOLD** for the clean sandy beaches and the rising of the sun **RED** for the beautiful sunsets which are second to none. **GREEN** for the mountains, spruce and pine, as proud and tall they stand/ And the grass that blows in the wind like waves upon the land.

When settlers came from Europe's shores so many years ago, they brought with them a pride and strength that's not seen anymore. They faced the harsh cold winter storms, had many hungry days. They lived by faith and fear of God and strict religious ways. This TARTAN, that we weave today, pays tribute to the old. The flag they left, the shores they found, this HERITAGE is told.

*Composed in 1985 by
Vincent Smith, Allan MacMillan and
Verna MacMillan.*

*Designed by Verna MacMillan and
registered at the Scottish Tartans Society,
in Comrie, Scotland, in 1985 on the
occasion of Cape Breton's Bicentennial.*

LAKE AINSLIE FIREMEN'S CEILIDH DAYS

July 5th-9th • Scotsville •

JULY 5TH 7:30 pm

• Family Magic Show

JULY 6TH 7:30 pm

• Merchandise Bingo

JULY 7TH 8 pm

• Pub Night, 'Country Cowboys

JULY 8TH 4:30-6 pm

• Maraghs & Ham Supper

JULY 9TH 12 pm

• Parade, Fun & Games, BBQ,

• Klutzy The clown, Bake Sale

4-8 pm

• Beer Garden(19+)



LAKESIDE IMPRESSIONS School of Crafts hosts workshops during Celtic Colours

There's more than the weaving of colours into clan tartans going on at the Scotsville School of Crafts once the leaves of summer change into their autumn. The school becomes part of the Celtic Colours International Music Festival, taking place this year October 7th-15th.

While nightly concerts are performed across Cape Breton, throughout the day the island is alive with workshops and demonstrations, and the Scotsville School of Crafts is one of the centrepieces of this activity.

Find their schedule of events in the Celtic Colours guide or log on to the school's website: www.scotsvilleschoolofcrafts.ca/ and you will find yourself making pleasant choices.

Each October, the Scotsville School features an exhibit of arts and crafts that range from fine paintings to weaving woven to awe. Each day during Celtic Colours the exhibit is open to visitors.

Also, each day offers a new Celtic experience such as weaving demonstrations, hands-on spinning demonstrations, Celtic walks with a distinctive Gaelic accent, square dancing lessons, a milling frolic, painting workshops and much more.

**The
Lake Ainslie
Weavers &
Craft Guild**

**INVITE YOU TO VISIT THE
SCOTSVILLE SCHOOL OF CRAFTS**

& C@PSITE

www.scotsvilleschoolofcrafts.ca

OPEN BY APPOINTMENT ONLY

IN SCOTSVILLE, NS

Verna 902-258-2278
Peggy 902-248-2520



WHYCOCOMAGH

Whycocomagh is Cape Breton's hub

- by Rankin MacDonald

If you were looking for a living Visitor's Information Centre for the Whycocomagh area you would look no further than retired school principal Burton MacIntyre.

Often called Mr. Whycocomagh, there are few organizations he hasn't belonged to, and if there is something to do or a great place to be then Burton knows all about it.

It was Burton who was the father of the Whycocomagh Summer Festival, the person who kept it running and vibrant for decades until he trained the younger generation to follow his well-worn footprints.

When you ask him how he is, he always answers, "Excellent."

Burton points out that the community of Whycocomagh is a hub for the rest of Cape Breton.

It has four restaurants which can seat a total of 150 people at a time; it has motels, markets, businesses, a wharf, a beautiful waterfront centre, a school and two churches.

It has everything you need as a traveler, but as Burton points out you can drive an hour and a half to any major Cape Breton attractions and set Whycocomagh as your base.

Surrounding Whycocomagh are hiking trails that take you into its mountains and this trail, part of the Trans Canada Trail slated for completion in 2017, also includes the Blue Wave which is the water-trail which was every bit as important as the land trails to our pioneers.

"In the summer, there is always something happening, Burton said. "Our inland sea (Bras d'Or) must be part of the Musical Coastline."

The Race for the Cape run may make Whycocomagh part of its tour in 2018.

The "hidden gem" of Whycocomagh is its park which runs up in the mountain and across the road down to the lake.

It is one of the most beautiful campgrounds anywhere, open, clean and surrounded by the beauties of nature.

Summer in Whycocomagh is topped off by the Whycocomagh Summer Festival, a week of family fun activities that has music, July 11th to 17th culture and fun for everyone who loves to enjoy spending time with a welcoming people and visitors looking for a peaceful way of life.



If you want to kick up your heels there is a fiddle and a dance close by. The season in which we welcome visitors culminates in Whycocomagh during Celtic Colors in October where there are cultural workshops and one of the best Celtic concerts you'll ever attend.

Whether it is the mountains, the lake or Keltic Quay, Whycocomagh has something unique to offer our summer and fall visitors.

If you hang around long enough you can enjoy Christmas in the Village, another festival not to be missed.

Burton has more step-dancing miles on him than any other Cape Bretoner, so when he says there is fun in Whycocomagh (Head of the Waters in Mi'kmaq) you can take that to the community's bank. **Excellent!**

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PHONE 902-756-2314



Home

building centre

Whycocomagh Home Building Centre

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SEE PAGE 23 FOR DETAILS

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(counter clockwise)

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902-756-9042



Morley Googoo, regional chief of the Assembly of First Nations, Grand Chief Ben Sylliboy of the Mi'kmaq Grand Council and Chief Rod Googoo of We'koqmaq (Waycobah).



A yurt located at the Whycocomagh Provincial Park which is available for rent throughout the summer season.

WE'KO'KMAQ

The Waycobah community members enjoy a long history of pride in their heritage, while keeping pace with the challenges of the present. Today's Waycobah is a thriving community with a state-of-the-art school and health centre, private businesses that cater to Cape Breton Island tourists and local residents, and a vibrant cultural environment.

The Mi'kmaq continue to preserve their culture and the ways of their ancestors. This tradition can be seen in their leather work, intricate basket weaving, and beautiful beadwork.

Tradition is also kept alive through legends like that of the Mi'kmaq hero, Glooscap who, the story is told, climbed to the top of Salt Mountain to survey his domain and oversee his people. He saw that his enemy, Beaver, was causing trouble amongst the tribe below.

CHURCHES

Holy Trinity Parish 902-756-3005
Little Narrows Presbyterian 902-756-2066
St. Andrews Presbyterian 902-756-2669

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Whycocomagh, NS

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www.fairislemotel.com

Thursday Night Jam Sessions

Every Thursday evening at 7 pm local musicians will be hosting a jam session in at the Whycocomagh Waterfront Centre. Performers, musicians, singers and music fans gather for a two-hour session, along with time for tea. The jam session is open to anyone who wants to bring along a guitar or other instrument and a favourite song or two.

WHYCOCOMAGH
NSLC AUTHORIZED AGENT

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Whycocomagh

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WHYCOCOMAGH SUMMER FESTIVAL - July 11th - 17th

MONDAY, JULY 11TH

10 am-12 pm - Gaelic for Tots (5 & under) Cameron Hall, No Admission

6-7:30 pm - Family Movie Night, Cameron Hall, All Ages, Bring Stuffs & Blankies, No Admission

TUESDAY, JULY 12TH

10 am-12 pm - Gaelic for Children (5-12), Cameron Hall, No Admission

12-3 pm - Public Swim, Fair Isle Motel, Parental Supervision Required, No Lifeguard / Washroom Facilities, (12 & Under)

2-4 & 7-9 pm - Silent Auction, St. Andrew's Presbyterian Church Hall, Pick-up July 14th

6-7 pm - The Seek & Find Club, Cameron Hall, ages 4-12, No Admission

7 pm - Yoga on the Back Deck of Waterfront Centre, Adm: \$5

WEDNESDAY, JULY 13TH

10 am-1 pm - Traditional Gaelic Foods, Cameron Hall, No Admission

2-3:30 pm - Strawberry Shortcake Tea. Masonic Lodge, Adm: \$5

8-11 pm - Family Square Dance, Whycocomagh Waterfront Center \$5/\$20 per family

THURSDAY, JULY 14TH

9 am-12 pm - Gaelic Hike for All Ages, Cameron Hall, No Admission

12-3 pm - Public Swim, Fair Isle Motel, Parental Supervision Required, No Lifeguard/ Washroom Facilities (12 & Under)

6 pm - Waterfront Activities, Whycocomagh Waterfront Centre, Canoe Races, Chipping Contest, Market, BBQ, Men's/ Women's Doubles (Canoe Races With Two in a Canoe)

FRIDAY, JULY 15TH

10 am - Golf Tournament, Big Baddeck, &75/Person, \$300/Team, BBQ & Social at the Whycocomagh Waterfront Centre Info: www.hogoma.ca

2-4 pm - Gaelic Milling Songs, Cameron Hall, All Ages, No Admission

3-4 pm - Teddy Bear Picnic, Whycocomagh Provincial Park, If Rain - Fire Hall, Bring Own Bear

7 pm - Milling Frolic, Cameron Hall, Adm: \$7 Children: Free

7-9 pm - Chase the Ace - Whycocomagh Fire Hall, 19+

10 pm-2 am - Pub Night, Whycocomagh Lion's Hall, Adm: \$10, 19+ Gov't ID's

SATURDAY, JULY 16TH

Time TBA - Ball Tournament (Lob Ball), \$250/Team, Contact Jessie MacLean 902-302-1708

8 am - Breakfast- St. Andrew's

Church Hall. Adm: \$7 Adults, \$5 Children, Under 5 Free

9 am - Fun Run- Skye Glen Hall (Registration 8-9 am) \$20 adults \$10 Children

12-noon - Parade, Followed by Ice Cream Social & Children's Activities, Cameron Hall

10 pm-2 am - Pub, 'Middle River Band', Whycocomagh Lion's Hall. Adm: \$10 (19+), Gov't ID's



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Pastas, Soups,
Homemade Seafood Chowder
Appetizers and Desserts

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HOURS: 11:00 A.M. - 10:00 P.M. SUN. TO THURS. 11:00 A.M. - 2:00 A.M. FRI. TO SAT.

email: vacationer@live.ca





WWW.CELTICSHORES.CA

Official Trail Maps available at
Cape Breton Island Visitor Information Centres.



WALKING TRAILS

1. Trans Canada Trail / International Appalachian Trail
2. Port Hawkesbury Trail
3. Craignore Creek ORM Park
4. Alexander Trail
5. Port Hood Boardwalk
8. West Mabou Beach & Trails
9. Cape Mabou Highlands Hiking Trails
10. MacFarland Woods Trail
11. Salt Mountain Trail - Whyccomagh
12. Bualach Breigh Trail
13. MacDonald House Museum Trail
14. Bualach Breigh Trail
15. Old Miller Trout Farm
16. Inverness Boardwalk
17. Egypt Falls Trail
18. Eagle Nest Trail
19. Sentier Minne Platre
20. Cheticamp to Margaree Harbour
21. Cheticamp Boardwalk
22. Skyline Trail
23. CBH National Park - 26 Trails
25. Meat Cove Mountain Trail Lowland Cove Trail
33. Whyccomagh Village Trail



KAYAK ROUTES

6. Port Hood & Henry Island
7. Bras d'Or - Marble Mountain / West Bay
24. Meat Cove
26. Cheticamp to Margaree Harbour
27. Margaree to Duvegan
28. Inverness to Mabou Harbour
29. Port Hood to Judique
30. Judique to Troy
31. Strait to Canso
32. Lake Ainslie Shores
34. Whyccomagh Bay - Bras d'Or
35. Southwest Mabou & Mill Rivers to Mabou Harbour
36. Margaree - Lake Ainslie Canadian Heritage River System

Awaken Your Senses

See, Listen, Breathe-in the beauty
Sounds and Scents of the
Celtic Shores Coastal Trail

OPEN DAILY
FROM DAWN TIL DUSK,
YEAR ROUND.

Use at your own risk

THE CELTIC SHORES COASTAL TRAIL INVERNESS TRANS CANADA

The Celtic Shores Coastal Trail
community trails. The major ac-
tivities listed below. The first kiosk is
Canso Causeway as you enter

92 kms - Port Hood
CB Island TCT Trailhead Pavilion
0623718 E 5056156

TRAIL HIKING INFORMATION

THE CEILIDIE TRAIL SYSTEM

22kms - Canso Canal to Cheticamp
Troy Station Trailhead
0621276 E 5060816 N

THE JUDIQUE TRAIL SYSTEM

19 kms Chisholm's Brook
Michaels Landing Trailhead
0617546 E 5083790 N

THE CHESTICAMP TRAIL SYSTEM

17 kms - Little Judique Harbour
Mabou River Port Harbour
Kiosk/Access
0614653 E 5090709 N

THE MABOU TRAIL SYSTEM

19.6 kms - Zutphen Farm Station
West Mabou Trailhead
0619675 E 5097712 N

THE INVERNESS TRAIL SYSTEM

16 kms - Blackstone to Inverness
Trailhead Kiosk

TRAIL RULES AND REGULATIONS

The Celtic Shores Coastal Trail
operational year round. Please
Expect to see the following
hikers, walkers, equestrians.
In winter you will find people
skiing, hiking, and



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ROAD CYCLING ROUTES - OFF TRAIL

Inverness County is a cyclist's dream for variety of cycling experiences both on the trail and on our roadways. We have put together a list of day or half day trips you may want to consider. While on an outing, plan to visit one of our many gift & craft shops, grab lunch at our friendly eateries, or take the time to grab a quick swim at one of our fine beaches or rivers.

Please remember that while Nova Scotia has legislated the "one meter" rule, and safe passage of highway traffic around road cyclists is mandatory, it is your responsibility as a cyclist to be cautious of road traffic and conditions, make yourself highly visible and use proper hand signals for approaching traffic. Check out these ten suggested road route outings.

1. Port Hood to Colindale to West Mabou Coal Miners & Return
2. Whyccomagh to Scottsville to Inverness and return via West Lake Ainslie
3. Inverness to Scottsville to Southwest Margaree to Broad Cove Banks Road Return to Inverness
4. Whyccomagh to Malawatch to West Bay to Dundee Return.
5. Margaree Centre to Margaree Harbour and return via Margaree Forks.
6. Cheticamp to Plateau to St. Joseph Du Moine and return
7. Bay St. Lawrence to Meat Cove and return
8. Cape Clear Look-off via Margaree, St. Joseph Du Moine or Cheticamp.
Advisable to use local guides for various route available
9. Bornish and St. Margaret of Scotland Pioneer Church via Melford
Advisable to use local guides for various route available
10. Inverness to Mabou via Cape Mabou -
*Advisable not to cycle on signed "Cape Mabou" hiking trails.
These managed trails do not permit cycling due to road access sensitivity*



C SHORE L TRAIL COUNTY'S ADA TRAIL

is comprised of five linked
ess points for these trails are
located just to the left of the
ter Cape Breton Island.

ings to Inverness
ion & Kiosk @ Canso Canal
N — 0617365 E

HEADS & ON KIOSKS

H COASTAL SECTION

isholm's Brook, Long Point
Kiosk/Access/Parking
— 0617365 E 5074458 N

QUE FLYER SECTION

to Little Judique Harbour
ad Kiosk/Access/Parking
— 0614653 E 5090709 N

TRAIL SECTION

rbour to Zutphen Farm SW
ood Station Trailhead
ss/Parking
— 0619675 E 5097712 N

OU RIVERS SECTION

W Mabou River to Blackstone
Kiosk/Access/Parking
— 0630129 E 5110225 N

ESS SHEAN SECTION

Inverness Miners Museum
/Access/Parking

ND ETIQUETTE

il is a shared use trail that is
se use the trail responsibly.
users on the trail: cyclists,
s and summer motorized.
snowshoeing cross country
d snowmobiling.

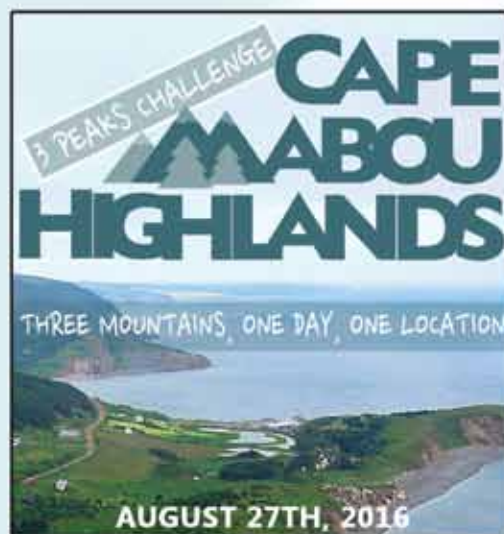


1000 Credit: Dave Maclean

INVERNESS COUNTY IS NOVA SCOTIA'S SNOWMOBILING DESTINATION REGION

INVERNESS COUNTY'S SNOWMOBILE TRAILS MAP SKETCHED JUNE 2014, WAS
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Caution



*Inverness County has a
unique trail experience for
every weekend of the year*

DISCLAIMER: While considerable effort has been made to provide accurate
information, we take no responsibility for any errors or omissions. The ultimate
responsibility for safety lies solely with the individual. MAPS ARE NOT
FOR NAVIGATIONAL PURPOSES.



CAPE BRETON SQUARE DANCES

In Inverness County

MONDAYS

9:30 PM-1:00 AM - ADULT SQUARE DANCE,
BROOK VILLAGE HALL (JUNE 27TH-SEPT. 5TH), \$8

WEDNESDAYS

8:00 PM - DANCE (JULY, AUG.), THE BARN,
NORMAWAY INN, MARGAREE VALLEY

THURSDAYS

9 PM-12 AM - FAMILY SQUARE DANCE,
GLENCOE MILLS HALL, (JUNE 30TH-AUG. 25TH)

FRIDAYS

8 PM - FAMILY DANCE, THE BARN, NORMAWAY
INN (LATE JUNE, SEPT.-MID-OCT)

10 PM-1 AM - ADULT DANCE (19+), SW
MARGAREE PARISH HALL (JUNE 24TH-SEPT. 2ND), \$8

SATURDAYS

9 PM-12 AM - FAMILY SQUARE DANCE, WEST
MABOU HALL, CANTEEN, \$8 (YEAR-ROUND)

MAY 22ND**9 PM-12 AM**

- Family Square Dance, Glencoe Mills Hall, \$8

MAY 28TH**9 PM-1 AM**

- Adult Dance, Drafted, Captain Angus L. MacDonald
Branch 132, Inverness, Free

JUNE 18TH**9 PM-1 AM**

- Adult Dance, No Filter, Captain Angus L. MacDonald
Branch 132, Inverness, Free

JULY 2ND**9 PM-1 AM**

- Adult Dance, Take 4, Captain Angus L. MacDonald
Branch 132, Inverness, Free

AUGUST 27TH**9 PM-1 AM**

- Adult Dance, Music TBA, Captain Angus L.
MacDonald Branch 132, Inverness, Free

SEPTEMBER 2ND**8:30-11:30 PM**

- Family Square Dance (all ages) Creignish Recreation
Centre, 8pm Dance Demo & Workshop (free) \$8
Adult, \$4 Youth, Free Under 12

SEPTEMBER 4TH**9 PM-12 AM**

- Family Square Dance, Glencoe Mills Hall, \$8

SEPTEMBER 24TH**9 PM-1 AM**

- Adult Dance, Music TBA, Captain Angus L.
MacDonald Branch 132, Inverness, Free

OCTOBER 7TH**10 PM-1 AM**

- Family Square Dance (all ages) Creignish Recreation
Centre 9:30pm Dance Demo & Workshop (free)
\$8 Adult, \$4 Youth, Free 12 Under

OCTOBER 9TH**9 PM-12 AM**

- Family Square Dance, Glencoe Mills Hall, \$8

OCTOBER 14TH**9:30 PM-1 AM**

- Square Dance (19 +), St. Joseph's Parish Hall, SW
Margaree, Adm: \$8





ORANGEDALE

THE ORANGEDALE STATION

The Orangedale Station is the only remaining one of the Intercolonial Railway Stations on its original building sites built on Cape Breton Island and has been meticulously restored and preserved in mint condition.

This station served a very large rural area and in the early years people came from miles around in their horse-drawn wagons or sleighs, or by foot to catch the train. In its heyday (1930s to 1950s), this station was served by six passenger trains (three in each direction) and up to twenty freight trains daily. This station was also a busy shipping point for lumber, oysters, pit props, Christmas trees and other local products. Incoming carloads included flour, feed, gasoline, western horses, automobiles, machinery, and various shipments of merchandise for the local stores.

Hours of operation are 10 am - 6 pm daily from Canada Day to Labour Day.



MARBLE MOUNTAIN FAMILY WEEKEND AUGUST 12-14TH

AUGUST 12TH

7 pm

Family Games Night, Marble Mountain Hall, No Admission

AUGUST 13TH

5 pm

Ham & Salad Supper, Marble Mountain Hall, Pre-order/Take-out, \$10, 50/50 Draw

AUGUST 14TH

12-4 pm

Family Day, BBQ at the Wharf, Games at Beach, Craft Market at Hall, Food & Games, No Admission, 50-50 Draw

CHURCHES

Orangedale United 902-756-2829
Orangedale Presbyterian 902-756-3157

THE ARK STORE

Many locals and passersby learn about L'Arche Works at The Ark Store in Iron Mines, Cape Breton. Good quality used clothing, inspirational books, local and Nova Scotia crafts, and crafts made at their workshop are sold here. Several core members are employed at the store, and they are kept very busy.

The Ark is located just off the Trans Canada Highway at Exit 4, Orangedale. We are open Monday to Friday, 9 am to 3 pm and Saturday 10 am to 5 pm.

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SAT. 10-5



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INVERNESS

A TOUR OF INVERNESS WITH MAYOR HECTOR THE DOG

- by Bill Dunphy



Hello and welcome!

My name is Hector and I'm the Mayor of Inverness. This is not a well-known fact, mind you, because after all, I'm a dog. But this is my town and there's no one better qualified to show you the sights.

So, if you have your walking shoes on (there's nowhere you can't walk to if you want to give your car a rest), then let's get going!

I'm going to take you

up Forest Street first to the harness racing track.

Long before we had golf courses, Inverness Raceway had been the main attraction in Inverness. The first races were held in 1926, and 90 years later it's still going strong every Wednesday night under the lights and on Sunday afternoons.

Feel free to visit the barns where you'll meet friendly horsemen with interesting nicknames like Snag, Trapper, Hen, Duke, and others. They're always good for a

treat, though I enjoy chasing the barn cats myself.

While we're up here, you should know that behind the barns and stretching the length of the town are a series of trails and old roads that once connected a number of bootleg coal mines. It's a great place to let your dog run off leash, and while it's difficult to get lost, you might want to have someone from the area go with you just to prevent you from walking in circles.

Okay, if we cut through the front of the grandstand and make our way over to Maple Street, we can work our way down past the new Inverary Manor and Inverness Consolidated Memorial Hospital to Central Avenue. A short left past Freeman's Pharmacy and you will see

some signs pointing down to the water along a boardwalk.

Keeping down the boardwalk, you'll see some of the fairways and greens of Cabot Links...but I'd stay on the boardwalk if I were you...



they don't like seeing me on the course unless someone's going to scoop for me.

We're heading to the wharf now, where you can buy freshly-caught lobsters from the men and women who catch them throughout May



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and June. And if you're here for Gathering Week during the third week of July, you can get on a boat for a free ride during the Fishermen's Picnic boat parade!

Before we go, we have to check out the beach. I might be a little biased, but this is the best beach in the world. Let's dip our paws in the water before we continue our tour. The water's so warm, and I suggest coming back in the evening just as the sun is setting. My human loves watching the setting sun while floating on his back.

I don't know about you but I'm getting a little hungry, so let's head back up along the boardwalk over to Lower Railway Street.

That's the Miner's Museum on the left where the old railway station used to be. They won't let me in, but I'd come back later if I were you and check out all the great artifacts and displays outlining the history of Inverness.

Following the Miner's Museum, you come upon the new Mill Road Enterprises which is formally the Cottage Workshop bakery. It always smells sooo good there, so feel free to buy me an oatcake or cinnamon roll.

Food, food, food...did somebody say food?

You have three year-round restaurants to choose from: the Coal Miners Café, the

Once summer is in full swing, some seasonal eateries can be found. And if it's fine dining you're looking for, then both Cabot and Glenora Distillery are highly recommended. Mind you, every restaurant usually has a seafood chowder on its menu, so you might want to visit them all to find your favourite!

I'm sorry to say, but it's nap time for me. Making my daily rounds are hard on the old dogs.

So feel free to take in all that my town has to offer: golf a round in the morning; pack a picnic for the beach in the afternoon; check out our restaurants for dinner; then catch a tune at the park on your way to the race track or a local watering hole.



Cabot Links Golf Course opened in 2012 and last year its sister course, Cabot Cliffs, was opened to limited play. Cabot Links was built on the site of the former coal mines, and the company houses that the miners lived in, located in the Red Rows, now forms a backdrop to the world-class course.



Inverness Village Grill, and the Cabot Public House. Anne and Lil are really good for leaving me a treat out in the back, but you might want to order from the menu. The Downstreet Café is always a great place to gather for lunch and a variety of teas and coffee.



Exhilarating links golf on two award-winning courses, three resort restaurants and one downtown café, luxurious accommodations. This summer, come play.

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Besides offering a challenging golf course, there is an aspect of Cabot Links that visitors may not be aware of. Inverness is located in Central Inverness County, and for visitors to the Cabot Links there are many other attractions of which they, or any other visitor, should be aware. All along the western coast of Cape Breton Island there are offerings and experiences enough to encourage people to stay an extra or several days just to take it all in.

In **JUDIQUE** (45 minutes south of Inverness), there is the *Celtic Music Interpretive Centre*, offering food and daily entertainment, music archives and instruction.

In **PORT HOOD** (25 minutes south), the *Chestico Museum* is a hub of local history; and the village itself is lined with wonderful beaches, one of which is lifeguard patrolled.

In **MABOU** (15 minutes south), there is the heralded *West Mabou Beach*; the year-round Saturday

Demolition Derby is huge crowd pleaser!

The thunder of hooves pounding down the home stretch is the usual sound heard at the Inverness Raceway, but on Thursday, July 21st at 6 pm, it will be the roar of engines and crunch of metal as scores of cars compete in the annual Demolition Derby.

Last car running wins!



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night *Family Square Dances*; the music offerings of nationally acclaimed *Red Shoe*; several dining options; the nearby Thursday night summer family square dances in *Glencoe*; and beautiful drives.

At **LAKE AINSLIE** (15 minutes), there is the *MacDonald House Museum*; and the *Scotsville School of Crafts* with on-site demonstrations in weaving.

At **INVERNESS**, there is a life-guarded beach, weekly *Sunday*

Afternoon and Wednesday Night Harness Racing, hiking trails, the *Inverness County Centre for the Arts* with exhibits of resident and visiting artists all summer.

At **MARGAREE** (30 minutes north), one of the world's famous *Salmon Fishing Rivers* is located, including the *Salmon Museum* with its history of the famous sport.

At **CHETICAMP** (45 minutes north) and the surrounding Acadian region exists one of the most vibrant

Acadian cultures in all of Atlantic Canada, offering *Authentic Acadian Cuisine*; and ongoing celebration of all things Acadian in music and drama, nearby hiking at the entrance to the Cabot Trail.

All of these attractions are available within a forty-five minute drive of Cabot Links and Inverness.



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An Eagle Eye's view is the best view of all

- by April MacDonald

Gliding on the surface of a calm ocean at sunset is an experience that should top everyone's bucket list.

Eagle Eye Outfitters offers customized tours, wilderness camping, sport fishing, mountain bike rentals, boat and whale tours, kayak and rental tours. Conrad MacNeil is the captain of Seas the Breeze, which accommodates twelve people, with great seating and also a picnic table/umbrella set.

Cruising along in a fishing boat with style, it only takes Seas the Breeze about 30 to 40 minutes to get to Margaree Island – or Sea Wolf Island, depending on who you talk to. When asked, MacNeil has said that “I really have no boundaries and I will take people anywhere they want to go, and if you don't know where to go I'll show you. There are tours for everyone, for all types of people, young and old, those who have plenty of experience on the water and those who have no experience.” He explains that “different tour types include an early morning deep-sea fishing tour from 6 am to 9 am. We also offer two tours happening daily at 11 am and another at 2 pm, both tours lasting roughly 2.5 hours. The daily tours can be directed towards families, and children of all ages are welcome and safe.”

For those who are so inclined, Eagle Eye Outfitters knows how enjoyable it is to have a nice cold beverage while breathing in all that fresh salt air, so there is a liquor license aboard Seas the Breeze. MacNeil says the plan is to have the evening sunset tours directed more towards adults. “This is the perfect place to share a cold one with friends. You can fish or swim, kayak or just relax; it's all about whatever you want to do.” It certainly is

a fine setting for summer festivities: stag/doe parties, birthdays, weddings, anniversaries or just because.

Anyone who has spent time out on the water knows that a person develops a certain kind of hunger, and being far from land can make a person downright ravenous. When asked about provisions MacNeil said everything about Eagle Eye is about convenience and quality. Food can be provided, “and we will provide quality food. If you want lobsters, we

continued...



Gliding on top of a calm ocean at sunset is an experience that should top everyone's bucket list.

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Horseman's Bingo - Tuesday - 7:30

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...from previous page

can provide those, for those who want to fish, we are fully loaded and equipped with everything needed. Fresh, quality seafood and shellfish can easily be catered to those who wish to wine and dine on the deck."

Camping enthusiasts can request or pick a spot to camp and get dropped off by Seas the Breeze and take a kayak and venture off and explore the island. Staying and camping is obviously optional with a ride and pick up at the preferred time. "Or, if you just always wanted to explore Margaree Island or the shores of Cape Breton and never could, I can take you or a group out with the kayaks, to the island or wherever you want to go." Camping, hiking, biking and fishing gear is all available.

If a person is in a more laid-back state of mind there is beauty

a-plenty, whale and seal watching tours are offered, or just paddle along in a kayak, which just happen to be a breeze for all users. For enthusiasts who just can't get enough of the magnificent ocean, there are full day rentals as well. Eagle Eye Outfitters is insured, and all equipment is inspected and certified.

MacNeil wants everyone to experience the awesomeness that is Cape Breton Island. The sunsets, natural beauty, fishing and beaches should be accessible to all.

This business is perfect for locals or vacationers new to the island. Life is short, so get out there, get active and explore the natural wonders of Cape Breton. Hike, camp, fish, swim or hop on a kayak and make your own waves. Visit www.eagleeyeoutfitters.ca.



No matter where you find yourself on the sunset side of Cape Breton, opportunities abound for casting a line.

INVERNESS GATHERING EVENTS

Tuesday ~ July 26th
DANCE - 9-12
with
IAN MACDOUGALL
No Admission

Legion Day
Thursday ~ July 28th -
MUSIC 2-5 pm with
GILLIAN BOUCHER and
BETH McCARTY
No Admission



DANCE - 9-1 am
Music By
Pat MacFarlane Band
Admission: \$10


Saturday ~ July 30th
MUSIC - 3-5 pm
with IAN MACDOUGALL
No Admission



Chase the Ace

Every Saturday 3-5 pm
■ Live Music ■ No Admission
All events 19 years and over





Dr. Bernie MacLean

Cultural & Recreation Centre

Golf Tournament, Dr. Bernie Maclean Golf Classic
Monday, July 25th, 2016. Le Portage Golf Course, Shot Gun - Start at 10 am. BBQ at Inverness Arena following the Golf Tourney.
Contact Info: dr.berniamacleangolffclassic@gmail.com
Neil MacQuarrie: 1-902-968-1420

Inverness Gathering Dance
Saturday, July 30th, 2016, 10 pm - 2 am. Music by Slowcoaster, admission \$15. 19 years and over.

Inverness Arena T.V. Bingo
Every Thursday, 7 pm, Inverness Community Channel 3.

Inverness Gathering 2016
Even Split tickets sold at various locations throughout July.
Draw to be held at the Inverness Gathering Dance, Saturday, July 30th, 2016

Inverness Minor Hockey Day
Saturday, July 30th, 2016, Dr. Bernie Maclean Cultural and Recreational Centre, 1 pm - 4 pm

INVERNESS GATHERING SCHEDULE

SATURDAY, JULY 23RD

8:45 am - Kids Fun Run,
9 am - 5M Run, 5K Run, 5K Walk, Inverness Raceway, Pre-registration is Required for a T-Shirt call Angie 902-258-3694

MONDAY, JULY 25TH

Dr. Bernie MacLean Cultural and Recreational Centre Golf Classic

10 am - Le Portage Golf Course, Cheticamp, steak BBQ @ Inverness Arena. To register email: macquarrie.neil@gmail.com.

TUESDAY, JULY 26TH

Fishermen's Day

12:30 pm - Boat Parade
1 pm - Boat Rides, Bingo, Fish Pond, Lobster/Crab Burgers, Entertainment, Beer Garden
9 pm-12 am - Square Dance, 'Ian MacDougall' Captain Angus L. MacDonald Branch 132, Inverness, No Cover Charge

WEDNESDAY, JULY 27TH

Horseman's Day

11 am Kiddies Day
1 pm Merchandise Bingo
7:30 pm Live Harness Racing
9 pm-1 am Pub night with Signal Hill, Inverness Firehall.

THURSDAY, JULY 28TH

Legion Day

2-5 pm - 'Gillian Boucher and Mary Beth McCarty', Captain Angus L. MacDonald Branch 132, Inverness, No Cover
6 pm - Ceilidh in the park
9 pm-1 am - Adult Dance, (19+) 'Pat MacFarlane Band', Captain Angus L. MacDonald Branch 132, Inverness, Adm \$10

FRIDAY, JULY 29TH

Firemen's Day

11 am - Children's Games, BBQ, Raffle, Inverness Fire Hall
1 pm - Prize Bingo, Inverness Fire Hall
7:30 pm - Live Harness Racing, Inverness Invitational Pace, Inverness Raceway

SATURDAY, JULY 30TH

Arena Day

11 am - Kiddie parade
12-noon - Inverness Gathering parade
3-5 pm - Chase the Ace, 'Ian MacDougall', Captain Angus L. MacDonald Branch 132, Inverness No Cover Charge
10 pm-2 am - Adult Dance, (19+) 'Slowcoaster', Dr. Bernie MacLean Cultural & Recreation Centre \$15

SUNDAY, JULY 31ST

12 - noon - Stella Maris Parish ham/salad dinner at the firehall
1:30 pm - Live Harness Racing, 'Johnny & Margaret Allen Ian Pace', Inverness Raceway
3-9 pm - 60th Broad Cove Scottish Concert, St. Margaret's Of Scotland Parish Grounds, Broad Cove- Adm \$20

Got your sneakers?

Gathering 5 mile, 5 km run

Last summer's annual Inverness Gathering road race attracted more than 200 participants, and if you are visiting in the area and fond of loping around a track, through the woods, along the highway and through the town to the finish line back at the race track, you're welcome to register.

The multi-classification road race takes place Saturday, July 23rd, with registration at the Inverness race track, at 8 am. You can register for the 5 mile race, the 5 kilometre run, or the kids' fun run.

The kids' fun run begins at 8:45 a.m. and the remaining racing begins at 9 am.



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 Paul Hannon: A Conversation about Ireland**

Opening Reception August 4th 6 - 8 PM

Sept 1 - Sept 25

L I N E organized by **Robin Hill;**

Opening Reception August 31st 6 - 8 PM

Oct 3 - Oct 23

Celtic Quilt Guild's Annual Exhibition

Opening Reception October 2nd 2 - 5 PM

Oct 30 - Nov 13

Remembering

Opening Reception October 29th 2 - 4 PM

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"That's the best \$5 I ever spent," one visitor exclaimed as he left a two-hour session at the Inverness Fire Hall. The session was the weekly Thursday Night Ceilidh, hosted by Gaelic singer Alice Freeman.



It is a weekly ceilidh through the summer months that showcases young musicians, some with already well-established reputations and some of whom we will be hearing much more of in years to come. For almost two decades this Inverness ceilidh has been extremely popular with residents and visitors. Listen for the kilted pipers out front of the fire hall if you are looking for this fine showcase of cultural entertainment.

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TYLER MULLENDORE AT THE BANKS SCHOOLHOUSE

Photo by DMNikas

Cape Breton singer/songwriter Tyler Mullendore rocked the BS stage in 2015 along with other great musicians Laura Cole, Zahira, Brian Doyle, Mitch Poirier, Mike McCurlie, Michael Brennan and more. Many returning musicians and new surprise performances are planned for this years 6th BS concert

6th annual free outdoor music concert
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The 60th Annual Broad Cove Scottish Concert will be held on the grounds of St. Margaret of Scotland, Broad Cove, Inverness County, Cape Breton, Sunday, July 31st at 3 pm. As celebration of the 60th event, Broad Cove has an exceptional concert planned!



- by John Gillis

Headlining this year is the Cape Breton group Còig and fiddler Gillian Boucher.

"We are excited as these very accomplished artists, who were young performers on our stage, are returning. Their energy and global reputations speak for themselves and will bring added excitement and enthusiasm to our stage. We are also

looking forward to some very special performances by notable family groups with roots in Broad Cove and a tribute to the late Willie Francis Fraser," says Lois MacIsaac, one of the concert organizers.

Each year the concert features both established and up and coming artists.

Previous concerts have included every recognizable artist on the Celtic scene including Natalie MacMaster, Buddy MacMaster, the Barra MacNeils, the Rankins, The Lahey Family, Ashley MacIsaac, Gordie Sampson and Bruce Guthro, to name but a very few.

The concert was initially established to celebrate the 100th anniversary of St. Margaret of Scotland Parish. This outdoor concert has been held at the same location, the last Sunday of



July, since 1957. The executive and work force is comprised of volunteers from the communities which make up the small parish of St. Margaret of Scotland (less than 100 families).

"On this, our 60th anniversary, we salute our volunteers, the heart of our concert. One of the most appealing things about the concert is the audience feels they are a part of the event. We offer excellent parking, canteen, souvenirs and adult beverage services on site," says MacIsaac.

The concert has a substantial impact on the village of Inverness and surrounding areas as many people plan their summer vacation around the date of this annual concert.

The Broad Cove area has been a backyard to such notables as Angus L. Macdonald and Alistair MacLeod, the famous Cabot Links/Cabot Cliffs Golf Resort, and more recently hosted the "Inverness Chase the Ace" phenomenon.

Please visit our website for additional information, the 2016 program and video clips from previous years at www.broadcoveconcert.ca or our Facebook group: Annual Broad Cove Scottish Concert.

INVERNESS COUNTY HAPPENINGS

Sponsored by the Central Inverness Community Health Board to provide one site for all the events happening in the Inverness County that promote physical activity and healthy living in the community.



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The logo for Robin's, featuring a cartoon duck wearing a white chef's hat and a red bow tie, holding a white cup of coffee. Below the duck is the word "ROBIN'S" in large, bold, yellow letters with a black outline, set against a red background.

INVERNESS - Central Avenue
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A close-up of a soft serve ice cream cone with white vanilla ice cream on a light brown wafer cone.

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Capt. Submarine
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THE MARGAREES

~ Margaree Fish Hatchery ~

A new exhibit was unveiled at the Margaree Fish Hatchery Visitor Centre that showcases the celebrations of plamu (salmon) and its relationship with the Mi'kmaq people.

The exhibit, featuring artwork by Dozay and unique handcrafted plamu by Mary Julia Francis, promotes Mi'kmaq culture through an engaging, comprehensive, and educational display on the cultural significance of the Atlantic salmon to the Mi'kmaq people.

The Margaree Fish Hatchery was established in 1902. They raise Atlantic salmon and brook trout to stock the Margaree Watershed and are instrumental in maintaining the health of the Margaree River, the first river in the Maritimes to be designated a Canadian Heritage River.

This region of Cape Breton was known to the Mi'kmaq as the Land of the Everlasting Fog.

In good weather the Mi'kmaq camped along the Gulf and at river mouths moving inland when the weather became colder.

Fishing was not only a part of their culture but an



Photo submitted by John Hart

important means of survival.

The old fishing techniques are still used to this day.

The Mi'kmaq have treaty rights to salmon and it is still enjoyed at netukulimk

(gathering) for community nutrition, but with the decline in salmon it is used responsibly.

Three hatcheries operate in Nova Scotia

with Margaree stocking the Margaree River as well as Mabou, Baddeck and Middle River in Cape Breton.



MARGAREE SALMON MUSEUM

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5th Annual Margaree Highland Games August 12th-14th

The popularity of the Margaree Highland Games keeps growing, and organizers expect to exceed last year's estimated audience of 1500. It is an effort of community co-operation, and while volunteers have come from within East Margaree and surrounding communities, last year's organizers were amazed by the number of the visitors to the island who pitched in to lend a helping hand.



The 2016 edition of the Margaree Highland Games will see competitors coming from across the Maritimes to toss the caber, throw the hammer, the various stones, and challenge each other to the spectrum of Highland contests of strength and power. This will include both Junior and Senior competitors.

In addition, this year's games expect to see the participation of women competing in the traditional challenges.

While the Highland Games have been a traditional expression of Highland Scot prowess for several centuries, they have endured through time in many parts of the world, but it has been quite some time since any place in Inverness County has hosted such games. The growing popularity of the Margaree Highland Games suggests that it may be around for many years to come.

The Margaree Highland Games is a day of challenges that will culminate with a tug-of-war where teams from across Inverness County vie for the joy of pulling the opposing team across the line, proclaiming them victors of the 2016 Highland Games.

The growing popularity of the tug-of-war has been a marvelous surprise to organizers. It is a competition where teams can win money. The Margarees have some big families, both in number and size, so expect an emphasis on "war" in this year's tug-of-war.

The 5th Annual Margaree Highland Games will be held on the

grounds of St. Michael's Parish Church at 1181 East Margaree Road.

This year again, as a prelude to Sunday's feats of strength, organizers are building anticipation with a series of activities on Saturday, August 13th. This will include an even-split bingo, a traditional Acadian frico supper, all leading up to a dance in the evening.

On Sunday, the day of the Highland Games, in addition to the regularly scheduled games, there will also be a competitive youth division. Young people in the Margarees have been training for their events.

Sunday, on the grounds, there will also be horse rides, races and a 5 km run, canteen services and a beer garden.



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www.margareehighlandgames.com

Margaree Highland Games 2016

Friday, August 12, 2016
7 pm - Variety Concert in Hall

Saturday, August 13, 2016
10 am - Junior & Female Heavy Events on Grounds - *Entrance by Donation*
1 pm - Bingo in Hall with \$500 Jackpot
4 pm - Opening Mass at Church
5 pm - Acadian Fricot Supper in Hall
9 pm - Cape Breton square dance with fiddler Rodney MacDonald in Hall

Sunday, August 14, 2016
Gates open at 10 am, Parade at 1 pm
Rain or Shine! Bring a Chair!
Heavy Events, Tug-of-War, Running Races, BBQ, Pipe Band, Highland Dancing, Horse Rides, Beer Garden, Bake Sale, Silent Auction...and more!

**Adults: \$5
Youth: \$3
Five & under: FREE!**

Margaree Highland Games
1181 East Margaree Road
Margaree, NS B0E 1Y0





FUN TO BE IN, FUN TO WATCH!

Margaree to host Anything That Floats Race August 6th



Saturday, August 6th at 2 pm, the annual "Anything that Floats" Race will be held on the Margaree River, a famous Canadian Heritage River. Registration will be at Tanners Run at 1 pm. Prizes will be awarded for most unique, most colorful, and most awesome float. BBQ to follow at Coady Tompkins Library grounds.

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COADY-TOMPKINS LIBRARY PRESENTS

Readings by four of Canada's finest authors

On Friday, July 1st, Margaree Area Development Association will sponsor the seventh annual Canada Day Literary event held at the Coady Tompkins Memorial Library, Margaree Forks 2-5 pm.

Sarah Faber of Margaree will read from her first novel, *Lightning to the Children*, joined by award-winning author **Michael Winter**, nominated in Canada Reads 2016 for *Minister Without Portfolio*. As well **Stephanie Domet**, writer-broadcaster of Halifax and well known in the Maritimes literary community with such works as *Homing*, will read from her work and **Kate Beaton**, comic artist, will showcase her talent.

Kenneth MacKenzie, who grew up in a gaelic-speaking home in Mabou and is an accomplished piper, will round off the talent for the afternoon.



MICHAEL WINTER



SARAH FABER



STEPHANIE DOMET



KATE BEATON



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Belle Côte days - July 27th - 31st

WEDNESDAY, JULY 27TH

Time TBA - Golf Tournament, Le Portage Golf Course, Chéticamp,
Meal to Follow

1-4 pm - Art Show

7 pm - Kayak Parade

Dusk - Fireworks

THURSDAY, JULY 28TH

Time TBA - Triathlon, Belle Cote Beach, Admisson \$5

1-3 pm - Senior's Card Play

7-7:30 pm - Ecumenical Service

7:30-11 pm - Concert

FRIDAY, JULY 29TH

9 am - Horseshoe Tournament Finals

4:30 pm - Crab and Corn Supper

8:30 pm-1 am - Outdoor Beer Garden, Major Concert with performers
Big Fish, Adm. \$10

SATURDAY, JULY 30TH

7:30-11 am - All You Can Eat Breakfast

2 pm - Parade, Children's Party, Free Hot Dogs, Refreshments

9 pm-1 am - Adult Concert & Square Dance featuring Jerome
Campbell & Friends, Adm. \$10

SUNDAY, JULY 31ST

11 am-1 pm - Chicken BBQ, \$15

Belle Côte, beautifully located on the north side of the Margaree River across from Margaree Harbour, will be hosting its annual festival, Belle Côte Days, from July 27th to the 31st, featuring concerts, parades and BBQ, offering residents and visitors a fun chance to stop and explore and join in the spirit of these happy times.



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Spend Saturday morning at the Farmers' Market

Le Marché des fermiers (Farmer's Market) is held from 10 am to 1 pm on Saturday mornings. Located at the Village Marché (Village Market) on Main Street beside the NDA School. This market offers produce, artisans' work, food and the leisurely comfort of enjoying a nice chat with locals and visitors alike.

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SUMMER EVENTS AT SALLE PÈRE ANSELME CHIASSON

The following presentations will take place at:

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Cheticamp, NS

Tel. 902-224-1876

FILLES DE LA FACTERIE, Musical Theater of life of the women of Cheticamp in the 70s working in the fish industry

July 13th - 16th and July 21st - 24th

\$15 a ticket, show at 7:30 pm.

LE LONG RETOUR, history of the local band The Phantoms

July 17th - 20th and July 25th - 27th

\$15 a ticket, show at 7:30 pm.

SOUPER THÉÂTRE 2016, Musical comedy supper theater, 3 course Acadian traditional meal

July 29th - 31st

\$25 a ticket, show at 6 pm.

CAP-ROUGE, a musical on the life of the Acadians living in Cap-Rouge before the expropriation for the National Park

August 1st - 6th

\$15 a ticket, show at 7:30 pm.

DANSE AUTOUR DU MONDE, Traditional Acadian and Celtic dance show

August 10th and August 12th - 15th

\$15 a ticket, show at 7:30 pm.

BARRA MACNEIL'S CONCERT, August 11th

\$30 a ticket, show at 7:30 pm.



Monsieur l'Escaouette leads the parade. See page 64 for the Festival de L'Escaouette schedule



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Les Trois Pignons offers visitors an opportunity to learn Acadian rug hooking

At Les Trois Pignons, the Acadian cultural centre in Cheticamp, visitors this year have an opportunity to practice an Acadian heritage skill that continues, after 200 years, to produce the vibrant colours, pastoral scenes and floral bouquets that have elevated Acadian rug hooking to an art.

Signing up at Les Trois Pignons, participants will spend two hours in the company of Acadian rug hookers or those knowledgeable about that traditional craft. The package includes a two-hour workshop on rug hooking, a tour of the Elizabeth LeFort Gallery.

Beginning Rug Hookers will have a kit they can bring home with them. For some participants there is another appealing option. If they are unable to complete their piece of work, you can ask to have it remain there and be completed by one of Cheticamp's gifted rug hookers, then shipped home to you.



Interested? Contact Les Trois Pignons at: lestroispignons@ns.sympatico.ca or phone 902-224-2642. If you are visiting Les Trois Pignons for a workshop or out of interest, this cultural centre has plenty to offer.



Visit Les Trois Pignons for a special view into Acadian culture and the history of Cheticamp



- Gallery of Hooked Rugs
- Visitor Information Centre
- Gift Shop
- Genealogy Centre

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The Elizabeth LeFort Gallery

Elizabeth LeFort learned to hook rugs at a very young age, mastering landscapes and photographic reproductions, and has been hailed as “an artist in wool.”

Elizabeth was so skillful at reproducing photographs that she began to create portraits in wool. Her portrait of American president Dwight Eisenhower was presented to him at the White House in 1957. This was followed with a series of portraits including Queen Elizabeth II, Pope Pius XII, Pope John XXIII, Jacqueline Kennedy, President Lyndon Johnson, Prime Ministers Lester Pearson and John Diefenbaker, and Prince Charles. Consequently, her art has graced Buckingham Palace, the White House and Vatican City in Rome.

Always striving for more challenges, she completed a series of reproductions of religious paintings, including daVinci's The Last Supper, and scenes from the life of Jesus.

Two large original works depicting important events in the history of Canada and the United States leave no doubt as to her sense of design and her mastery of the craft.

Elizabeth LeFort, Chéticamp's most famous artist in wool, was awarded an honorary doctorate by Université de Moncton in 1975 and was made a member of the Order of Canada in 1987.



Marguerite Gallant Museum

Marguerite Gallant (1890-1983) was a native of Chéticamp with a profound love of collecting. She worked in Pennsylvania for many years as a maid for the Edward Cahill family. It is said that she learned the value of collecting from Mr. Cahill who was an ardent collector.

When she returned to Chéticamp in 1938, Marguerite moved



into a tiny house which she filled with objects of all kinds. As Marguerite's reputation for collecting spread through the community, people brought objects to her rather than let them be thrown away.

After Marguerite's death, La Société Saint-Pierre became custodians of the collection and moved it to Les Trois Pignons. Thanks to this incurable collector, many valuable artifacts from Chéticamp's history have been preserved.

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The Doryman Pub & Grill – Celebrating 50 Years of Tradition

Once in while you stumble upon a bar that makes you feel at home, wherever your home might be. That is exactly the feeling that boasts the Doryman. People from far and wide have been visiting this staple of the East Coast music scene for 50 years now, and keep coming back.

Celebrations have been going on all year, and will continue on July 16th with the 50th Anniversary BASH #2, which will include a fiddle matinee (featuring Mike Hall), a live band at night (Bandit), prizes, giveaways, drink promotions, special guests, and more! The 50th Anniversary celebrations will wrap up with BASH #3, on October 8th with a special fiddle matinee and long-time Doryman

entertainers, Mystic, and on October 9th a matinee with Scott and Gerald Delhunty. There will also be giveaways, promotions, and contests for this Bash.

You are encouraged to stop by the newly-renovated Doryman Pub & Grill, whether it's to enjoy a great meal or to take in some fantastic live entertainment, all while enjoying some of the Island's best sunsets. You won't be disappointed. You can visit the Doryman's website www.doryman.ca to view their menu and live entertainment schedule. Limited edition 50th anniversary merchandise can be purchased at the Doryman.



Ashley MacIsaac (left) and Ian MacDougall (right), both regular performers at the Doryman over the years.



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The Père Charles Aucoin Genealogy Centre



When Father Charles Aucoin (1911-1999) retired in 1973, the beneficiary of that retirement was Chéticamp. For the next quarter of a century, the Chéticamp native threw himself into a labour of love, undertaking the laborious task of transcribing by hand all the old church records from 200 years of Acadian settlement in northern Inverness County. Father Aucoin prepared more than 100,000 personal file cards. He also wrote a number of articles on Acadian life and history.

The results of his work are of particular help to former Chéticamp people and their descendants who return to the village in search of information about their ancestors and family history. A very important department at *Les Trois Pignons* is that of the history and genealogy of the Chéticantins. Under the able direction of volunteers Jean-Doris (à Joe à Joe) LeBlanc and Charles D. (à Freddie à Damien) Roach, there is accumulated here all possible documentation on these subjects: books, copies of parish registers, census lists, listing of names from all the headstones in the cemetery and old photographs.



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40th Anniversary Festival de L'Escaouette

Chéticamp, August 3rd - August 7th

FESTIVAL SCHEDULE

WEDNESDAY, AUGUST 3RD

6 pm Marché du Village, Official Opening with Les Zorvenants

7:30 pm La Place des arts Pere Anselme-Chiasson, il était une fois le village du Cap-Rouge

THURSDAY, AUGUST 4TH

12-1:30 pm Acadian Kitchen Parties - Local Restaurants

7 pm Acadian Milling Frolic, Information center CBHNP

7:30 pm La Place des arts Pere Anselme-Chiasson, il était une fois le village du Cap-Rouge

FRIDAY, AUGUST 5TH

12-1:30 pm Acadian Kitchen Parties - Local Restaurants

7:30 pm Nicole LeBlanc & Friends, Église Saint-Pierre

7:30 pm La Place des arts Pere Anselme-Chiasson, il était une fois le village du Cap-Rouge

SATURDAY, AUGUST 6TH

10 am Farmers Market, Tour of the Village

12-1:30 pm Acadian Kitchen Parties, Local Restaurants

2-4 pm Children's Parade, Magic Show, Entertainment, La salle des rétraites,

7:30 pm

Il était une fois le village du Cap-Rouge, La Place des arts Père-Anselme-Chiasson

Festival Show, Réveil, Cheticamp Arena

9 pm

SUNDAY, AUGUST 7TH

10 am

Mass, Grand Étang Harbour

1:30 pm

Parade, Outdoor Music, Marché du Village

7:30 pm

Festival Gala, La Place des arts Père-Anselme-Chiasson



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The view of the #1 fairway of Le Portage Golf Course

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Camping at the Cape Breton Highlands National Park

Summertime brings folks fair weather; fair weather gets people outside and makes them truly appreciate the beauty of the natural world.

Whether you are from the area or visiting, camping is one of the best ways to truly experience and appreciate Cape Breton Highlands National Park on the Cabot Trail! Camping forever remains a fun and favoured family tradition.

The Cape Breton Highlands National Park (CBHNP) aims to attract more people to the park and to make their stay as easy and enjoyable as possible. Camping is one of the best ways to celebrate the summer and to spend time with family and friends.

The CBHNP offers camping from mid-May to mid-October. They have five front country, one backcountry and one group campground to choose from.

The Chéticamp Campground, located inside the CBHNP will offer five reservable equipped campsites brought to you by Parks Canada and Mountain Equipment Co-op (MEC). MEC, known for their high quality outdoor and camping gear, have donated the camping gear to make this pilot project possible for Park Canada. Fees for the service will vary depending on the location and equipment provided.

The equipped camping means that there will be a tent set up for campers; tent pads will be provided and basic tenting equipment, including a lantern, an outdoor cook stove, and pretty much everything needed to prepare food outdoors.

The Chéticamp Campground is located in the Rigouèche Valley, approximately 8 km north of the village of Chéticamp, with the mountains on one side and the river on the other. There are wheelchair-accessible sites and washrooms. Firewood is

available for purchase, but campfires are only permitted in the designated fireplaces.

Within walking distance, there is the outdoor theatre featuring evening nature programs and concerts, the Visitor Centre with exhibits, slide show and nature bookstore as well as hiking trails.

Visitors who camp for seven or more consecutive nights also receive a 15% discount.

New in 2016: Cape Breton Highlands National Park now offers 20 oTENTiks between the Chéticamp, Ingonish Beach and Broad Cove campgrounds. Part tent, part cabin, the oTENTik allows you to enjoy all the excitement of camping outdoors, while providing a soft bed and a cozy roof over your head.

Chéticamp Campground and Ingonish Beach Campground also offer five reservable equipped campsites each.

This summer, all you need is a good attitude and maybe your own guitar for the perfect camping experience.



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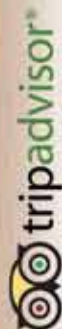
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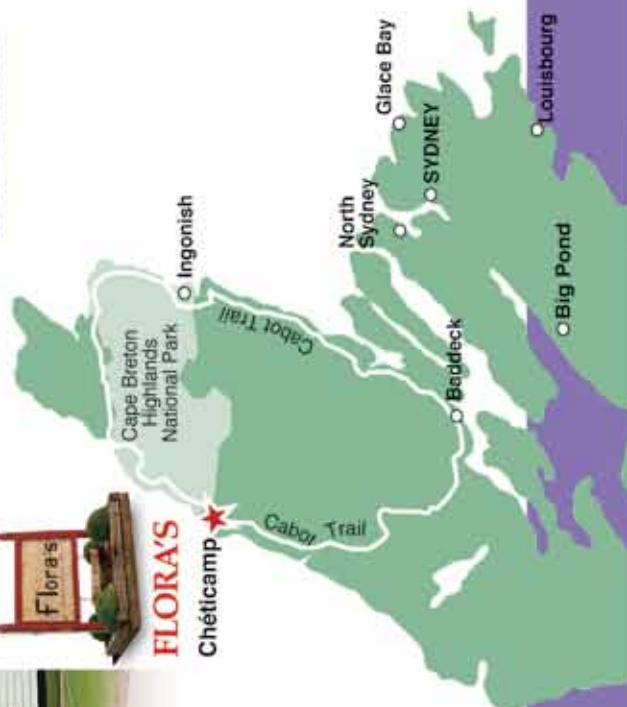


Rug hooking demonstrations



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HIKING

Cape Breton Highlands National Park's hiking trails range from easy strolls to challenging climbs with panoramic views of canyons, highlands and seacoasts. The trails provide a chance to intimately explore the complex habitat of northern Cape Breton Island. Nature doesn't end at the park's boundaries. Many surrounding areas boast equally breathtaking trails.

HIKING CHALLENGE

10 Trails in One Day

Sample ten short trails in one day, exploring a variety of habitats – Acadian, Boreal and Taiga – for your chance to win a great prize! Easily done at your own leisurely pace if you walk regularly. Bring in a signed list or photo documentation (a photo of you on each trail) to a park visitor centre.

10-HIKE DAY PLAN

8:00 am –
wake up, walk the dog, eat
breakfast, read the paper,
check email
9:30 am –
pack a lunch and snacks
10:00 am –
drive to any trail; complete
the others in sequence
(lunch in car); return home
7:00 pm –
shower, supper, celebrate

SUGGESTED TRAILS

1. Le Buttereau
2. Bog
3. Benjie's Lake
4. MacIntosh Brook
5. Lone Shieling
6. Jigging Cove
7. Jack Pine
8. Green Cove
9. Freshwater Lake
10. Freshwater Lake Look-Off



The following is a list of Cape Breton Highlands National Park's hiking trails. Distances are round-trip with average walking times.

ACADIAN (LOOP)

Distance 8.4 km
Time 3 - 4 hours
Elevation 20 - 365 m

SALMON POOLS

Distance 12.2 km
Time 3 - 4 hours
Elevation 15 - 110 m

LE CHEMIN DU BUTTEREAU

Distance 4.6 km
Time 1.5 hours
Elevation 25 - 65 m

LE BUTTEREAU (LOOP)

Distance 1.6 km
Time 30 - 45 minutes
Elevation 0 - 55 m

LE VIEUX CHEMIN DU CAP-ROUGE

Distance 9 km
Time 2.5 - 3.5 hours
Elevation 40 - 110 m

CORNEY BROOK

Distance 6.5 km
Time 2 hours
Elevation 30 - 170 m

SKYLINE

Distance 7.5 km or 9.2 km (loop)

Time 2 - 3 hours
Elevation 290 - 405 m

BOG (LOOP)

Distance 0.5 km
Time 15 minutes
Elevation 410 m

BENJIE'S LAKE

Distance 3 km
Time 1 - 1.5 hours
Elevation 400 m

FISHING COVE

Distance 5.7 km or 12 km
Time 2 - 3 hours or 5 - 6 hours
Elevation 0 - 355 m

MACINTOSH BROOK

Distance 1.7 km
Time 30 - 45 minutes
Elevation 30 - 65 m

LONE SHIELING (LOOP)

Distance 0.6 km
Time 15 minutes
Elevation 70 m

ASPY

Distance 9.6 km
Time 3 - 4 hours
Elevation 60 - 450 m

GLASGOW LAKES

LOOK-OFF

Distance 9.2 km
Time 3 - 4 hours
Elevation 260 - 460 m

JACK PINE (LOOP)

Distance 2.3 km
Time 1 hour
Elevation 0 - 50 m

COASTAL

Distance 11.3 km
Time 3 - 4 hours
Elevation 0 - 45 m

JIGGING COVE (LOOP)

Distance 2.4 km
Time 40 - 50 minutes
Elevation 50 - 65 m

GREEN COVE

Distance 0.2 km
Time 10 minutes
Elevation 10 m

BROAD COVE MOUNTAIN

Distance 2.3 km
Time 1 hour
Elevation 35 - 180 m

WARREN LAKE (LOOP)

Distance 4.7 km
Time 1.5 hours

Elevation 15 m

BRANCH POND LOOK-OFF

Distance 8.1 km
Time 2 - 3 hours
Elevation 100 - 305 m

FRANEY (LOOP)

Distance 7.4 km
Time 2 - 3 hours
Elevation 95 - 430 m

CLYBURN VALLEY

Distance 8.5 km
Time 2 - 3 hours
Elevation 5 - 50 m

MIDDLE HEAD

Distance 3.8 km
Time 1.5 hours
Elevation 0 - 45 m

FRESHWATER LAKE LOOK-OFF

Distance 0.3 km
Time 10 minutes
Elevation 10 - 45 m

FRESHWATER LAKE

Distance 1.7 km
Time 30 - 40 minutes
Elevation 0 - 15 m

REMEMBER THAT YOU ARE HIKING IN A PROTECTED WILDERNESS ENVIRONMENT.

- Do not approach, disturb or feed wild animals.
- Hike with friends and a solid walking stick.
- If you choose to walk alone, tell somebody where you are going.
- Pack in, pack out. Littering attracts wildlife and puts you and the animals at risk.
- Stay on boardwalks to protect fragile vegetation.

- Mountain bikes are permitted only where indicated, for public safety and protection of the environment.
- Dress appropriately. Weather may change rapidly on the plateau and along the coast.
- Bring water, especially for longer trails, climbs and open barrens.
- Bring insect repellent. Black flies and mosquitoes are common all summer.



PLEASANT BAY

~ GAMPO ABBEY - An oasis of peace ~

Work started in the summer of 1999 on a *stupa* at Gampo Abbey that contains relics of the Vidyadhara Chogyam Trungpa Rinpoche. It is the first *stupa* built in Nova Scotia. Ven. Thrangu Rinpoche, Abbot of Gampo Abbey, requested in 1996 that the stupa be built. The project had the strong support of Sakyong Mipham Rinpoche and fulfills the Vidyadhara's request that his relics be distributed between RMSC, Karme Choling and Gampo Abbey. Thrangu Rinpoche consecrated the completed stupa in 2001.

An Annual Canada Day Softball Game is held between the saffron-robed monks and nuns of Gampo Abbey and the fire-fighting clad members of the Pleasant Bay Volunteer Fire Department, a fund-raiser for the PBVFD.

According to Rinpoche, a *stupa*

traditionally represents the mind of the Buddha and has the power to convey the mind transmission to those who gaze at it. The *stupa*, he said, is dedicated to world peace, and will become a tourist attraction that will bring many people to the spiritual path. To symbolize the overcoming of aggression, Rinpoche buried weapons in the ground below where the *stupa* was built, including a World War I rifle donated by a Cape Breton neighbour of the Abbey, and he consecrated the site.



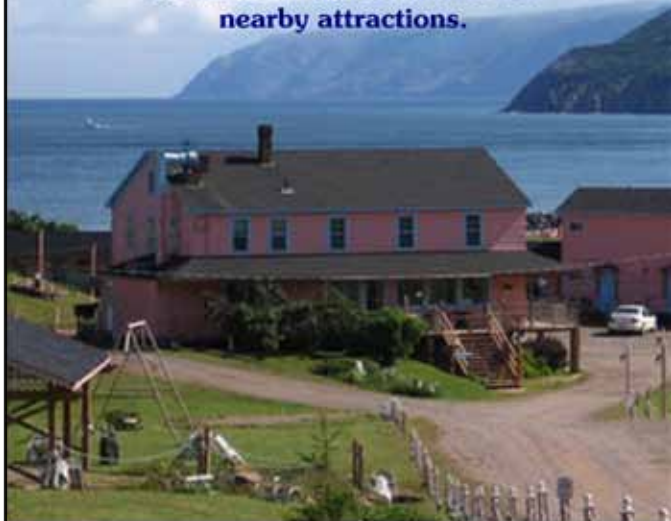
Come take a guided tour of Gampo Abbey! The Abbey is once again offering guided tours this summer. See the shrine room where we practice, visit our library with over 5,000 books on Buddhism and religion, learn about our lineage and activities, and get a glimpse into the life of the monastics and lay residents living at Gampo Abbey.

**Tours are offered Monday through Friday,
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ADMISSION CHARGED

MEAT COVE - A Wonderful Camping Experience



Meat Cove is the most northern tip of Cape Breton Island. Its campsite offers beauty, hiking, and the thrill of unpredictable weather patterns. An inspiring place to watch a sunrise.

The village is known for the spectacular views it provides for visitors from across the world, and also for The Meat Cove Campground and Ocean Side Chowder Hut.

The Meat Cove Campground opened in 1986 and is hosted by the MacLellan family. The campground provides people with spacious room for their tents, thirty unserviced campsites, newly built camp cabins, running water, hot showers, beautiful hiking trails mainly all with ocean view.

Kayaks can be rented to paddle along the coast. Or you can just sit at your picnic table and watch the whales glide past!

Cook on an open fire or visit at the Ocean Side Chowder Hut. Here you will find some main dishes such as homemade seafood chowder, fresh halibut, salmon or lobster and crab. Complement these dishes with a Nova Scotian beer or a local red or white wine.

GPS Data

Cape St. Lawrence light Turn
N47°01.423'W60°34.696'
Cattle Corral N47°01.560' W60°34.381'
Meat Cove Lookout-1 Turning N47°01.413'
W60°34.233'
Meat Cove Lookout -2 N47°01.225' W60°34.146'

View of Light from 525ft N47°01.796' W60°35.277'
Polletts Cove Turn off N47°01.013'W60°35.294'
Abandoned Farm N47°00.856'W60°36.219'
Lowland Cove inland/Coastal Junction
N47°01.299' W60°37.144'
Wooden Gate N47°01.446' W60°34.150'

HIKING

Meat Cove is widely known for all its wonderful hiking trails. It offers a variety of trails that will not disappoint you, all with amazing views that you will not forget. Be sure to bring your camera to capture the scenes on film.

CAPE ST. LAWRENCE TRAIL

Trail length 5 km one way, maximum elevation 850 ft. This Trail starts by the office at the Meat Cove Community Centre/Restaurant (check with the office if you plan to leave your vehicle near here) on the gravel road and changes to a narrow track after 150 meters and proceeds up the hill. This is by far the steepest and most challenging part of the hike. In the first kilometer you will climb nearly 700 feet and pass by a wooden gate and the sign for the Meat Cove Look Off trail to your left. By the time you reach a meadow and corral to your right most of the climbing is finished. About 2 kilometers from the start you will see the side trail to Cape St. Lawrence to your right. As of July, 2009 this was well marked with flagging tape on both sides. It's the first trail to your right past the meadows of any size and suitable for an ATV or horse and cart originally. The rest of the hike is an easy 3 km proceeding gradually downhill except for one short steep section. Be sure to check the look-off at the top of this section just past Big Pond.

LOWLANDS COVE TRAIL

Is 5 km to the coast from the Cape St. Lawrence turn-off or 7 km from the Meat Cove Community Centre/Restaurant. Instead of taking the Cape St. Lawrence turn-off at the 2 km mark, keep straight on. After another kilometer you will see the Polletts Cove turn-off to your left; after about another kilometer you should see the disused road and trail to the abandoned zinc mine (1.5 km); another 0.75 km takes you to an abandoned farm. All that remains is a clearing and some farm implements. The trail proceeds gradually down to the coast. The topographic map indicates a side trail to Lowlands Cove Brook starting 0.7 km from the coast. I was day-dreaming and totally missed this turn-off. Judging by the stunning scenery it would be worth locating.

LOWLANDS COVE COASTAL TRAIL

Is 3.2 km coastal trail. Just keep a safe distance from the cliff edge and follow ATV and animal tracks along the coast. If proceeding from Lowlands Cove, the Cape St. Lawrence Light and start of the trail to Meat Cove is easy to find. Proceeding the other way to Lowland Cove, be on the look-out for the trail just before the grassy area changes to a wooden area as Lowlands Brook is approached. Steel posts painted red can be found throughout the Lowlands. There are a couple located close to where the trail starts inland.

MEAT COVE MOUNTAIN TRAIL

Is 1.3 km to eastern end of ridge. This trail starts a short distance up the road from the Internet Café and is marked by a sign on a tree and a few stones placed to form steps. The trail climbs steeply nearly 900 feet in the first 0.75 km and then levels off somewhat. The grassy ridge of the mountain extends over a kilometer with fantastic views in all directions.

RIVER BOARD WALK TRAIL

This pleasant boardwalk trail extends nearly a kilometer from the Internet Café to the beach.

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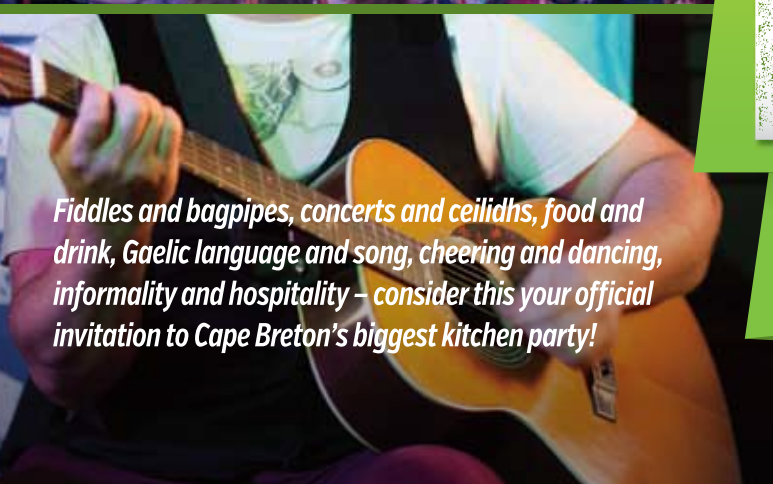


**ALL OVER
CAPE BRETON ISLAND**



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