2013 Activity Guide to the

SUCCESET SIDE OF CAPE BRETON ISLAND





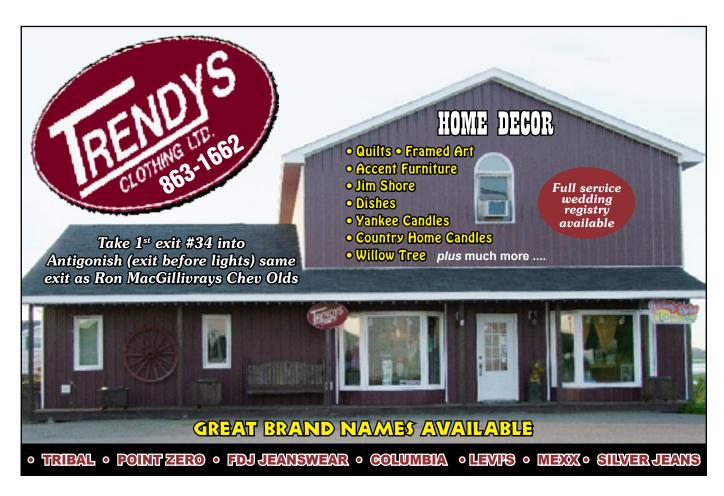














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INVERNESS COUNTY RECREATION/TOURISM

PO Box 179, Port Hood, NS B0E 2W0 Page 2 INTERACTIVE COUNTY MAP 2013 Activity Guide 2013 Activity Guide Pag



An Inverness County Welcome

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

Those offerings are myriad, lunch with live fiddle music in Judique, where you can also learn a fiddle tune or a few basic square dance steps. You can swim at the sandy life-guarded beach at Port Hood, go square dancing in West Mabou or Glencoe, golfing, swimming or watching harness racing in Inverness, salmon fishing or hiking along the Margaree River, golfing at Cabot Links in Inverness or La Portage course in Cheticamp. Receive a warm invitation to join in the vibrant Acadian culture of LeMoine and Cheticamp. Pleasant Bay has a marvellous whale museum or nearby whale watching in that village. Camping and hiking at the tiny, tenacious and wonderful village of Meat Cove is a visitors' favourite.

These are only a few of the choices to be made and enjoyed along the coast.

Going inland there is Lake Ainslie, Nova Scotia's largest fresh water lake, with camp sites, hiking trails and the popular Scotsville School of Crafts where traditional weaving and or heritage skills are practiced daily, and for which workshops are available for visitors.

Beyond Lake Ainslie is Whycocomagh which every summer celebrates a multicultural festival. At any time of the season Whycocomagh invites you to hike Salt Mountain or camp in the Whycocomagh Provincial Park, or to visit Waycobah, the Mi'qmak village just across the Skye River which this year will host the Mi'qmak Summer Games. Both villages border on the shores of the Bras d'Or.

Inverness County: The Sunset Side of Cape Breton Island, our guide for your visit among us, contains far more pages of activities and inter-activities, culinary choices, places to rest, and events to see or participate in than can be mentioned in this meagre but well meant welcome.

Inverness County is a place rich in history, and a wealth of museums in each community tells that town or village's story of centuries of settlement, the survival of cultures and languages, the industrial and agricultural past and present.

Many villages offer weekly "ceilidhs" or gatherings featuring musicians, Gaelic singers, dancers and even storytellers.

For those who want to experience Inverness County first hand through bicycling, canoeing, hiking, whale watching, square dancing, or any other personal involvement, the options are many, the excitement, thrilling.

The highly acclaimed 92-kilometre Celtic Shores Coastal Trail is one if Inverness County's latest gems in a rich geographic and cultural landscape.

Our hope is that each day's end will bring you a joyful exhaustion, a sense of a day well spent, whose lingering last moments might be spent watching a rare and beautiful sight from the shores of Inverness County, that is the witnessing of one of the few ocean sunsets to be found on the eastern side of the North American continent

So welcome to Inverness County. May your journey among us not be your last, but fill you with lasting memories of a place we believe is special, special enough for us to spend our lives here, special enough to feel it is worth sharing with you.



Port Hastings Museum feature dolls from around the world; and cars, trains and ferries

The Port Hastings Museum, located directly across from the Canso Causeway Visitors Centre, is a good place to begin exploring some of the history and collections from the "Strait Area" of Cape Breton Island.

Open from June 17th - October 19th; a menu of interesting displays this season.

TRANSPORTATION

Transportation has always been a subject of local interest since, until the construction of the Canso Causeway, getting back and forth to the mainland of Nova Scotia had been a challenge. One of this year's displays includes model boats, cars and train ferries. Before the causeway, coastal boats provided transportation as displayed in Mark Boudreau's model boats. An extensive photographic exhibit shows how Mulgrave, Point Tupper, and Port Hawkesbury had primary employment serving the rail and automobile ferries and servicing the coastal boats.





DOLLS There will be a summer-long exhibit of Dolls From Around the World from the Anna Guzdziol Collection.

A CENTURY OF 4-H In July, the museum will feature an exhibit, 100 Years of 4-H

FIDDLING ANNIVERSARY FEATURED



In August, an exhibit will pay tribute to the 40th anniversary of the *Festival of Cape Breton* Fiddling. In 1973, in defiance of a CBC documentary raising the concern that the Cape Breton fiddling tradition was vanishing, more than 100 fiddlers gathered in Glendale, just a few miles from Port Hastings, to challenge

the assumption of the vanishing Cape Breton fiddler. That festival gave rebirth to a tradition of fiddling and dance that grows stronger with each succeeding generation.

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OPEN HOUSE ACKNOWLEDGES **CAUSEWAY** On August 10th-13th, the Port Hastings Museum will host an open house marking the 58th anniversary of the opening of the Canso Causeway. It is a remarkable story of the construction of what remains the world's deepest causeway.

CELTIC COLOURS AFTERNOON **CEILIDHS** If you are travelling across the Canso Causeway in October during the Celtic Colours International Music Festival, then enjoy the Port Hastings Museum's afternoon ceilidhs which will be held at the museum on the afternoons of October 11th and 18th. The ceilidhs, naturally and traditionally, will be offered with tea.







TOWN OF PORT HAWKESBURY

September 14th is Let Them Be Kids Day in Port Hawkesbury

perhaps you would enjoy visiting a genuine Building Bee

Port Hawkesbury has been awarded funding from the national organization, Let Them Be Kids, an all-volunteer, community-based organization that acts as a catalyst for the building of playgrounds, skate parks and fitness parks across Canada.

On September 14th, Build Day, volunteers from the town will begin rehabilitating a playground that has fallen into disuse. The day will begin at 8:30 a.m., and the challenge will be to get aspects of the project completed in a day, which will end in late afternoon.

There will be a Teen Zone to the park, where activity bases, chosen by teens, will be built. This will include a gazebo, a skateboard area, a soccer pitch and a graffiti wall.

For children five months to five years, there the program, Let Them Be Kids.

will be a preschool playground.

It won't be a conventional playground, organizers explain. It will be constructions of suggestions chosen by the children, a structure that encourages imaginative play.

A third aspect of the playground will focus on the ideas and choices of children 6-10 years old.

The day will be interspersed with music and food.

Any visitors to Port Hawkesbury on September 14th are welcome to come and see the activity, join in if they wish, and perhaps see a great idea taking shape, one that is benefiting many children across Canada through



PORT HAWKESBURY

To get there, follow Reeves Street to Reynolds Street (McDonald's on the corner), turn left and you are within a block of the action.





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Port Hawkesbury presents ... 19th annual Free Granville Green Concert Series

Each Sunday from July 7th until August 11th, Port Hawkesbury continues its tradition of bringing to the Granville Green stage some of Atlantic Canada's, and Canada's, finest musical performers.



The Sunday series begins on **JULY** with singer-songwriter Barry Bentall, whose 2012 album, Flesh & Bone, reflects his interest in an array of genres from folk to roots, blues-rock to pop, and even a hint of Celtic. The album reflects Canada from coast to coast. Flesh & Bone is haunting yet beautiful with vocals that are pure, truthful and full of emotion. Bentall's lyrics and melodies marry well together, woven with a storytelling quality that transcends generations.



The Port Hood based country group, Company Road, will be opening for Bentall. It is a family band of Mitch. Brennan, Gordie and Kelly MacDonald. The group has been winning attention as it sets off on its own road in the company

of each other and a growing band of fans. **SUNDAY, JULY 14**TH - Refinement of capacity. Spirit. Creativity. When

it comes to performer/ songwriter Tim Chaisson. t h e s e descriptive terms befit the exceptional m u s i c a l endowments of this 23- year-old



Prince Edward Island native. With three solo albums under his belt, Chaisson is on a fast rise to dominating his genre. A quick glimpse of Chaisson and his band's achievements over the past two years shows not only how far he's come but how far he is capable of going: winning Music PEI awards for Songwriter of the Year, Entertainer of the Year, Pop Recording of the Year and Group of the Year and more.

Appearing with Chaisson will be the popular singing duo,

Johnny and Rose. SUNDAY. JULY David Myles comes to the Granville Green stage with multiple awards for his mixture of styles and captivating performances. 2013 (a year only half way through) Myles has received Best



Selling Rap Single in Canadian history - Inner Ninja; JUNO Award Winner Rap Recording of the Year – *Inner Ninja*; CMA Award Nomination Folk Recording of the Year - Into The Sun: ECMA Award Nomination Fan's Choice Entertainer of the Year: ECMA Award Nomination Fan's Choice Video of the Year - Long Dark Night; British Columbia Touring Council Award Nomination 2013 Artist/ Artistic Company of the Year. David Myles is simply someone who needs to be seen. Joining him is rising Cape Breton singer-songwriter Dylan Guthro



out a career path for himself as one of the East Coast's rising stars. This fall, following a tour of Denmark and Germany, he brought home his first Music Nova Scotia Award for Best New Artist Recording. His debut

record All That's True continues to gain

SUNDAY, JULY 28TH - The Barra MacNeils are among Cape Breton's most cherished family bands. They began





~ Welcome! Failte! Bienvenue! ~



Back: Alfred Poirier, Jim Mustard, Dwavne MacDonald Front: Gloria LeBlanc, Duart MacAulay, Betty Ann MacQuarrie

performing in 1980, and have been drawing crowds of long-converted fans ever since. At Granville Green, if there are audience members unfamiliar with this Celtic band's enduring talent and energy, they will long remember them afterwards. Special guest of the Barras will be Asif Illyas.

SUNDAY, AUGUST 4TH – Juno Award winners Wintersleep have brought their distinctive sound to audiences across many territories and continents. The band's latest trek was in support of 2010's New Inheritors, an album that the Wall Street Journal claims "broods, bellows and stalks the listener with



soaring vocals, punching drums and waves of guitars." It saw them perform across North America, the UK, Ireland, continental Europe, and ended under the receptive lights of The Late Show with David Letterman.

The Municipality of the County of Inverness is pleased to welcome you to the sunset side of Cape Breton Island. Savour our rousing ceilidhs, the steady cadence of massed fiddlers, the fun and camaraderie of a square dance. Share our enthusiasm for the county and sizzling sunsets over placid water and dancing bonfires.

As you travel throughout our County become familiar with who we are and where we hope to be in the future. Enjoy our presence and then make western Cape Breton your vacation destination for fun, frolic and laughter amid the fluke of the whales and flight of the eagles.

To learn more about our history, or to travel through time from the beginning of our incorporation to the present, to meet our present day council, CAO and various departments who manage the affairs of our illustrious Inverness County visit us at www.invernesscounty.ca Duart MacAulay, Warden

SUNDAY, AUGUST 11TH- The Granville Green free concert series closes out with The Fourth Well. The Fourth Well is a collective of six young musicians hailing mainly from the rural land: Antigonish County, Nova Scotia. All members developed their multiinstrumental chops at an early age as a means

to cope with the brutal winters of the east coast, and also to celebrate the good times, and the natural beauty that can be found there.



Opening for them will be Brett Pierce.





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Festival of the Strait 2013 Schedule of Events

WEDNESDAY, JULY 3RD

8:30 - 10:30 p.m. — Princess Pageant - Family Bonfire — Granville Green. Members of the PHVFD will be on site. BBQ available. Proceeds going to CFA Men's Tennis Tournament 6:00 p.m. — at Port Hawkesbury Tennis Courts men's doubles \$20/ team plus receive one can of tennis balls. Call Corey at 625-1978 or 951-0008 to register. Deadline for registration is Monday, July 1st.

THURSDAY, JULY 4TH

6:00 - 8:00 p.m. — Quad County Showcase — on Granville Green. Featuring local bands/entertainers. BBQ hotdogs for sale, sponsored by Port Hawkesbury Parks and Recreation. Contact Cameron at the Hawk for more information.

6:00 p.m. — Mixed Tennis Tournament at Port Hawkesbury Tennis Courts \$10 plus receive one can of tennis balls. Call Corey at 625-1978 or 951-0008 to register. 8:00 - 10:00 p.m. — Pre-Teen Dance, Port Hawkesbury Fire Department. Open to ages 8 to 12. \$2 admission. Pop and water will be sold.

FRIDAY, JULY 5TH

9:00 a.m. — Road Hockey Tournament — Starting at at the basketball courts behind SAERC. Championship game scheduled for 3:00 p.m. Pre-registration required at 625-1978 or 951-0008. 2 age divisions, up to age 15 welcome.

9:30 - 10:30 a.m. — Story Hour in SAERC Library. Please pre-register at 625-0396. Sponsored by Eastern Counties Regional Library. Snacks will be provided. For ages 0 to 8 years old.

11:00 a.m. - noon — Brain Games in SAERC Library. For ages 9 and older. Please pre-register at 625-0396. Sponsored by Eastern Counties Regional Library. Snacks will be provided.

11:00 a.m. - 1:30 p.m. - Cold Plate Lunch at St. Mark's Church, Port Hawkesbury. \$10 per plate includes dessert. Hosted by the 1st Port Hawkesbury Girl Guides. Call 625-1969 to pre-order.

1:00 - 3:00 p.m. — Kids Events on the Port Hawkesbury Recreation Grounds. Laser Tag, \$3/turn each, Face Painting, Tattoos and Balloon Artist. Rain Venue — Port Hawkesbury Civic Centre Arena

7:30 - 9:30 p.m. – Teen Events on the Port Hawkesbury Recreation Grounds. Laser Tag, \$3/turn each. Rain Venue – Port Hawkesbury Civic Centre Arena 6:00 p.m. – 5 Card Dash at the Port Hawkesbury Horse Barn. Licensed bar and BBQ available.

10:00 p.m. - 2:00 a.m. — Adult Pub under the tent on the Port Hawkesbury Recreation Grounds. \$12 admission; ids requested. Music by The Odd Bitt. Celtic Reading by Rita, \$20/reading, and Photo Booth with props on site, \$5/sitting.

Festival event updates will be announced on 1015 The Hawk, our Facebook page and on our website www.festivalofthestrait.ca SATURDAY, JULY 6TH

9:00 a.m. — The Festival of the Strait Family 5 & 10 K Fun Run from the Port Hawkesbury Recreation Grounds. Registrations accepted on race day. Medals awarded in 10 categories. Pre-registration recommended. Registration forms available at www.festivalofthestrait. ca. Sponsored by Port Hawkesbury Parks & Recreation, and The Running Room.

9:00 - 11:00 a.m. — Free Pancake Breakfast at the Port Hawkesbury Recreation Grounds. Sponsored by the Knights of Columbus.

10:00 a.m. — Basketball Tournament at the basketball courts behind SAERC. Pre-registration required. Call Mitchell at 625-0538 or 623-1608. 2 age divisions, up to age 14 welcome.

11:00 a.m. - 3:00 p.m. – Kids Events on the Port Hawkesbury Recreation Grounds. Pony rides, 2 bounce-aramas, laser tag (\$3/turn each), 100 CONTINUED PAGE 10

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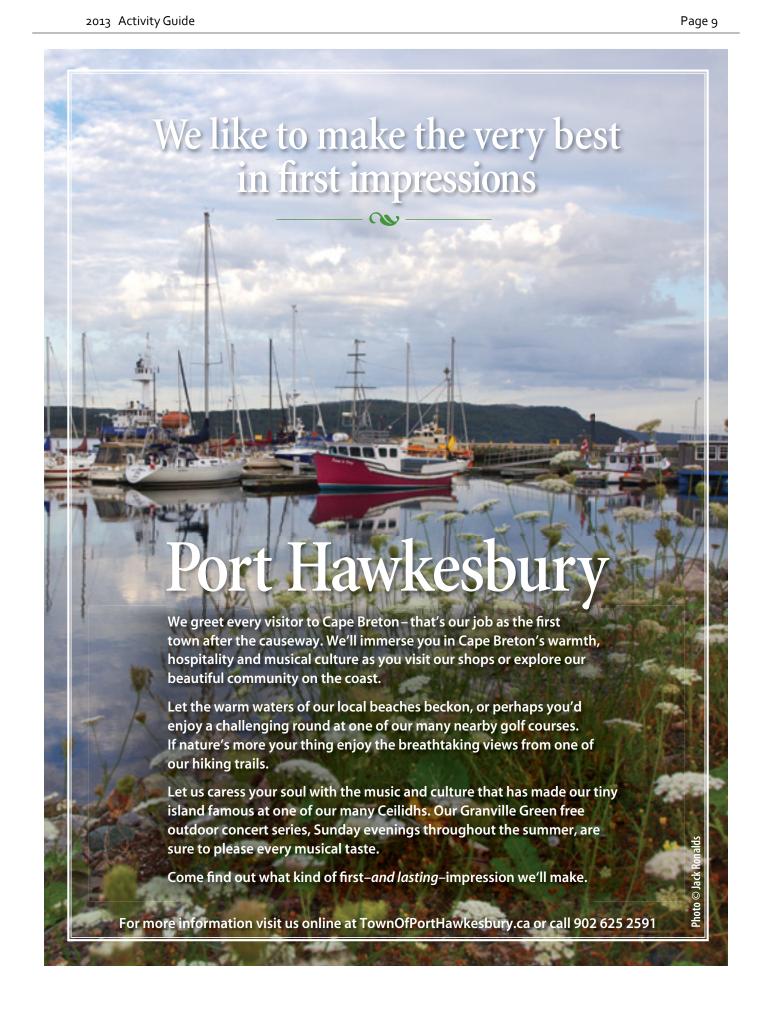
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ft obstacle course, fish pond, face painting & tattoos and tons of games with prizes, including, bingo, candy wheel and carnival games. Popcorn & cotton candy available for purchase; photo booth with props on site \$5/ sitting. Rain venue - Port Hawkesbury Civic Centre Arena.

11:00 a.m. to 3:00 p.m. - Celtic readings by Rita, \$20/reading; on the Port Hawkesbury Recreation Grounds.

11:00 a.m. - 3:00 p.m. - Waxmen - Wax hand molds; on the Port Hawkesbury Recreation Grounds, \$8/ hand.

Food! hot dogs, sausages, pop and water will be sold on site. Proceeds going to Strait Area Saints U16 Lot (lower Civic Centre parking area) Volleyball

3:00 p.m. — Washer Toss Tournament, Strait Area Community Curling Club, 19 and over only. Registration fee of \$10/team. BBQ and cash bar on site. Contact Corey England at 625-1978 or 951-0008 for details.

10:00 p.m. - 2:00 a.m. - Adult Pub under the tent on the Port Hawkesbury Recreation Grounds, \$12 admission: IDs requested. Music by "Persuaders." Photo Booth with props on site, \$5/ sitting. Celtic reading by Rita, \$20/

SUNDAY, JULY 7TH

1:30 p.m. - Festival Street Parade Starting from the former NSCC Parking **CONTINUED PAGE 12**



Port Hawkesbury Airport

The Port Hawkesbury Airport is located 8 km. north of Port Hawkesbury, just off the Trans Canada Highway No. 105 on Airport Road.

The paved runway is 5,000 feet by 150 feet, with radio controlled lighting for night operations. The runway is oriented 290 degrees (Runway 29) and 110 degrees (Runway 11). It has a generous aircraft parking area, with tie downs for overnight aircraft. The parking area is fenced and secure

Aviation fuels (100LL & Jet-A) are available at the airport. A recent report noted that with the opening of the Cabot Links Golf Course in Inverness (50 miles south) that aircraft fuel sales rose 1700% in 2012.

Airmac Flight Center operates a repair and maintenance facility as well as flight training, sight seeing flights and air charters. Airmac has two aircraft storage hangars.

Six to eight privately owned and one commercially owned aircraft are based at the airport. The airport also serves air charter operators from eastern Canada and the United States, as well as business jets, military and government owned aircraft.

Open year round, the airport is becoming increasingly popular as a fly-in tourist destination.



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Shannon Studio Ceilidhs every Tuesday evening

A *ceilidh*, Gaelic for a social gathering, takes place every Tuesday evening at the Shannon Studio in Port Hawkesbury's Civic Centre.

Each week, organizers try to bring to the stage the fiddlers, singers, dancers and other musicians for a 90-minute session that will leave the audience both musically entertained and culturally informed.

The goal of these ceilidhs, organizers explain, is to bring to the stage members of the same family, or relatives, friends who have influenced, or been influenced by, the family. In Cape Breton, family musical traditions reach back generations in many cases, so that each family brings its own "signature" to the style in which they play.

The Shannon Studio ceilidhs, a co-op presentation by the Port Hastings Museum and the Civic Centre, are wonderful places to become familiar with or reacquainted with Cape Breton's musical traditions.

The ceilidhs will run through July and August, from 7:30-9:00 p.m. Admission to the ceilidh includes a cup of tea and oatcakes which you can enjoy along with the music.

The time allotted for the ceilidh is to allow visitors and the local audience enough of the evening for them to consider taking in other activities in the Port Hawkesbury area.

FROM PAGE 10

view the parade on the following streets: MacSween, MacQuarrie Drive, Reynolds, Reeves, Old Sydney Road & Granville Street. Following the parade, head to the Port Hawkesbury Recreation Grounds for these events:

2:00 - 5:00 p.m. — Kids Events on the Port Hawkesbury Recreation Grounds. Two bounce-a-ramas, 100 ft obstacle course, pony rides, popcorn and cotton candy available for purchase; Rain Venue — Port Hawkesbury Civic Centre Arena

(10:00 am - 1:00 pm)

Performances by local artists such as Ryan's Dancers, Cheer Fusion All Stars, Mulgrave Cloggers and more!

2:30 - 5:00 p.m. - Celtic readings by Rita,

\$20/reading: on the Port Hawkesbury Recreation Grounds.

3:00 - 5:00 p.m. — Waxmen — Wax hand molds. On the Port Hawkesbury Recreation Grounds, \$8/hand.

4:00 p.m. — Chili Cook Off at Strait Area Community Curling Club. Judges will pick the winner and contestants' chili will be sold at \$3/bowl. Be judged individually or in a pair. Full details on our website www. festivalofthestrait.ca or by contacting Tanya at 631-0620. Cash prize will be awarded to winner.

BBQ – proceeds going to Strait Area Saints U16 volleyball team.

6:45 p.m. — Granville Green Outdoor Concert Series — Barney Bentall.

Enjoy strolling through the Community Woodland Trails

The Community Woodland Trails are on land formerly part of an original grant to John Reeves in 1819. The woodlot is typical of Cape Breton.

The better drained land on the upper hillside was used for pasture 70 years ago. It was later abandoned and grew up as spruce and fir. The remaining land was more suited to growing trees and was kept as woodland. In the late 1970s, most of the softwood trees were killed by the spruce budworm.

Reforestation of the area was brush-raked and planted with more than 10,000 softwood seedlings. Spacing of natural regeneration occurred along Crandall Road. The area contains trees from the Maritimes and Western Canada – native red, white, and black spruce; red, white, and jack pines, and Western Lodgepole pine; European species such as Norway spruce, Siberian larch, and Scotch pine were also planted.



Naturally regenerated native spruce, fir, pine, tamarack, hemlock, maple, birch, poplar, white ash, and red oak occupy 90% of the property. The trails are comprised of the following types of terrain; (A) hilly, uneven terrain,

- (B) relatively smooth, easy hiking,
- (C) hardwood stands, softwood stands and open areas,
- (D) bridges and walkways built into the sides of hills, (E) brooks and ravines, very picturesque.



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J. Franklin Wright Gallery to feature Wright's work



This year's exhibition schedule at the J. Franklin Wright Gallery will include a two-month mounting of works by the local artist of international fame for whom the gallery was named.

From July 4th until August 30th, paintings by marine artist J. Franklin Wright

will be available for viewing in the gallery, located in Port Hawkesbury's Civic Centre.

"Drawn by the timeless nature and mystery of the ships and the sea, Wright's work reflects the strong influence of the shipping environment that still plies its trade in the Strait of Canso. Many of Wright's marine full-masted paintings have been released as limited edition prints and medals of distinction for their quality. Wright's work has been shown extensively throughout Canada, and has exhibited internationally. Wright is the only Canadian included in the influential marine volume, 20th Century British Marine Painting by Denys Brook-Hart.

This year's exhibition schedule at Also showing through the exhibition season is a collection of student art, which will hang in the Wright Gallery until June include a two-month mounting 28th.

Through September and October, the J. Franklin Wright Gallery will feature works by Lisa Harrison.



The Marine Art of J. Franklin Wright has been lauded and applauded around the world for the artist's depiction of ships under sail. His canvases bring to life the sea and wind that have driven ships such as these in their various voyages around the world.



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GLENDALE

Glendale's cultural centre presents the 52nd Annual Concert July 14



This year, Glendale celebrates its 52nd Annual Concert, and the 40th anniversary of the 1973 Glendale Fiddle Festival that brought more than 100 fiddlers to the stage to rebuke the suggestion that the Cape Breton fiddler was vanishing.

Directed by Father John Angus Rankin, Glendale and that 1973 concert, is a cultural milestone from which has sprung such a vibrancy of Cape Breton fiddling and other Celtic arts that there are barely enough stages available to contain it. But the stage that matters most is the one in Glendale.

"The musical legacy, reawakened by Father John Angus at the time and throughout the ensuing years, epitomized his great love and passion for preserving something very special in our traditional highland culture," said this year's concert coordinator, Frank MacDonald of Queensville. "It is with this in mind that we dedicate this year's concert to his memory and in remembrance of all those great fiddlers who participated in the concerts throughout the years," continued MacDonald, on behalf of he Glendale Area Community

Cooperative, responsible for the concert's continuing success.

The 52nd annual outdoor concert on the Glendale concert grounds on July 14th runs from 2 - 6 p.m. as part of the community's Ceilidh Days Festival, which will feature a number of other cultural activities on Saturday, the 13th, including Highland-type games for children, storytelling sessions, and an adult dance in St. Mary's Parish Hall.

The Father John Angus Rankin Cultural Centre brings much more to the season than Glendale's annual concert. The gift shop opens June 19th until mid-October. In the centre itself are archives and historical photos and articles for viewing, along with genealogical information.

The centre will be hosting biweekly kitchen ceilidhs on June 19th, July 3rd, 17th and 31st; August 14th and 28th; September 11th and 25th, with a wrap-up ceilidh on October 9th.

The Father John Angus Rankin Cultural Centre is also a C@P site where visitors can access email and keep in touch with family.



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Celtic jam sessions popular in Creignish

Twice a month through the summer and autumn, Celtic Jam sessions are held at the Creignish Recreation Centre (Highway 19 – across from the Stella Maris Church). It is an event that provides an evening of Celtic music using the range of instruments that turn up on any particular evening: the fiddle, piano, guitar, small pipes, banjo, and whatever else makes the joyful or lamenting music of the Irish and the Gaels.

These sessions usually include 8-20 musicians, and provide a great way to meet musicians, or other people who, like yourself perhaps, simply enjoy the music. Visitors with instruments are welcome to join in. During the evening the musicians will play en masse, in smaller groups, or solo.

There is plenty of room for the audience, so bring an instrument, bring a friend – bring both.



Sessions will be happening on the 2nd and 4th Thursdays of every month (May 9th and 23rd; June 13th and 27th; July 11th and 25th; August 8th and 22nd; September 12th and 26th).

The hall doors open at 7 p.m., with sessions running from 7:30 to 9:30+. Voluntary donations at door are welcomed.



2013 Activity Guide JUDIOUE

JUDIQUE ON THE FLOOR DAYS

August 12th-18th

MONDAY, AUGUST 12TH 8:00 p.m. Bingo (Judique Community Centre)

WEDNESDAY, AUGUST 14TH 4:00 p.m. - Kayak Tour leaving Little Judique Harbour Contact Colleen MacLeod, (cell) 902-227-5425 or (h) 902-787-2215

THURSDAY, AUGUST 15TH

6:00 p.m. - Annual Amazing Race (10 teams of 2 compete in physical and mental challenges in a race to the finish line (pre-register 902-787-2374). 9:00 p.m.- 1:00 a.m. Pub and Music, Judique Fire Hall

FRIDAY, AUGUST 16TH 9:00 p.m.-1:00 a.m. Adult Dance, JRA Grounds.

SATURDAY, AUGUST 17TH 8:00 a.m. Cedric Memorial Race Registration 9:00 a.m. Cedric MacDonald Memorial Race (5 M and 5 K) Judique Fire Hall NOON - Judique on the Floor annual parade 1:00-3:00 p.m. Canteen, BBQ, Concert, Inflatables for children, Children's Games, Children's Amazing Race, all held on JRA Grounds. 3:00-7:00 p.m. Steak BBQ, Judique Fire Hall

9:00 p.m. - 1:00 a.m. Adult Dance, JRA Grounds. SUNDAY, AUGUST 18TH

10:30 a.m.-12:30 p.m. KOC Brunch, Judique Comm. Centre 2:00 p.m. Kintyre Farm Outdoor Concert, Kintyre Farm.

Judique on the Floor

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.



How does a fine lunch accompanied by a live soundtrack of Cape Breton music sound?

That's what's on the menu at the Celtic Music Interpretive Centre in Judique Monday to Saturday. Live music will accompany your meal from 11:30 a.m. until 1:00 p.m., but the kitchen itself will remain open until 3:00 p.m.

During that time, an on-site fiddler, and there are fine ones on staff, will be performing while diners can expect the celebrated Allan Dewar providing piano accompaniment. So stopping for a sandwich can turn into a full blown, midday ceilidh, making one of your early experiences in Inverness County one of your favourite experiences.

Don't be surprised if a square dance breaks out in the middle of your meal.



Or if you prefer to learn more about the music

Each day from Monday through Saturday, at almost hourly intervals, the centre provides on-site talks and demonstrations about the traditional music of Cape Breton Island. Topics include the influence of Highland bagpiping, step-dancing and the Gaelic language on the Cape Breton fiddle style and how they are all interwoven within Cape Breton's Gaelic/Celtic culture.

From June through until October, visitors will learn about the music from the accomplished fiddlers on the centre's staff this summer, including the gifted Melanie Holder, accompanied by pianist Allan Dewar, who, along with being a celebrated musician in his own right, has toured with Natalie MacMaster and others. These musicians will explain and play tune types such as marches, strathspeys, jigs and reels. And because Cape Breton music is primarily composed with dancers in mind more than passive audiences, Melanie or talented guests will also be step-dancing to the music!

Wednesday night Ceilidhs: a party ambiance

Beginning Wednesday, June 26th and carrying on into late October, the Celtic Music Interpretive Centre will be hosting a Ceilidh from 7:00-9:00 p.m., with guest fiddlers and a grab bag of surprise performers. Because the Celtic Music Centre is a place that attracts to its audience some of the island's finest fiddlers, guitarists, pianists, and pipers, spontaneity is the unpredictable element of these music sessions. Regardless of whether there are guests or regular musicians, a good time is assured at these ceilidhs, which is a Gaelic word meaning a social gathering.

June 26th: Shelly Campbell, Kenneth MacKenzie,

Doug Lamey, Cheryl Smith, Allan Dewar,

July 3rd: Doug Lamey

July 10th: Kinnon and Betty Beaton

2013 Activity Guide

July 24th: Glenn Graham

(August line-up to be announced)

Thursdays mean special instruction by some of the best at Music Centre workshops



22nd the Interpretive Centre will be offering its Kitchen Ceilidh Workshop Series where each week a different master of the music will be instructing from 1:30-3:30 p.m. People can preregister for the workshops, or if you just happen to be passing through, drop-ins are welcome. The faculty of instructors includes fiddler Stan Chapman (July

Each Thursday from July 4th until August

Kenneth MacKenzie 4th); Andrea Beaton (Thursday, July 11th); Shelly Campbell (July 18th); Glenn Graham (July 25th); Troy

MacGillivray (August 1st): TBA (August 8th):TBA (August 15th); and fiddler Wendy MacIsaac (August 22nd). Check at the centre for prices and instructor confirmation.

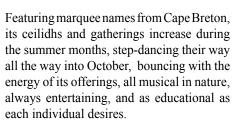
The Buddy MacMaster School of Fiddling

During the annual Celtic Colours International Music Festival, the Celtic Music Centre offers its week-long Buddy MacMaster School of Fiddling from October 14th-18th. This increasingly popular school named for one of Cape Breton's great fiddlers and most loved personalities, draws as its instructors, musicians whose influence on the culture and on their students is and will be enduring.

Monday, Oct. 14th: Shelly Campbell and Colin Grant Tuesday, Oct. 15th: Glenn Graham and Gabrielle MacLellan Wednesday, Oct. 16th: Andrea Beaton and Rachel Davis Thursday, Oct. 17th: Mairi Rankin and Stan Chapman Friday, Oct. 18th: Wendy MacIsaac and Troy MacGillivray

The Sunday ceilidhs boast a stellar cast of performers

The Celtic Music Interpretive Centre operates year round with Sunday afternoon (3:00-6:30) ceilidhs. They entertained full houses of local music enthusiasts through some bitter winter months this year and will continue to entertain all comers this summer.



Sunday, June 30th: Glenn Graham Sunday, July 7th: Andrea Beaton Sunday, July 14th: Wendy MacIsaac Sunday, July 21st: Dawn and Margie

(August line-up to be announced)



Troy MacGillivay



Shelly Campbe



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Centre's Interactive Exhibit Room is a stroll through history

It may not be apparent to are welcome to do so. visitors to the Celtic Music Interpretive Centre that behind a wooden door bearing the designation Tom Rankin Exhibit Room is an exciting experience begging to share itself with you.

The Exhibit Room features a series of interactive stations where a person can sit and watch an 8-minute video of fiddler Kinnon Beaton demonstrating the reel, strathspey, march and other forms of Celtic music. Behind you, as you watch, hang four fiddles, all tuned, all ready, so if you want to test yourself by following Kinnon's demonstration, you

A short distance away is another interactive site where a 5-minute film by revered step-dancer, Mary Janet MacDonald, introduces you to the step you would use to dance to a reel, to a strathspey, and you are welcome to use the dance site to practice what Mary Janet has to teach.

There are other portals where the origin of the music is explained, where samples of various Celtic styles are played and explained.

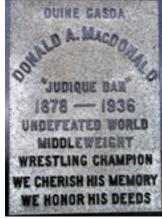
Throughout the Exhibit Room are near life-sized images of some of the greatest musicians

who have throughout their lives contributed to the genre of Cape Breton fiddling that is celebrated throughout the world today. These giants of the music, past and present, stand beside biographical information explaining their role, acknowledging their talents.



Judique Dan

a world champion wrestler



A cairn is dedicated to Donald A. (Judique Dan) MacDonald in Judiaue.

Judique's claim to fame isn't wholly ingrained in its music. It is also the birthplace to a once-famous wrestler, Donald A. (Judique Dan) MacDonald. A strong, likeable man, Judique Dan fought in 945 professional matches during his colourful wrestling career and became the undefeated world middleweight champion on New Year's Eve, 1912.

The story of Judique Dan's first unofficial fight occurred when his younger brother returned home from a New Brunswick lumber camp with black eyes, broken nose and other injuries.

Dan set off for Bathurst to avenge his brother. In the spring he returned home happy and victorious, and soon began his professional career.

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, onehalf of whom were Scottish, the rest Irish or Lovalist.

2013 Activity Guide

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.

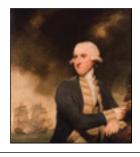
Port Hood (pop. 710) is the fourth-largest community and county

seat of Inverness County. The village has stores, restaurants, accommodations, a post office, bank, liquor store, service station 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.

CHESTICO - what does it mean?

Throughout your time in Port Hood, you may encounter the word "Chestico" and wonder about its meaning. Historians explain that *Chestico* is a corruption of the French term *juste* au corps, meaning jacket. This was an early name given by French soldiers who were quarrying stones from nearby Port Hood Island for use in construction of their fortress at Louisbourg.



Port Hood was eventually named for Admiral Samuel Hood who was Commander-in-Chief of the North American Squadron of the Royal Navy during the colonial period.

Port Hood was an important port-ofcall for British warships.

Port Hood Harbour: site of historic confrontation over US, British flags

Port Hood, shire town of Inverness 1921 History of Inverness County tells 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 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 market.

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, iust 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

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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 At sunset it is one of many wonderful places 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

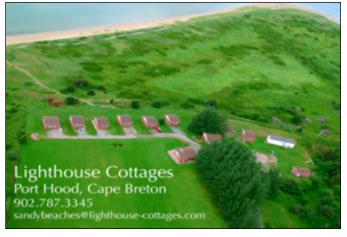


camera (or cell phone or Blackberry or other recording devices).

The park borders and offers easy access to a

to watch the sun sink in glorious colours behind the darkening mass of Port Hood

Erected at the park is a large memorial to the coal miners who have been killed in the Port Hood mines when those mines formed the economic backbone of the village.



THURSDAY NIGHT CEILIDHS AT CHESTICO

On Thursday evenings from 7:00-8:00 p.m. there will be a Ceilidh held at Port Hood's Chestico Museum. The ceilidhs offer visitors and residents evenings of fine music performed by local and visiting artists. Admission is \$5 adults: \$3 children.

CHESTICO DAYS SCHEDULE



MONDAY, JULY 29TH

6:30 p.m. - Cemetery Mass at St. Peter's Parish.

TUESDAY, JULY 30[™]

8:00 a.m.- Chestico Days Golf Tournament at the Antigonish Golf & Country Club

WEDNESDAY, JULY 31ST

12:00 p.m. - Sand Sculpture Competition at the Court House Beach. Registration begins at noon. Judging will take place at 4:00 p.m. BBQ & Prizes for 1st, 2nd, 3rd. 7:00 p.m. - Family Ceilidh with lunch at the Al MacInnis Sports Centre. Introduction of the Miss Chestico Days 2013 princesses. Admission charged.

THURSDAY, AUGUST 1ST

4:00 p.m.- Lobster Supper (Market Lobsters) Centre. MacInnis Sports Lobster in shell along with homemade salads, rolls, pie, tea & coffee. \$20.00 for a lobster meal. Hot dogs available for children (free for children when adult meal is purchased).



Saturday 8-5 pm ... Sunday 10:30 to 5 pm

Everyone Welcome ! 902-787-3311



7:00 p.m. - Ceilidh at the Chestico Museum. Tea & liaht lunch will be served. Admission - \$5.00. Children

FRIDAY, AUGUST 2ND

12 & under are admitted free

2:00 - 4:00 p.m. - Entertainment & Hot Dog BBQ at the Port Hood Co-op Parking Lot. Hot Dogs -\$2.00. Pop/Water - \$1.50. Sponsored by Port Hood Co-op & Chestico Museum. 6:00 p.m. - Harness Racing at the Port Hood Race Track. Glencoe Station Road. Beer Garden, Entertainment & BBQ. Bounce for Cash – \$5 per ticket or 3 for \$10. Tickets available at DF Beaton Service Centre, Ceilidh Co-op or any member of the KOC. \$500 prize for each race. 9:00 p.m. - 1:00 a.m. -Crowning of Miss Chestico Days 2013 followed by Adult Dance with Matt Anderson and Band at Al MacInnis Sports Centre. Happy Hour from 9:00 p.m. to 10:00 p.m. Admission - \$15.00. 19 plus - IDs will be requested.

SATURDAY, AUGUST 3RD

9:00 a.m. - Alfred Reynolds Road Race & Family Fun Run/Walk at the Port Hood Fire Hall (all ages). Registration from a.m. Fee is \$5.00 for Road Race (5 Mile) and \$2.00 for Family Fun Run/Walk (2 KM) 9:00 a.m. - Pancake Breakfast hosted by the St. Stephen's United Church. 11:00 a.m. - Street Parade. Starting at Bayview Education Centre to High Road to Main St. to Al MacInnis Sports Centre Grounds. 12:00 -4:00 p.m. - Al MacInnis Sports Centre Grounds Family Entertainment: Bounce-A-Ramas, Chocolate Wheel, Crown & Anchor, Fish Pond, BBQ, & Much More! 12:00 - 2:30 p.m. - Chicken BBQ Dinner at the Port Hood Fire Hall. Hot Dogs also available for children. 12:00 - 3:00 p.m. - Food & Craft Showcase at the Al MacInnis Sports Centre (Mezzanine level) 12:30 p.m. - 29th Annual Stepdancing Festival and Concert on Al MacInnis Sports Centre

grounds, featuring dancers, cloggers, fiddlers, and lots of great local talent. MC'ed by The Hawk's Bob MacEachern. Adm. charged. 1:00 - 6:00 p.m. - Beer Gardens & Entertainment on Al MacInnis Sports Centre Grounds. 19+. Entertainment

starts at 3:00 p.m. 4:00 p.m. - Kayak Tour, Little Judique Harbour. Contact (902) 787-2251. Cell (902) 227-5425 or google facebook Kayak Inverness County. 9:00 p.m. - 2:00 a.m. Adult Dance with The Eddie Cummings Band at Al MacInnis Sports Centre. Happy Hour from 9:00 p.m. to 10:00 p.m.. Admission charged. 19 plus - IDs will be requested.

SUNDAY, AUGUST 4TH

1:00 p.m. - Chestico Boat Parade - prizes for 1st, 2nd, 3rd. Come watch the parade of boats from the Old Government Wharf Beach. 9:30 p.m. (Dusk) - Fireworks Show at the Old Government Wharf. Sponsored by Knights of Columbus.

JULY 13TH THE ANNUAL **LOBSTER PICNIC**

annual Hood Lobster Picnic, Saturday, July 13th 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 games from 1:00-3:00 p.m. a horseshoe tournament, and a clown on the grounds from 3:00-5:00 p.m. For adults, there will be a beer garden.

A DAY DESIGNED FOR **ALL AGES!**



CAPG BACTON SQUARG DANCE

In Inverness County

WEST MABOU - Saturdays

Sports Club Hall, 2399 West Mabou Road, Mabou Year-round, 10 pm -1 am, Family Dance (all ages) Admission \$8, Canteen

The West Mabou Dance is famous for its indoor and outdoor dance floors and the ever-growing collection of framed photographs donated by musicians over the years.

Contact: Jimmy or Margie MacInnis (902) 945-2814

BROOK VILLAGE PARISH HALL - Mondays

6432 Route 252, Brook Village

End of June to Labour Day weekend, 9:30 pm -1 am, Adult Dance (age 19+) Admission \$7, Bar and canteen

The Brook Village dance has been running since

Buddy MacMaster First started playing at dances. Contact: Cathy Campbell (902) 945-2735

LAKE AINSLIE - Tuesdays

Volunteer Fire Department Community Hall, Scotsville July and August, 10 pm - 1 am, Adult Dance (age 19+) Admission \$7, Bar and canteen

Enjoy a night of lively music and dance with some of the countu's best known musicians.

Contact: Michael Gillis (902) 756-2790 or

Mike Gillis (902) 756-2040

THE BARN - Wednesdays (July/Aug.) Fridays (June/Sept/Oct) 691 Egypt Road, Margaree Valley

July and August, mid-June, September to mid-October, 8 pm Concert/Ceilidh, 10 pm Dance Family Concert/Ceilidh/Dance (all ages) Admission Concert/Dance Combo \$10/\$15/\$20,

Dance Adult \$8, Student \$4

Contact: (902) 248-2987 or www.normawayinn.com

GLENCOE MILLS HALL Thursdays

628 Upper Glencoe Road, Glencoe Mills July to Labour Day weekend, 10 pm -1 am, Family Dance (all ages) Admission \$8, Canteen

The Glencoe Mills dance has been running for decades and for many years was Buddy MacMaster's regular Thursday night gig.

Contact: Irene Gillis (902) 945-2448 or Rubu Campbell (902) 945-2213

ST. JOSEPH'S PARISH HALL Fridays

19678 Route 19, South West Margaree End of June to Labour Day weekend, 10 pm - 1 am - Adult Dance (age 19+) Admission \$8, Bar

Some of the legendary Cape Breton Fiddlers such as Angus Chisholm have played at this long running dance.

Contact: Lawrence MacLellan (902) 248-2180



2013 Activity Guide





Sunset Sands RV Park offers rest, relaxation, or lots to do



ANNUAL TRIATHLON

A popular summer event for local and visiting athletes is the Port Hood Triathlon, held this summer on A 12th. The triathlon, which includes swimming, cycling and running, is divided into two events, the Sprint and the Olympic challenge.

In the Sprint, participants will swim 750m, bike for 20K & run for 5K.

In the Olympic version of the same competition, athletes will swim 1.5K. bicycle for 20K, and run for 10K. This is an Atlantic Chip Timed Event.

Participants can register online by isiting: www.atlanticchip.ca.

Steel competition, also a popular

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 55 full-service sites with 50 and 30 amps of power, satellite TV, and free wi-fi wireless internet access. It also offers 20 tenting sites, and is open May 15th to October 19th. Rental RVs are available with seasonal and monthly rates. 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 salt water pools and a large hot tub.

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ph 902.787.3484 fax 902.787.2370



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Chestico Museum highlights connection to Fortress Louisbourg

Port Hood (or Juste au corps as it was named by the French in the early 1700s) was the site of several stone quarries which were used to furnish the fine dressed masonry for many of Fortress Louisbourg's public buildings, walls and wharves.

The high quality sandstone of both Port Hood and Henry islands was shipped regularly by barge over several decades to help build Louisbourg and other French fortifications on the island. The Chestico Museum will host an exhibit, talks, costumed animators and other events which will highlight Port Hood's historic connection to Fortress Louisbourg – once the bustling capital of Cape Breton's French colony of *Île* Royale.

THURSDAY, AUGUST 1ST

Talk/slide show with Ken Donovan, retired Fortress of Louisbourg historian on Port Hood's connection to the Fortress. There will be an exhibit at the Chestico Museum regarding Port Hood stone quarries and Louisbourg.

FRIDAY, SATURDAY **AND SUNDAY** AUGUST 2ND TO 4TH

On August 2nd, costumed animators will be acting out and showing aspects of the stone quarrying and masonry done at Port Hood where the high quality sandstone was hewn and hauled by barge to construct many of the buildings at Fortress Louisbourg.

The demonstration, which will take place on the grounds just above the Port Hood Arena, will also include historical re-enactors, "sutlers" on site selling historic goods and wares. Sutlers will set up their own tents and cooking fires and will camp on site in period costume. They will also be aboard the Louisbourg 300 float during the Chestico Parade.

This re-enactment is just one of several Louisbourg-related activities that Port Hood's Chestico Museum has planned during its annual Chestico Days (July John and Cathy Gillies of Port Hood in 29th - August 4th) community festival.



period costume.



Retrieval of stones from Fortress Louisbourg built historic Port Hood home

When French soldiers came to Chestico to quarry stone for Fortress of Louisbourg, quarried the stone from the south end of what is now Port Hood Island, shipping it to Louisbourg. It is also believed that after the dismantling of Louisbourg by the British, some of the Port Hood quarried rock was retrieved and shipped back to Port Hood for the construction of the Peter Smyth House, situated opposite the municipal buildings in Port Hood and which is now a private home.



CHESTICO

OPEN Monday to Saturday 9 - 5, Sunday 1 - 4:30 and Monday evening 6:30 - 9:00. Phone 787-2244. Admission FREE! **Donation Welcomed!**

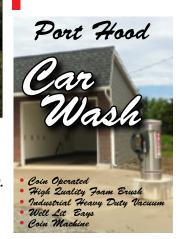
CHURCHES

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St. Peter's **Roman Catholic** 787-3317

> St. Stephen's United 787-2323

Jubilee United Port Hood Island (summer only) 787-2323







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MABOU



Currently a Gaelic stronghold, Mabou is home to many cultures

Originally settled by the United Empire Loyalists who came to the region following the American Revolutionary War, soon followed by the Highlanders whose family names now dominate the census rolls, Mabou, beginning in the 1950s, was also the destination of a latter-day immigration with the arrival of a large number of families from Holland. The Mabous have attracted a number of American and Canadian youth during the restless and roaming days of the 1960s-70s, who have "found their way home" to Mabou.

Gaelic tradition.

For generations names such as Beaton, Rankin or MacDonald have been synonymous with a music tradition that echos back to its roots in the Highlands of homage to the ancient tradition of the

The village of Mabou is at the heart of a Scotland while shaping itself through the network of rural communities rich in the generations into a distinct and celebrated sound now identified around the world as Cape Breton music.

> It is not only the sound of the fiddle and the feet dancing to that fiddle that pays

Gaels. The Gaelic tongue, too, thrives in Mabou where for the past thirty years the language has been on the school curriculum, and local organization, Feis Mhabu, has mounted a heroic effort to salvage the language and the tradition with increasingly successful results.



Mabou Ceilidh Days entertains you July 17th-21st

Each summer, Mabou celebrates itself with an annual summer festival called Mabou Ceilidh Days, scheduled this July from the 17th - 21st. They are days filled with activities.



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3:00 - 7:00 p.m. - Ball Hockey Tournament at the Mabou Athletic Centre. 9:30 - Midnight - A Teen

Athletic Centre.

be held. Dance will be held (a DJ 7:00 p.m.— An Ecumenical providing the music) at the

9:00 p.m. - 1:00 a.m. - It

6:00 p.m. - A Boat Parade from Mabou Harbour to the Bridge in Mabou will

Service will be held at the Mabou Marina.

will be Pub Night on the Waterfront, music TBA

SATURDAY, JULY 20TH

8:00 a.m. - Registration for the Hugh Arnold Campbell Road Race. (10K, 5K and Fun Run) 9:00 a.m. - Hugh Arnold Road Campbell begins.

NOON - There will be a Ceilidh Parade held in the village come rain or shine. going from Mabou Parish Hall to Dalbrae Academy arounds.

1:00 p.m. Outdoor Gala Concert, Canteen, Craft Market, the 30th Anniversary Milling Frolic, Beer Gardens, Bingo, BBQ, all held on the grounds of Dalbrea Academy.

10:00 p.m. - 2:00 a.m.— An

Mabou Farmers Market

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The Mabou Farmers Market is an eclectic collection local food growers, producers, artisans and crafters who offer their wares every Sunday from June 2nd to October 13th, from 11 a.m. to 2 p.m. at the Mabou Arena on Mabou Harbour Road not far beyond St. Mary's Church.

11:00 a.m. - A Pioneer Mass will be held in St. Mary's Cemetery. 11:00 a.m. - 2:00 p.m. A Farmers Market will be held in the Mabou Athletic

Centre. 12:00 - 2:00 p.m. - A Roast Beef Dinner will be served at the Mabou Community Hall.

Adult Dance will be held at

the Mabou Athletic Centre

SUNDAY, JULY 21ST

1:30 p.m. – Lucky Duck Race will be held from David MacMillan's Farm in Glendyer to the Mabou

3:00 p.m. - Anything that can Float Race at the Mabou Marina.

7:30 p.m. – A Mabou Ceilidh Concert will be held at the parish hall.

TUESDAY NIGHT CEILIDHS

A weekly summer ceilidh is held each Tuesday evening in the Community Mabou Hall on the village's 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.





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CEILIDH ON THE WHARF

Mabou Coal Mines

SUNDAY, AUGUST 11TH – Located at Mabou Coal Mines. Take the Mabou Harbour Road off of Highway 19 in Mabou and follow the signs. Fun for the whole family. Runs from 1:00 to 4:00 p.m. Lots of local talent and musical entertainment, boat rides, and beautiful scenery all included in the price of admission. Canteen facilities on site.





Mabou & Whycocomagh



There's more to Mabou than Mabou

Within a few kilometres of the village of Mabou is a network of cousin communities including Mabou Harbour, Mabou Coal Mines, West Mabou, the Glencoes, each of which offers its own special delights. Whether you enjoy swimming or square dancing at West Mabou, hiking through the stunning beauty of Mabou Harbour or Mabou Coal Mines where a maze of trails can lead you high into the Mabou Highlands, or square dancing at Glencoe Mills, there are many reasons to stop and stay.

Mabou's soundtrack may be the fiddle or the songs of its most famous family, The Rankins, but the village's setting is in itself a delight to view or to explore, picturesque and photogenic. Surrounded by hills and a river (which is actually an inlet from the Northumberland Strait), this beautiful village was first inhabited by the Mi'kmaq. The Mikmaq word for Mabou is *Madawak*, meaning "where two or more rivers meet and flow into a larger river."







Restaurant/Bar 945-2996

Mother of Sorrows Shrine; a quiet reflection



on the road to Rankin Ridge (ask anyone) is the Mother Sorrows PioneerShrine. Tourists come from near and far to visit this tiny shrine that was originally built as a

Near Mabou,

church at Indian Point, three miles from its present location. Through time, the church fell into disuse, and in 1967 it was moved to the present site where it became a shrine operated by the Brothers of Our Lady, a Catholic order from Holland. The Mother of Sorrows Shrine is open 24 hours a day, seven days a week. During business hours, there is also an adjacent gift shop.

The Red Shoe Pub

Few businesses have become national institutions as quickly as *The Red Shoe Pub*. In its first year of operation it earned a two-page spread in *McLean's*

Magazine, a sidebar to a feature on the great and good things happening with music in Cape Breton.

Now owned by members of the popular Cape Breton family band, The Rankins, the nationally a c c l a i m e d

pub is a source of food for body and soul through its menu and its musical offerings. Throughout the summer and fall months, the pub offers lots of fine music, including a fiddlers' matinee every Sunday afternoon.

An Drochaid Bridge Across Time

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The recently renovated 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.



July 9 / 10 - 7:30 pm - The Weddin Dance

July 17 / 18 – 7:30 pm - Hello, My Name is Johnny Cash!

July 23 - 8:00 pm - Fiddles & Feet - Celebrate Cape Breton!

August 10 - 7:00 pm - Grand Ole Opry Tribute

August 16 - 8:00 pm - Will Ye Gang Lassie, Laddie?

October 10 - 7:30 pm - Irish Rovers - Farewell Tour

October 15, 16, 19 - Celtic Colours

November 16 – 7:30 pm – Jake's Gift



For tickets and show information please visit our website at strathspeyplace.com

Phone: (902) 945-5300 Fax: (902) 945-5301 Email: admin@strathspeyplace.com



A burst of crimson beauty at Glenora.



Stroll among the beautiful gardens.



Rolling out the barrels of fun.

The Glenora Inn & Distillery



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 bouguets 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

Bryan Finlay

GLENORA INN & DISTILLERY

An Amazing Cape Breton

Get-away



Home of

Glen Breton Rare Canada's

Single Malt Whisky

~ FREE Entertainment ~ 1-3 pm and 8-10 pm

Single Malt Distillery

Tour our unique distillery and Economuseum where you can learn the ancient art of distilling whisky and also sample the product.

> Guided tours daily 9:00 a.m. - 5:00 p.m. Large tours and bus groups by appointment.

Gift Shop - 7:00 a.m. - 7:00 p.m.

Fine Dining and Accommodations

There is something on the menu to satisfy everyone's palate served in a bright, intimate dining room or outdoor terrace setting. Nine rooms and six chalets with jacuzzis. Rated in "WHERE TO EAT IN CANADA."

Glenora Pub ...

Entertainment daily and nightly and wonderful pub menu.

Located on Route 19 between Inverness and Mabou, Cape Breton

We accept bookings for meetings and gatherings in our whisky warehouse hall.

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Tel: 902-258-2662 Toll Free: 1-800-839-0491

LAKESIDE IMPRESSIONS

School of Crafts hosts workshops during Celtic Colours

2013 Activity Guide

SATURDAY, OCTOBER 12TH

1:00 - 4:00 p.m. - Official opening of "Lakeside Impressions," a unique art and craft exhibit with music provided by Jenni Brehm Beaton. Tea served. (\$5.00)

SUNDAY, OCTOBER 13TH

1:00.-.4:00 p.m. demonstration. Come and try your hand at throwing a shuttle. No Fee.

MONDAY, OCTOBER 14TH 1:00.-.4:00 p.m. - Hands-on spinning demonstration

TUESDAY, OCTOBER 15TH

12:30 - 4:00 p.m. - Basketry Workshop! The ancient art of Mi'kmaq basketry is alive in Cape Breton. Donna Poulette of Eskasoni will teach the making of a traditional basket. \$50 fee includes all materials.

WEDNESDAY, OCTOBER 16TH

10:00 a.m. - 12:00 noon "Celtic Walk" Join Gaelic cultural enthusiasts and singers Geoffrey May and Rebecca-Lynne MacDonald-May for a stroll along the Sou'west Margaree, while sharing some of the songs from "Smeorach, containing some of the works of poet Malcolm Gillis. At the walk's end a hat will be passed. Gather at Scotsville School of Crafts at 10:00 a.m.

NOON: Hot and hearty lunch: Hearty homemade soup and biscuits, homebaked apple crumble, tea or coffee. Fee is \$10.00

1:00 - 4:00 pm - Square dancing lessons - learn steps from Alice Freeman. Fee \$20.00.

THURSDAY, OCTOBER 17TH

1:00 p.m. - Milling frolic togaibh a' fonn! Participatory Gaelic singing, Join presenters Geoffrey May and Rebecca-Lynne MacDonald-May at the milling table. Admission \$ 5.00

1:00 - 4:00 p.m. - Gaelic tea. Come and enjoy a traditional Cape Breton tea \$5.00

FRIDAY, OCTOBER 18TH

1:00 - 4:00 p.m. - Watercolour workshop with Barrie Fraser, "En Plein Air"(outdoor), weather permitting. Materials included. Fee \$20.00

SATURDAY, OCTOBER 19TH

12:00 - 4:00 p.m. - Saturday Craft Dinner. This is Craft Dinner Day! Join us at the School of Crafts for our craft potluck! Bring your own craft (knitting, spinning, embroidery, crochet... whatever you are working on. Join the guild to use the equipment at the school. Members free; non-member donations appreciated.

NOTE: Lakeside Impressions will be available for viewing each day, 1:00 - 4:00 p.m.

LAKE AINSLIE



Lake Ainslie Heritage 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 ScottishTartans Society, in Comrie, Scotland, in 1985 on the occasion of Cape Breton's Bicentennial.



Scotsville School of Crafts

keeps traditions alive

Active since 1985, this dedicated group of individuals have brought the once threatened cultural art of weaving to a living craft carried out by its members in their centre at Scotsville.

While the weavers who sit at the looms most often reproduce ancestral plaids and tartans of the Highlands clans, the weavers themselves are not lost in the past. From this creative centre new designs for tartans celebrating Inverness County and Lake Ainslie itself have been registered.

During the summer months, the Scotsville School of Crafts will be staffed, and open to the public Tuesday through Saturday from 10:00 a.m. until 5:00 p.m.. Visitors to the school can see displays of the weavers' work, browse a gift shop featuring handwoven items, tartans, knitted items, paintings, quilted items,





enjoy magnificent scenery, culture and hospitality.

2013 Activity Guide 2013 Activity Guide Page 32 WHYCOCOMAGH

woodwork, and other creations by local artisans. The school also houses a C@P site where people can access e-mail and conduct other online research or activities.

The main objective of this committed group of artisans is to perpetuate the traditional Celtic handcrafts while incorporating the most modern methods and techniques. It is also building a body of documents on all textile weaving in Inverness County. The long-term hope is that this information will one day take book form and become widely available.

Lake Ainslie Firemen's Ceilidh July 2nd -7th

The annual Lake Ainslie Firemen's Ceilidh Days takes place this summer from July 1st-6th. Among the events visitors might want to take in is the adult dance on Wednesday, July 3rd at the fire hall in Scotsville. The Wednesday night dances will continue through the summer.

MacDonald House Museum

TUESDAY, JULY 2ND Merchandise Bingo - Fire Hall WEDNESDAY, JULY 3RD Summer dances begin. THURSDAY, JULY 4TI

Pub Night, with entertainment provided by the Moonlighting Productions. FRIDAY JULY 5TH

Maragh and Ham Dinner - Fire Hall SATURDAY, JULY 6TH

The Scotsville fire brigade will host a 40th Anniversary Parade beginning at noon. The parade route is from the Scotsville School of Crafts to the Scotsville fire station where people can then enjoy games, a barbecue, and of course, visiting sessions with old friends or new visitors.

Follow the key signs

to museums in

Nova Scotia









Robby MacKinnon 902-756-2631

Barrie Fraser



WHYCOCOMAGH

Firehouse Ironworks offers 'experimental visitor opportunities' to experience blacksmith

They love to see the flaming forge, And hear the bellows roar, And catch the burning sparks that fly Like chaff from a threshing-floor.

> from The Village Blacksmith Henry W. Longfellow

Visitors to Whycocomagh have an opportunity to try their hand at the forge and at the anvil when they visit the Firehouse Iron Works at 109 Main Street.

HIGHLIGHT

Join blacksmiths from around the world for Forge 300. an international blacksmithing event held in the reconstructed 18th century French Fortress of Louisbourg, from July 4th-7th. Forge 300 will bring together top professional blacksmiths from around the world to celebrate the craft and culture of traditional and contemporary blacksmithing.

While the blacksmith operation offers a range of intensive workshops to people exploring or expanding their knowledge of this ancient craft, owneroperator Grant Haverstock will also guide curious visitors through the process of forging a piece of iron, the result of which goes home with the new apprentice, proof of enjoying a truly unique Cape Breton experience.

For Heather F., of Morden, Manitoba, said of her experience, "I...never dreamed I

would have the opportunity to try my hand at the trade. What an incredible time I had as a blacksmith. Grant was a great teacher, guiding me through the process but giving me space so that I really had accomplished the finished product with my own two hands."

Such experiences await you, as well. In addition, The Ironworks showroom is filled with works from the blacksmith forge, or ask about special orders.



Blacksmiths K. John Mason (left) and Grant Haverstock at work at their forges.

Whycocomagh Summer Festival ~ July 15th-21st

The 40th annual Whycocomagh Summer Festival takes place this summer from Monday, July 15th until Sunday, July 21st, offering both residents and visitors a opportunity to join in the fun.



MONDAY, JULY 15TH 10:00 a.m. - Youth Ball Hockey, Whycocomagh 2:00 p.m. - Water Blaster, Prov. Park

7:00 p.m. - Bras d'or Lakes Canoe Paddle TUESDAY, JULY 16TH 8:00 p.m. - 10:30 p.m. - Teen Dance, Ages 11 to 14, Doors close at 9:00 p.m., Whycocomagh Fire

WEDNESDAY, JULY 17TH

2:00 - 3:30 p.m. - Strawberry Tea & Ceilidh. Sircom/Bayville Lodge 9:00 p.m. -12:00 a.m. - Family Square Dance & Youth Ambassador presentation, featuring Shelly

THURSDAY, JULY 18TH

Campbell, Whycocomagh Lion's Hall

2:00-4:00 p.m. - Ice Cream social, All ages, Cameron Hall

FRIDAY, JULY 19TH

- 4:00 p.m. - Teddy Bear Picnic, Provincial Park

6:00 p.m. - Street fair, BBQ, live music, children's games, Bras d'or Lakes waterfront 6:00 p.m. - Canoe races, Anything You Can Float Race, Bras d'or Lakes waterfront 7:00 p.m. - Milling Frolic, Cameron Hall, Admission \$7 and children 12 & under free: Oatcakes and tea included 10:00 -1:00 p.m. - Pub night with Jason LeBlanc. Whycocomagh Waterfront Centre, Ages 19 and older, Gov't IDs upon request.

SATURDAY, JULY 20TH

8:00 a.m. - Registration 5K & Fun Run, Whycocomagh Arena 9:00 a.m. - 5K and Fun Run 12:30 p.m. - Parade, Main Street 1:00 p.m. - Family and Parks Day, BBQ, children's entertainment, Whycocomagh Provincial Park 10:00 p.m. - 2:00 a.m. - Adult Dance Whycocomagh arena, ages 19 and older, Gov't

We are open from end of June to end of August. Visit our website or email for a list of events. 3458 Highway 395. East Lake Ainslie Inverness County, Nova Scotia

Assisted by Nova Scotia Museum and NSTCH

www.seasidehighspeed.com/~p.maclean

of the local people and enjoy the views of the

sparkling water. With a large parking area, picnic site and

children's hiking trail, the visit will be a treat for all,

On the shores of Lake Ainslie

tour a heritage home, hear stories

Email: pmacleanlahistorical@ns.sympatico.ca

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Waycobah hosts the Mi'kmaw Summer Games August 20th-25th

Waycobah First Nation is host this year to the annual Mi'kmaw Summer Games from August 20th-25th.

Beautifully located on the edge of Lake Bras d'Or, and defined by Skye Mountain and Skye River. Waycobah is easily reached via the Trans Canada Highway.

The Games were conceived as a means of assuring that Mi'kmaw culture and sports traditions are passed on to younger generations. It is also a means of forging lifelong friendships between the different communities.

Games organizers recognize that in today's world, technology has changed the way society interacts, stating, "Good health, fitness, teamwork, and face-to-face social interaction are extremely important lessons to teach the youth of today - to help build confidence, self-respect and the skills needed to become well-rounded, successful adults who are proud to be Mi'kmaw.

"The games provide these lessons. Sporting events and social gatherings bring communities together and help in instilling a sense of oneness, pride and camaraderie amongst all community members."



The games also provide an opportunity to share Mi'kmaw culture and traditions with the Cape Breton community and with tourists alike. They also provide an opportunity to partner and work with many local Cape Breton groups including government agencies, volunteer organizations, local businesses, and the general public.



Competing athletes from across Cape Breton's five Mi'kmaw First Nations will include a Powwow, live shows, fireworks, and demonstrations along with the Games sporting events which include Softball\ little league, volleyball, basketball, archery, arm wrestling, badminton, canoeing, darts, 5 K race, floor hockey, golf, grappling, horseshoes, track and field, tug of war and waltes (a kind of dice game thought to be of pre-Columbian origin).

New this year are special olympics, tradition triathlon (running, canoeing, archery), Mi'kmaw arts and craft showcase, firemen competition, lacrosse demonstration.

There will also be a princess pageant.

If you are travelling through the Waycobah-Whycocomagh between August 20th-25th, here's one attraction to consider taking in.









MacKeigan's Pharmacy

Prescription Centre Your Home Health Care Store

HOME HEALTH DAY st Wednesday of every month 9AM-2PM

· Home Health Products & Aids for Daily Living Certifiled Fitters for: Bracing, Mastectomy Prostheses, Bras, Swim Suits and Compression Stockings - available by appointment

A vibrant part of Rexall™ Family of Pharmacies



25 MacKeigan's Lane TCH 105, Whycocomagh, NS PHONE 902-756-2314

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The Celtic Shores Coastal Trail is comprised of five linked community trails.

The first kiosk is located just to the left of the Canso Causeway as you enter Cape Breton Island.

- 92 kms Port Hastings to Inverness
- CB Island TCT Trailhead Pavilion & Kiosk @ Canso Canal
- GPS: 0623718 E 5056156 N 0617365 E



The Ceilidh Coastal Trail Section *

The first kilometer of Trail is a gravel trail, single track before entering a two kilometer "hike-able" tidal washed section. This section is a hike-a-bike section, with amazing scenery of the Strait of Canso and Long Pond on the inland side. Cyclists are recommended to access the trail at kilometer 4 at Troy from Rt.

- 22 kms Canso Canal to Chisholm's Brook, Long Point
- Troy Station Trailhead Kiosk/Access/Parking



2 The Judique Flyer Trail Section*

Terrain & Tread - the trail tread is moderate unsurfaced for the first 4 kms then good as it is topcoated for over 25 kms. The Judique Flyer Trail Section of the Celtic Shores Coastal Trail begins at Trail Marker 20.5 at Chisholm River Trestle. Over the next 4 kms you will be treated to spectacular coastal view-scapes as the trail hugs the shoreline of Centennial Beach at an elevation of approx. 70' over the beach below.

- 19 kms Chisholm's Brook to Little Judique Harbour
- Michaels Landing Trailhead Kiosk/Access/Parking



The Chestico Trail Section*

Tread & Terrain - very good for approx. 15 kms before entering a moderate unsurfaced section for about 3 kms. Crossing the causeway at Little Judique Harbour at the start of the Chestico Trail Section be sure to capture a view of the many heron perched on the shallow flats or fishing boats shimmering on water at the Harbour Wharf. Travel north about 3 kilometers to the Shore Road Crossing in Harbourview at Civic#76. You can leave the trail to your right and go approximately 400 meters to a tea room & bakery. Travel South one km on Route #19 to The Chestico Museum.

- 17 kms Little Judique Harbour to Zutphen Farm SW Mabou River
- Port Hood Station Trailhead Kiosk/Access/Parking



The Mabou Rivers Trail Section*

The next section of Celtic Shores Coastal Trail is the Mabou Rivers Trail Section, named for the three different water systems that adorn the trail to different degrees. The first 4 kms are unsurfaced before the tread becomes excellent for the next 13 kms through the village of Mabou.

- 19.6 kms Zutphen Farm SW Mabou River to Blackstone
 West Mabou Trailhead Kiosk/Access/Parking



The Inverness Shean Trail Section*

Traveling north on the final section of the Celtic Shores Coastal Trail from Blackstone about 4.5 kms to Kenloch you will experience unsurfaced but easily ride-able coal dust covered treadway. It is anticipated that this last section of unsurfaced trail will be completed in 2013. Shortly after crossing Hwy#252 at Kenloch civic # 4830 you will find a rest area along the shores of Lake Ainslie.

• 16 kms – Blackstone to Inverness



Check out our website for this and other great trail experiences in **Inverness County**



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Whycocomagh Waterfront Centre is action-packed with a soundtrack

The Whycocomagh Waterfront Community Centre is a place offering something for everyone, residents and visitors alike. The new centre is located at the edge of the Bras d'Or Lakes and at the edge of the village, and sits on the shoulder, or edge, of the Trans Canada Highway.

The Waterfront Community Centre promises, JULY 9TH - 11TH - There will be a learning in this its inaugural year, something for everyone arriving by land or by water. The wharf is open for boaters, and a new slip and floating wharf will be at the site. There will be two canoes available for general use. All the centre asks is that users make a donation.



CANADA DAY celebrations will be held at the centre with entertainment, food and children's games.

program for the use of kayaks, with instruction for young people aged 8-13.

AUGUST 12TH - 16TH - The Nova Scotia Yachting Association will hold a Learn to Sail program.

AUGUST 13TH - A Ceilidh will be held with more than 50 fiddlers celebrating the 40th anniversary of the Cape Breton Fiddlers Association. The concert will take place at 7:00 p.m.

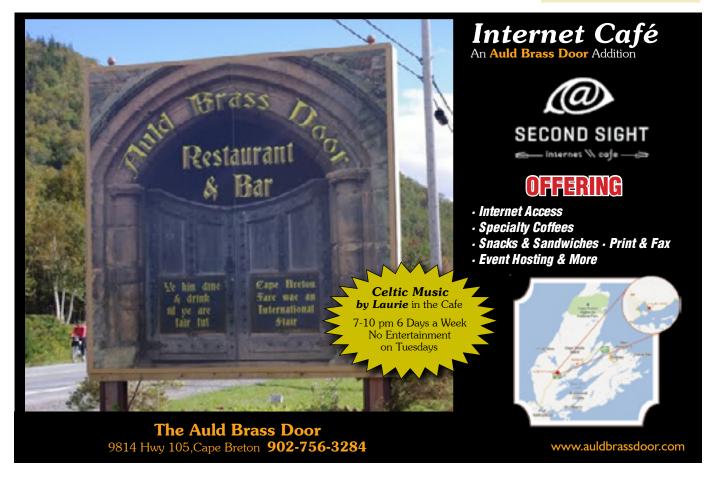
OCTOBER 12TH - In conjunction with the Celtic Colours International Music Festival a step-dancing workshop will be held at the Waterfront Centre, 9:30 -11:30 a.m. Drop in and sign up!

OCTOBER 13TH - A Celtic Jam session will be held at the Centre from 1:30 to 4:00 p.m. 7:00 p.m. - Whycocomagh will host one of the Celtic Colours concerts at the Whycocomagh

POTLUCK DINNER AVAILABLE IN WHYCOCOMAGH OCTOBER 12TH

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While there are several fine places to dine in the area, on Saturday, October 12th, at the Cameron Hall, Whycocomagh, a potluck supper will be served to visitors and residents. This is an opportunity to enjoy some home cooking while away from home, and experience tells us that the Whycocomagh home cooks and/or chefs are among the finest. Stop by and try your potluck. Serving begins at 5:00 p.m.



And this might happen to you ...



On Thursday evenings during the summer, campers at the Whycocomagh Provincial Park have been known to have their evening interrupted by the arrival of a local personality, Burton

MacIntyre, offering to lead a convoy of campers and their cars to a local square dance. The dance MacIntyre will introduce you to is at Glencoe Mills, an over-the-mountain drive to hear some of the finest fiddlers in Cape Breton play in one of the most cherished dance halls on the island, a former community schoolhouse. It has happened in the past to the great delight of those who have chosen to follow Burton to this cultural destination.

CHURCHES

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

The provincially operated Whycocomagh Park offers visitors a range of interesting activities.

The park, located just outside the village, The Whycocomagh Festival committee has 42 campsites, including three roomy yurts for visitors interested in that camping experience.

Beginning in July, park employees arrange for Thursday evening campfire talks where local people familiar with the history, culture, wildlife or other aspects of area share with campers their knowledge or experiences. The talks begin at 7 p.m., and everyone is welcome to attend.

On Parks Day, Saturday, July 20th, the Whycocomagh Provincial Park will be hosting a special day filled with displays. Park Day falls in the same week as the village of Whycocomagh celebrates its 40th Whycocomagh Summer Festival. During this day there will be displays at the park, talks about Fire Prevention by enforcement officers, a visit from Smokey The Bear, and an opportunity for children to have their pictures taken with display animals such as bear, fox, fisher, eagle or other animals.

also plans to include the park in some of its activities.

It is worth noting that the Whycocomagh Provincial Park is only a moment's drive, or a few minutes walk to the Waterfront Community Hall where weekly Celtic ceilidhs are held, plus a range of other activities and entertainment.

SALT MOUNTAIN TRAIL

This is a maintained 2.5 km return hike to the top of Salt Mountain rising 230 metres (750 ft) above the Bras d'Or Lakes. The steep climb to the top travels through a forest of predominantly mixed woods. At the summit there are several lookoff points offering picturesque views of the lake and surrounding mountains. The park itself contains camping, outhouses, picnic area, parking, cooking and table shelters, water taps and showers. Visitors are reminded to be careful on the very steep, slippery slope on the side of the mountain.

Mi'kmaq have lived in neighbouring We'ko'kmaq for millennia

Across the Skye River is the First Nations Community of We'ko'kmag (or Waycobah as it was originally misspelled but remains in use). The Mi'kmaq have inhabited this region for over 10,000 years, and their culture continues to thrive, and to preserve the ways and traditions of their ancestors. This tradition can be seen in their leather work, intricate basket weaving, and beautiful beadwork





CHURCHES

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



2013 Activity Guide

Named for the prominent Orangemen's Hall that stood in this valley, early residents of Orangedale for years reported seeing forerunners of huge machines. Many continue to believe those eerily heard whistles and engines sounds were forerunners of the arrival

of the railway which was built through the area in the 1880s.

The station, now a museum, was famous for the hospitality extended by Station Master Jim MacFarlane and his wife, Maggie, who lived with their family in the upstairs apartment. It is this

couple who are celebrated in the Jimmy Rankin song, Orangedale Whistle.

The artifact-filled station -museum includes the second floor apartment which welcomed dignitaries such as Alexander Graham Bell.

Marble Mountain's Wharf Festival is three days of food, fun and games

held August 9-11, highlights 9th, with a Games Night at the summer activities at the Marble Mountain Hall, Marble Mountain, although there are other reasons for visitors and villagers to hosts a supper for residents linger here. Located on the and visitors. Supper tickets northwestern shore of the Bras d'Or Lakes, Marble Mountain, is named for the marble quarry that has, in centuries past, and now again in this century, exported red, as well as blue-grey, marble to sculptors and construction sites all over the world.

The

The annual Wharf Festival, begins on Friday, August free admission. On Saturday, the 10th, the community \$10. On Sunday, there is the Festival and Boat Poker Run at the Marble Mountain wharf with games, food and music.

Summer activities in Marble Mountain begin on the Canada Day weekend, with a Community Supper on Saturday, June 30th, and Canada Wharf Festival Day activities on July 1st.

Throughout the year, a free Games Night is held at the community hall every Wednesday at 7:30 p.m.

Situated on the northwest shore of the Bras d'Or Lakes, Marble Mountain overlooks some of the world's most beautiful scenery, and many neighbours and tourists are attracted to its pristine white beach, the result of years of mining for white marble in the quarry that dominates the mountain behind the village.

Instantly recognizable, too, are the two white marblemountainvillage.ca.

100-year-old churches that greet visitors entering from the west. The village is also known for the old commercial wharf that has provided safe moorings for many vessels over the years. The wharf is owned and maintained by the Marble Mountain Wharf Preservation Society, a good location from which to enjoy boating, kayaking and sailing. A well-maintained Bed and Breakfast accommodation is available in the local area. Visit the website at www.



New Menus **New** Dining Room **Seafood** Our Specialty Open Daily 11 am-8 pm cleanwaverestaurant.com



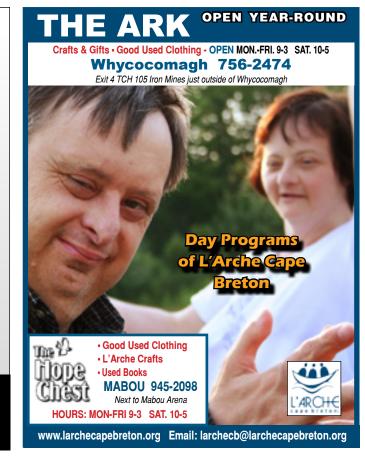
Traditional & Contemporary Mi'kmaq Art & Craft Open Daily 10 am-8 pm



Open Daily 10 am-midnight

Wagmatcook

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2013 Activity Guide Page 42 INVERNIESS

INVERNESS

Cabot Links ranked as "best new development in the world" by Golf Inc. Inverness boasts one of the world's great links golf courses

"Canada's Cabot Links earned top honors this year (2012) for its dedication to the traditional links-style structure and natural beauty - by Christina Thomas (Golf Inc.)



It doesn't take much time to determine for one's self why Cabot Links has been selected the best new golf development in the world in 2012.

It's all about challenge and beauty and Cabot Links

offers up ample servings of both to golfers, whether on the course, or sampling one of the five-star courses served in its Panorama Restaurant while overlooking the links, the lobster-rich Gulf of St. Lawrence, or the stunning beauty of one of the few ocean sunsets that happens nightly on the eastern

side of the North American continent.

How rare is the golf experience available at Cabot Links?

There are more than 30,000 golf courses in the world. Only 246 of them, less than 1 percent, can be classified as links courses. according to George Peper and Malcolm Campbell, co-authors of the book, True

In Inverness, Cabot Links, one of those rare, true links courses, will command all of your concentration because the distractions are varied and many, and all beautiful, whether it is the summer roll of the Gulf of St. Lawrence or its grey pounding autumn surf, the sight of crab and tuna boats off shore.

or tying up at the local wharf just below the

A three-mile stretch of sandy beach running along the lower edge of Cabot Links offers an ideal day-care setting for non-golfing family members of all ages. The town of Inverness, ringed by a horseshoe of mountains as rich in summer green or autumn colours as the sunsets themselves, add to the distractions, as will the natural challenges associated with any links course – the winds, the rain, the deep traps, or the environmentally-protected wetlands on the course.

The par 70 links course has a 48-room hotel, pro shop, a clubhouse, quality restaurant, and the nearby Cabot Public House for golfers to enjoy and relax.



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The course itself offers an opportunity for golfers of varying abilities to test their skills against the Rod Whitman-designed course. The course has the elasticity to play as long as 6800 years, or to be as short as 3700 years. It is a course upon which a golfer can expand his skills by increasing the distance he chooses to play. With golf pro Joe Robinson on hand, advice can be had. Robinson, who had served for 39 years as pro with the highly acclaimed Highland Links in Ingonish on the famed Cabot Trail, took on the new challenge of being the pro for Canada's only authentic links golf course.

Like all links courses, Cabot Links is a walking course only. No golf carts are available unless mobility issues are involved for golfers. Caddy service is offered.

Cabot Links is a course already drawing international attention and while it is a golf course that is, like others, filled with greens, it is also a "green" course, a course that takes no potentially productive land out of use. It is built in large part on land reclaimed from the slag heaps and ash piles dating back to Inverness's coal mining era. For the grounds, it also uses as its main water source the town's



processed waste or brown water, and its design carefully protects inhabited bog land.

According to a feature in Air Canada's En Route magazine, "Cabot Links [is] part of an emerging trend toward minimalist golf design, where builders leave the natural landscape intact as much as possible. In an era when golf courses can cost tens of millions to build, golf developer Mike Keiser's projects usually cost a fraction of that amount. "This is simply going back to the beginning of what makes golf great," says Cabot Links co-partner Ben

Within less than an hour's distance...

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 (35 minutes south), the Chestico Museum is a hub of local history; and the village itself is lined with wonderful beaches, one of which is lifequard

n MABOU (25 minutes south). there is the heralded West Mabou CONTINUED NEXT PAGE



Beach; the year-round Saturday 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 (30 minutes), there is the MacDonald House Museum; and the Scotsville School of Crafts with on-site demonstrations in

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, it is worth repeating, are available within a forty-five minute drive of Cabot Links and Inverness.

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 18th at 6:00 p.m., 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!



Inverness Gathering is a community effort that offers all a good time

The annual Inverness Gathering (July 22-28) is a cooperative effort by several of the town's organizations and services. The fishermen, the horsemen, the firemen, the Legion and the local arena each produce a day's activities intended to serve two purposes, raise much needed funds for their own needs, and provide endless entertainment all week long for residents and visitors.

INVERNESS GATHERING SCHEDULE



2013 Activity Guide

MONDAY, JULY 22ND Everett Skinner Memorial Golf Tournament - La Portage Golf Course-Cheticamp

TUESDAY. JULY 23RD

Fishermen's Picnic -

12:30 - Boat Parade

1:00 p.m. - Boat Rides from the wharf, lobster and crab burgers, beer tent, children's games, stage with entertainment.

WEDNESDAY, JULY 24TH

Horsemen's Day -

7:00 p.m. - Inverness Gathering Pace at the Inverness Race Track 10:00 p.m. - Adult Dance at Inverness Fire Hall with Iroc Sounds

THURSDAY, JULY 25[™]

Legion Day - Memorial Services in the morning. Adult Dance with the Phantoms for Legion members and guests

FRIDAY, JULY 26TH

Firemen's Day -

10:00 a.m. - Flea Market at Fire Hall Noon: BBQ

Noon - 2:00 p.m. - Hayrides from the Fire

12:30 - 2:00 p.m. - Christmas in July, Inverness Cottage Workshop

6:00 p.m. - Crowning of the Inverness Gathering Queen in Ceilidh Trail Park, Central Avenue.

Adult Dance: Eddie Cummings, at the firehall

SATURDAY, JULY 27TH

Arena Day -

8:00 - 9:00 a.m. - Registration 9:00 a.m. - 5 Mile Race; 5 Kilometre Run; Kids' Fun Run; all at the Inverness Race Track

11:00 a.m. - Children's Parade

Noon: - Inverness Gathering Parade. Following the parade there will be activities, games of chance and a BBQ at the Inverness Arena.

10:00 p.m. - Adult Dance, Inverness Arena.

SUNDAY, JULY 28TH

Ham & Salad Dinner -

11:30 a.m. - 3:00 p.m. - Ham and Salad Dinner served in the Inverness Fire Hall 3:00 - 9:00 p.m. - The Broad Cove Concert Committee presents its annual Broad Cove Concert on the concert grounds behind St. Margaret of Scotland Church in Broad Cove.

16080 Highway 19 **Inverness Cape Breton** 902-258-2533 www.invernessarts.ca



IN THE GALLERY

Visit our web site for information on the Third Meadow gift shop and

HOURS

upcoming events.

Tuesday-Friday 10-6 Saturday, Sunday 10-3 Check web site for fall hours.

May 5-26 **SHOW OFF STUDENTS**

Inverness County Student Artists

May 31-June 23 **CELTIC QUILT GUILD**

June 28-July 28 **HANDS DANCING** Annual Members' Show August 2–25 **UNDER 30**

Cape Breton Youth Artists

August 30–September 29 **FINDING NOVA SCOTIA** Steven Rhude

THE EASTERN EDGE: **CAPE BRETON AND MASSACHUSETTS** Ingrid Sanborn

Opening receptions 6:00 p.m. to 7:30 p.m. on opening days.

October 4-27 FIRE & IRON:

> **ART FROM THE FORGE** FireHouse Ironworks

SHOW #1

The Colourblind Collective









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Free Concert in the Park series

This summer a free Concert in the Park series will be offered in the Ceilidh Trail Park in Inverness.

The concerts, to be held on Friday evenings beginning at 7:00 p.m., showcase some of Inverness County's finest musicians, and offer a diversity of genres.

JULY 12TH will present Mabou-based singer-songwriter and recording artist Aaron MacDonald accompanied by percussionist Neil MacQuarrie, offering a play list of original and influential cover songs.

JULY 19TH brings two world-class guitarists Brian Doyle and Scott Macmillan to the Ceilidh Park gazebo. Individually, each is revered for his impressive talent and the ability to reach seamlessly across a range of genres. Together, Doyle and Macmillan mesmerize audiences. Be among that audience this summer.

AUGUST 2ND popular Inverness singer-songwriter Jesse Ryan will be joined by talented friends as he takes his turn on the stage of the gazebo.

AUGUST 9TH Gillian Boucher and Mary Beth Carty have been winning fans with their blend of Gillian's mastery of the fiddle and Mary Beth's looping ethereal vocal beats and driving dance tunes on accordion. Gillian has returned from an extended stay in Turkey to spend more time in Cape Breton where her talent has always left audiences with lower jaws agape. Mary Beth has been nominated Traditional Singer of the Year at the Canadian

Folk Music Awards. What happens when these two musicians fuse their talents into a show needs to be seen and heard.

AUGUST 16TH brings the Town Heroes home to close this first free concert series. This two-man rock band featuring guitarist-vocalist and songwriter Michael Ryan of Inverness and his percussionist companion, Bruce Gillis of Mabou has



been drawing increasing attention to their style of music, their original compositions, and their commitment to their careers. This past winter saw the Heros tour Finland; win fans as they were voted Best New Artist in The *Coast's* Best of Music; perform at the coveted "Enter The Tiki" stage for Canadian Music Week in Toronto; be selected as the Nova Scotia Regional winners for the National Radio Star Song Writing competition; and be showcased on the Rising Star Stage at the East Coast Music Awards in Charlottetown.







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.

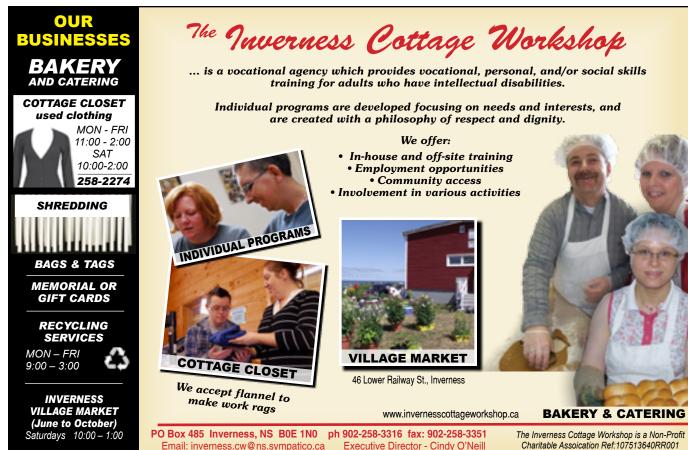
It is a weekly ceilidh through the summer months that showcases young musicians, some with already well-established reputations and some of whom we will be hearing much more of in years to come. For almost two decades this Inverness ceilidh has been extremely popular with residents and visitors. Listen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

Monument honours greatness of a native son



As you enter Inverness you will see on the upper sidewalk a marble monument to Inverness's favourite son, the Hon. Allan J. MacEachen, former Deputy Prime Minister of Canada whose various roles in the governments of Lester Pearson and Pierre Elliot Trudeau allowed him to become a major architect of national programs such as universal health care and care for the impoverished and elderly.





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VETERAN'S MEMORIAL COURT

Located at the Inverness Education Centre and Academy on Veteran's Memorial Court, the Veteran's Memorial Wall pays tribute to the hundreds of soldiers who made sacrifices in World Wars I and II. and Korea. Inverness town had the highest per capita enlistment in WWII, and the highest per capita casualties. In St. Matthew's United Church you will find stained glass window memorials to the fallen, including three Jewish Invernessers.



Concert In The Park Series Rain or Shine! Ceilidh Trail Park.Inverness Friday Evenings at 7pm ~ Free Admission Sponsored by Everyone Welcome! In the event of bad weather the Ceilidh will move inside

July 12th - Aaron MacDonald & Neil MacQuarrie July 19th - Brian Doyle & Scott Macmillian August 2nd - Jessie Ryan & Guest Aug. 9th Gillian Boucher & Mary Beth Carty August 16th - The Town Heroes







Banks Schoolhouse hosting two-day music concert

A free, two-day concert featuring a variety of music is being hosted by The Banks Schoolhouse just outside of Inverness.

Road and Foot Cape Road, the Banks Schoolhouse is a converted former one-room school house situated overlooking the Gulf of St. Lawrence, and a place where music will be offered for two days, August 9th-10th (rain date August 11th).

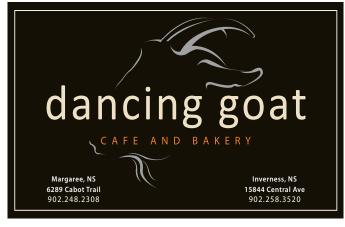
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Located at the corner of Banks The Banks Schoolhouse concert includes musicians Tyler Mullendore, Andy & Ariana, Michael Brennan, Danny Walker, Glenn MacEachern, with a few additional surprises promised.

> For additional information, visit: www.BanksSchoolhouse.ca



Tyler Mullendore











www.seaviewflowersinverness.com

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WIRE TO WIRE:

Inverness harness racing offers photo-finish excitement

The Inverness harness racing track has been described as the most accessible grassroots level of this ancient and popular sport. The race track, which has been in operation since 1919, is run by volunteers, horsemen

and women whose love of the sport have made this track work year after year.

For 90 years now, and as a United States Trotting Association member since the 1950s, each spring, summer and autumn the rapid thunder of hooves pounding towards the finish line has defined racing season after racing season. But nothing has defined the spirit of and love for horses more than the volunteer nature of the Inverness track. Generation after generation has produced young people whose passion for the sport has sustained the track through its best and its roughest economic seasons.

This summer as in past summers, on Sunday afternoons and Wednesday nights, local trotters and pacers will be racing to have their photos taken at the finish line, exciting fans and bettors.



simulcast racing several nights a week in the track's parimutuel building, where races from Woodbine, Meadowlands,

The Inverness Horsemen also operate Flamboro, Rideau-Carlton, Georgian Downs and other ovals are telecast, and parimutuel wagering is available.







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Inverness County Centre for the Arts offers exhibits, performances

A visit to Inverness will never be complete without a visit to the Inverness County Centre for the Arts. This gallery and performance centre features exhibits by professional artists throughout the summer and fall.

~ EXHIBITION SCHEDULE ~

The Celtic Quilt Guild (May 31st - June 23rd)

Over 26 guilt artists from the region will display their textile exhibition in the Centre's inner and outer galleries.

Members' Show - Hands Dancing (June 28th - July 28th)

An annual unjuried member artist show of both professional and community artists.

Cape Breton Youth Artists Under 30 (August 2nd - August 25th)

Featuring the next generation of Cape Breton Artists under 30.

Steven Rhude - Finding Nova Scotia (August 30th - September 29th)

An artist who has steadily pursued his vision of vernacular imagery with an imposing strategy.

Ingrid Sanborn The Eastern Edge Cape Breton and Massachusettes (August 30th - September 29th)

Pastels and sumi-e are Sanborn's favored mediums of expression using nature as her inspiration.

Firehouse Ironworks - Fire & Iron -Art from the Forge (October 4th - October 27th)

Grant Haverstock and his colleague John Mason will showcase their work along with students' pieces.

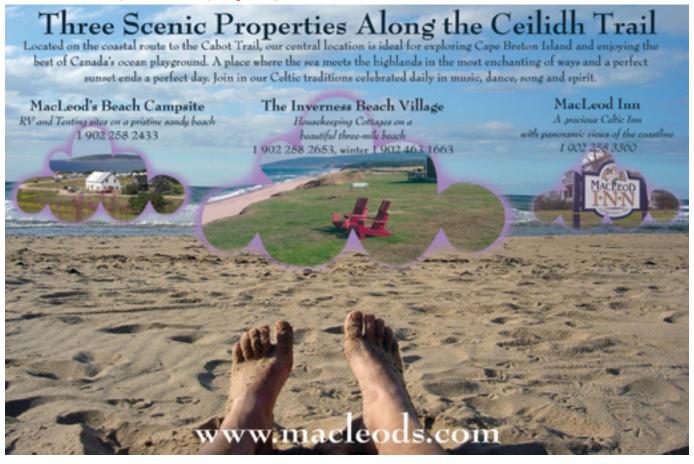
The Colourblind Collective - Show #1 (October 4th – October 27th)

The members of the Colourblind Collective, Colonel MacLellan, Terry MacDonald, Dave MacGregor, A.J. AuCoin, Virginia McCoy and Tom Ryan, will be exhibiting as a group for the first time.



5812 Central Ave., Inverness 902-258-3522

Throughout the summer and fall the Inverness County Centre for the Arts also offers a number of workshops, and has a superb gift shop and a calendar of entertainment.









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Ashley MacIsaac, Gordie Sampson, headline 57th Broad Cove Scottish Concert

For six decades, Cape Breton's largest annual concert, the Broad Cove Scottish Concert, has filled the stage and field behind the St. Margaret of Scotland Church with the finest performers from the island's Celtic tradition. This year's edition of the Broad Cove Concert offers a stellar lineup of musicians, dancers and singers, and presents two special guests.

Multi-award-winning fiddler Ashley MacIsaac is one of those featured artists. Grammy Award-winning singer-songwriter Gordie Sampson is the other. Either performer would fill any venue, but both are returning to Broad Cove this summer. Ashley has been a regular concert guest since his childhood, and Gordie Sampson is also a veteran of that stage, as well, particularly when he took part in Broad Cove's first Guitar Summit. audience a diverse and exciting cast

Besides these headliners, there are scores of other performers who will take the stage throughout the day. which begins at 3:00 p.m. Among those will be such favourites as fiddler Kinnon Beaton; step-dance great Harvey MacKinnon; young fiddle favourite Douglas Cameron; popular step-dancer Sheena Boucher: exciting fiddler Jillian Boucher; Mabou fiddler Rodney MacDonald; young, talented fiddler Donna DeWolfe: and the father-son Gaelic singers who wowed the audience at last year's concert, Goiridh Dòmhnullach and Padraig

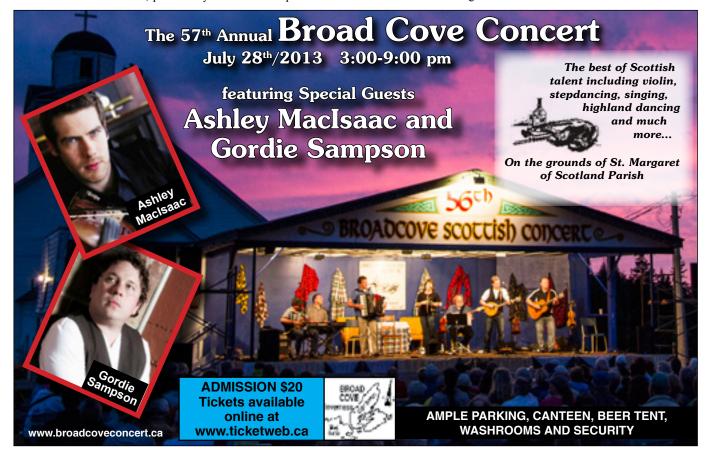
The structure of this year's concert which begins at 3:00 p.m. will follow the traditional Broad Cove Concert format of offering the

of performers until 6:00 p.m.

There will be a short break as preparations are made for Ashley to take the stage where his fiddling genius and relentless energy will take the audience on an unforgettable

Following MacIsaac's set, there will be another glimpse of Broad Cove's stellar lineup, followed then by the Gordie Sampson segment of the concert, taking people to the day's end, estimated to be about (a very loose "about") 9:00 p.m.

The concert will be followed by a square dance at the Southwest Margaree hall with Ashley MacIsaac



MARGAREES

2ND Annual Margaree Highland Games

the Maritime provinces to compete in the 2nd Annual Margaree Highland Games on Sunday, August 11th. The Games will be held on the grounds of St. Michael's Parish Church at 1181 East Margaree Road.

It is a competition that offers traditional Scottish tests of strength and skill, including the caber toss, and all the stone throws. It is a day of challenges that will culminate with a Tug-of-War where teams from across Inverness County vie for the

Competitors will be coming from across joy of pulling the opposing team across the line, proclaiming them victors of the 2013 Highland Games.

> In addition to the adult games, there will be a competitive youth division. Currently, local Margaree young people have been in training for their events.

> On the grounds, there will also be horse rides, races and a 5k run. There will also be canteen services and a beer garden.

MARGAREE FIREMEN FUN DAYS JULY 5TH-6TH

FRIDAY, JULY 5TH

A Pub Night will be held at the Cranton Community Centre from 8:00 p.m.-Midnight

SATURDAY, JULY 6TH

10 a.m. A Parade will be held from Cranton Bridge to the Community Centre along the West Side of the River. Following the parade, a fun day for children will be held on the community centre grounds. An Adult Dance will be held from 9 p.m.-1 a.m.









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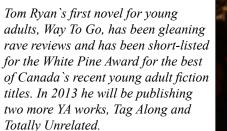
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Gifted writers featured at Coady-Tompkins Library

The fourth annual Canada Day celebrations at the Coady-Tompkins Library in Margaree Forks brings some of Canada's finest writers together for an afternoon of readings, and of meeting the headlined authors.

The literary event which begins at noon inside the library features four authors. Alistair MacLeod. Tom Rvan. Donna Morrissey and Susan Paddon.

Short story writer and novelist Alistair MacLeod is one of Canada's most respected writers. His works include two collections of short stories, The Lost Salt Gift of Blood and As Birds Bring Forth the Sun, and the novel, No Great Mischief, winner of the prestigious 2001 International IMPAC Dublin Literary Award.





Alistair MacLeod



Tom Ryan

Donna Morrissey is the author of five superb novels, Kit's Law, Downhill Chance, Sylvanis Now, which had been nominated for the Commonwealth Writers Prize, What They Wanted, and most recently her stirring tales of secrets and revelations, The Deception of Livvy

Susan Paddon lives and writes on Cape Breton Island. She will be reading from her first collection of poetry, Two Tragedies, to be published by Brick Books in the fall of 2014.

The day of activities at the Coady-Tompkins Library runs from noon to 4 p.m. with a barbecue and corn boil on the library grounds, live entertainment with Marion MacLeod and Friends on the stage behind the library, and children's activities.



Donna Morrissey



Susan Paddon

At 3 p.m. the readings in the library begin, and will be followed by a question period, then an opportunity to talk to the authors over Canada Day cake and refreshments.

Admission is free but a free-will offering to the library is more than welcome.



Margaree celebrated at Salmon Museum



August 3rd fills the Margaree River with an Anything That Floats Race

On August 3rd, the Margaree River becomes a waterway for the imagination, featuring the annual Anything That Floats Race. In past years, the river has seen convoys of almost seaworthy craft make their way down the river. Some reach the finish line, some finish at the starting line, but what every crew (and the audience) does experience is loads of water-logged fun.

The Anything That Floats Race is open to everyone, so if there's a chance that a visitor's trunk or car top is carrying some buoyant, and possibly expendable, piece of equipment, well, everyone's welcome.

Registration for the race will be at 1 p.m. (see local details for where on, the river that takes place) and there will be a judging of entrants at that time. This is the best time to judge the crafts, before they set off towards their destination or doom. The race itself will begin at 2 p.m., with a Fun Finale and the awarding of prizes on the grounds of the Margaree Library after the race.



The Margaree River, world renowned for salmon-fishing, has the local history of the sport documented at the Salmon Museum in Northeast Margaree. The museum will provide an interesting introduction to the region known as "the Margarees."

The Margarees, besides fishing, offers visitors the tranquil beauty of green valleys and blue river, as well as cultural events such as Scottish and Acadian music.

From the intertwining roads of Margaree Valley, to the pastoral serenity of Margaree Forks, to the rugged beauty of Margaree Harbour on the Gulf of St. Lawrence, the Margarees should be enough to convince the most hurried of visitors to slow down and enjoy a visit to this unique part of Inverness County.

The Inn with the View.

MARGAREE

SALMON MUSEUM



60 East Big Intervale Road, N.E. Margaree. 248-2848/248-2765/248 2623.

Exhibits relate to salmon angling on the Margaree River. Excellent collections of fishing tackle, photos and memorabilia of famous anglers. Open June 15 - Oct. 15, 9 a.m. - 5 p.m. Adm; Adults \$2, Children \$1











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Belle Côte Days - July 24th-28th

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 24th to the 28th, offering residents and visitors a fun chance to stop and explore and join in the spirit of these happy times



Wednesday, July 24th

The Belle Côte Days golf tournament at Le Portage Golf Course in Cheticamp. (For information or times call 902-235-2611 or email: john.poupore@ns.sympatico.ca)

Wednesday evening a kayak parade will be held in Belle Côte.

Thursday, July 25th

An Ecumenical service will be held on the grounds of the Belle Côte Community Centre at 7 p.m.

At 8 p.m. there will be a concert and beer garden. Free admission

Friday, July 26th

Beginning in the morning, a Horseshoe Tournament

A Senior Card Play with no admission will begin at 1 p.m. (complimentary sweets and beverages) One of the annual Belle Côte Days headline events begins at 4.30 p.m., The World Famous Crab & Corn Boil. Bring your appetites!!!



Beginning at 8.30 p.m., there will be an Outdoor Adult Concert & Beer Garden featuring great music by Lola & The Phantoms.

Saturday, July 27th

Saturday begins with an *All you can Eat Breakfast* at the community centre from 7.30-11:00 a.m. The annual Belle Côte parade starts at 2:00 p.m., followed at 3:00 p.m. by a children's party with entertainment, free pop and hot dogs for the children. An old-fashioned adult square dance starts at the community centre at 9:00 p.m. with live fiddle music.

Sunday, July 28th

Enjoy the annual chicken BBQ. beginning at 11:00 a.m. and sponsored by The Margaree Volunteer Fire Department. Taste and savour the fabulous strawberry shortcake prepared by the kinettes.

All events are at the Belle Côte & Area Community Centre except the Golf Tournament & the Kayak Parade.





ACADIAN SHORE

Interactive Mi-Carême Centre involves visitors in ancient Acadian tradition

To enjoy a hands-on learning experience of a celebrated Acadian tradition, a visit to the Centre de la Mi-Carême in Grand-Etang should be part of any visitor's itinerary. It offers a unique display of locally crafted masks and interactive exhibits depicting the evolution of one of the oldest Acadian traditions, "La Mi-Carême."

For centuries, Cheticamp Acadians have maintained and sustained an ancient tradition brought with them from France. La Mi-Carême is a mid-Lenten celebration, and the origin of the popular Mardi Gras. The mid-winter popularity of this cultural event, with its trademarks of costumes and masks and music, is now available to everyone at the interactive Mi-Carême Centre.



The centre is a place where your Acadian hosts want you to enjoy experiential activities. The place is a play, a theatre that has something for everyone, including mask-making workshops.



A day-time visit is its own experience, but on Tuesday and Sunday evenings the centre provides music programs, which can include campfires (or bonfires) and lots of songs.

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Centre de la Mi-Carême also offers children's day camps where participants become involved in making masks, costumes and other creative efforts.

Winners of le Gala de la Mi-Carême 2013 at the Saint Joseph du Moine parish hall





CHETICAMP

Too intriguing to pass through

Originally settled by 14 Acadian families



Having pedalled down the Ceilidh Trail to link up with the Cabot Trail, a group of young American cyclists were eager to "do" the Cabot Trail. As the group started their journey along the coastline to Chéticamp, the colourful village brought their eager pace to a halt. Their careful plans fell by the wayside.

"Chéticamp was too intriguing to just pass through," said one young biker. "We had to slow it down."

A combination of things made up their pleasant diversion and sidetrack, among them Chéticamp's majestic scenery of valleys and hills, capes and plateaus, and sea and mountains.

Also intriguing for those who care to explore the history of communities is that Chéticamp is a story of triumph over tragedy. In 1755 conquering British soldiers forced thousands of Acadians onto transports and shipped them out of Nova Scotia to various parts of the world. Many eventually found their way back.

Among those returning were 14 families who came to the area that would become Chéticamp, bringing with them their distinctive language and special way of life.

When the first settlers arrived, a poor, harsh encampment awaited them, but they built, over two centuries, a village vibrant with heritage and culture, and a place you, too, will find "too intriquing to just pass through."

Spend Saturday morning at the Farmers' Market

On the beautiful Quai Mathieu Boardwalk that stretches along much of Cheticamp's waterfront, Le Marché des fermiers (Farmers' Market) is held from 9 a.m. - noon. This market offers produce, artisans' work, food, and the leisurely comfort of just walking along a portion of Cheticamp harbour. In inclement weather, the market is held at the nearby Acadian Centre.

CHURCHES

St-Pierre Roman Catholic (Chéticamp) 224-2064

St. Joseph's Roman Catholic (St. Joseph du Moine) 224-3333









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L'Église St-Pierre: a Chéticamp labour of love



The interior of L'Église St-Pierre is among the most photgraphed churches in Nova Scotia. Wander in, then wander in awe.

Miles from Chéticamp, the steeple of the Catholic church, L'Église St-Pierre, appears to tower above the village. Closer viewing does nothing to dispel the first impression. It is a building that inspires awe. The massive Roman style of its exterior, which contrasts with the delicate, intricate woodworking inside, contributes to its reputation as one of the most beautiful churches in the Maritimes. It is both a tourist attraction and central to the lifestyle of this Acadian community. To the Chéticamp Acadians, the church is a triumph of hard work, pride and the spirit of faith.

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Work on l'Église St-Pierre began in 1893 with architect D. Ouellet of Québec and with construction directed by H. Morin of Trois Pistoles, Québec. When the sacristy was completed, the first mass was celebrated there on December 18th, 1893. The high altar in the sacristy came from l'Église du Buttereau, as does the bell. The bell is named Marie, and its powerful notes can be heard over long distances.

Stones from Chéticamp Island were hauled across the harbour on the ice by groups of parishioners, who also provided mortar, wood and manpower. For seven years during the construction, the churchyard became a construction site where many parishioners expended great effort and labour. At the time, the bricklayers from Québec were paid \$2 a day while other employees received 50 cents a day. But much labour was donated. The building is 212 feet long, 74 feet wide. In 1900, the church was completed at a cost of \$41,950. It seats 900 people downstairs.

But the expense and work were far from over. The church was painted and decorated in 1919 at a cost of \$19,000. In 1957, the church was repainted and redecorated, with frescoes and stained glass windows added. The church was last painted in 1989. A new roof was added in 1977 at a cost of \$40,000. And the original steeple, which rose to 167 feet, had to be replaced with a new fibreglass steeple. This was built between 1982 and 1985 at a cost of \$160,000 with Marcellin Roach as contractor.

The organ, one of the first Cassavants, was acquired in 1904 and is still in excellent condition.





Les noces...Gélas II takes visitors back to Gélas's house for a wedding party



Cheticamp's Le Festival de
L'Escaouette 2013 brings a
new musical to the stage of the
village's performing arts centre,
la Place des arts Père AnselmeChiasson. The comedy, Les noces...
Gélas II is a sequel to the immensely

popular *La soirée chez Gélas* which has entertained visitors and residents alike for several summers.

Nightly from July 15th to 31st (except Tuesdays), *Les noces* is the story of Jeanette, the daughter of Gélas and Tarzille, as she prepares to marry Richard, a young man from New York. The mounting of this play involves the culture, dance and music of the Acadians, heavily sprinkled with that culture's irrepressible humour.

While the performances are presented in the Acadian language, don't be shy about attending. The music and dance are universal, the humour slapstick, and the play performed with the hope of leaving no one behind when it comes to enjoying its wit, its art and the sheer joy Acadians take in being who they are.

The play begins each evening at 7:30 p.m., and an evening of theatre is always a fine way to wind down from a busy day of visiting all that the Cheticamp region has to offer.

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August sees an eight-day run of the musical Soleil

Le Festival de L'Escaouette's venture into theatrical productions doesn't end with the July run of Les noces. In August (7th -14th) the popular music showcase, Soleil, returns to the stage at la Place des arts Père Anselme-Chiasson. Soleil, set in the 1960s, features a dozen young Acadian musicians and singers who bring the audience back in time to an earlier era and a play list of many familiar songs, and some not so familiar songs.

The main stage production of *Soleil* runs nightly at 7:30 p.m. from August 7th -14th, and offers visitors and residents a musical ride into a bygone time. Certain to offer something for everyone.



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SOLEIL CAST MEMBERS: Back (L to R) guitar Maxim Cormier, bass Justin Aucoin, vocals Pierre Larade, and vocals Jamie Chiasson, electric guitar Brian Doyle, drums Sebastian Deveau. Front: vocals Kassy Sonier, vocals Elyse Delaney, and looking sad on a box - Ryan Doucette (recent movies The Disappeared and Cloudburst with Olympia Dukakis.





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Le Trois Pignons is a cultural centre offering guidance, information, museums and genealogy

Les trois Pignons is a place offering visitors guidance and information from a friendly staff, as well as a building housing several significant Acadian treasures.

> The Elizabeth LeFort Gallery: Elizabeth LeFort learned to hook rugs at a very young age, mastering landscapes and photographic reproductions.

One of her pieces, made as a gift for her sister, featured a barnyard scene in 28 shades of brown. She made hundreds of tapestries in a large variety of subjects including pastoral scenes, birds, animals and floral motifs.

Elizabeth LeFort

City in Rome.

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

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

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.



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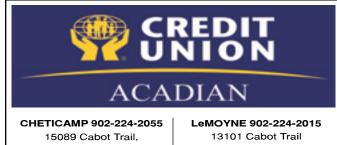
After Marguerite's death, La Société Saint-Pierre became custodians of the collection and moved it to Les Trois Pignons. Thanks to this incurable collector, many valuable artifacts from Chéticamp's history have been preserved.

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.



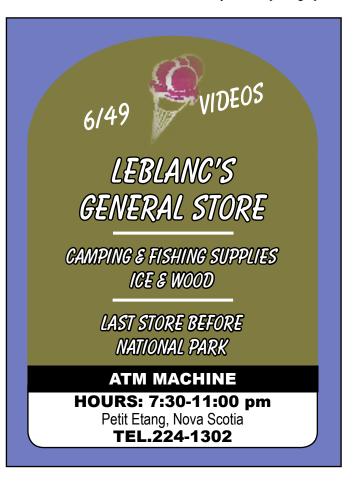
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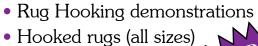






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Flora's keeps the Chéticamp hooked rug tradition alive, and local artists in wool have distinguished themselves through the perfection of their craftsmanship. We have a vast variety of specialty crafts and gifts.

On the Cabot Trail

Travel the majestic Cabot Trail clockwise for the best views and best shops.

Chéticamp, Cape Breton, Nova Scotia Telephone: (902) 224-3139 Fax: (902) 224-1213 Page 66 2013 Activity Guide 2013 Activity Guide

Le Portage Golf Course is unique!

Chéticamp's 18-hole Le Portage Golf Course offers an Le Portage golf club offers a fully stocked pro shop with all extraordinary chance to play your favorite sport in a majestic decor on the rugged shores of the Gulf of St. Lawrence located on the famous Cabot Trail and only minutes from the Cape Breton Highlands National Park. This marvelous golf course also gives you the opportunity of getting in closer touch with the people of this genuine Acadian village and its history. In fact, each hole of this course has a typical French Acadian name and a plaque relating, in French and English, places of ecological and historical interest, the unique style of life of this community, its French Acadian culture and language dating from the 16th century.

Le Portage championship layout features four sets of tees, over 60 bunkers and six ponds to challenge golfers of any level. Le Portage is known as Cape Breton's "Hidden Gem" and is often a favorite of many golfers who play the course and is considered a must play as it offers amazing scenary, premier course conditions and an exceptional value with affordable pricing. Located between Cabot Links (45 minutes) and Highlands Links (1 hour 15 minutes). Enjoy a lobster sandwich or a cold libation on the 360 degree patio which looks out over the ocean and the Cape Breton Highlands after or before your round and enjoy the relaxed atmosphere that the Acadian Club offers. PGA of Canada General Manager / Head Professional offers private, group or junior lessons if you wish to fine tune your game and is always available to welcome you to the club and community.

the latest men's and ladies fashions from Nike, Sun Ice, AUR, Lopez, Antiqua as well as Titleist and Wilson rental sets as well as three HD big screen televisions and free Wi-Fi in the lounge. Follow Le Portage Golf Club on Facebook and get the latest offers on the website at www.leportagegolfclub.com



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









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2 Salmon Pools

4 Le Buttereau

9 Benjie's Lake

Fishing Cove

12 Lone Shieling

Jigging Cove

8 Green Gove

22 Francy

5 Jack Pine

MacIntosh Brook

13 Aspy 14 Glasgow Lakes Lock-off

9 Broad Cove Mountain

Branch Pond Look-off

Skyline

Bog

Le Chemin du Buttereau

5 Le vieux chemin du Cap-Rouge

HIKING

Breton Highlands National Park's hiking trail ange from easy strolls to challenging climbs panoramic views of canyons ighlands and seacoasts The trails provide a chance to ntimately explore the comple nabitat of northern Cape reton Island. Nature doesn end at the park's boundaries Many surrounding area equally breathtaking

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 a.m. – wake up, walk the dog, ea oreakfast, read the paper check email 9:30 a.m. – back a lunch and snacks 0:00 a.m. drive to any trail; complete he others in sequence lunch in car); return home 7:00 p.m. –

SUGGESTED TRAILS

hower, supper, celebrate

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

Elevation 30 - 170 m SKYLINE 7.5 km or 9.2 km (loop)

Time 1.5 hours

Distance 1.6 km

CAP-ROUGE

Distance 9 km

Elevation 25 - 65 m

LE BUTTEREAU (LOOP)

Time 30 - 45 minutes

LE VIEUX CHEMIN DU

Time 2.5 - 3.5 hours

Elevation 40 - 110 m

CORNEY BROOK

Distance 6.5 km

Time 2 hours

Elevation 0 - 55 m

23 Clyburn Valley 24 Middle Head 25 Freshwater Lake Look-off **National Park** 6 Freshwater Lake The following is a list of Cape Breton Highlands National Park's hiking trails. Distances are ACADIAN (LOOP) Time 2 - 3 hours Elevation 290 - 405 m Distance 8.4 km LOOK-OFF BOG (LOOP) Time 3 - 4 hours Distance 0.5 km Elevation 20 - 365 m SALMON POOLS Time 15 minutes levation 260 - 460 m Distance 12.2 km Elevation 410 m Time 3 - 4 hours BENJIE'S LAKE Flevation 15 - 110 m Distance 3 km Time 1 hour LE CHEMIN DU BUTTEREAU Time 1 - 1.5 hours stance 4.6 km Elevation 400 m COASTAL

FISHING COVE

hours

Distance 5.7 km or 12 km

Time 2 - 3 hours or 5 - 6

Elevation 0 - 355 m

Distance 1.7 km

Distance 0.6 km

Time 15 minutes

Elevation 70 m

Distance 9.6 km

Time 3 - 4 hours

Elevation 60 - 450 m

ASPY

MACINTOSH BROOK

Time 30 - 45 minutes

LONE SHIELING (LOOP)

Elevation 30 - 65 m

round-trip with average walking times. Click on the trail name for more detailed information

Cape Breton Highlands

GLASGOW LAKES

Distance 9.2 km Time 3 - 4 hours

JACK PINE (LOOP) Distance 2.3 km

levation 0 - 50 m

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

JIGGING COVE (LOOP) Distance 2.4 km Time 40 - 50 minutes levation 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 levation 35 - 180 m WARREN LAKE (LOOP)

Elevation 15 m **BRANCH POND LOOK-OFF**

2013 Activity Guide

Trail

Cabot Trail

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-Distance 0.3 km Time 10 minutes

Flevation 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.

Distance 4.7 km

Time 1.5 hours

- 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 repellant. Black flies and mosquitoes are common all summer.

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.

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.



Solitary Retreats

Cabins for solitary retreat are available at Gampo Abbey for those who are interested in doing a retreat for a week or longer. This practice opportunity is intended to support those wanting to deepen their study and practice of meditation. It is not intended to provide space for writing, music, yoga, martial arts, or to rest and recuperate.

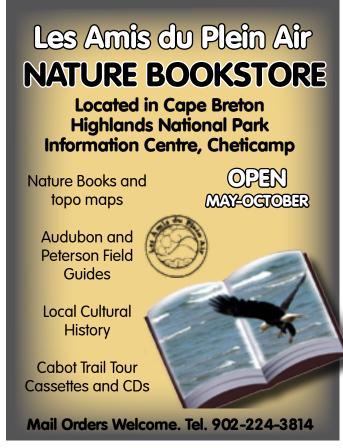


PLEASANT BAY

Venerable Thrangu Rinpoche, his attendants, and some of the Gampo Abbey community in front of the Stupa of Enlightenment, 2011

Come take a guided tour of Gampo Abbey! The Abbey is once again offering guided tours this summer (2013), from July 4 to August 30. 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 Abbev.

> Tours are offered Monday through Friday, at two times: 1:30 p.m. and 2:30 p.m.









Meat Cove is the most northern tip of Cape Breton island. It's 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!

You can always cook on an open fire or come up and visit us at our Ocean Side Chowder Hut. Here you can find some of our main dishes such as our famous homemade seafood chowder, fresh halibut, salmon or our lobster and crab. You can also complement these dishes with a Nova Scotian beer or our local red or white wines.

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. We offer 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 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 ft 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 kilometer's 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 turnoff 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 Pollets 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

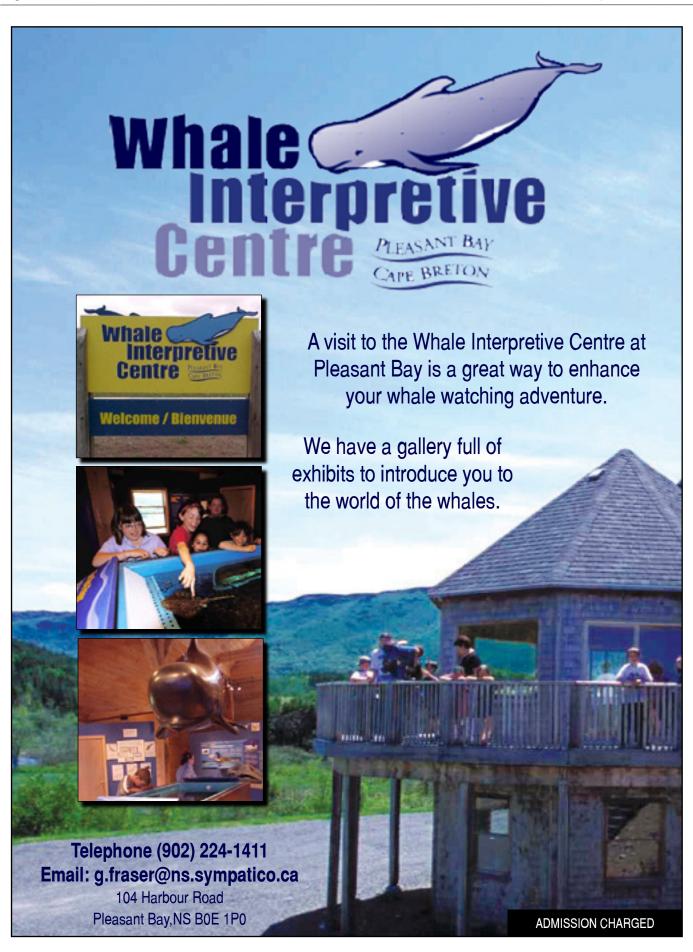
Is 3.2 km coastal trail. Just keep a safe distance from the cliff edge and follow ATV and animal tracks along the coast. If proceeding from Lowlands Cove, the Cape St. Lawrence Light and start of the trail to Meat Cove is easy to find. Proceeding the other way to Lowland Cove, be on the look-out for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

MEAT COVE MOUNTAIN TRAIL

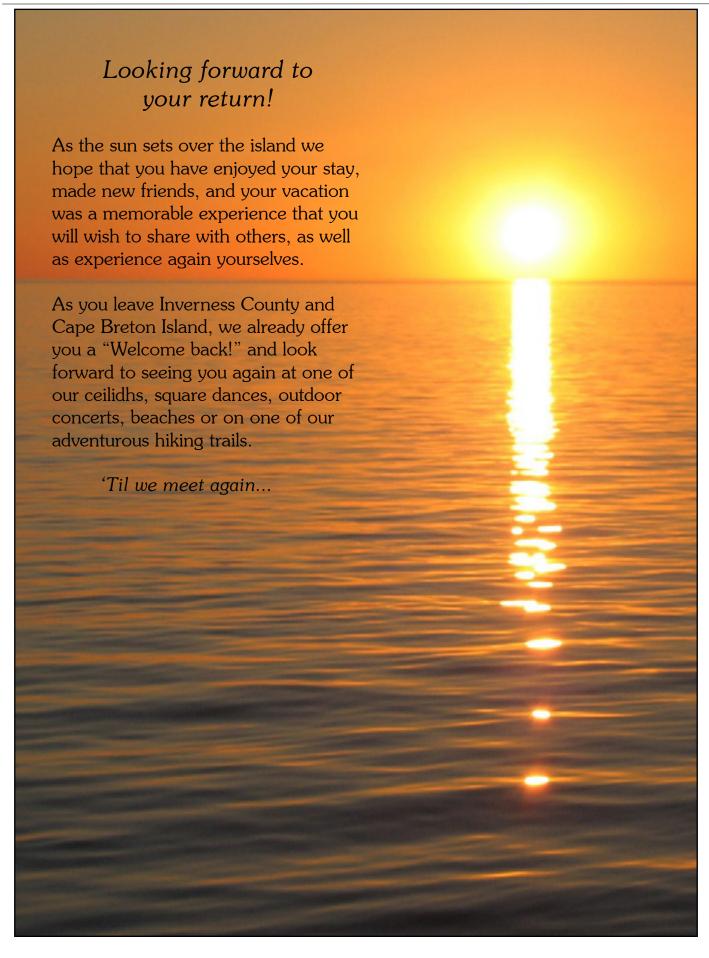
Is 1.3 km to eastern end of ridge. This trail starts a short distance up the road from the Internet Café and is marked by a sign on a tree and a few stones placed to form steps. The trail climbs steeply nearly 900 ft in the first 0.75 km and then levels off somewhat. The grassy ridge of the mountain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