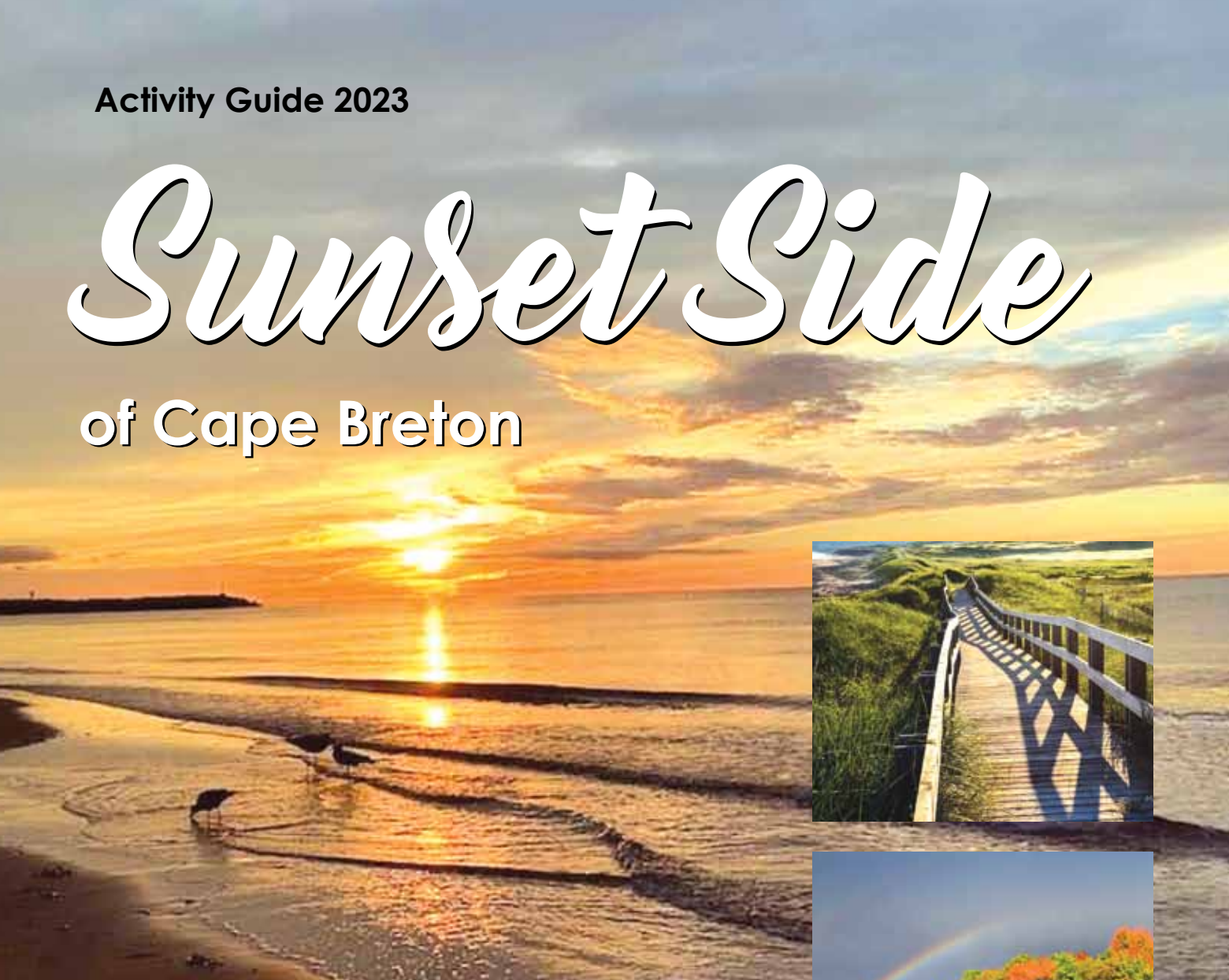


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Sunset Side

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TABLE OF CONTENTS

COUNTY MAP	2
MUSEUMS	4
PORT HASTINGS	9
PORT HAWKESBURY	12
CREIGNISH	17
JUDIQUÉ	18
PORT HOOD	21
MABOU	27
LAKE AINSLIE	36
COASTAL TRAIL	39
FESTIVALS AND DANCES	42
WHYCOCOMAGH	43
ORANGEDALE & AREA	46
GLENDALE	47
INVERNESS	48
BROAD COVE	62
MARGAREES	63
CHETICAMP	69
PLEASANT BAY	77
MEAT COVE	79



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CAPE BRETON ISLAND

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WELCOME TO Canada's Musical Coast - Inverness County -

Pjila'si! Welcome! Bienvenue! Fàilte!

On behalf of the councillors and staff of the Municipality of Inverness County, I would like to welcome you to the sunset side of Cape Breton Island – Canada's Musical Coast! We are thrilled to have you here to experience the best of our rich cultures, breathtaking scenery, and delicious eats.

Inverness County offers something for everyone. It is a paradise for outdoor enthusiasts, offering opportunities for hiking, biking, and wildlife spotting. Fishing enthusiasts can cast their lines in pristine rivers. Beach lovers can relax on our miles of sandy shores and witness splendid sunsets that paint the sky with vivid colours.

Prepare to be immersed in our vibrant music scene, deeply rooted in Celtic, Acadian, and Indigenous traditions. Experience live music performances, ceilidhs, and festivals that showcase the diverse cultural heritage of our region.

Don't miss the opportunity to explore our breathtaking landscapes by taking scenic drives along winding coastal roads and through charming communities. The famous Cabot Trail will leave you in awe with its rugged coastline, lush forests, and majestic highland plateaus.

Immerse yourself in our rich history and cultural heritage by visiting museums, heritage sites, and landmarks that highlight our Gaelic, Acadian, and Indigenous roots.

Your visit to Inverness County will surely be memorable, and we hope you'll be inspired to return again and again. Let's be good stewards of our exceptional nature, preserving its beauty for future visitors.

For assistance in planning your stay, visit canadasmusicalcoast.com or our visitor information centres in Port Hastings, Inverness, Margaree Forks, and Chéticamp. Learn more about Inverness County at invernesscounty.ca.

Enjoy your stay in Inverness County, where unforgettable experiences await!

– Bonny MacIsaac, Warden
Municipality of the County of Inverness



Inverness County Council (left to right): Claude Poirier, Deputy Warden Catherine Gillis, Warden Bonny MacIsaac, John MacLennan, Blair Phillips, Lynn Chisholm.



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CANADA'S
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INVERNESS COUNTY MUSEUMS

Our museums house more than artifacts. They are run by community groups dedicated to sharing our history with the world. You will be greeted with a smile and leave with a better understanding of the local culture that has shaped our communities. Most museums are open mid-June to October. Check local listings.

Strait Area Museum

24 Highway 19, Port Hastings · Tel: 902-625-1295
straitareamuseum@gmail.com

History comes alive in this modern museum overlooking the Strait of Canso. Displays on the construction of the Canso Causeway and its impact on the people and communities in the area, model ship display, local history, early 20th-century lifestyle, railroads, and ferries. Extensive archives and materials for genealogical research available on-

site. Personalized tours of the museum are given.

Be sure to visit the gift shop, which features handmade products by local quilters, crafters, and woodworkers. Stop by the gazebo and enjoy an ice cream from the on-site ice cream barn on a hot summer day.

Open: May 15 - October 15, 2023

Hours of Operation: Mon-Fri: 9 a.m. - 5 p.m.,
Sat & Sun 12 noon - 4 p.m. *subject to change*

Chestico Museum

8095 Route 19, Port Hood (Harbourview) · Tel: 902-787-2244
www.chesticoplace.com

The former Harbourview School houses museum artifacts and historical/genealogical records that relates to the early settlers of the Port Hood area. The Chestico Museum has operated as a community museum since 1986. Highlighting the history and heritage of the Port Hood area, its mission has been to provide local residents and visitors to the area with a unique heritage experience. Volunteers in the community and

summer students under the direction of dedicated museum directors have carried on research and created exhibits for the education and entertainment of all. Port Hood's marine heritage during the Age of Sail, its heyday as a coal mining town in the early twentieth century and its status as the county seat and commercial centre for Inverness have all been sources for new displays over the years.

Open: June 15 - October 15, 2023

Hours of Operation: Mon-Fri: 9 a.m. - 5 p.m.; July and August:
Mon-Fri: 9 a.m. - 5 p.m., Sat: 12 - 4 p.m.

Les Trois Pignons

15584 Cabot Trail, Cheticamp · Tel: 902-224-2642
viclestroispignons@gmail.com · www.lestroispignons.com

Visit Les Trois Pignons for a special view into Acadian culture and the history of Cheticamp, a stunning collection of hooked rugs and antiques, genealogy resource centre and library, and a full range of visitor information services. Guides will be happy to provide information on travel, services, activities

and tourist attractions in the area, as well as a large collection of tourist tips in the form of brochures, maps, guides, etc. Very knowledgeable on this Acadian community, they can help you make the most of your visit with information about the local history, culture and way of life.

Open: May 15 - October 22, 2023

Hours of Operation: Visitor Information Centre is staffed from
8:30 a.m. - 5 p.m. (open 'til 6:30 p.m. in July and August)

MacDonald House Museum and Heritage Site

3458 Highway 395, East Lake Ainslie · Tel: 902-258-3317
http://www.macdonaldhousemuseum.ca

MacDonald House Museum overlooks beautiful Lake Ainslie and consists of a restored 1850s gothic style farmhouse, display barns, a restored one-room schoolhouse, a fine collection of early

1900s furniture and artifacts, displays of farm machinery and implements, hand woven fabric displays and much more.

Open: June 30 - August 31, 2023,

Hours of Operation: Tues-Sun: 10 a.m. - 5 p.m.

Orangedale Railway Museum

1428 Orangedale Road, Orangedale

Nova Scotia's oldest surviving railway station. Built in 1886, the station exhibits classic 19th-century Intercolonial Railway architecture. The station was

operational until 1990 and currently houses railway artifacts, a stationmaster quarters and original furniture. Several railway cars on site!

Open: July 1 - September 2, 2023

Hours of Operation: Daily, 10 a.m. - 6 p.m.

Father John Angus Rankin Cultural Centre

4248 NS-105, Glendale · Tel: 902-625-3441 · culturalcentre@yahoo.com

Local archives, with material dating back to 1800s; C@P site (public access to Internet and e-mail); kitchen ceilidhs; Gaelic resource centre (children's Gaelic workshops in summer, other workshops); weaving demonstrations;

genealogy research. Ceilidh Days first weekend of July; Celtic Colours venue in October.

Glendale concert July 8th on the outdoor stage

Open: June 17 - October 19, 2023

Celtic Music Interpretive Centre Archives

5471 Highway 19, Judique · Tel: 902-787-2798
archives@celticmusiccentre.com · www.celticmusiccentre.com

The centre collects the history, and preserves and promotes the tradition of Cape Breton music. The centre is able to house documents, recordings, videos, photographs, letters, and many items of informational value in a climate-controlled vault. Archival materials at the centre include audio cassettes, reel to reels, cds, 8-tracks, 33, 45 and 78 records, photographs, 8mm

slides, VHS and DVD video and ephemera relating to the sound and sights of Cape Breton's Celtic music traditions. For instance, The Inverness County Audio Collection is an extensive resource of interviews with fiddlers, piano players, dancers, and other musicians and cultural figures. Cultural tours and workshops are available. There is a restaurant and bar on site.

Exhibit Room Open: June 30 - October 14, 2023

Hours of Operation: 11 a.m. - 5 p.m.

Storytellers' Gallery & Museum

5663 Highway 19, Judique

This museum, housed in a heritage building that was once a company house in the nearby community of Port Hood, preserves and promotes the history of Judique. It displays many

historical photographs of the area and depicts the lifestyles of the past. Open July and August. Ceilidhs take place every 2nd Saturday mid-June through September. Admission by donation.

Open: July & August, Inquire locally for hours of operation

Inverness Miners' Museum

62 Lower Railway Street, Inverness

Features exhibits devoted to the coal mining history of the district. The Inverness Miners' Museum is located in the Canadian National Railway Station (1901) in Inverness on Cape Breton Island. Established in 1977, the Museum presents the coal-mining history of the

area in a series of engaging displays. The collection reflects the pioneering and mining history of the community from 1803 to the 19th- and 20th-century mining eras. Permanent exhibits include vintage photography, paintings, drawings and artifacts, such as fossils.

Open: June - September, 2023

Hours of Operation: Mon-Sun: 9 a.m. - 5 p.m.

Whale Interpretive Centre

104 Harbour Road, Pleasant Bay · Tel: 902-224-1411

The Whale Interpretive Centre promotes and preserves an awareness of whales and marine life by creating a unique and stimulating experience for visitors. The Interpretive Centre provides various exhibits and interactive media presentations, including scale illustrations of 16 whale species that may be sighted in the waters off Cape

Breton Island. Visitors can see a life-size model of a pilot whale suspended above a saltwater livestock tank which contains live creatures found in the whale's environment. Tours are provided throughout the day. Bus tours are welcome. Other features include a gift shop, Internet access, picnic area and parking.

Open: June 1 - October 15, 2023

Hours of Operation: Mon-Sun: 10 a.m. - 6 p.m.

Margaree Salmon Museum

60 East Big Intervale Road, North East Margaree · Tel: 902-248-2848
margareesalmonmuseum@gmail.com

The Margaree Salmon Museum is located in a former schoolhouse in North East Margaree. It aims to share the rich history of fishing on the Margaree River, a river which is still world renowned for its salmon. The museum also strives to educate visitors on the importance of conservation, in order to ensure the protection of fish stocks for future generations.

The museum houses exhibits relating to salmon angling on the river, as well as an excellent collection of fishing tackle, photos and memorabilia of famous anglers. Practical information for anglers is also provided, including details on sport fishing regulations, local season dates and species identification.

Open: July 1 - October 15, 2023

Hours of operation: Thurs-Sun: 9 a.m. - 4 p.m.

An Drochaid (The Bridge)

11513 Highway 19, Mabou · Tel: 902-945-2311 · mghs1975@gmail.com

Housed in a building that was formerly a general store (c. 1874), An Drochaid (The Bridge) Museum now serves as a centre for research and local music, Gaelic language activities, cultural activities, local artifacts, and genealogical

and historical records. Throughout the year, An Drochaid (The Bridge) hosts a series of ceilidh concerts, storytelling, a Gaelic conversation group and lessons, and music and dance lessons. Bus tours are welcome.

Open: June 28 - August 28, 2023

Hours of Operation: Tues-Sun: by appointment only



Welcome to the sunset side!

During a typical summer in western Cape Breton, communities throughout Inverness County would be bustling with visitors, people returning home to reconnect with family, and live music would ring late into the nights as people gathered to make ceilidhs (visits), play tunes, sing songs, and share memories, dancing, stories, and laughter.

Just like the rest of the planet, two of the past three summers in western Cape Breton were anything but typical. Pandemic tourism relied largely upon outdoor experiences, small socially-distanced gatherings, and beach days... it was different...it was quiet...but it's given us time to learn how to really play to our strengths. Last summer marked a measured return to times of square dancing and tune sessions in crowded pubs; we moved forward and learned

about how to bloom where we are planted. We more truly appreciate the boundless beauty of our nature experiences as we learn to live and rebound from the impacts of the COVID.

Tourism on this part of the island, whether by coincidence or design, often sparks a visitor's connection to the place, and/or the people and/or cultures that thrive here.

You will go back after a visit here and tell the stories of what you saw, who you met, and what experiences you had/shared, and you will likely feel a pull or a longing to dig deeper and seek out other stories from or about this place. You will realize that the only way to recapture that feeling of connection is to return again and again.

This season we say, "Welcome to the sunset side of Cape Breton. We invite

you to get to know this place. We're not about flashy exhibitions or attractions (although we have some of those too!); our strengths lie in our culture, our heritage, and spectacles of nature. We want you to know our stories, hear our music, walk our woodland paths and trails, and explore the contours of the coastlines.

We hope this guide assists you in discovering or rediscovering the sunset side of Cape Breton.

Enjoy safe and happy travels. We wish you all the best in your visit this year!

DISCLAIMER: While considerable effort has been made to provide accurate information, we take no responsibility for any errors or omissions. The ultimate responsibility for safety lies solely with the user of this guide. Maps are not intended for navigational purposes.



Photo by: Marilyn Ellison

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

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15767 CENTRAL AVENUE, INVERNESS, NS, B0E 1N0 TEL: 902-258-2253/3400 FAX: 902-258-2632

Winding your way along Canada's Musical Coast

Inverness County is known as Canada's Musical Coast. We are a place whose earliest settlers were primarily Acadian French and Gaels, welcomed and guided by Indigenous people who inhabited the land thousands of years before the settlers arrived.

As you travel along the sunset side of Cape Breton, you are never far from the song of the sea; sounds of breaking ocean waves on sandy beaches or lapping along the shores of the Bras d'Or Lake which has been recognized as a UNESCO World Heritage site.

Music plays a vital economic role in the sustainability of this region. In a typical summer, weekly concerts and dances are fundraising mainstays for many communities. Local establishments offering live music draw visitors and patrons, providing economic opportunities for professional musicians. Learning opportunities invite people to experience our vibrant and diverse cultures through dance or song or instrument lessons. Toes are once again tapping at dance halls, larger performance stages, and at live music events.

Music in Inverness County has historical significance as well. In 1853, the community of Whycomogagh hosted a gathering of 5,000 - 7,000 who sang Gaelic songs on a hillside. It is thought to be the largest gathering of people to participate in a Gaelic music event in Nova Scotia, if not in all of Canada. In 1972, a documentary called *The Vanishing Cape Breton Fiddler*, pro-

duced by Ron MacInnis, theorized that the traditional music of Cape Breton was dying. In 1973, the Cape Breton Fiddlers' Association unveiled a festival in response to this documentary proving that the tradition was very much alive. One-hundred-and-thirty fiddlers of various ages gathered in Glendale on the grounds of St. Mary of the Angel's parish for a weekend of music. The festival was a pivotal point in cultural development in this area, as it was a key motivator in securing the future of Cape Breton fiddle music. This year marks the 50th anniversary of the creation of the Cape Breton Fiddlers' Association with a full lineup of celebrations and events marking the occasion.

Inverness County is home to worldwide ambassadors of traditional Cape Breton music such as Natalie MacMaster, Heather Rankin, Ronald Bourgeois, and *Beolach*. MacMaster and Bourgeois were recently recognized with the Order of Nova Scotia for their long-time contributions to music and culture. Rock and folk/rock artists like The Town Heroes and Villages have deep roots in Inverness County that influence the music they create, as does the folk/rock and country artist, Aaron MacDonald. Choirs such as Inverness County Singers and *Le Choeur du Havre*, usually rehearse throughout the year and present concert performances each year.

Whether you drive, cycle, hike, sail, or paddle your way around, you can find music throughout Inverness County.

Need-to-knows about Inverness County

A lighthearted look at life in this ruggedly beautiful place from the perspective of the people who call it home.

So, you've found your way to Inverness County, what do you do now? The short answer is a little of everything. The food, the cultures, the music, the dancing, the art, the work of the artisans, the whisky, the beer, the golf; these experiences won't be found anywhere else quite like this. Our sunsets are always in season and easily accessible from our beaches, hiking trails, boardwalks and backroads.

Bienvenue. Failte. Pijila'si. Welcome.

♪ This part of the island is built upon a foundation of people whose cultural values are rooted in hospitality and kindness. Our languages are poetic and lyrical and laced with good-natured humour. Our traditions are filled with the understanding of our history and the knowledge of who we are.

♪ In one day in Inverness County you could play a game of golf, hike a trail, listen to at least one language that isn't English, tour a distillery, sample a flight at a craft brewery, walk a beach, watch a sunset, and still have time for a seafood dinner.

♪ It's okay to be in awe of everything you see and do here. We are too.

♪ Shopping options on the sunset side range from national chains

to niche boutiques and gift shops. Many of the retail businesses are locally owned/operated. The businesses play a vital role in the success of our communities offering support that ranges from sponsorship to a spot to sell raffle tickets.

♪ The bright silver stars in the skies over Inverness County shine as brightly as any city lights plus they are abundant, all natural, renewable, and sustainable.

♪ No matter your status in life away from Inverness County, while on the roads you're going to be greeted by the same two-fingered steering wheel wave from local drivers in oncoming vehicles.

♪ Back road tours are a great way to see the nooks and crannies of Inverness County and test your sense of adventure. GPS-guided back-road tours, however, have been known to result in search and rescue missions and various other mishaps. Get directions and travel tips from a human.

♪ Many of the trails you will hike and the places you will visit are maintained and cared for by volunteers. Be kind, pack it in, pack it out, leave no trace. Thank you.

♪ If someone has told you that the weather may call for shorts, a sundress, and a snowsuit all in one day, they are exaggerating. But a hat, a sweater, or fleece jacket in your bag is never a waste of space.

♪ We have lots to see and much to offer you but one of the things we do best is music. Artists from the west coast of this east coast island have earned nominations and awards including ECMAs, Junos, Folk Alliance and Canadian Folk Music awards, and Grammys. Folk music and fiddles are what many associate with this area but indie rock, alternative, classical, and country music artists thrive here too.

♪ We have the conveniences of all the latest technology, but you can usually get information from the people much faster than it takes to do a search relying on rural internet.

Inverness County authors receive critical acclaim locally and abroad

When one thinks of Cape Breton and Inverness County, one often thinks of its rich musical heritage and its scenic beauty.

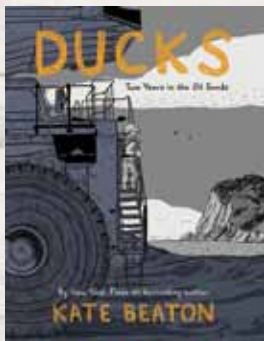
While this is so, there is also a very rich writing heritage in this part of the island, one that has often in the past been understated.

Some authors were born here and created their work. Others who were born here spent much of their adult lives living away. Some moved here from afar or live or lived here seasonally. Very often however, it is island life, stories, characters, culture, and history that have inspired their creations.

While this in no way attempts to be complete list of the

many authors of the area, it may provide an inspiration or a place to start “reading local” and will give you a sense of the wide range of interesting literary works and the depth of the literary creativity of the multitude of authors who have called the sunset side of Cape Breton Island home.

While it might be a challenge to find some of these publications, be sure to keep your eyes peeled for these or other titles when you are in gift shops, hardware stores, grocery stores, thrift shops, or other spaces in Cape Breton that may sell books. Otherwise, many can be found online or at a local library.



In addition to being successful authors, Inverness County natives **Tom Ryan** (*Keep This To Yourself*) and **Kate Beaton** (*Pinecone and Pony*) are seeing their works being turned into television and film projects.

2023 was an especially successful year for Kate Beaton's new graphic novel, *Ducks: Two Years in the Oil Sands*. In this work Beaton has created a highly-original work that has made top reading lists internationally, being on the *New York Times* best seller list, getting listed on former U.S. President Barack Obama's 13 favourite books of 2022 list

and winning the 2023 Canadian Broadcasting Corporation's *Canada Reads* contest just to name a few of its recent accolades.

Beaton was also thrilled with the response to her most recent author tour of major North American cities where she received excellent reader turnouts and was joined on the tour by her husband, author Morgan Murray, as well as Mabou musician, teacher and farmer, Peter MacInnis, who provided musical accompaniment and musical context for Beaton's stories and presentations.

Morgan Murray made a huge splash across Canada in recent years with his hugely successful novel, *Dirty Birds*.

Rebecca Silver Slayter is artistic director of Cabot Trail Writers Festival and the author of the novels *In the Land of the Birdfishes* and *The Second History*. Silver Slayter and the 2022 Writers Festival saw many cancellations last year due to the fact that Hurricane Fiona hit Nova Scotia on the same weekend as the festival was scheduled. As usual, the festival made what adjustments it could and later in the fall offered some of its program online. Silver Slayter promises another exciting program taking shape for this season hoping that weather or unforeseen events spare the festival this year.

Mary Janet MacDonald has had a tremendous success both in print and online with *Tunes and Wooden Spoons*, a recipe book inspired by her mother. She followed up with another delightful recipe book, *Tunes and Wooden Spoons: Love Without Measure*, which builds on her initial offering. The book is full of delicious foods from other grandmothers' kitchens, along with stories profiling many of the women who were involved with the content of the book, women who were kitchen stalwarts over the years. She shares stories about food, culture, and personal histories, stories paying tribute to strong women here and everywhere. The most recent book is beautifully illustrated with photos by Mary Janet's daughter, Margie MacDonald.

The Broken Ground, The Story of the Inverness Coal Mines is a recent DVD based on the book of the same name by the late local historian, **Ned MacDonald**. The DVD is presented by the Inverness Miners Museum, a Liam Alexander film, produced by Terry MacDonald with a running time of 75 minutes. It's the story of "how wealthy foreign developers arrive from across the world to extract the black gold from the depths."

Inverness native **Michael S. Ryan** and **Kristen Herrington** are the co-authors of *You and Me: Travel, Misadventures and Love Around the World*.

Brenda MacLennan Dunphy is known as a playwright and for her active role as a director of local theatre as well as being the author of the novels *Never Speak of this Again* and *The Silence of the Vessel*.

Anne Levesque of Strathlorne is the author of the novel, *Lucy Cloud*. Acadian author **Keigan Deveau** is the writer of a children's book, *T-Rexie*.

Lynn Coady is the author of *Hellgoing*, *The Antagonist* and *Watching You Watching Me*.

Oisín Curran is the author of *Mopus* and *Blood Fable*.

Sarah Faber is the author of *All Is Beauty Now*.

Susan Paddon authored a book of poetry titled *Two Tragedies in 429 Breaths*.

Gaelic artist **Emily MacDonald** is the author of *Bodkin Beag and Bodkin Mor*.

The late **Dr. James O. St. Clair**, historian and educator, was an author whose weekly heritage column *Then and Now* was a staple in *The Inverness Oran* newspaper for decades. Jim's book titles include *Nancy's Wedding Feast* and *MacCallum House 1798*.

Inverness author **Frank Macdonald** is a retired journalist who has been writing a weekly opinion column in *The Inverness Oran* for more than four decades. Macdonald is also known for his works of poetry and his fiction titles including: *Tinker and Blue*, *A Forest for Calum*, *The Smeltdog Man* and *T.R.'s Adventures at Angus the Wheeler's* which was illustrated by his wife, the late Virginia McCoy.

The late, great author **Alistair MacLeod** put Cape Breton Island on the map with his highly respected works in the short story genre. MacLeod spent much of his career teaching literature at The University of Windsor but would continue to spend summers home in Inverness County throughout his life. Many of his works were inspired by Cape Breton Island and include such classics as *The Lost Salt Gift of Blood*, *As Birds Bring Forth the Sun and Other Stories*, *Island* (a novel), *Remembrance* and *To Everything There Is a Season* with illustrations by Peter Rankin.

Alexander MacLeod (*Light Lifting*, *Animal Person*), son of Alistair and Anita MacLeod, has followed closely in his father's footsteps in many ways. Dr. MacLeod, a professor of Creative Writing, Literature and Atlantic Canadian Studies at Saint Mary's University, was born in Inverness and raised in Windsor, Ontario. Alexander acknowledges the strong influence of his parents in the dedication of his second book of short stories (*Animal Person*) and his critically acclaimed stories have attracted rave reviews and loyal reading audiences the world over.

Clive Doucet is known for his novel *My Grandfather's Cape Breton*.

The late **Tessie Gillis** is remembered as the author of *The Woman From Away*.

Painter **Robert Selkowitz** created a beautiful work illustrated with many of his finest paintings in *A Painter's Path on Cape Breton Island*.

Poet **Joyce Rankin** has produced works of poetry with her titles *At My Mother's Door* and *The Wedding Reels*.

In addition to having a stellar career as a journalist, author **Linden MacIntyre** is also known for his novels *Causeway*, *The Bishop's Man*, *The Only Café*, and *The Wake*.

The late **Ray Smith**, **Effie Rankin**, writer and editor **Ronald Caplan** and the late **Dr. and Rev. M.M. Coady** are just some of the other Cape Breton authors you may wish to explore.

Caplan for many years produced *Cape Breton's Magazine* and has edited numerous works featuring Cape Breton and Inverness County subjects including a highly popular annual series of *Cape Breton's Christmas Stories*.

Perhaps we have piqued your interest or curiosity with some of these authors and titles. If so, enjoy the adventure and the stories.

Lighthouses of Inverness County

The lighthouses in Inverness County have offered a beacon of hope and guidance for many seafarers, sailors, and fishermen over many years.

In addition to the Balache Point Lighthouse in Port Hastings, featured in this guide, there are numerous other lighthouses in Inverness County that you may see in your travels.

They include: Henry Island Lighthouse, Mabou Harbour Lighthouse, Margaree Island Lighthouse, Margaree Harbour Lighthouse, Cameron Island Lighthouse in Orangedale, Cheticamp Harbour Lighthouse, Caveau Point Rear Range Lighthouse in Cheticamp, and Phantom Point Lighthouse in Pleasant Bay.

According to the Nova Scotia Lighthouse Preservation Society, the Henry Island Lighthouse was built in 1902 at a cost of \$3,489. The light was electrified in 1985. Henry Island has been privately owned since 1992. The island is maintained by the Henry Island Preservation Society, an Affiliate Member of the Nova Scotia Lighthouse Preservation Society.

The Mabou Harbour Lighthouse is located off Mabou Harbour Road and it was established in 1884. It has a tower height of 11.25 metres and is just over 14 metres above water height. It has guided many local fishers to safety in all kinds of weather.

The Margaree Harbour Lighthouse was first lit in 1900 and is almost 15 metres above water. It is owned by the Margaree Harbour Heritage Lighthouse Group.

The Margaree Island I (Sea Wolf Island) Lighthouse was established in 1854 and alterations were made over many years. It was operated in the 1900s as a kerosene lighthouse. It is no longer operating or standing but it had a light height of almost 91 metres above water height. The Margaree Island II Lighthouse is in the middle of Sea Wolf Island and it is still standing and operational. It is a concrete tower lit in 1959. The light was automated in 1993. One of its light keepers was Nathaniel McKeen.

The Cheticamp Harbour Front Range Lighthouse is prominently painted in the colours of the Acadian flag. These are just a few of the tidbits in the history of the local lighthouses.

The Nova Scotia Lighthouse Preservation Society and many of our local museums or heritage societies may be good places to start in finding out more about lighthouses in the area.

Cape Breton Fiddlers celebrate 50 years

This year, the Cape Breton Fiddlers' Association is celebrating and has made plans for *50 Years of Making Music: Celebrating Cape Breton's Celtic Culture*.

The association will hold several events and celebrations across the island this year to mark the musical milestone. Among the 50th celebration events planned: a banquet at Port Hawkesbury Civic Centre, a stage performance depicting the early days of the association as well as a performance at the Glendale Concert, both part of the 2023 Kitchenfest schedule.

Members of the Cape Breton Fiddlers' Association will be part of the opening at the Iona Highland Village Concert; they will also perform during the 2023 Celtic Colours International Festival.

A highlight of the year-long celebrations will be the 50th Anniversary of the Festival of Cape Breton Fiddling to be held Friday, August 18th, to Sunday, August 20th, at the Gaelic College in St. Ann's, Cape Breton. The weekend event will kick off with the association hosting a giant jam session made up of members and guests from around the world. The weekend celebration will also include a viewing of the 1972 documentary, *The Vanishing Cape Breton Fiddler*, followed by a Q & A with the documentary's producer, director, and writer, Ron MacInnis.

Attendees will also have the opportunity to participate in fiddling, piano, and step-dancing workshops and a square dance. There will be traditional tunes performed by some of Cape Breton's top talent as well as artists from across Canada, the United States, Ireland, and Scotland during concerts scheduled for Saturday evening, and the gala concert on Sunday.

Betty Matheson of The Cape Breton Fiddlers' Association says, "This is an exciting time for the association. Cape Breton fiddle music is alive and flourishing, not only here at home on the island, but throughout the world." Matheson adds, "The Cape Breton Fiddlers' Association is proud to be part this preservation, not just for the past 50 years, but for many years to come."

For a full list of 50th celebration events and performers, as well as event updates, go to the Cape Breton Fiddlers' Association website: <https://www.capebretonfiddlers.com>.

Provincial Parks on the Sunset Side

Nova Scotia and western Cape Breton is home to many beautiful provincial parks.

Included in this list in Inverness County are Port Hood Station Provincial Park where one can stroll along the beach and enjoy a beautiful sunset; Whycomomagh Provincial Park with its camping facilities; Mabou Provincial Park, a day park which is great for its view of the countryside; West Mabou Beach Provincial Park with its wonderful beach and noted hiking trails; and South West Margaree Provincial Park and Lake O'Law Provincial Park which make great rest stops along scenic views. Remember to always pack out what you pack in.

Visitor Information Centres

There are four seasonal information centres where you can get up-to-date information on events and attractions in local communities. They are conveniently located in the following communities:

- Port Hastings (902-625-4201)
- Inverness (902-258-3740)
- Margaree Forks (902-248-2356)
- Cheticamp (902-224-2642)





PORT HASTINGS



*"O the Canso Causeway's a wonder they say. I wish it were sand covered
over with clay then the water and weather would wear it away and on Cape
Breton Island forever I'd stay..."*

— from *Causeway Crossing*
by A. MacDonald and J. Gillis



At a Glance

Welcome to Cape Breton! Port Hastings is the first place to see on Cape Breton Island. This community offers a visitor the chance to stop, look and learn about our island, get some travel advice, grab a snack, or take a deep breath before launching into your Cape Breton adventure.

Places to Eat: A&W, Port Hawkesbury Motel (Hearthstone Inn)

Places to Sleep: motels, B&B, cottages

Places to Stop: Nova Scotia Visitor Information Centre and Cape Breton Store, Genealogy/History/Archives: Port Hastings Museum, Pioneer Cemetery

Amenities: Gas station, convenience store, post office, Visitor Information Centre

Churches: St. David's United, 902-625-2178

Port Hastings

Gateway to the sunset side

As you cross the Canso Causeway, you arrive in the village of Port Hastings. It is primarily a residential community located next door to the Town of Port Hawkesbury. Canadian author Linden MacIntyre lived here in his youth and has used the community and surrounding places along Route 19 as settings or backdrops for his novels. Port Hastings is where the sunset side of Cape Breton begins.

One of the first stops in the community is the Visitor Information Centre operated by the Province of Nova Scotia. Staff in the centre are well informed about places to stay, spots to eat, and things to do around Inverness County and throughout Cape Breton. There are also services such as internet, washrooms, picnic tables, a gift shop, and information brochures.

This summer may see continued construction of the new and improved rotary which is underway and which is slated to be completed in 2024. The construction takes place after extensive public consultation and aims to make improvements for drivers navigating the Strait area in and out of Cape Breton.

Across the rotary from the Visitor Information Centre are the Port Hastings Museum and Archives and St. David's United Church. The displays and archives inside the museum tell the stories about the communities of Mulgrave, Port Hastings, and

continued on next page



Port Hastings Gateway to the sunset side

Port Hawkesbury, as well as surrounding places like Rhodena, Long Stretch Road, or Troy. The museum has collections of hundreds of photographs, archival records, genealogical records, and other artifacts about the area from the time of settlement in 1788 through the time of construction of the Canso Causeway that opened in 1955. There is also information about the impact rails and sails had on this port community.

The museum houses a craft shop featuring quilts and hand-crafts of local artisans, and there is a picnic site in front of the building. Full hours of operation will be posted on the Museum's Facebook page when the opening is confirmed.

There will be a five-day Quilt Sale and Show at St. David's

United Church in Port Hastings from August 2nd to 6th from 10:00 a.m. through to 4:00 p.m. daily. Admission is a free-will offering. St. David's United Church was established as the first Presbyterian church in Cape Breton when it opened in 1829. The current building was officially opened in 1855 and still holds services weekly.

Port Hastings is also the launch point of the Celtic Shores Coastal Trail, a 92-kilometre section of the Trans Canada trail stretching along the west coast of Cape Breton to the town of Inverness. Celtic Shores is a multi-use trail meaning it's accessible to hikers, cyclists, all-terrain vehicles, and snowmobiles.

Port Hastings is where your Cape Breton adventure begins.

Balache Point Range Lighthouse

Canso Strait, also known as the Gut of Canso, separates Cape Breton Island from the Nova Scotia mainland.

As industry on Cape Breton grew, due mainly to coal mines and steel plants, so did demand for a railway and road for Canso Strait. Though early proposals called for a long bridge to span the strait, in 1952, work began on a causeway that would cross the strait. Over 10 million tons of rock were quarried from Cape Porcupine to construct the causeway, which was completed on April 13th, 1955, and carries a two-lane highway and a single rail track.

A canal and swing bridge were built at the Cape Breton end of the causeway so ships could continue to utilize the time-saving shortcut the strait had previously offered.

With a width of 832 metres, the narrowest point in Canso Strait is defined by the precipitous Cape Porcupine on the mainland and Balache Point (also known as McMillan Point) on Cape Breton Island.

A lighthouse, as described in the Annual Report of the Department of Marine, was built to mark this narrow section of the strait in 1905.

A lighthouse tower was erected on McMillan point (Balache Point), Gut of Canso, and the light put in operation on December 1st, 1905.

Balache Point Lighthouse was discontinued when the causeway neared completion, but in 1963, a set of range lights was established on Balache Point to guide vessels to the northern entrance to the canal. The front and rear range lights were both displayed from square, wooden towers, until a skeletal tower was put in place for the front light in 1991. The rear tower is situated on a grassy knoll on Balache Point that is home to a cemetery. This is believed to be the only lighthouse in Canada located in a cemetery. The oldest of the six headstones standing in the cemetery is for Douce Elizabeth Belhache, who died on July 23rd, 1795, at the age of six.

As you drive east across Canso Causeway to reach Cape Breton Island, park on the south side of the swing bridge at Canso Canal for good views of Balache Point Range Lights.

The lighthouse is owned by the Canadian Coast Guard. Grounds/tower is closed.

Celtic Shores Coastal Trail

The Celtic Shores Coastal Trail is a multi-use trail that runs for 92 kilometers (57 miles) along the sunset side of Cape Breton. It stretches from Port Hastings to the community

of Inverness, offering well-maintained and groomed trails for off-road cycling or long-distance trekking. The easy, flat trail meanders along the coastline, through wilderness, and over streams, following the route that trains once travelled delivering goods and goodies from the mainland, carrying residents away to adventures all over the world, bringing loved ones safely home, including

soldiers from foreign battlefields. It is an ideal attraction for runners, cyclists, bird watchers, photographers, artists, and dreamers.

The Celtic Shores Coastal Trail begins at Port Hastings, just as you cross the Canso Causeway. The first four kilometres are rugged and windswept as the trail is level with the water; it is not recommended for cyclists, but it is an adventurous hike. This is the section where you will walk closest to the ocean. You will feel the roll of the sea and experience waves crashing at your feet. On windy days, spray from higher waves is possible so pack or dress appropriately.

For cyclists, the best place to pick up the trail is a few kilometres along Route 19 at Troy Station. The trail here is flat, wide, and well maintained. As the name implies, the trail head is near what once was a train station where people stopped along their journey. Just as a train station offers travellers a chance

continued on page 16



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TOWN OF PORT HAWKESBURY



Photo by: Murdo Ferguson



*Over the highways and over the roads / Over the Causeway stories are told
They tell of the coming and the going away...*

— from *The Island*
by Kenzie MacNeil



Port Hawkesbury: A summer of fun

Although situated in the County of Inverness, the Town of Port Hawkesbury has been incorporated as a town since 1889. It is governed by a mayor and councillors and sits between the Canso Causeway at Port Hastings and Point Tupper, Richmond County to its south.

Port Hawkesbury was formerly known as Ship Harbour and it has long been a busy shipping and industrial centre on the southern tip of Inverness County. It is home to a large pulp and paper mill, which has been a dominant employer for the area as well as other heavy industry, especially in the nearby Point Tupper area. The town was also home to a ferry service and

railway station, which were very busy prior to the completion of the Canso Causeway in 1955.

Port Hawkesbury today remains an important service and shopping centre for the quad counties of Inverness, Richmond, Antigonish, and Guysborough. It also hosts several fun activities and events throughout the summer months.

Summer in the Town of Port Hawkesbury starts to heat up around the weekend leading up to Canada Day, July 1st.

This year, celebrations kick off with a free concert at Granville on the Green as part of KitchenFest! As part of the Town of Port Hawkesbury's Canada Day annual celebrations, KitchenFest! will partner on the fun planned and welcome one and all to Granville Green! This afternoon will be jam-packed with children's

At a Glance

Port Hawkesbury is Cape Breton's front porch. The town has a long history with the sea. Ships and fishing vessels were built here in the early and mid 1800s. Port Hawkesbury continued to grow as a port when railway connections were made to the rest of Canada. Today it is a centre of commerce and industry on the west side of Cape Breton.

Places to Eat: A variety of fast food outlets, A1 Pizza, Millers Pub, Papa's Pub, Fleur de Lis Tearoom, China King

Places to Sleep: Maritime Inn, B&Bs

Places to Stop: Port Hawkesbury Waterfront, Port Hawkesbury Civic Centre (J. Franklin Wright Gallery,

Shannon Studio, Bear Head Conference Room, YMCA fitness facilities)

Trails: Community Woodland Trails, waterfront boardwalk

Amenities: gas stations, larger grocery stores, hardware/sporting goods/automotive repair, Port Hawkesbury Centre (shopping mall, various retail outlets), pharmacies, churches, hair care, aesthetic services, library, CAP (public internet access) site, post office

Music: Port Hawkesbury Ceilidhs (Tuesdays at 7:30), Granville Green (Sundays at 7)

Churches: St. Joseph's Roman Catholic, 902-625-1045; St. Mark's United, 902-625-2229

games, cake and refreshments, and an outdoor show with local band Beech Hill and more!

The following day, Sunday, July 2nd, the first concert of the Granville Green series will take place. These concerts then run every Sunday evening until August 6th. Concerts begin at 7:00 p.m. and are considered family events. For a list of featured artists, see the schedule on page 1 of this publication.

Then the Tuesday night Port Hawkesbury Ceilidhs will start this year on July 4th at the Port Hawkesbury Civic Centre. This kick-off concert will feature Evans and Doherty, Rodney MacDonald, Glenn Graham, Mac Morin, and Jake Charron. A staple of the summer season, the Port Hawkesbury Ceilidhs are a must for visitors and locals alike. Make plans for this dandy night of entertainment for all ages. Concerts run every Tuesday from 7:30 p.m. to 9:00 p.m. until mid-October. Admission is \$15 and you can pay at the door.

The annual Festival of the Strait will run this year from July 1st to July 9th. Festival of the Strait is a 10-day-long festival full of free events for the community and visitors. On Saturday, July 8th, there will be a pub night under the stars featuring The Privateers and High Society on the Port Hawkesbury Waterfront. For a complete schedule of events, watch the Festival of the Strait Facebook page.

The Port Hawkesbury Trails are a place for you to enjoy the beauty of nature right in your backyard. The trails are comprised of approximately 10 kilometres of natural woodland with groomed walkways for your use. Trail maps are available at the Town of Port Hawkesbury or online at www.townofporthawkesbury.ca.

If you are interested in some free play, the Port Hawkesbury playground is the place for you. Ballfields, tennis courts, lit basketball courts, play structures, and an amazing splash pad are here for your enjoyment. The playground is located behind the Port Hawkesbury Shopping Centre and has activities for all ages.

For information about summer events in Port Hawkesbury, visit www.townofporthawkesbury.ca, or see *The Inverness Oran* published on Wednesdays for the latest updates. Many people in Port Hawkesbury area also tune in to the local radio station, 101.5 FM The Hawk, for local and regional news, community events, and music.





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Port Hawkesbury Community Trails

The Port Hawkesbury Community trails are conveniently located in and around the Town of Port Hawkesbury.

This wonderful system of all-season trails will appeal to both the avid and casual hiker. Discover a wide variety of plants and wildlife as the 10-kilometre trail system winds its way through majestic hardwood stands, softwood forests, and along gently flowing brooks and streams. A series of rest areas inviting you to stop and enjoy the surrounding scenery can be found throughout the trail. Trail users are encouraged to “pack it in and pack it out” with any garbage.

Parking is located at Grant’s Pond, Crandall Road, the Recreation Grounds, and Tamarac Education Centre. Look for the trail signs at these entry points – with helpful orientation signage featured along the trail system.

The Port Hawkesbury Community Trails system includes the Hemlock Trail (2900 m), Maple Trail (2680 m), Spruce Trail (600 m), Tamarac Trail (1620 m), and the Centennial Woodland Trail.

The trail system connects to the highway, sidewalk sections, and active transportation lanes. There is a lookoff and a waterfall and ample areas for parking.

The trails and walking areas also connect to a number of recreational opportunities in the town. Near the trails is a tennis court, a playground, a splash pad, basketball court, soccer field, baseball field, swimming pool, curling club, a school, a college, library, opportunities for live music, and shopping. We have included here a hiking trail map from The Town of Port Hawkesbury website for additional information.

While in the area, check out local shopping opportunities, the Port Hawkesbury Civic Centre, or attend an art show there at its J. Franklin Wright Gallery.

There’s plenty to do in Port Hawkesbury. On summer Sunday evenings, check out the free Granville Green outdoor concert series featuring the finest in local, regional, or national musical talent.



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Granville Green 2023

Granville Green is a free outdoor concert series held at the bandshell on Granville Street in Port Hawkesbury.

The 2023 Granville Green concert series will launch on Sunday, July 2nd, and continues each Sunday to August 6th. The Granville Green concert series has been a trademark of Port Hawkesbury’s beautiful summers since 1993.

Concerts begin at 7:00 p.m. and are considered family events. For a full list of performers, see the ad on page 1 of this publication. Over the past three decades the concert series has featured a stellar list of local, regional, and national performers.

The bandshell is located near Port Hawkesbury’s waterfront, offering the chance to take in the sea air, see the sun set, and listen to music provided by some of the hottest acts in the industry, as well as long-time favourites.

Everyone is welcome. Bring a lawn chair, a blanket, a picnic supper if you wish, or grab a snack from the food vendors on site, and enjoy the evening. In the case of inclement weather, the shows will be held in the Port Hawkesbury Civic Centre. Social media updates will be provided.

For full details of the summer schedule visit granvillegreen.ca or the Town of Port Hawkesbury on social media.

J. Franklin Wright Gallery

The J. Franklin Wright Gallery in The Port Hawkesbury Civic Centre has exhibited many wonderful art and craft shows during the time of its existence.

The Civic Centre is located at 606 Reeves Street in Port Hawkesbury.

The gallery is named in honour of the late J. Franklin Wright, a renowned marine painter from Port Hawkesbury, and it is an important cultural space for the local and wider community.

Individuals or groups have had invitations to display their work, pending approval of the art gallery committee, and The J. Franklin Wright Gallery has a selection committee which makes recommendations concerning gallery shows to its larger committee from time to time.


The gallery has welcomed submissions on the Town of Port Hawkesbury website and over the years has provided opportunity for local, regional, and artists from further abroad to showcase their works in various media and genres in the Civic Centre. The gallery has also welcomed exhibition proposals from artists at all stages of their careers and as an example, it has regularly been a venue for showcasing student art works in May and June.

If you have an interest in the visual arts, be sure to stop in and see what is on display!


As you enjoy our great outdoors be vigilant for ticks!

It is a great time of year to enjoy the outdoors, but we need to be aware and careful in areas where there may be blacklegged ticks (also called deer ticks). These ticks can carry the germ that causes a bacterial infection called Lyme disease. Deer ticks are found across Nova Scotia, so it is important to be vigilant and take simple preventative measures. For more information regarding deer ticks and Lyme disease please visit <http://www.novascotia.ca/hpp/cdpc/lyme.asp> or call Public Health at 1-888-823-8224.

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Celtic Shore Coastal Trail *continued from page 10*

to move around, get a breath of fresh air, and perhaps a little nourishment, Troy Station offers ample parking, picnic tables, and benches to sit and view spectacular scenes of the ocean or watch for eagles, herons, or other wildlife.

The trail continues along through Creignish and Craigmore. You will see, hear, and smell the sea all along this section. There will also be opportunity to get a glimpse of fishing boats reaping sea harvests or the occasional sailboat from the trail that looks over St. George's Bay. There are public washrooms at the Creignish Recreation Centre, as well as other pit stop necessities such as picnic tables and benches. Christy's Lookoff in Craigmore is another trailhead with parking just off Route 19. This is a perfect spot for photographers looking to capture a magnificent sunset or watch for pods of pilot whales and seals.

The next section of the trail is known as the Judique Flyer Trail. Over the next several kilometres you will view breathtaking seascapes and skiescapes as the trail hugs the shoreline. This part of the trail is built on cliffs that are 21 metres above Centennial Beach. Watching the waves crash against the shore is all at once awe inspiring and mesmerising.

An interpretive panel at St. Michael's Pioneer Cemetery tells the story of the area particularly the old Walkers Cove Wharf and Cannery. In 1935, a small freighter known as the *Hurry On* sunk just off the shore in Judique claiming six lives. The six came ashore at Walkers Cove. The trail comes to an intersection with Centennial Road where there is a small parking lot and a path down to the shore. The shore offers views of Port Hood Island and Henry Island and the contours of the mainland shoreline across the bay.

Baxter's Cove Look Off is the next trailhead. Here you will find parking, picnic shelters, and interpretive panels that tell you a bit about the area. Walk a little way of the trail here to visit Baxter's Cove public beach and wharf. This is one of only two known saltwater fishing seaports located directly on the 22,000 kilometre Trans Canada Trail in Canada, the other being Squamish, BC.

For the next two kilometres northbound there's a large wetland teeming with flora and waterfowl and then you arrive the centre of the community of Judique. There is access to a beach and a picnic area to the west of the trail at The Alexander Trail crossing. Travelling east about 700 metres on the Alexander Trail will take you to the Celtic Music Interpretive Centre (CMIC). During the warm months, the CMIC features live Celtic music daily, an interpretive museum, gift shop, and a restaurant. In the community core you will find The Tartan Gardens, St. Andrew's Parish, St. David's Pioneer Cemetery, a convenience store (selling cold beer, wine, and spirits), an ice cream shop, automotive service, and fuel.

As you move past Judique, the trail begins to turn inland. Instead of sweeping seascape vistas, there are shallow flats near harbours, wetlands, and rivers from Judique through to Port Hood. In Port Hood you'll find incredible beaches, a bakery/

tearoom, casual dining, and places for a picnic meal. There are gift shops, a grocery store, a credit union for banking needs, and a hardware store.

The Chestico section of the trail carries on for a few more kilometres through canopies of trees along the Southwest Mabou River, leading to the next section of trail: Mabou Rivers Trail. This section covers 21 kilometres of rivers, meadows, and woodlands, making for opportunities to see a variety of plants and wildflowers, otters at play, beavers at work, eagles, Canada geese, and wild ducks. The village of Mabou is home to the legendary Red Shoe Pub as well as Beaton's Delight Coffee, an ice cream shop, and Mabou River Inn. There is a marina in the heart of the village that offers front row seats for a nightly show of dazzling colours during sunset, as well as a calm early morning spot to enjoy a thermos of coffee. Mabou also has a grocery store, a gas station, and a credit union.

Beyond Mabou you stay inland as you travel through Blackstone and Kenloch where there are lots of opportunities to catch a glimpse of various species of birds, eagles, small wildlife such as rabbits and foxes, as well as larger animals such as deer, bears, and even perhaps moose. In Deepdale, as you get nearer to the end of the trail, you'll cross the grandest of all the 26 bridges on the Celtic Shores Coastal Trail. The Deepdale Trestle is over 91 metres long and nearly 30.5 metres in the air.

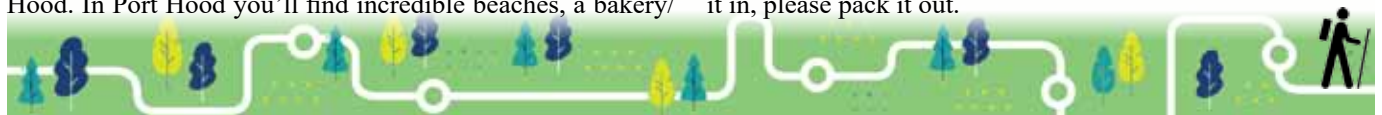
And as you come to the end of the trail in the community of Inverness you reunite with the ocean. Inverness Harbour is filled with colourful fishing boats throughout the summer, resting safely after a day's work on the sea. Cabot Links Golf Course is also just beyond the Inverness Shean Trailhead. There are picnic sites, interpretive panels, and benches that offer a chance to get acquainted with the community of Inverness. Amenities such as grocery shopping, a pharmacy, gift shops, banking facilities, post office, coffee shops, several eateries, and a craft brewery are all within walking distance of the trail. Inverness Beach and its legendary sunsets and view to Margaree (Sea Wolf) Island are just at the bottom of Beach Road #1.

The Celtic Shore Coastal Trail that connects several communities across Inverness County is maintained entirely by volunteers. Each of the five sections along these 92 kilometres has a team/committee that devotes many hours and a great deal of energy to ensuring that the trails are maintained, kept safe, groomed, and prepared for the thousands of visitors who travel on it year round.

This year, volunteer groups have worked to install privies at six locations along the trail: Troy, Judique, Little Judique Harbour, Glencoe Station, Mabou, and Deepdale Trestle.

Please remember to take a moment and leave a review on TripAdvisor or Google reviews.

Enjoy your time on the trail; please use proper trail etiquette, especially if using motorized vehicles. Remember if you pack it in, please pack it out.





CREIGNISH



Photo by: Marilyn Ellison



*Sing me a song of your hills / Of mountains and waters so still
A song that will speak of the magic of three
My love, Cape Breton and me*

– from *My Love, Cape Breton and me*
written by Bob Quinn and performed by
Kate Quinn and Natalie MacMaster



Creignish is a coastal village located on Route 19 (The Ceilidh Trail), approximately 10 kilometres from the Canso Causeway. It's home to *Bealach's* Wendy MacIsaac and her musical cousins Ashley and Lisa MacIsaac (Madison Violet). Natalie MacMaster also grew up in nearby Troy.

The community's name refers to the rocky cliffs that stand over the shores of St. George's Bay. The sounds of the sea are ever present and each spring the first sighting of fishing boats in the water is a hopeful sign of warm days to come.

Celtic Shores Coastal Trail runs through Creignish with trail access points at Creignish Recreation Centre, at the trailhead in nearby Troy, or at Christy's Lookoff in Craigmore. The trail through this community is straight, flat, well maintained, and well suited for leisurely walks, running, cycling, or travel on

off-road vehicles. It's also the perfect place to view a spectacular sunset looking over St. George's Bay.

The Store Studio (2384 Route 19) offers hand-made fibre crafts – knitting, sewing, and weaving created by local artisans. The store is a fully-restored 120-year-old wooden building. The building's integrity has been maintained and it still holds the memories of its history as a store that first opened over a hundred years ago. This offers a visitor local crafts for sale and some insight into the community.

Melinda By The Sea (2096 Route 19) is an artist's gallery featuring arts and crafts from around eastern Nova Scotia. This shop located high on a hill overlooking St. George's Bay offers acrylic and oil paintings, jewellery, fibre art, wood creations, soaps, and much more.

Tucked into the foothills of Creignish Mountain, Stella Maris Catholic Church looks over Route 19. This wooden church was built in 1899 by Gaelic settlers who would have come there after the Highland Clearances in Northern Scotland.

Creignish Recreation Centre is home to a community hall and outdoor spaces including a playground and a ballfield. There are public washrooms at the back of the community hall offering a pit stop for the users of the Celtic Shores Trail.

The Creignish Recreation Centre is a vital part of the community. The hall is not just a great place to come together for weddings and funerals. The community members are moving their bodies with yoga classes and dance classes. They are bringing families out for playtime and creativity. They are engaging local readers in a book club and imagining other possibilities for what can be done.

Happy Hour at the Centre is a popular event and every Friday from 6:00 p.m. to 9:00 p.m. they host local talent and, with plenty of talent around, it is a destination. If you drop in you may also want to try their signature drink, the Creignish sunset.

You may follow Creignish Recreation Centre on Facebook.

At a Glance

If you travel on Route 19 just before the gloaming of the day, you can experience a Creignish sunset. Make the most of it by stopping at Creignish Recreation Centre to watch it from the Celtic Shores Coastal Trail. It's a great place to enjoy one of life's simple pleasures afforded by nature.

Places to Stop: *Creignish Recreation Centre (community hall, baseball field, playground), Celtic Shores Coastal Trail, artisan shops*

Churches: *Stella Maris Roman Catholic, 902-625-2919*



JUDIQUÉ



*O 's alainn an t-aite th'agam 'n cois na traghad...
O fair is the place I have here by the sea...*

— from *O 's alainn an t-aite*
by Michael MacDonald 1775



At a Glance

Music lives in Judique. Stop and see the Celtic Music Interpretive Centre and learn about the unique tradition of Cape Breton fiddle music. Listen to the music and have a bite to eat during a lunchtime ceilidh. Stretch your legs or work off your lunch with a hike on the Judique Flyer Trail.

Places to Eat: Celtic Music Interpretive Centre: Daily lunch Ceilidhs (11:30 am-3 pm, Monday - Saturday), 2-5 pm (Sunday Ceilidh)

Places to Sleep: Glamping (Shore Road), B&B

Places to Stop: Celtic Music Interpretive Centre Trails: Judique Flyer Trail (Celtic Shores Coastal Trail System)

Amenities: gas station, convenience store (NSLC outlet), mechanic shop, CAP (public internet access) site, ice cream shop (Route 19 Ice Cream)

Music: Celtic Music Interpretive Centre

Churches: St. Andrew's Roman Catholic, 902-787-2795

St. Andrew's Parish

St. Andrew's Parish in Judique is the oldest Highland Roman Catholic parish in Cape Breton which was established by Scottish Gaels. Sources indicate that a chapel did exist in Judique as early as 1804 but the first parish priest was not officially appointed until 1817. This priest, Fr. Alexander MacDonnell, arrived in February of 1818, travelling from Cape Jack in Antigonish County over the ice.

The first church was constructed and opened in 1820. This structure, and one more, was destroyed by fires caused by lightning strikes. After these losses, parishioners decided to build the third church from sandstone. It was built in 1924 and is the church that stands in the community to this day.



Celtic Music Interpretive Centre

The Celtic Music Interpretive Centre (CMIC) grows each year in its role as a visitor destination for Cape Breton while at the same time staying true to its mission to preserve and promote the traditional Celtic music of Cape Breton.

Live music happens Monday through Friday (late June to mid-October) with ceilidhs that run from 12:00 p.m. to 3:00 p.m. Sunday afternoon music sessions happen year round from 2:00 p.m. to 5:00 p.m.

The tunes are as tasty as the lunch menu that features many local favourites including soup, salad, fish chowder, and sandwiches.

The centre also maintains an extensive archive of recordings, video, articles and information about Cape Breton music, as well as an interpretive exhibit room using various media to tell the story about the music and the musicians of Cape Breton.

The gift shop carries a selection of local traditional and folk music recordings, music books, local hand crafts, gift ideas, and jewellery.

What is perhaps most telling about the Celtic Music Interpretive Centre is that there are visitors who return to the Celtic Music Centre as often as possible. They consider the CMIC a home base during their stay or a focal point of their travel itinerary.

The majority of front-of-house staff are young people. These individuals have been raised with a solid knowledge of Cape Breton music and dance, as well as Gaelic language, history, and culture. Some staff members are alumni of a music mentorship program supported by the Celtic Music Interpretive Centre. The youthful energy and passion give the CMIC a sense of vitality and shows their commitment to securing these traditions for future generations. There is a strong sense of community among the patrons of the CMIC.

The Sunday afternoon ceilidhs are true to the original sense of the Gaelic term for a visit, as people spend the afternoon visiting and catching up with new and old friends while enjoying great music, a bit of food, and preferred beverages.

Full details of all events, hours of operation, and admission fees are available on the CMIC's website and social media feeds. Also check out their weekly ad in *The Inverness Oran* newspaper.

Subject of early song

Fair is the place I have here by the sea...the opening line of *O 's alainn and t-aite*...a song made by Michael Mor MacDonald in 1775 reflecting upon the land he came to in Judique after immigrating from the island of South Uist in the Outer Hebrides of Scotland. This song is believed to be the first Gaelic song composed in North America.

In the centuries since, Cape Breton has gained recognition as a worldwide gathering place for authentic traditional music. In that context, it is natural that a centre devoted to maintaining the history of Cape Breton Gaelic music be in the community of Judique.

The community is serene and beautiful, located on Route 19 approximately 25 minutes from the Canso Causeway. A stop at Michael's Landing, a trailhead on the Celtic Shores Coastal Trail, offers an opportunity to see just what the Bard MacDonald was talking about. Sunsets with flat calm waters and multicoloured hues in the sky inspire photographers and artists of all kinds.



CELTIC MUSIC INTERPRETIVE CENTRE

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LIVE Music

Mon-Fri (12:00pm-3:00pm) & Sun (2:00-5:00pm)

* visit our events page on our website for up to date listings

*Restaurant Service June 19 - October 15

Gift Shop & Exhibit Room

Mon-Fri (11:00am-5:00pm)

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Tartans, gardens, tunes, and more

Driving north on Route 19 coming into the community of Judique in past years you might have taken note of beautiful flower gardens in replica of colourful tartan patterns. They are just to your right before you reach the sandstone church which has been standing in the community since it was completed in 1924.

The Tartan Gardens of Judique Society is an organization that spans more than 25 years and that has helped create a lovely ornamental garden in Judique.

During COVID, these efforts transformed into the development of a large community vegetable garden. These efforts focussed on food sustainability, inclusiveness, innovation, resourcefulness, and community pride.

The community of Judique was honoured last year as the recipient of the Nova Scotia Lieutenant Governor's Community Spirit Award.

In 2020, an enthusiastic group of Judique residents decided the community needed its own special tartan. They went to work consulting with the community to find what they wanted

represented in the tartan.

They consulted and worked closely with master weaver, Diane Quimby, and chose colours representing community values and attributes.


These days you might see Judique residents proudly wearing their tartans or scarves with this design or find samples of the tartan or throws elsewhere in the village.

The group also applied for an official tartan registration certificate from The Scottish Register of Tartans.

In the fall of 2021, work got underway on the creation of a community quilt which is slated to be displayed at the Judique Community Centre.

Andrea Beaton, a fiddler and composer who hails from Judique, also composed a tune for the tartan called the Judique Spirit Tartan Reel.

The story of the creation of this community tartan in addition to a whimsical tale about how Judique got its name is also told in a recent book by one of the group members, Deborah Graham, with illustrations by local artist and painter Dianne MacInnis.



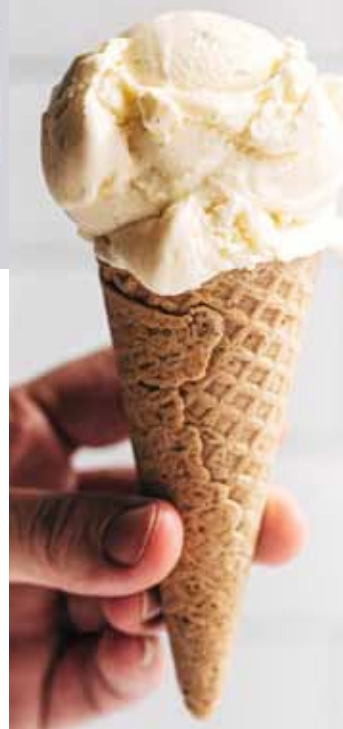
Description of Judique Tartan in The Scottish Register of Tartans where it was registered on March 9th, 2021:
The Judique Spirit Tartan was created in 2020 by the Judique Tartan Group to celebrate the strength, faith, culture, and community spirit of the seaside village of Judique, Nova Scotia, Canada. The colours and design are intended to represent the heartbeat of the community: blues for the ocean and sky; green for the forest and fields; dark yellow for the red-orange-yellow sunsets; white for the first settlers' winter arrival; and, red for the faith and strength of the people. The community participated in the selection of tartan colours and the process was a labour of love.

We all scream for ice cream!

Yes, it's summer and what is summer without ice cream? Well, it's hot and you're imagining a cool treat to beat the summer heat. Waffle cones or regular cones? Soft or hard ice cream? Will that be dipped? What flavour? You name it. Summer and ice cream go hand in hand.

Judique is home to one of the sunset side's newest ice cream shops – Route 19 Ice Cream. It is located in the heart of Judique and is sure to have something to please any ice cream lover!

Here are just some of the other places in Inverness County where you can stop and get ice cream: The Groove Box, Granville Street, Port Hawkesbury; Dairy Queen, Reeves Street, Port Hawkesbury; McDonald's, Reeves Street, Port Hawkesbury; MacDonald's Convenience, Port Hood (just before the NSLC); Beaton's Delight in Mabou; Brookvillage Grocery; Skye Glen Creamery; Ivan's Daughters, Inverness; The Pantry, Inverness; The Ice Cream Shop, North East Margaree; Farmer's Daughter, Whycocomagh; Flora's Gift Shop and Ice Cream Parlour, Cheticamp; and Mr. Chicken and Ice Cream Shop, Cheticamp.



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PORT HOOD



Photo by: Marilyn Ellison



*And look into your heart, and you'll find love, love, love, love
Listen to the music of the moment, people dance and sing
We're just one big family*

— from *I'm Yours* - by Jason Mraz
(covered by Port Hood's Mitch
MacDonald on *Canadian Idol*)



Chestico Days and Murphy's Pond festivals

Port Hood is regarded as the beach capital of Cape Breton. The community also knows how to throw a good festival.

Each year, Port Hood hosts two significant community events that attract visitors, gather neighbours together, and raise funds for ongoing projects that happen throughout the year in Port Hood.

Murphy's Pond Music Festival happens on Saturday, July 8th, on the grounds near Murphy's Pond Wharf. It's a full day of acoustic, folk, and country music featuring local performers from across Cape Breton. Food and beverages are available for

purchase on site.

Chestico Days is now one of the longest running events of its kind in western Cape Breton. This week-long festival runs from July 31st to August 6th offering a full schedule of events that includes community meals, concerts, horse races, dances, a parade, and events for children and families. The week concludes with a fireworks display at dusk on the final night of the festival.

Watch *The Inverness Oran*, published every Wednesday, for further details and a schedule of events for these festivals.

At a Glance

So many beaches, all kinds of time...Port Hood is a seaside town that is made for summer! Home to five beaches, fabulous restaurants, hiking trails, and the legendary Chestico Days festival, Port Hood is a place you must see on your Route 19 adventure!

Places to Eat: Admiral Lounge & Dining Room (lunch, dinner), Clove Hitch Bar & Bistro (lunch, dinner), Sandeannie's Tearoom (breakfast, lunch)

Places to Sleep: motel, RV/campground, B&B, inn, cottages

Places to Stop: Chestico Museum & Archives (genealogy,

local history), Port Hood Day Park, beaches

Trails: Chestico Trail (Celtic Shores Coastal Trail system), Port Hood Boardwalk (at day park)

Amenities: gas station (mechanic on duty Monday to Friday), grocery store, convenience store, NSLC retail store, hardware/sporting goods, gift shop, photo/art gallery, municipal offices, credit union, car wash, library, CAP (public internet access) site, post office

Music: Admiral Lounge & Dining Room (Saturdays 6-9 pm), Clove Hitch Bar & Bistro (nightly mid-June to August)

Churches: St. Peter's Roman Catholic, 902-787-3317; St. Stephen's United, 902-787-2323; Jubilee United, Port Hood Island (summer only), 902-787-2323

Central Park Ceilidhs

Each Monday, the Port Hood and Area Development Association hosts the Central Park Ceilidh. These are free, informal concerts held in the middle of town from 7:00 p.m. to 8:00 p.m., offering a program of local musicians and a variety of musical styles.

The fifth season of these ceilidhs begins on Monday, July 3rd, and continues each week until the finale concert on Monday, August 21st. This year the organizers are happy to announce that they have a new stage and sound system for the ceilidhs. Come along and bring a lawn chair to listen to live music as the sun sets over Port Hood. A 50/50 ticket draw is held each week with proceeds going to Port Hood and Area Development initiatives.

In the event of rain or bad weather, the concert is cancelled. For complete details and schedule of this weekly concert series, search Central Park Ceilidhs on Facebook.



Cameron Chisholm and Cathy Hawley perform at a Central Park Ceilidh in Port Hood. Photo: Lynn Chisholm.

Friendly community by the sea

People who live in the community of Port Hood place high importance on keeping something in for tea. Home baked sweets and treats are shared amongst neighbours as gestures of love, concern, support, and friendship. Homemade cookies, banana bread, and cinnamon rolls can usually be found in many kitchens and lunch boxes.

It's only fitting that *Tunes and Wooden Spoons*, a weekly internet baking show, broadcasts live from Port Hood each Sunday afternoon. Mary Janet MacDonald, host of the show, offers step-by-step tutorials on how to bake recipes that have been part of Cape Breton gastronomic culture for generations. The show has gained a loyal following around the world, giving everyone a glimpse of hospitality and focus on family that is part of the fabric of the community in Port Hood. MacDonald has followed up on the success of the internet show with two popular cookbooks in the series to date.

This community is also surrounded by some of the warmest water temperatures in Atlantic Canada making it a beach lover's haven. A total of five beaches run along the coastline, each with their own character and appeal.

With gift shops, a grocery store, restaurants, high quality, super clean accommodations, and a full-service hardware store, Port Hood has something for everyone. Whether you've been lured here by the cinnamon rolls or the sunsets, Port Hood is happy to welcome you.



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Port Hood: So many beaches, all kinds of time

Port Hood is a friendly little beach side community approximately 40 minutes north of the Canso Causeway on the Ceilidh Trail. With waters flowing from the Gulf of St. Lawrence, water temperatures in the summer average around 23 degrees (Celsius), making Port Hood beaches the warmest north of the Carolinas. It is the beach capital of Cape Breton Island.

You have your choice of five beaches, each with their own character and amenities. Sunset Beach and Breakwater are located at the north end of town. These two beaches were separated in 1960 when a barrier was constructed creating a link to Port Hood Island. This breakwater provides protection to Sunset Beach on the south, making for calm waters and sandbars and a family-friendly experience. Breakwater Beach on the north side is patrolled by the Nova Scotia Lifeguard Service to keep swimmers safe from what can be more challenging conditions. Canteen services and washroom facilities are available, located in between the access point of the two beaches.

Lawrence's Beach has been a family favourite for generations. There are miles of sandy coastline with stunning views of Henry Island and Port Hood Island. It is a little bit more out of the way than the other beaches. Access and parking are limited but upgrades have been made recently. If you like to get an early

start on your beach day, Lawrence's is a great choice.

The Boardwalk Beach is located within the Port Hood Day Park, just across Route 19 from the Celtic Shores Coastal Trail. It is the ideal place for hunting beach glass along the shore. The boardwalk runs along the dunes, making it a great place for a romantic stroll or a walk with a friend or your pet. Pack a picnic, a good book, and spend a day hanging out over the boardwalk in Port Hood.

Murphy's Pond Beach is next to the community's fishing wharf. It is the smallest section of Port Hood's coastline, but it offers calm, protected waters with ripples created occasionally by the boats as they come and go from the wharf.

Whichever beach you choose, you are guaranteed a day filled with fresh salt air, the calming sounds of the silver sea breaking upon the shore, and some of the world's most spectacular sunset views. There are great restaurants in the community, easy access to locally caught seafood, a campground, lodging accommodations, a grocery store, a gift shop, and a full-service hardware/retail store all within walking distance to some of the beaches.

Every beach follows the pack it in, pack it out rule: leave no trace and keep these beaches beautiful for everyone to enjoy. So many beaches, all kinds of time.

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Ceilidh Fishermen's Co-op

The Ceilidh Fishermen's Co-op in the village of Port Hood is a great stop for fresh seafood and marine supplies. The Co-op is located off Route 19 in the village of Port Hood at 158 Main Street, beside The Admiral Beverage Room and across from the Port Hood Co-op.

As Cape Breton West's main buyer and supplier of top quality seafood products, The Ceilidh Fishermen's Co-op is one of the best sources of fresh seafood you may find on western Cape Breton. The Ceilidh Co-op is locally owned, operated and sourced.

Founded in 1985, it has a membership of about 100 fishers who fish many different species throughout the year.


Species include lobster, snow crab, bluefin tuna, herring, mackerel, rock crab, and flounder. Other species you may find here in season include mussels, salmon, scallops, halibut, cod, hake, and shrimp, plus both fresh and frozen chowder mixes. Check with the store daily for updates on what is available, fresh or frozen.

The Ceilidh Co-op's fishers apply their trade along the west coast of Cape Breton Island in the cool clear waters of the Gulf of St. Lawrence.

The Ceilidh Co-op is operated by a group of directors, a general manager, and a staff of 25-30 employees on a seasonal basis.

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Port Hood

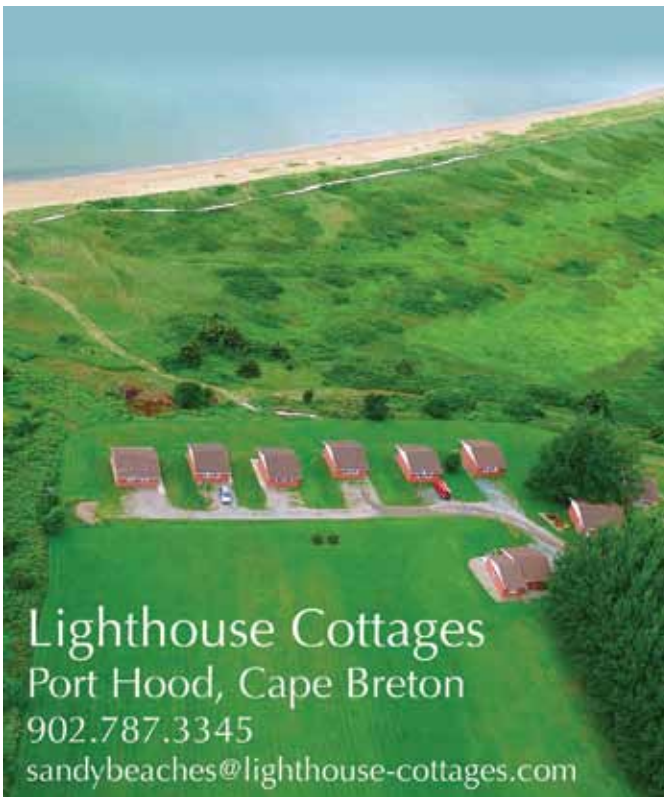
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- Coin Machine

The Ceilidh Co-op is also a great one-stop shop for fishing supply needs including marine paint, boat hardware, engine parts and accessories, protective clothing, gloves, boots, sport fishing supplies, marine safety products, and more.

Hours of operation are Monday through Friday, 8:30 a.m. to 5:00 p.m.; Saturday from 8:30 a.m. to 1:00 p.m.; and it is closed on Sunday.




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Port Hood and Henry Islands

Coming off the Canso Causeway and heading north on Route 19 as a visitor you may note on a map that there are two small islands off the coast of western Cape Breton in the Northumberland Strait.

The first island, a smaller island, is called Henry Island, and the second larger island just to its right is called Port Hood Island.

Henry Island is home to a lighthouse and the island has been privately owned for several decades now.

Port Hood Island used to be home to many year-round residents but those numbers are mainly seasonal now given changes in the economy and people moving to find employment opportunities elsewhere.

Port Hood Island, only a few decades ago, was still inhabited by many full-time residents – many who drove back and forth to mainland Cape Breton across the ice in the depth of winter. Due to climate change, the ice isn't as stable or frequent anymore, so

that's not something that happens much these days.

As you are coming into the village of Port Hood, Henry Island virtually disappears behind Port Hood Island and you will see the remnants of what today is called the breakwater. It's the line of rock that's left of an attempt made in the 1950s to build a permanent causeway to Port Hood Island. That effort was wiped out by a big winter storm not long after the attempt was made.

There are amazing views of both islands from nearby Marble Hill in Port Hood and today fishing boats, swimmers, sailing vessels, and recreational craft frequent the waters along the many beaches in Port Hood.

For more about the stories, artifacts, and the history of the Port Hood area, be sure to visit the Chestico Museum and Archives, 8095 Route 19, Harbourview, just south of the village of Port Hood.



Photo by: Diane Moulard

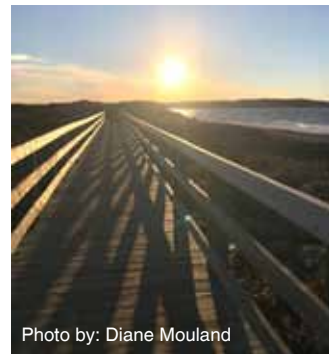


Photo by: Diane Moulard

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MABOU



Photo by: Marilyn Ellison



*I danced in the morning when the world was begun
And I danced in the moon and the stars and the sun...*

— from *Lord of the Dance* - 19th century Shaker
tune as performed by John Allan Cameron



Mabou Ceilidh Days are back!

Happening from June 29th to July 3rd, the Mabou Ceilidh Days Festival is an annual community tradition now for over 50 years in the village of Mabou, Nova Scotia. This year, the festival has moved back to its original calendar slot with the selected theme of “Let’s Celebrate,” welcoming back many favourite festive events from the old days along with plenty of new, fun ideas.

The weekend will feature a variety of activities and events,

including a weekend ball tourney, family picnic and book reading with Kate Beaton, horse and buggy rides through the village, pub night, milling frolic, square dances, parades, teen dance, beach day with sand castle building and spike ball competition, and much more.

This celebration of Mabou’s rich heritage, spirit, and community is made for all to come and enjoy. To find out more and follow the fun, visit mabouceilidh.com and find them on Facebook and Instagram.

At a Glance

Mabou is where Gaelic language and traditions thrive. It is a place renowned for its depth of musical talent; it is not unusual to hear driving tunes ringing through the village day or night during the summer. Nestled in between highlands and the Gulf of St. Lawrence, Mabou is a haven for photographers, nature lovers, dreamers, dancers, musicians, and explorers. Visit for a night or stay forever; Mabou welcomes you!

Places to Eat: *Beaton’s Delight (breakfast on the go, coffee, espresso drinks), Red Shoe Pub (lunch, dinner), Glenora Distillery (lunch, dinner)*

Places to Sleep: *campground, B&Bs, inns, motel*

Places to Stop: *Mother of Sorrows Pioneer Shrine, Nest gift shop, Mabou Farmers’ Market, Kinship Place playground, An Drochaid museum*

Amenities: *Gas station, groceries, NSLC, post office, credit union with ATM*

Trails: *Mabou River Trails, Celtic Shores Coastal Trail, Cape Mabou Trails, West Mabou Provincial Park (trails around West Mabou Beach)*

Music: *Red Shoe Pub (nightly and Sunday matinees), Glenora Inn and Distillery (afternoon and evenings Sunday-Saturday), Mabou Community Hall (Tuesdays at 7:30 pm), Glencoe Mills Hall: Family Dances (Thursdays at 9 pm), Brookvillage Hall: Adult Dances (Mondays at 9:30 pm), West Mabou Hall: Family Dances (Saturdays at 9 pm), Strathspey Place*

History and Genealogy: *An Drochaid museum, Alexander Doyle Public Library (inside Dalbrae Academy)*

Churches: *St. Mary’s Roman Catholic, 902-945-2952; St. John the Baptist Roman Catholic (Brook Village), 902-945-2063; St. Joseph Roman Catholic (Glencoe Mills), 902-945-2952*



Coming to the well: Square dancing in Cape Breton

Mabou has been home to three iconic dance events in community halls in Brook Village, Glencoe Mills, and West Mabou for more than three generations. These dances have brought traditional music lovers from all over the world to the area, as well as many adventurous souls who discovered the dances by chance and immersed themselves in an authentic cultural experience in Cape Breton.

Brook Village dances happen on Monday nights. These are adult dances; admission is restricted to those aged 19 and over; alcohol is served on the premises. There is also a canteen that serves tea, water, soft drinks, and hot dogs. Dancing begins at 9:30 p.m. and runs until 1:00 a.m. These dances attract some of the finest musicians and dancers on the island.

The Glencoe Hall was built as a one-room schoolhouse. It is situated at the convergence point of several country roads that connect to the surrounding communities of Judique, Port Hood, Mabou, and Whycomagh. It's approximately a 20-minute drive on unpaved roads from any of these communities; part of the adventure of the night is just getting there. Glencoe dances are on Thursday nights and they are family dances, meaning there is no alcohol served inside the dance hall, and it welcomes people of all ages. The Glencoe dances are most closely associated with legendary fiddler Buddy MacMaster. He was the featured player for these dances for over 30 years. After his retirement and since his passing, these dances continue to thrive featuring a rotation of well-known musicians, many of whom were influenced and inspired by Buddy's style of playing Cape Breton fiddle music. The atmosphere of these dances is fun and welcoming much like the character of the people of Glencoe. It's a great place to learn the sets, as seasoned dancers are ready and able to guide novice dancers. This dance runs from 9:00 p.m. to 12:00 a.m.

The dances in West Mabou take place in a hall known as the West Mabou Sports Club. These events began as a community fundraising initiative. The original plan for these dances was a short term one to help with the expenses of a softball team's trip to a regional tournament in Ontario. More than 30 years later the West Mabou dance has achieved the level of becoming a staple of the Saturday night social scene in Inverness County. It has had profound impact on the growth of Cape Breton fiddle music as it has provided a stage for hundreds of young performers in need of a place to make their first public performance and/or develop their

skills playing for dances. West Mabou has always been a family-friendly event and the place where parents have year-round access to passing on the traditions of Cape Breton social dancing. Young stepdancers have grown up with the opportunity to refine their art by being part of the solo dancers' queues that are a part of each dance. There was a time where square dancing was considered an activity for older generations and was fading in popularity. West Mabou dances have blasted away that old stereotype and made it the cool place for the under-30 set to gather on a Saturday night. Dancing begins at 9:00 p.m. and runs until midnight every Saturday night from June to the end of October.

A lot of the musicians you will see on the stage in these halls have earned worldwide recognition and respect as roots/traditional artists. These artists view the chance to get home to play a square dance as their time to return to the well. These are the spaces where they honed their craft as performers of Cape Breton music either by playing or by observing the tradition bearers who elevated the status of a humble dance in a country hall on a back road to the stuff of legends. A full night of playing tunes in a sultry hall on a summer's night is a workout both physically and creatively. The call and answer connection between themselves and the dancers on the floor are part of what makes home "Home" to these traditional artists.

A Cape Breton square set is a form of folk dancing, done in several parts (known as figures), traditionally in sets of four couples, each element of the figure being repeated four times (hence the designation "square" set). Square sets are danced throughout Cape Breton, each with its own local variation, but the Inverness County square set as it exists today is comprised of three figures, danced to accompanying music in the tempos of two jigs and a reel. The culture of these dances is inclusive so whether it's your first adventure or you're a seasoned pro, there is a place for you to give it a go.

A typical night at a Cape Breton square dance is six square sets, each lasting approximately 20-25 minutes. Dress in cool and comfortable clothing. The halls are well ventilated but there is no air conditioning. Peak season crowds and full dance floors make for sultry conditions. Stay hydrated; canteen services are available at each dance venue. Dancing experience is not necessary. A little bit of a sense of humour, appreciation of adventure, and the willingness to try something new are good things to take with you to a Cape Breton square dance.



**Mabou Tuesday Night
Ceilidhs**

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Finest Traditional Musicians
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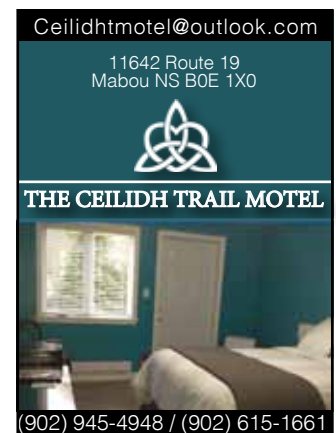
Mabou Hall, 11538 Highway 19
7:30pm - 9:00pm
July 4th - August 22nd
\$10 Admission



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Want to learn more about Cape Breton square dance?

The Mabou School of Cape Breton Square Dance, launched in 2017, is offering a week-long program of instruction in the art of percussive dance in Cape Breton.

The week is led by Melody Cameron, a fiddler and dancer with more than 40 years’ experience performing and teaching in her hometown of Mabou and around the world. She will be assisted by guest instructors as well.

The 2023 school runs from July 24th to July 28th. The goal of the school is to give students high-quality stepdance instruction and a week filled with Mabou experiences. There are opportunities to attend local dances, ceilidhs, music sessions, dine at local restaurants, hike trails, or visit beaches.

There may still be some spaces left for the 2023 Mabou School of Cape Breton Stepdance. Contact capebretonstepdance.com for further information about registration for this year or keep it on your radar for your next trip to Inverness County.

**Tuesday Night Ceilidhs
Mabou Hall**

Music is an organic part of existence in this region. Kitchen parties, jam sessions, ceilidhs, and dances happen everywhere, every day throughout the summer season, offering visitors a glimpse of how deep the well of musical talent runs on Canada’s Musical Coast.

For over 20 seasons, Joey Beaton and Karen Beaton shone

a light on the pure drop: traditional Cape Breton fiddle music presented in a pristine and simple format. Each Tuesday the duo, along with their special guest musicians, presented a 90-minute concert. In 2019, Joey and Karen passed the torch on to another duo committed to teaching and presenting traditional Cape Breton music: Derrick and Melody Cameron.

If you want to dig a little deeper into this form of traditional music, these Tuesday night ceilidhs are a must see. You will have the opportunity to feel the energy and power of this music; Melody is a renowned dancer who can give a glimpse of the relationship between the music and the dance. The concerts are presented in an environment that is focussed entirely on the tunes; sometimes the only other sound you will hear is the rhythmic cadence of feet tapping in perfect, effortless time to the music.

This series begins on July 4th and runs every Tuesday for eight weeks, wrapping up on August 22nd.

Showtime each week is 7:30 p.m to 9:00 p.m. and admission is \$10 per person. Check *The Inverness Oran*, published on Wednesdays for details of each week’s concert.



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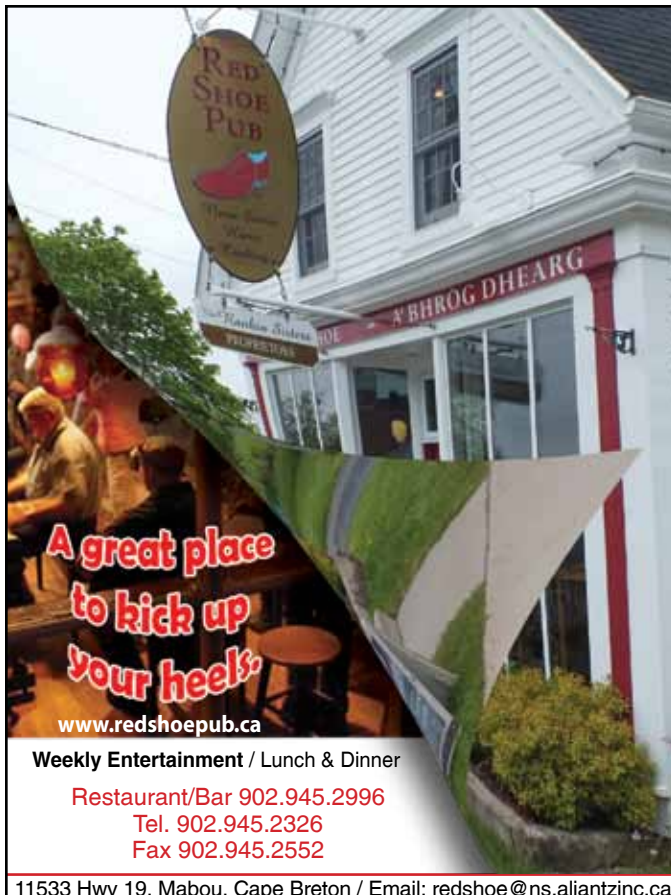
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Alexander Doyle Public Library

Inside Dalbrae Academy, a high school of approximately 300 students, there is an oasis of calm known as the Alexander Doyle Public library. It is part of the Eastern Counties Regional Library system that also operates branches in Port Hawkesbury, Port Hood, Margaree Forks, and Cheticamp. The library was opened as a permanent branch in 2015 through a partnership with the local school board, as the community had the highest circulation rates in the ECRL system through its bookmobile program.

The library offers the expected vast and varied collection of reading materials for all ages: books, magazines, and the local newspaper (*The Inverness Oran*). It also offers a little of the unexpected, such as free meeting space or quiet workspace for individuals and groups, DVDs of movies and popular TV shows for all ages, high-speed internet, free wi-fi, public-use computers, and a fully-equipped recording studio.

So, if you need a book for the beach or a tranquil cottage vacation, a rainy day hang out, a place to re-connect with the rest of the world to check email, social media, or write your travel blog, or a place to even record a podcast, drop by the Alexander Doyle Public Library. It's open year round. Hours are Monday to Friday, 9:30 a.m. to 12:30 p.m. and 1:30 to 4 p.m. The library is closed Saturdays and Sundays.



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Strathspey Performing Arts Centre Summer 2023

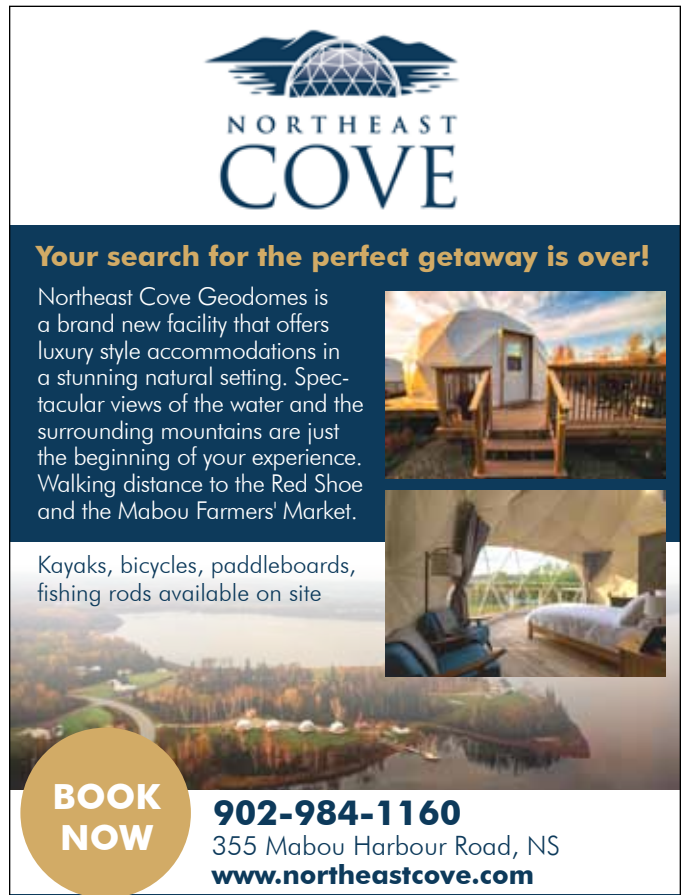
Nestled among the rolling hills of Mabou you will find Strathspey Performing Arts Centre. This soft-seat theatre is a state-of-the-art performance space in rural Inverness County, an area known for its depth of talent in the creative arts. Strathspey has drawn acts from just down the road to right around the world to The John Morris Rankin stage since its opening in 2000.

Some of last summer's highlights at Strathspey Place included musical theatre projects such as *John Allan Cameron's Last CBC Show*, presented by West Side Performing Arts Cooperative (WESPAC), *A Walk Down Memory Lane with Patsy Cline*, from Boardwalk Productions and a *Buddy Holly Tribute Show*.

In April of this year, another local musical theatre show, *The Weddin' Dance*, produced by WESPAC, was performed at Strathspey Place over two evenings.

Echos of Glendale '73 is scheduled for two performances at Strathspey Place. The show is a production of WESPAC, and is slated for June 30th and July 2nd at the theatre. Many local performers will be taking on roles in this production.

At press time, no further shows were yet announced but check out the Strathspey Place website, its presence on social media or *The Inverness Oran* for upcoming events throughout the year.



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Cape Mabou Highlands

Cape Mabou Highlands offers a network of 17 hiking trails situated alongside the Northumberland Strait between Mabou and Inverness on the west coast of Cape Breton.

These paths follow the rugged coastline, through hardwood glens and highland plateaus covering a total distance of about 30 km. There are three trailheads; the most accessible and popular one is at Mabou Mines, about 12 km from the village of Mabou. These hiking trails are usually uncrowded and offer enough of a challenge to get your heart pumping. The rewards include spectacular views and peaceful surroundings.

The Cape Mabou Highlands were settled in the early 1800s by Gaels who came from Highland regions in Scotland to North America. Several of the trails were originally cart tracks built and used by these pioneers. The Fair Alistair and MacKinnon's Brook trails were part of the original road from Mabou to Broad Cove (Inverness). Many of the trails bear the names of many of these earlier pioneers. The early 1900s saw most of these settlers leave the area.

These trails traverse both crown land or private lands for the most part. There are also areas that are under a management agreement with The Nature Trust of Nova Scotia or the Nature Conservancy of Canada.

Please note that not all trails may be open at any given time. There are a few wet sections, but for the most part the trails are

dry, with some small brook crossings. Please respect these lands. The trails are for hiking only; no camping or fires are permitted.

The other two trailheads can be accessed from the village of Inverness on the Sight Point Road (a narrow and often rough road), or from Cape Mabou via Glenora Falls near the windmill.

For more information on the Cape Mabou Hiking Trails visit capemabouhiking.com or search Cape Mabou Trail Club on Facebook for up-to-date information on hiking conditions.

MacFarlane Woods Nature Reserve

Located in Mull River on the side and top of Southwest Mabou Ridge, the woods carry the name of the MacFarlane family, immigrants in 1820 from Isle of Mull, Scotland. Their descendants assigned the old growth forest to the protection of the Special Places Legislation of the Province of Nova Scotia.

The woods are a virgin stand of all varieties of maples, yellow and white birch, and beech trees, as well as some soft wood growth. In addition, all kinds of ferns, the three colours of lady slippers, and many other rare plants long resident in eastern forests are found in abundance.

The entrance to the rough walking trail is marked by yellow signs on the eastern side of the road between Mabou Ridge and Glencoe Mills, about 10 kilometres from Mabou Village. The path to the reserve goes through a small area of harvested forest. The healthy stand of 325 acres is one of the very few preserved remainders of old growth forests in Nova Scotia that are under legal protection.



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Mabou Farmers' Market: The place to be on Sunday in Mabou

More than 15 years ago, a group of local food producers and artisans decided to try a small market to showcase their products. At the time, a movement was growing among consumers interested in shopping locally, slow cooking, and knowing where your food was coming from.

In the time since, the Mabou Farmers' Market grew from a few tables set up on the Mabou waterfront into a bustling event held each Sunday, from 11:00 a.m. until 2:00 p.m. in the Mabou Arena. Each Sunday the market attracts over 70 vendors offering food, fresh vegetables, meat, fish, plants, baked goods, beverages for all ages, local crafts, art, one of a kind gift ideas, and live music.

The Mabou Farmers' Market is the place to visit on Sunday

mornings.

The property around the arena is also home to Kinship Place, a fully equipped outdoor playground that is a huge hit for parents with children visiting the Farmers' Market.

More information on The Mabou Farmers' Market can be found on its official website, its social media pages, and its ads and information in the weekly copy of *The Inverness Oran* published on Wednesdays.

The 2023 season launches June 4th and continues until October 8th. Hours are from 11:00 a.m. to 2:00 p.m. The Mabou Arena is located approximately one kilometre west from Route 19, on the Mabou Harbour Road.



Beaton's Delight

While travelling the road as a musician, Cape Breton fiddler Andrea Beaton, would always plan stops around specialty cafés, looking for that exquisite espresso experience. When she moved back to the island with her husband and their two small boys, she was determined to open a business that would keep her close to home and bring something she loved to the community. The labour of love that is Beaton's Delight was born in the fall of 2019. What started with a few specialty drinks has since evolved into a gathering spot to get your caffeine fix, homemade goodies, and ice cream. All cravings can be satisfied, and for Andrea, no travel required.

Beaton's Delight is truly a home-grown business starting with its name. Beaton's Delight is named after a tune written by Andrea's grandfather, Donald Angus Beaton, a great fiddler who raised his family on the same property in Mabou that is home to Andrea's business.

The coffee beans she uses are roasted by JustUs!, a coffee roaster located in Grand Pre, NS, which is centered around social justice and is Canada's first fair trade coffee roaster!

The Specialty Mini Cinnies are adapted from and inspired by Mary Janet MacDonald, "The cinnamon roll lady" from the very popular *Tunes and Wooden Spoons*.

Beaton's Delight uses Hay! straws. They are actually made from hay, are all natural, non-GMO, gluten-free, and biodegradable...and not soggy!

On top of all this, Andrea and her mom Betty Beaton can be found playing tunes in the yard on occasion! They also have a small stage where you may sometimes find other musicians showing their talent.

So, for a great specialty drink, homemade goodie, or an ice cream fix, and maybe a tune or two, make time for a stop at Beaton's Delight in Mabou. It is located on Route 19 right next to The Red Shoe Pub.

Beinn Mhàbu

Beinn Mhàbu is a new development in the village of Mabou offering post-secondary education centred around Gaelic culture in connection with Cape Breton University. The former convent houses CBFM, an internet radio station with a focus on local music, and a community space where spots like the in-house chapel are still in use as they have been for decades.

Beginning in the fall of 2021, *Taigh Sgoile na Drochaide* established an independent, Gaelic immersion primary school for children. The goal is that over the next few years the school will grow to offer elementary education to students from primary to grade four; the first of its kind in North America.

Beginning in the fall of 2023, *Beinn Mhàbu* will premiere a Foundation year program called Living Cultures: Gaelic Foundations. *Beinn Mhàbu* is set to attract students from around the world with this unique program that offers a year-round vibrancy to the community of Mabou.

Beinn Mhàbu operates as a satellite campus of *Colaisde na Gàidhlig* located in St. Ann's, Cape Breton which has offered education in Gaelic language, music, art, and crafts for over 80 years.

The building that houses *Beinn Mhàbu* was an operating convent and renewal centre for nearly 70 years. St. Joseph's convent was home to sisters of the Congregation of Notre Dame who served the community of Mabou as teachers and spiritual guides for 127 years. It is most fitting that the next generation of the building continues the legacy of education as a touchstone for cultural growth in this area. *Colaisde na Gàidhlig* also has plans to offer accommodation for seasonal workers in the area as well as conference facilities in the non-academic year.

Rolling on the River with Mike's E Bikes

Mike's E Bikes rolled onto the visitor experience scene in the summer of 2021. Located at 10013 Route 19, the headquarters for the operation are right at the beginning of the Mabou Rivers section of the Celtic Shores Coastal Trail system.

Mike offers three-hour rentals of his e-bikes and a chance to take a ride on one of the most scenic parts of the trail along the Mabou River from Southwest Mabou to Glendyre. On the round trip, you might be accompanied by eagles flying overhead, or encounter beavers at work, or witness deer grazing in the meadow, or hear a flock of Canada geese sounding a wild rumpus on the river. You will see views of Mabou Harbour that might make you think you are staring into infinity, and you will have plenty of time to stop and breathe in the fresh air, take photos, or enjoy a snack at one of the picnic areas along the trail.

There are both cruising models and mountain bike models available for rent. Each rental session begins with a short e-bike training and safety orientation before heading out on the trail. There are tours in the morning, afternoon, and the evening special that pretty much guarantees a look at a breathtaking sunset.

Mike's E Bike tours have been a huge success in their first two seasons. The tours offer a fun activity that is a great solo adventure or three hours of family fun. Booking for the season is open. If you are looking to buy an e-bike, Mike also has several models of e-bikes available for sale.

For further information or to rent an e-bike for this tour, go to mikesebikes.ca or follow Mikes E Bikes on social media.



Red Shoe Pub

"Our lively Pub has become a kind of 'home away from home' for many locals and visitors over the years. We have created a cozy spot in the hamlet of Mabou, on the west coast of Cape Breton, which offers a delicious menu of Nova Scotia home cooking with a side order of live traditional music, seven days a week!" – The Rankin Sisters

The Red Shoe is slated to open for the 2023 season on June 2nd.

Angie and the Red Shoe staff are excited to share good music, good food, and good times with everyone who visits during the season.

The Red Shoe is open daily from June 2nd to the middle of October. There is live music each day at varying times.

Check out www.redshoe.com or *The Inverness Oran* for all the latest details on the Red Shoe schedule. *Sláinte!*

Blueberry Jam and the Harvest Series

Big Belle Farm on Mabou Ridge has stood for nearly two centuries. The land on this farm has been worked and used to provide essentials for living and thriving such as food, milk, and meat.

In Mabou, music is also an essential element for living and thriving. The owners of Big Belle Farm have been meeting that need since 2019 by presenting the Blueberry Jam Festival each August.

Blueberry Jam is a two-day outdoor festival highlighting the incredible music of Nova Scotia while promoting the wild blueberry industry in Cape Breton/Nova Scotia. This festival has grown in popularity and prominence in recent years; tickets for the 2021 festival sold out in less than an hour. Blueberry Jam was nominated for an East Coast Music Award in 2022.

The event is a collaboration between Big Belle Farm and musician Rankin MacInnis.

Blueberry Jam has added a "Harvest Series" for the fall. This weekend series takes the music from the field and into the barn over the Thanksgiving Long Weekend to celebrate the end of the harvest season.

Blueberry Jam is set for August 18th and 19th this year and it marks the fifth anniversary for the event.

The Harvest Series takes place from October 6th to 8th. Big Belle Farm has also hosted some stand-alone concert events throughout the summer months.

Visit www.blueberryjam.ca for full details of artists and schedules.



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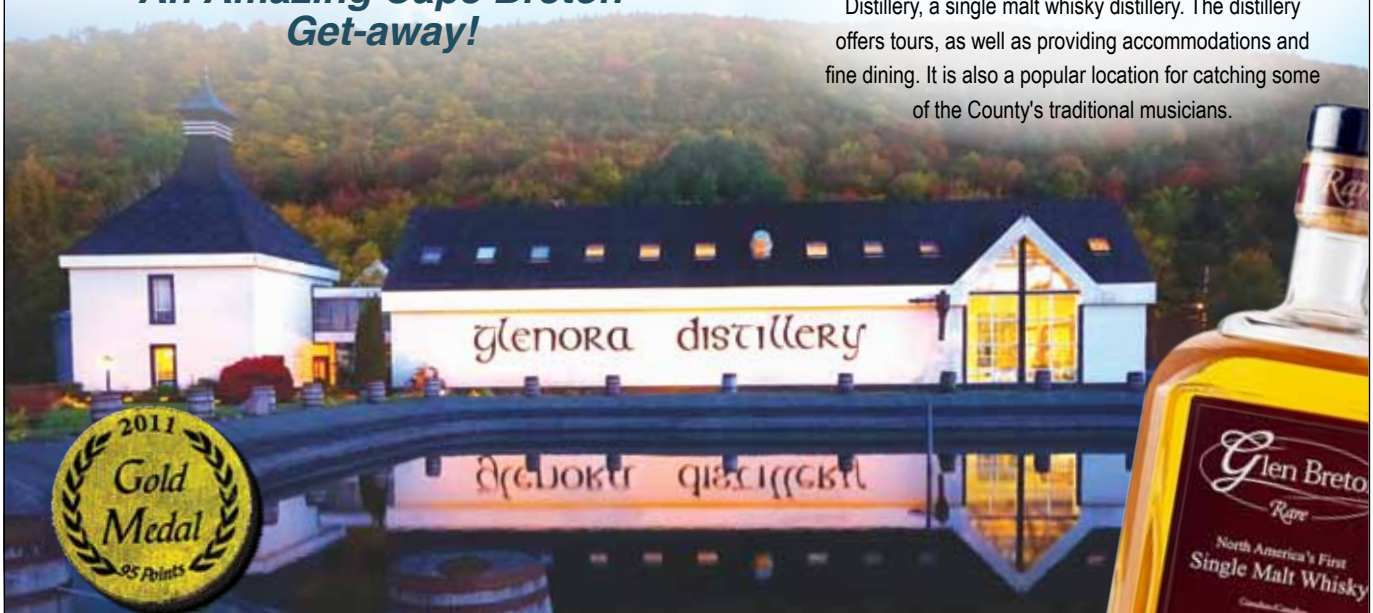
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Nestled at the foot of the Mabou Highlands is the Glenora Distillery, a single malt whisky distillery. The distillery offers tours, as well as providing accommodations and fine dining. It is also a popular location for catching some of the County's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



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Glencoe Mills: St. Joseph's Parish celebrating 150 years

This year, St. Joseph's Parish in Glencoe Mills will celebrate its 150th anniversary. The community is producing a commemorative book to celebrate the milestone and a community celebration will be held on Saturday, July 29th, in Glencoe Mills.

Starting at 2:00 p.m., the afternoon includes children's games, a horseshoe tournament, and bingo games. At 5:00 p.m. there will be an anniversary celebration mass followed by a supper prepared by the people in the community. If you leave from a visit to Glencoe hungry, you did it wrong. The day winds up with a family square dance in the Glencoe Hall from 9:00 p.m. to midnight. The whole day will have the feel of a traditional community picnic. It will be a fun way to spend the day with friends and family, and hopefully you can pick up a copy of the commemorative book, as well! As the saying goes, "All roads lead to Glencoe!"



Photo by: Victor Faubert

Destination 252

Highway 252 is the main connector route between the communities of Mabou and Whycocomagh. It runs for about 20 kilometres and it's a road many people travel through to get to somewhere else. Over the last few years, thanks to creative and innovative thinking of people who live along the 252, this area is becoming its own destination.

This road offers incredible natural beauty in every season. The trees along the road offer lush green canopies in spring and summer and a riot of colour in the fall. In the winter these same trees glisten with frost and the surrounding snow-covered pastureland and river flats often sparkle in the sun like fields full of diamonds. The Celtic Shores Coastal Trail intersects with Highway 252 near Mabou at Glendyre, allowing access to the Mabou Rivers Trail.

Six Little Farmers is a farm discovery centre located in Hillsborough. Throughout the summer and fall it operates a petting zoo, a corn maze, a pumpkin patch, and all kinds of hands-on learning opportunities like milking cows, learning about caring for goats, calves, donkeys, pigs, sheep, chickens, and miniature

horses. Visitors have an opportunity to get a better understanding of where their food comes from and how each animal has a purpose on the farm. For further information on activities and events at the Six Little Farmers Farm, visit them on social media.

The Mull River Farm is a small, family-run vegetable farm and nature centre located just southeast of Mabou. What began in 2020 with a small seedling sale and a handful of pop-up produce stands at the homestead has grown into a multi-weekend spring sale offering a huge variety of vegetable, flower, and herb seedlings grown on site; and enriching, nature-based programming for children and adults throughout the season. Follow The Mull River Farm and Nature Centre on social media for up-to-date information about events and activities throughout the season.

Brook Village Grocery (BVG) has operated continuously as a retail store since first opening in 1880. In the tradition of a country store, Brook Village Grocery is a one-stop shopping experience. A peek inside the store shows you that BVG carries everything from animal feed, hardware, local crafts and lotions, fresh baked goods, gourmet grilled cheese sandwiches, ice cream, ingredients for a variety of ethnic cuisines, and the largest selection of cheeses available in Inverness County. The store has gained national attention for its commitment to sustainable practices and finding ways to have low- or no-waste packaging for many of the products they sell. The store has been described as a rural general store with a long history and old-fashioned charm that carries a little bit of everything with a focus on locally-made products. BVG is a step into the past with a twist of modern sensibility.

Beautiful Hill Farm offers all kinds of fresh produce, fresh eggs, and a friendly visit on their property located in Brook Village. Bows and Throws is a new attraction at Beautiful Hill Farm that started last year. Have some fun outside with family and/or friends by testing your skills with archery and hatchet throwing. Visit the Beautiful Hill Farms website or social media pages for details on what they have available at local markets or at the farm gate throughout the summer and fall.

Skye Glen Creamery is also located a few kilometres off Highway 252 at 1080 East Skye Glen Road. Skye Glen Creamery products are available for purchase in several local grocery stores and at the farm gate. Find fresh full-fat non-homogenized Jersey milk and squeaky cheddar cheese curds and more.

Highway 252 offers everything for a delicious and interesting day trip on the sunset side of Cape Breton.



We offer on tap milk & chocolate milk.
We also produce Squeaky
Cheese Curds and Gelato.



1080 East Skye Glen Road, East Skye Glen



LAKE AINSLIE



Photo by: Marilyn Ellison



*Lake Ainslie I will linger here; I'll watch the graceful eagles soar
And gaze upon thy fountain fair, far from the din and city's roar.*

— from *Lake Ainslie's Reservoir*
by Stanley Collins



At a Glance

Lake Ainslie is the largest freshwater lake in Nova Scotia. The lake is approximately 20 kilometres long, stretching from the southwest side of the Margaree River, flowing into the Gulf of St. Lawrence. The communities around Lake Ainslie were settled primarily by Gaels immigrating from northern Scotland starting in 1820. The lake also has great significance to the Mi'kmaq people of Unama'ki (Cape Breton Island). Eagles maintain a presence over Lake Ainslie as a number of bald eagles nest around the shores.

Places to Eat: Tulloch Inn (dinner, reservations only)

Places to Sleep: Inn, campgrounds

Places to Stop: Scotsville School of Crafts,
MacDonald House Museum

Trails: Great Trail: Bealach Breagha Trail

Amenities: CAP (public internet access) site

Churches: East Lake Ainslie Presbyterian (times subject to change), 902-258-2824; Immaculate Conception Roman Catholic, West Lake Ainslie, 902-945-2592; East Lake Ainslie United, 902-756-2762

Drive on the 395

Back road tours often find hidden gems in Inverness County, and they are a good alternative to the routes that have heavier traffic. These side roads often wind along bodies of water offering spectacular views. Since the road conditions are not straight and wide as you'd find on a larger highway, you have the option and opportunity to take in these views at a slower pace. It is often easier to pull to the side of the road to take a picture of a landscape or snap a selfie at a scenic vista.

If you turn off the Trans Canada Highway at Whycomomagh on to Routes 252 and 395, you will find yourself at the start of a scenic drive through the communities that surround Lake Ainslie. The body of water itself is the largest freshwater lake in Nova Scotia. There are places to stop and watch eagles soar over this lake, as well as spots to swim or fish, or hike and bike near it.

The MacDonald House Museum located in East Lake offers a glimpse of early days in the Lake Ainslie communities. The property features a one-room schoolhouse, a heritage home, and a barn with antique farm equipment, and it offers beautiful views of the lake, ideal for photographers and artists. The museum is now connected to The Trans Canada Trail, making it a good stopping point for anyone hiking or biking nearby. Visit the museum website, <http://www.macdonaldhousemuseum.ca>, for more details.

The Scotsville School of Crafts was founded in 1991 by the Lake Ainslie Weavers and Craft Guild. Their goal was to create a place to teach and display several traditional crafts such as spinning, weaving, and painting. The organization has converted

an old school building into a unique space, achieving their goal. The Lake Ainslie Weavers and Craft Guild offers classes in fall and winter, and operates a summer gallery and gift shop selling products from local artisans. Each year during the Celtic Colours International Festival, the school offers learning workshops in heritage crafts and art that has wide appeal to people who come from around the world to see this annual 10-day musical event that happens across Cape Breton. Visit the Scotsville School of Crafts website for further information and schedule of events: <http://www.scotsvilleschoolofcrafts.ca>.

See *The Inverness Oran* published every Wednesday for the latest details of events in the community of Lake Ainslie.



Photo by: Ann Morrison



Photo by: Ann Morrison

MacDonald House Museum



Follow the key signs to museums in Nova Scotia



www.macdonaldhousemuseum.ca

On the shores of Lake Ainslie, tour a heritage home, hear stories of the local people and enjoy the views of the sparkling water. Parking, picnic site, access to the Trans Canada Trail through Lake Ainslie and a children's trail.

3458 Highway 395, East Lake Ainslie Inverness County, Nova Scotia 902-258-3317 **Assisted by NSM and CCTH** *We are open from end of June to end of August. Visit our website or email for a list of events.*

Email: lahistorical@seasidehighspeed.com

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Cabot Trail Writers Festival will be one for the books!

The 15th anniversary Cabot Trail Writers Festival will unfold over the weekend of September 22nd to 24th featuring a stellar lineup of authors and musicians that includes Oscar-winning filmmaker Sarah Polley, discussing her extraordinary book *Run Towards the Danger*, and Cape Breton's own Kate Beaton, sharing her 2023 Canada Reads-winning graphic memoir *Ducks*.

Everyone is welcome at this unique and friendly festival, which includes forest walks, music, conversations, readings, workshops, and more. Based primarily at the Gaelic College in St. Ann's (with special events in Wagmatcook and Inverness), the 2023 festival will be buzzing with energy and excitement

to gather again after navigating the challenges of COVID and Hurricane Fiona.

Artistic Director Rebecca Silver Slayter says, "Every year the festival creates a kind of momentary community out of everyone who shows up: old friends and new, locals, visitors, authors, audience, and anyone else who enters our doors. Just the way a book is a bridge between writer and reader, in the end, the festival is about connection: a shared experience of laughter, conversation, and inspiration, bringing us all a little closer."

For more information, visit www.cabottrailwritersfestival.com.

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



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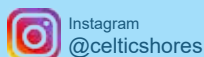
Use at your own risk

THE CELTIC SHORES COASTAL TRAIL

INVERNESS COUNTY'S TRANS CANADA TRAIL

The Celtic Shores Coastal Trail is comprised of five linked community trails. The major access points for these trails are listed below. 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
0623718 E 5056156 N — 0617365 E



ROAD CYCLING ROUTES - OFF TRAIL

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

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

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

Leave a review
on TripAdvisor.



TRAIL HEADS & INFORMATION KIOSKS

THE CEILIDH COASTAL TRAIL SECTION

22kms – Canso Canal to Chisholm's Brook, Long Point Troy Station
Trailhead Kiosk/Access/Parking
0621276 E 5060816 N — 0617365 E 5074458 N

THE JUDIQUE FLYER TRAIL SECTION

19 kms Chisholm's Brook to Little Judique Harbour
Michaels Landing Trailhead Kiosk/Access/Parking
0617546 E 5083790 N — 0614653 E 5090709 N

THE CHESTICO TRAIL SECTION

17 kms – Little Judique Harbour to Zutphen Farm SW Mabou River
Port Hood Station Trailhead Kiosk/Access/Parking
0614653 E 5090709 N – 0619675 E 5097712 N

THE MABOU RIVERS

Trail Section
19.6 kms – Zutphen Farm SW Mabou River to Blackstone
West Mabou Trailhead Kiosk/Access/Parking
0619675 E 5097712 N — 0630129 E 5110225 N

THE INVERNESS SHEAN TRAIL SECTION

16 kms – Blackstone to Inverness Miners Museum
Trailhead Kiosk/Access/Parking

TRAIL RULES AND ETIQUETTE

The Celtic Shores Coastal Trail is a shared use trail that is operational year round. Please use the trail responsibly. Expect to see the following users on the trail: cyclists, hikers, walkers, equestrians and summer motorized. In winter you will find people snowshoeing, cross country skiing, hiking, and snowmobiling.



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

Congratulations to the Cape Breton Fiddlers' Association, celebrating 50 years of Cape Breton fiddling!



CANADA'S
**MUSICAL
COAST**
Inverness County



An aerial photograph of an outdoor concert stage. The stage is a small, light-colored building with a blue floor, situated in a large, open grassy field. A large crowd of people is gathered around the stage, some sitting on the grass and others standing. Several cars and trucks are parked in the field. The background is a dense forest of green trees under a clear blue sky.

Don't miss the Glendale Outdoor Concert

July 8th, 2023 on the Glendale Outdoor Stage
4248 Hwy. 105, Glendale

FESTIVALS

in Inverness County



Roots to Boots -

Racines et Bottines

June 15th - 18th, Chéticamp
visit: facebook.com/RootstoBootsfestivalracinesetbottines

KitchenFest

June 30th - July 8th
visit: kitchenfest.ca

Lake Ainslie Firemen's Ceilidh Days

July 5th - 8th, Lake Ainslie

Murphy's Pond Music Fest

July 8th, 1 p.m. - 9 p.m.
Port Hood; Enjoy a full day of Live Music, fish cake and bean supper available

Mabou Ceilidh Days

June 29th - July 3rd, Mabou

Inverness Gathering

July 24th - 30th, Inverness

Belle Cote Days

July 26th - 29th, Belle Cote

Festival de l'Escaouette

August 3rd - 6th, Chéticamp
visit: facebook.com/FestivalDelEscaouette/

67th Annual

Broad Cove Concert

July 30th, 3 p.m. - 9 p.m.,
178 Broad Cove Chapel Road

Outdoor Concert featuring traditional Celtic music -

fiddle, vocals, pipes and dance; Admission: \$25, 12 and under are free
Adult Square Dance at 9 p.m. following the concert at St. Joseph's Parish Hall, SW Margaree
Admission: \$10
visit: broadcoveconcert.ca

Chestico Days

July 31st - August 6th, Port Hood
visit: facebook.com/Chestico-Days

Margaree Highland Games - East Margaree

August 11th - 13th, Margaree
visit: margareehighlandgames.com

National Acadian Day

August 15th, Chéticamp
visit: facebook.com/lestroispignons

Cabot Trail Writers Festival

September 22nd - 24th,
visit: cabottrailwritersfestival.com

Celtic Colours International Festival

October 6th - 14th
visit: www.celtic-colours.com

For up-to-date information on these and other events, check out the weekly Inverness Oran.



CAPE BRETON SQUARE DANCES

in Inverness County

Mondays

BROOK VILLAGE ADULT SQUARE DANCES

Brookvillage Hall
6432 Route 252
Brook Village
Mondays (July - Sept.)
9:30 p.m. - 1 a.m.
Admission: \$8
Bar and canteen available

Thursdays & Sundays

GLENCOE MILLS FAMILY SQUARE DANCES

Glencoe Mills Hall
Thursdays (June 29 - Aug. 24)
Saturday (July 29)
Sundays (Sept. 3 & Oct. 8)
9 p.m. - 12 a.m.
Admission: \$10 / 10 and under free!

Fridays

SW MARGAREE ADULT SQUARE DANCES

St Joseph's Parish Hall
SW Margaree
19678 Hwy 19,
SW Margaree
Fridays (July and August)
9 p.m. - 12 a.m.
Admission: \$10

Saturdays

WEST MABOU FAMILY SQUARE DANCES

West Mabou Hall
2399 Little Mabou Road
Saturdays (year round)
9 p.m. - 12 a.m.
Admission: \$10
All ages welcome!

Check out The Inverness Oran published every Wednesday for the latest updates!



WHYCOCOMAGH



Let my soul take in the beauty of the day and the sun going down

– from *Msit No'kmaq (All My Relations)*
by Morgan Toney



Whycomomagh: Head of the waters

Whycomomagh is the central point of Inverness County. Situated on the Trans Canada Highway, the village is within a 90-minute drive to any major attraction on Cape Breton Island.

The village began to take shape as Gaels who had come to Cape Breton from Northern Scotland sought settlements that allowed for ready access to agriculture and forestry. By the middle of the 19th century mercantile businesses began to develop. Local entrepreneurship started to flourish with the establishment of blacksmith shops, hotels, and other shops. During this time, the shores of Whycomomagh Bay and the Skye River were

shared with Indigenous people in the We'koqma'q community for fishing, a tradition that continues today. Boating became an important means of supporting growing commercial initiatives. It became increasingly common to see steamships or commercial fishing vessels in the bay, docked, or passing through on their way to Sydney. The hills which surround Whycomomagh were popular for sustenance hunting.

Today, the action in Whycomomagh Bay is mostly pleasure craft. In the last several years the Whycomomagh Waterfront Centre has been offering a place for water travellers to tie up

Continued on page 44

At a Glance

Whycomomagh is on the sunrise side of Inverness County. The name is derived from a Mi'kmaq word (We'koqma'q) meaning head of the waters. This community is located on the eastern end of Inverness County and sits on the northwest shore of the Bras d'Or Lake. The Skye River flows through the community. Whycomomagh offers beautiful trails, campgrounds, restaurants, and shopping.

Places to Eat: *Charlene's Bayside Cafe (lunch, dinner, breakfast on weekends only); The Farmer's Daughter (breakfast, soups, sandwiches, pizza, bakery); Tim Hortons (breakfast, soup, coffee, sandwiches, baked goods)*

Places to Sleep: *motels, cottages, campground*

Places to Stop/Shop: *We'koqma'q, Whycomomagh Provincial Park*

Trails: *Whycomomagh Village Trail, Salt Mountain Trail, We'koqma'q Spirit Trail, Skye River Trail*

Amenities: *gas station (mechanic on duty Monday to Friday), grocery store, liquor store outlet, hardware store, gift shop, flower shop/garden centre, pharmacy, churches, bank, car wash, post office, CAP (public internet access) site*

Music: *Waterfront Centre (varying schedule)*

Churches: *Holy Trinity Parish, 902-756-3005; Little Narrows Presbyterian, 902-756-2066; St. Andrews Presbyterian, 902-756-2669; Stewart United Church, 902-756-2762*

Continued from page 43

and take in what the village has to offer – food, gift and supply shopping, hiking trails, musical events, and good people. Whycocomagh is also part of the Great Trail's Bras d'Or Lake water route. Hiking trails have been developed in places hunters once roamed. Whycocomagh is a modern little village that remains true to traditional values of friendship and hospitality. However you choose to travel, water or land, it's a great place to check out!

Whycocomagh Summer Festival is turning 50!

This year is a monumental year for the Whycocomagh Summer Festival – the festival will be turning 50! It will take place from July 10th to 16th. Over the last 50 years, locals have been working hard to bring everyone together to enjoy what Whycocomagh has to offer – from water sports, to ceilidhs, Scottish and Mi'kmaq heritage, musical talent and most importantly, shared memories. This year, they will be bringing back the events enjoyed over the years that will be enticing to all ages.

An overview of scheduled events is as follows:

Monday, July 10th: Burton MacIntyre Fun Run, Kids Gaelic

Activities, Mocktail Paint Night

Tuesday, July 11th: Card Tournament, Strawberry Shortcake Tea at the Skye Glen Hall, Kids Indigenous Activities, Sunset Yoga, Outdoor Movie Night

Wednesday, July 12th: Early Morning Paddle to Skye River, Outdoor Picnic Party, Celtic Power Hour at the St. Andrews Presbyterian Church, Family Square Dance at the Whycocomagh Waterfront Centre

Thursday, July 13th: Soccer at WEC, Teddy Bear Picnic, Main Street Fest with Canoe Races, Dunk Tank, and Food Trucks, Back in the Past Pub Night at the Whycocomagh Waterfront Centre

Friday, July 14th: Golf Tournament at Baddeck Forks, Kids Bike Decorating and Groovy Crafts, Rubber Duckie Race, Ball Tournament, Pub Night at the Whycocomagh Fire Department

Saturday, July 15th: Pancake Breakfast at St. Andrews Presbyterian Church, Ball Tournament, Parade, Tug of War Tournament, Pub Night with Alter Ego at Blues Mills Fire Hall

Sunday, July 16th: Skye River Trail Hike, Ball Tournament, Whycocomagh Festival Wrap up BBQ with live Music - TBA, Fire Works at Dusk.

Follow the festival on Facebook to keep up to date and for all locations and times of events on all the festival activities: <https://www.facebook.com/hogdayz>.

Whycocomagh Provincial Park and Campground and Salt Mountain:

Hiking above the shores of Hogamagh

The Whycocomagh Provincial Park is located just off Highway 105 approximately 50 kilometres from the Canso Causeway, at the turnoff for Provincial Park Road. This park offers a campground with 75 campsites, picnic areas, water, washroom facilities, cooking shelters, and benches. The history of the park dates to 1959 when the land was donated by Isabel Stewart Farley in memory of her brother Hugh MacLellan who was killed during World War I.

The Salt Mountain Trail located inside the park is a short but challenging walk. The Highlander portion of the trail is 230 metres above Bras d'Or Lake that climbs over a 2.5-kilometre hike. This is a steep climb over rugged terrain that passes mostly

through mixed woods. Hikers are encouraged to use caution. Salt Mountain is not recommended for novice hikers.

The exertion of the hike up Salt Mountain is rewarded by spectacular views of Whycocomagh Bay and Bras d'Or Lake, making it abundantly clear why the name Whycocomagh was chosen as it translates from the Mi'kmaw language to mean head of the waters.

If the endeavour of a mountain hike is not for you, there is lots of room to walk around on level ground throughout the park. Sit on a bench or at a picnic table, enjoy a snack or picnic, read a book or the latest edition of *The Inverness Oran* published each Wednesday.



Skye River Trail: A place to restore your spirit

The Skye River Trail is located at 9423 Trans Canada Highway in the community of We'koqma'q. It is part of the Great Trail, a nationwide system of trails linking 15,000 communities along 24,000 kilometres across Canada. We'koqma'q is a historic Mi'kmaq community located along the Bras d'Or Lake.

The experience of walking on the Skye River Trail fills you with a sense of peace and serenity that only a walk in the woods can create. While you are not far from a busy highway, being surrounded by trees and water gives you the feeling that you are a world away from the pace of everyday life. The sounds of birds singing and rumbling river water will all at once stir and

soothe your soul. The sun filters through the leaves giving the impression of dancing light. There are opportunities for rough camping, kayaking, and fishing on the Skye River.

The community members of We'koqma'q enjoy a long history of pride in their heritage. This is highlighted and celebrated during cultural showcases that happen during the summer and fall on the Skye River Trail. During these afternoons, displays of Mi'kmaq cultural traditions are featured including music, song, dancing, handcrafts, food, and language.

Pack a picnic lunch and come to the Skye River Trail, your spirit will be grateful.



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9402 TCH, Whycocomagh, NS 902-756-2000**



ORANGEDALE/MARBLEMOUNTAIN/MALAGAWATCH



Photo by: K.C. Beaton



*The stationmaster is long since gone, He faded off into the sun
But the whistle shrill still lingers, In the hearts of everyone*

– from *The Orangedale Whistle*
by Jimmy Rankin



North Mountain Communities

If you're a fan of exploring places that are a bit off the beaten track, consider a drive through the communities of Orangedale to the North Mountain communities that include Malagawatch, Big Harbour Island, and Marble Mountain. If you remember the experience of a Sunday drive, when you just explored places for the sake of seeing what was there, this is worth trying.

Stop at the Orangedale Station Railway Museum to learn about the significance of the railroad to Inverness County. This award-winning museum is the site of one of Canada's oldest railway stations, dating from 1886. There are artifacts, stationmaster quarters, waiting rooms, and an office looking as they would have

when the station was operational.

The village of Marble Mountain overlooks some breathtaking scenery. It is known for its pristine white beach – evidence of the deposits of white marble extracted from the mountain behind the village. Two white landmark wooden churches greet visitors entering from the west. An old commercial wharf that has provided safe shelter for many vessels over the years is also a main attraction in Marble Mountain. Pack a picnic lunch and stop at the scenic lookoff at Marble Mountain that offers a stunning view of the lake, or head to the Marble Mountain Beach. This community hosts a Family Day, usually in August, sure to be fun for everyone.

Parts of the road are quiet, others are quite remote; it's all beautiful. The entire route is at the edge of the Bras d'Or Lake, regarded as Canada's inland sea. Keep in mind that these are rural road conditions with winding, hilly, sharp turns. There are places where pavement is at the very end of its life span or a gravel road. These roads are not meant to be rushed on. Cell service is not consistent throughout the drive. That's not necessarily a bad thing, but GPS won't work. So, if you like to use online maps for guidance, download or seek out directions before you go.

This region of Inverness County is steeped in history. In addition to the Orangedale Station Museum and the wooden churches in Marble Mountain, there are wooden churches located in West Bay, West Bay Road, Princeville, and Orangedale. The community of Malagawatch is a First Nations heritage site, as it is a historic home of the Mi'kmaq, the Indigenous people of Cape Breton and Atlantic Canada.

The road to these places can be accessed by venturing off Highway 105. Turn at the sign for Orangedale. The museum is visible from this road. The Marble Mountain Road turnoff is just before you get to the museum. Marble Mountain Road continues through to Port Hawkesbury through the community of West Bay. It's also possible to loop back to Highway 105 by a connecting road that takes you through the community of West Bay Road.

At a Glance

These communities on the sunrise side of Inverness County are part of the Bras d'Or Lake scenic drive. Orangedale offers the Railway Museum. Marble Mountain offers beautiful views of the Bras d'Or Lake. There are century-old wooden churches, a beach, and a vineyard located here, and it's part of the Great Trail's water route for those who enjoy paddling.

Places to Stop: Orangedale Station Railway Museum, Eileanan Breagha Vineyard, Marble Mountain Beach

Amenities: convenience store, post office, churches, used clothing store and craft shop (The Ark)

Churches: West Bay United, 902-345-2273; Princeville United (no telephone number posted)



GLENDALE



*There's a piper in the corner, there's a dancer on the floor
There's a drink upon the table, there's one who calls for more
And there's Gaelic in the fiddle like the Gaelic in the glen...*

– from *Getting Dark Again*
by T.R. "Buddy" MacDonald



Nestled at the foot of *A' Bheinn Ghorm*, the Blue Mountain, lie the communities of Glendale, Kingsville, and Queensville, referred to collectively in Gaelic as *Bràigh na h-aibhneadh*. The mountain has been a strong influence for the people of this area providing material to build shelter, sustenance through

hunting, fishing, and growing since settlers first arrived from the Highlands of Scotland at the end of the 18th century.

The Gaels (the people of Highland Scotland) have a keen appreciation for close family and community ties, merriment, good music, great stories, and good food. The community of Glendale and the surrounding places that make up *Bràigh na h-aibhneadh* remain true to their roots, welcoming everyone to come and see them throughout the summer season.

The Fr. John Angus Rankin Cultural Centre is housed in the former parish glebe house. It is the place to find local archives and genealogical information, a gift shop as well as a Community Access Program (CAP) site with public access computers and internet service.

The late Fr. Rankin and others were a driving force in the resurgence of fiddling in Cape Breton especially during the 1970s. Expect Glendale to be a celebration point in 2023 for the 50th anniversary of the Cape Breton Fiddlers' Association.

The Fr. John Angus Rankin Cultural Centre is located on Highway 105 in Glendale, 20 minutes from Canso Causeway.

At a Glance

*Glendale is located on the Trans Canada Highway. Settled primarily by Gaels who emigrated from Northern Scotland, the influence of this culture is still evident today. Glendale holds cultural significance for Cape Breton fiddle music as it was the site of a festival that gathered over 100 fiddlers in 1973 in response to a 1972 documentary called *The Vanishing Cape Breton Fiddler*. The filmmaker notes that the tradition of Scottish fiddling was fading in Cape Breton. The Glendale Festival is largely regarded as the touchstone event that re-grew the Cape Breton fiddling tradition.*

Places to Stop: Fr. John Angus Rankin Community Centre

Amenities: church, CAP (public internet access) site

Music: Fr. John Angus Rankin Community Centre Kitchen Ceilidh (alternating Wednesdays beginning June 28th at 7 p.m.), Glendale outdoor concert July 9th

Churches: St. Mary of the Angels Roman Catholic, 902-625-2345

ECHOES FROM GLENDALE '73

Another exciting event celebrating the Cape Breton Fiddlers' 50th is a play taking place during Kitchen Fest. This play, *Echoes from Glendale '73*, will run three different days: Friday, June 30th, Sunday July 2nd, and Thursday, July 6th. The first two dates will be at Strathspey Place in Mabou at 8:00 p.m. and 2:00 p.m. respectively. The July 6th show will be in Glace Bay at the Savoy Theatre at 7:30 p.m. A finale number by all members of the Cape Breton Fiddlers' Association will be presented at the closing of each play.



INVERNESS



Photo by: Marilyn Ellison



*Look into the sky, it's glowing and alive, and everything
you missed is right now at your side*

— from July
by The Town Heroes



Making the most of a stay in Inverness

Golf has earned a rightful place in the spotlight for the town of Inverness. In less than 10 years, two courses, Cabot Links and Cabot Cliffs, have gained international attention and won places in the top 100 golf destinations in the world.

But there is so much more to see and do in Inverness besides golf. The Celtic Shores Coastal Trail runs from Inverness south towards Mabou. Approximately 20 kilometres of multi-use trail is perfect for walking, cycling, or travel by off-road vehicle. The

most dramatic spot on this trail is the Deepdale Trestle. One of 26 bridges on the entire trail, this one is truly spectacular as it is approximately 91.5 metres long and 30.5 metres in the air.

There are lots of little shops to visit, a grocery store to explore, art galleries, live horse racing, restaurants, and food vendors that offer something to suit everyone.

Mill Road Social Enterprises in Inverness operates a bakery (you must try the cinnamon rolls) and The Closet thrift store.

The beach in Inverness is spectacular. Whether you have a few minutes to spend or the whole day, it should be a part of your stay in Inverness.

At a Glance

Inverness is one of the most beautiful spots on the sunset side of Cape Breton. This town has seen a renaissance in the last five years with the development of two world-class golf courses. It's a new home for some, a reclaimed home for others. Small business is thriving; young families are flourishing. Play a round of golf, walk the boardwalk, hang on the beach, catch a night of harness racing, grab a brew, or find unique gifts and treats.

Places to Eat: Coal Miners Café (breakfast, lunch, dinner) The Annex (lunch, dinner), Whit's Public House (lunch, dinner), Panorama Dining Room (fine dining), Glenora Distillery (pub and fine dining), Reel Pizza, Route 19 Brewery Pub, The Joint Mobile Grill, Small Town Deli (breakfast, lunch), Bardown Canteen (dinner), The Beach Hut (lunch, snacks), The Pantry (breakfast, lunch), Ivan's Daughters (breakfast, pizza)

Places to Sleep: campground, B&B, inn, cottages, motels, villas.

Places to Stop: Inverness Miners' Museum (local history), Inverness Beach, Inverness Visitors Centre, Inverness County Centre for the Arts (ICCA)

Trails: Inverness Shean Trail (Celtic Shores Coastal Trail system), Inverness Boardwalk

Amenities: hospital (ER, outpatient services), community health centre, gas station (mechanic on duty Monday to Friday), grocery store, convenience stores, NSLC retail store, hardware/sporting goods, gift shops, day spa, art gallery/performance centre, banking, car wash, post office, Visitor Information Centre

Music: ICCA (Sunset Series), Whit's Public House (nightly May-October), Broad Cove Scottish Concert (July 31st), The Annex (weekly), Route 19 (weekly)

Churches: Stella Maris Roman Catholic, 902-258-2462; St. Margaret of Scotland Roman Catholic (Broad Cove), 902-258-2462; St. Matthew's United, 902-258-2323; St. John's Presbyterian (Strathlorne), 902-258-2686; Inverness Community Church, 902-258-7135

Growing business in Inverness

Throughout the last two or three generations, most of the stories we read and hear focus on the decline of rural areas. Dwindling populations, downturn in land- and sea-based industries, and the allure of bright lights and big cities have all played a role in drawing people away from small towns and communities all over the world. Inverness, Cape Breton, has bucked this trend over the last 10 years. The growth in this community shows the tenacious character of the people and offers a beacon of hope to anyone who fights what is often an uphill battle for rural development.

The quest to build a golf course in Inverness reads like a classic triumphant underdog movie script. A group of volunteers had a vision: create a large visitor attraction anchor for Inverness that would offer positive economic impact for the community. It took time, patience, dedication, and determination to find the right connection for Inverness. Once it was made, the vision of those volunteers came to fruition and the Cabot Links Golf Resort came into existence. It meant creating the first authentic links golf courses in Canada. These courses have captured the world's attention, ranked as two of the world's top 100 18-hole courses. Cabot Links is built parallel to the town of Inverness, and Cabot Cliffs is located a few kilometres north on Route 19 in Inverside.

In the time since the opening of the Cabot Links Golf Resort, the seaside community of Inverness has experienced a renewal and growth on many levels. The area has garnered worldwide

attention. Students have employment in their home community during the summer season and people come from around the world to work at the resort. Young families have moved to the community or returned home from larger centres to work at the golf resort or are pursuing spin-off employment and entrepreneurship opportunities.

The promise of a golf course attracted a large coffee chain to set up shop in Inverness, real estate development was sparked, a craft brewery has opened, and the local grocery store has undergone two expansions.

What is perhaps the most encouraging sign of confidence in rural growth has been the successful development of small business in Inverness. Storefronts on, or near, the main street continue to bloom, offering a variety of products and services, unique gifts, handcrafts, clothing, home décor, adventure tours, a gym, convenience items, and fashion accessories.

Some of the newest additions to the main street are Sew Thrifty, a consignment used clothing store; The Central Shop, a wellness and clothing boutique; and The Corner Store by miss brenna, which offers unique giftware and quality food items. Like the other amenities in Inverness they are surrounded by unspoiled and rugged beauty that can only be offered by the sea. They also show the spirit of the people who have taken their passion for and commitment to their community and turned the tide on rural decline.

Photo by: Francis MacDonald



A curated corner store: Classy Cape Breton apparel & paper goods, fine foods including imported Italian products, olive oil, hot sauce, Watkins spices, soap, non-alcoholic beverages, chocolates, truffles, coffee/tea, daily delights, novelty candy, Friday pizza kits (pre-order), stained glass, local jewellery, pop up events, beach snacks, and more.

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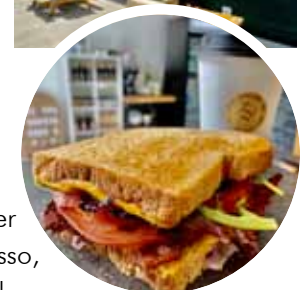
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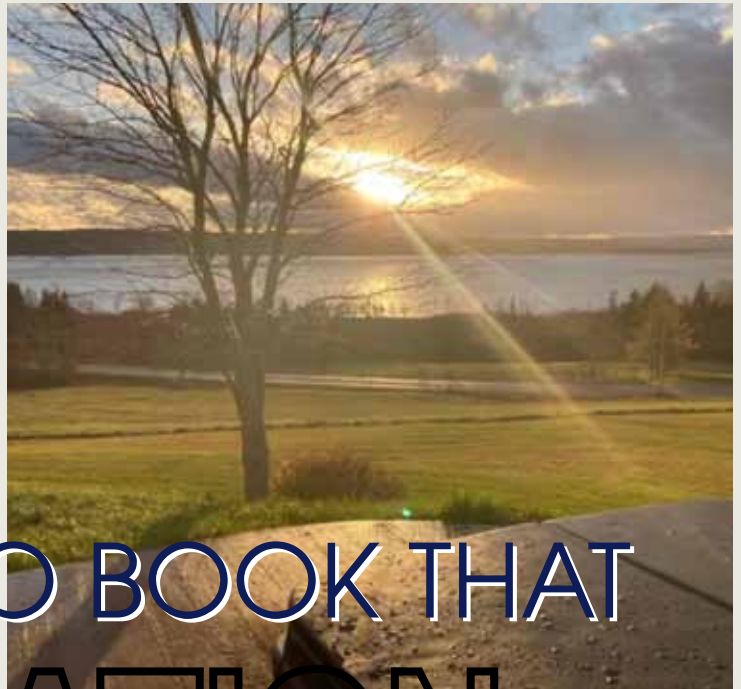


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A natural drama unfolds over the ocean in Inverness

When travelling north on Route 19, you will climb a hill known locally as The Corner (presumably because of the intersection of Banks Road and Route 19 at the foot of the hill). About midway to the top of this hill you catch the first glimpse of the sea. A little further up, the harbour comes into view. Depending on the time of day, you can see the fleet of fishing boats sailing out for a day of work, coming back home to safe harbours when the work is done, or as they slumber alongside the wharf at the closing of the day. The harbour waters usually look serene, while the open water offers considerably more drama. The motion of the water ranges from lapping gently on the beach, to a wild and relentless surf that explains the craggy rough-hewn appearance of the shore. The sky over the water is an ever-changing show of light created by sun, wind, and clouds.

The town of Inverness runs parallel to the sea, making the water visible from just about any vantage point. If this fact alone doesn't captivate you, wait until sunset. The colours evolve from soft and subtle pastel blues, yellows, and pinks to intense, vibrant reds, purples, gold, and magenta as the gloaming of the day arrives.

Take a drive through Inverness to see this drama unfold at any time of the year. Or if you want to take the time to appreciate it without the distraction of keeping eyes on the road, walk. The Inverness Boardwalk can be accessed at the top of Beach Road and continues for about two kilometres over the beach. Stairways offer passage to the beach if you want to feel the sand

and water on your feet. Benches and tables are located along the boardwalk offering a peaceful spot to meditate, rest, or enjoy a picnic dinner.

These shows are free, the run is unlimited. Enjoy.



Photo by: Francis MacDonald

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Inverness County Centre for the Arts:

More than 20 years of showcasing visual arts

The Inverness County Centre for the Arts is a regional touchstone for the arts on the west coast of Cape Breton Island. Located in the town of Inverness, the 8,640 square-foot arts centre houses a gallery, performance space, and a light-filled studio. Walls of windows take in views of the rolling hills, the town, and the Gulf of St. Lawrence. Exhibitions, concerts, workshops, and other arts-related events at the centre celebrate the creative spirit of the artists of Inverness County as well as the work of artists from across Canada and the United States.

The history of a council serving the art community in Inverness County goes back to the mid-1980s when the Inverness County Council of the Arts was formed with the vision to nurture, enable, and promote the artistic expression and fulfilment of all people. The council became active in planning and presenting visual art exhibits, musical and theatrical performances, and cultural education opportunities.

As the profile of the Arts Council grew, desire to establish a venue that was devoted to the preservation and promotion of art in the community, and the mission to build the Inverness County Centre for the Arts had begun. Construction began in January 2002 and the centre opened in 2003. It is a unique venue built in a tranquil setting overlooking the ocean.

For over 20 years now, the Inverness County Centre for the Arts (ICCA) has hosted at least eight art exhibits a year in the gallery space including shows by internationally known artists,

exhibits featuring student artists, and *Hands Dancing*, an annual non-juried exhibition presented by ICCA members. The reception room hosts musical events, dramatic presentations, and craft shows throughout the year. ICCA also strives to present learning opportunities in various art media.

The Inverness County Centre for the Arts is the home of an outdoor concert series called the Sunset Concert Series which features some of Canada's best talent. These concerts run every second Saturday from 7:00 p.m. to 9:30 p.m., starting July 22nd and running until August 26th.

Inverness County Centre for the Arts is located at 16080 Route 19 in Inverness. For further information visit the ICCA website at www.invernessarts.ca.



Photo by: John Gillis

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02/07/2023 - 1:00 pm - 5:00 pm
05/07/2023 - 7:00 pm - 11:00 pm
12/07/2023 - 7:00 pm - 11:00 pm
16/07/2023 - 1:00 pm - 5:00 pm
19/07/2023 - 7:00 pm - 11:00 pm
26/07/2023 - 7:00 pm - 11:00 pm
30/07/2023 - 1:00 pm - 5:00 pm
02/08/2023 - 7:00 pm - 11:00 pm
09/08/2023 - 7:00 pm - 11:00 pm
13/08/2023 - 1:00 pm - 5:00 pm
23/08/2023 - 7:00 pm - 11:00 pm
30/08/2023 - 7:00 pm - 11:00 pm
03/09/2023 - 1:00 pm - 5:00 pm
10/09/2023 - 1:00 pm - 5:00 pm
17/09/2023 - 1:00 pm - 5:00 pm
24/09/2023 - 1:00 pm - 5:00 pm
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Inverness Beach:

Making the sun, sand, and surf for everyone

Anyone who is affected by mobility challenges, directly or as a support person, knows that trying to exist as a person with disabilities in a world geared for people without disabilities is filled with obstacles. Some of life's simple pleasures, such as a trip to the beach during a summer day, are feats of planning and logistics – if they're possible at all.

Several years ago, storms ravaged the Inverness Boardwalk causing significant storm damage. As the Inverness Development Association made plans for repairs, they recognized the opportunity to go beyond fixing some broken boards to creating a place that everyone could use. The rebuilt boardwalk added a ramp that leads to the beach and mats that roll from the bottom of that ramp to the water. Two floating wheelchairs, called Mobi-Chairs are available for anyone wanting to go for a dip. Beach wheelchairs and beach walkers capable of moving over sand are also there for use. The Beach Hut has also been renovated with accessibility in mind. These changes cost approximately \$60,000. For anyone who loves the beach and lives with mobility challenges, being able to get to the water independently or with minimal support is priceless.

The Inverness Development Association has led the way in Nova Scotia making a place for everyone to enjoy as it was the first fully-accessible beach on Cape Breton Island. Inverness Beach was recognized as Atlantic Canada's most accessible beach

in 2018.

The project has made the town of Inverness an example of what good things can happen when people are committed to building strong communities. Accessible equipment is free for all to use. Bookings can be made through the Inverness Visitors Centre located at 15756 Central Avenue. Telephone: 902-258-3740.



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Visual artists make us look good!

Inverness County is fortunate to have a number of visual artists in its midst.

You will find in this publication an ad from Inverness County painter Doug Fraser who welcomes visitors to his studio at 178 Loch Ban Road, five minutes from Inverness.

Some other Inverness County artists include: Diane MacInnis (Judique), Tom Ryan (Inverness), Terry MacDonald (Inverness), Dave MacGregor (Inverness), Sarah Tompkins (Mabou), Polycarp LeBlanc (East Margaree), Bill Roach (Cheticamp), and many more.

For more on Inverness County artists visit The Inverness County Centre for the Arts in Inverness, The J. Franklin Wright Gallery in Port Hawkesbury, or Freya and Thor Sunset Gallery in Cheticamp, where work by a number of folk artists from the region are displayed.



Painting by: Tom Ryan

Two days at the races in Inverness

Sunday mornings in Inverness County would look entirely different if it weren't for the sight of horse trailers moving along Route 19. Watching them pass by as they make their way to Inverness is as much a morning ritual as pouring water in the teapot or making coffee.

The Inverness Raceway is an exciting place to watch many of the region's top standardbred horses and drivers as they thrill the crowds with racing action on this half-mile track where par-mutual betting is offered.

2023 dates for Inverness Raceway begin on Sunday, May 28th, and the season is set to wrap up on Sunday, October 29th.

The Inverness Raceway has been a top attraction to the town since 1926. Each Sunday afternoon from June to October, a full card of live harness racing is offered to spectators that come from all over Cape Breton, throughout the Maritimes, as well as visitors from beyond. A second evening of races is offered on Wednesday evenings in July and August.

While live harness racing is not unique to the town of Inverness, it's a rare opportunity these days, as there are just a handful of places to see events like it in the Maritimes. The Inverness Raceway is located at 112 Forest Street; turn onto Forest Street from Central Avenue (Route 19) and you'll find the track at the top of the hill.



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Sew Thrifty

Second-hand fashion for every occasion

Since Rachel Beaton learned to sew, it's been her dream to open a creative workshop in Inverness. She realized that dream in the summer of 2022 when she opened Sew Thrifty, a size-inclusive consignment shop where she also offers sewing services and alterations.

The idea of combining her passion for sewing with her passion for thrifting came to her when she visited a consignment shop in Ottawa. The Recollective is owned and operated by two sisters, Kelly and Carla Bourada. "I will never forget the feeling that came over me as I walked around their beautiful shop. I felt a calling – a push from the universe to create something similar for myself and my community," Beaton says.

She could visualize it immediately and knew that second-hand fashion would pair perfectly with the sewing workshop she always wanted.

In the early days, Beaton sourced most of the items herself. People now reach out to her with interest in consigning their clothing and accessories, which she credits to word-of-mouth advertising. Each day she is able to add new items to the shop, which she says gives her customers a reason to return and discover new gems.

"At the shop, you'll find in-season, carefully curated second-hand fashion for every occasion," she says.

Keeping her inventory's standards high is a priority. She looks for clothing that is gently worn and in supreme condition. She also chooses items that are on-trend or could be trend-setting; stylish

and unique, which is not hard to find thanks to the stylish flare of Inverness County. Her main goal is to have something for everyone, "thanks to my fabulous consignors, I have been able to provide just that," she says.

Like the sister-run shop that inspired her, Beaton's sisters play a vital role in her own business. Her sister Erica is the talented artist behind a handmade jewelry collection called Mary Anna Mila, which Beaton carries at Sew Thrifty.

Outside the shop is the Take One Leave One Library (TOLO), a project that was inspired by Beaton's younger sister who loved to read.

Sew Thrifty is located on Central Avenue in Inverness and is open Tuesdays to Saturdays. Follow @sew.thrifty.inv on Instagram and Facebook for daily posts that highlight new arrivals available to shop in store or online.

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The Central Shop by Caper Gym and Fitness

Caper Gym and Fitness in Inverness opened in May 2019 and owner Shirley MacLean is pleased that the business is already in its fourth year.

“We always knew we would add retail. We received our first shipment of clothing the week we closed due to COVID-19. Items were sold through social media and locals were very supportive to shop small and local,” MacLean noted.

“Retail was going well so we expanded to Central Avenue in May 2022 and opened The Central Shop by Caper Gym,” MacLean added.

She spoke highly of the products and the customer and community support.

“We offer clothing, footwear, wellness products, a small café with healthy treats and gluten-friendly options. We are now celebrating our first anniversary of the Central Shop and our fourth at Caper Gym. Our community has been so positive and supportive. We love hearing from someone shopping in our extended sizes that they are so excited to find something that works for them, or someone without a car that can get a pair of sneakers at our store. These things mean so much to us,” she concluded.

Located at 15844 Central Avenue in Inverness, The Central Shop is Inverness’s newest clothing and wellness boutique, and it provides top-quality fashion clothing, outdoor wear, and fitness gear.

Inverness Miners’ Museum:

The roots of Inverness underground

Coal is an intrinsic part of Cape Breton history. Communities throughout the island had mines as the sustaining economic force that saw young men transform to old men spending their life underground. Inverness County had coal mines operating in Port Hood, Mabou, and Inverness.

The Inverness Miners’ Museum is housed in the Canadian National Railway Station that was built originally in 1901. The museum was established in 1977, presenting the history of coal mining in the area through engaging displays. The collection of permanent displays tells the story of the pioneering and mining history of the community from 1803 through to the 20th century. There are displays of vintage photos, paintings, drawings, and artifacts such as fossils found around the mine site.

The Inverness Miners’ Museum is happy to announce that its first documentary, *The Broken Ground*, has been released on digital and DVD. The film details much of the mining history of the area.

The Inverness Miners’ Museum is located at 62 Lower Railway Street. It was closed at press time for this publication, but will be reopening in the summer of 2023. For updates on hours of operation, visit the museum website at www.invernessminersmuseum.com.



The Corner Store by missbrenna

The Corner Store by missbrenna is located on Route 19 at the southern entrance to the community of Inverness, near the Celtic Shores Trail in a neighbourhood called "The Corner." This building was once a bistro and a fondly remembered convenience store called Jack's, informally called "The Corner Store" by locals. Just opened in December 2022, The Corner Store by missbrenna represents a love of Cape Breton Island with aesthetically pleasing apparel and uniquely designed paper goods; a shop of local, quality-made goods, beverages, essential grocery staples, and thoughtfully chosen artisan products.

missbrenna started with Cape Breton-inspired paper goods in 2012 and expanded to classy Cape Breton apparel in 2013. Owner, Brenna MacNeil, grew up in Inverness, moved to Halifax for university and lived there for over 20 years. She ran her business on the side while working as a professional graphic designer. During the summer months, Brenna was a casual vendor at the Mabou Farmers' Market until June 2020 when the MacNeil family moved back home during the pandemic. As a full-time Mabou Market vendor, missbrenna expanded to a pop-up shop in Mabou before the 2021 holidays. The success of having a brick-and-mortar space propelled Brenna to pursue owning a year-round commercial space in Inverness.

At The Corner Store by missbrenna you'll find a curated corner store filled with quality products and friendly staff. At

the back of the store is the missbrenna line of classy Cape Breton apparel and paper goods combined with local jewellery, stained glass, chocolates, soaps, and creams. In addition, there is an excellent selection of fine foods including imported Italian products, gluten-free items, novelty candy, non-alcoholic beverages, an excellent selection of cold beverages, Camp Cook's Cache dehydrated foods, daily delights, Friday pizza kits, Java Blend coffee, tea, essential groceries, beach snacks, gift boxes, and take-out picnic lunches.


A lovely covered deck next to the brook makes a great spot to enjoy a beverage and snack. Keep an eye out for upcoming Makers and Bakers Pop Up Markets and special events at The Corner.



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Getting growing in Inverness County

In addition to everything else Mill Road Social Enterprises embarks upon, over the last five years they have been actively coordinating resources and helpful hands to bring healthy food to Inverness County tables. Their Food Security social enterprise provides meal support through their popular Mobile Meals program, and Mill Road Grows offers an exciting recreational and learning space with lots of “potential for growth.”

Mill Road Grows is an Accessible Community Garden and Greenhouse for all, where people can plant, harvest, share gardening practices and a few recipes. The community garden has been in place since 2019, and the 2023 season will see its expansion and the opening of the new greenhouse. When complete, the area will be fully accessible and inclusive, offering recreational activities along with “The Nook,” a quiet natural space for relaxing.



Social and educational gardening activities will be held through three seasons, but everyone is welcome to visit, garden together or on their own time, and help themselves to the harvest.

A portion of the expanded garden space will also be dedicated to Mill Road Social Enterprises Mobile Meals program so that local residents can enjoy fresh local produce in their healthy affordable meals.

Banks Schoolhouse Music Festival

Banks Schoolhouse Music Festival celebrates more than a decade of great music.

DMNikas is hosting the 13th Annual Banks Schoolhouse Music Festival on August 7th, 2023. The concert usually runs from noon until midnight.

The venue is located at 399 Broad Cove Banks Road (off Route 19). This event promises a full afternoon and evening of music that is sure to be a fun time for everyone.

Admission is free, and the event is open to music lovers of all ages. It’s an outdoor event, so bring along a lawn chair and a blanket to sit on, plus warmer clothes as the air often cools after sunset.

Promotor Michael Nikas says he is booking good and fearless entertaining stage performers for this year’s festival like in previous years. He also plans to feature the “BS” Band with musical direction by Brian Doyle. This concert always has a great lineup, so don’t miss it if you are in the area on August 7th.



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67th Annual Broad Cove Concert features

Outdoor traditional music concerts have long been a staple of the summer social scene in Cape Breton. These concerts are cultural touchstones that attract people from around the world. Each year, people arrange their holidays and trips home to be able to attend these events, connect with old friends, celebrate family gatherings, and see performances from the icons of traditional Cape Breton music.

The Broad Cove Scottish Concert has been held on the last Sunday in July since 1957. For seven decades this concert has been organized and driven entirely by volunteers. The concert is held on the grounds of St. Margaret of Scotland Parish in Broad Cove (three kilometres north of the town of Inverness). These concerts have created a powerful legacy of potent music, spirited dancing, good food, and joyful times. The Broad Cove Scottish Concert has been featured in television productions, documentaries, and has been cited by folklorists for its contribution to the unique culture that surrounds Cape Breton traditional music. Like many local festivals and events in Cape Breton, the Broad Cove Scottish Concert helps raise funds for community projects, makes positive impact on the economy, and offers employment to summer students each year.

The 2023 edition of the Broad Cove Scottish Concert takes place on Sunday, July 30th. The concert begins at 3:00 p.m. and will run until approximately 9:00 p.m. Expect the emcees to welcome local performers from across Cape Breton and Nova Scotia to the stage who will perform traditional Cape Breton

fiddle music, bagpiping, stepdancing, guitar music, Gaelic singing, and folk music. Expect a 50th anniversary performance as well from the Cape Breton Fiddlers' Association. Organizers of the 2023 concert have announced that the Barra MacNeils will be headlining this year's concert.

The grounds of St. Margaret of Scotland Church are ideal for a concert that is now regarded as the largest outdoor Scottish concert in Cape Breton. Parking is free and plentiful; the field is large enough to ensure appropriate distance while maintaining a great view of the stage. There are on-site canteen and washroom facilities as well as a refreshment tent offering adult beverages. Seating is available near the stage, but feel free to bring along lawn chairs and/or a blanket to sit on and enjoy the afternoon with friends and family.

For more information about the 67th annual Broad Cove Scottish Concert, visit their new website, www.broadcovescottishconcert.ca, or search social media for Annual Broad Cove Scottish Concert for the latest updates. *The Inverness Oran*, published every Wednesday, will have coverage of the event.



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Margaree Salmon Museum

The Margaree River is known throughout the world for its salmon fishing. People have come from all over the world for a chance to cast a line and catch big fish or tell the stories about ones that got away.

For more than 50 years, the Margaree Salmon Museum has been a destination for visitors to Margaree.

The building was once a one-room schoolhouse in North East Margaree. Today, it's a cultural touchstone that strives to share the rich history of fishing on the Margaree River and educate visitors on the importance of conservation to preserve the stocks for future generations.

The Margaree River has been a designated Canadian Heritage River for more than two decades.

The Margaree Salmon Museum is a registered charitable organization devoted to the history and preservation of artifacts associated with the peoples, activities, and nature of the Margaree River," according to its website.

The museum offers displays that relate to salmon angling on the river, photos, and memorabilia from renowned anglers. There is also practical information for those who want to fish the river including season information, species identification, and need-to-know guidance about fishing on the Margaree River.

The Margaree Salmon Museum is opening for seasonal hours on June 21st running until Sunday, October 15th. Hours are 9:00 a.m. to 4:00 p.m., Wednesday to Sunday. The museum is closed

on Mondays and Tuesdays.

For more information call 902-248-2848, visit the museum in person or online, or email at margareesalmonmuseum@gmail.com.

60 East Big Intervale Road, N.E. Margaree
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Open June 21st until October 15th
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Lake O'Law Provincial Park

Inverness County is known for its many quiet places to pull over and enjoy the scenery. One of these locations includes the Lake O' Law Provincial Park in Lake O'Law, just past The Lakes Restaurant Campground and Cottages.

This is the only provincial park in Inverness County on the scenic Cabot Trail.

Lake O'Law is one of numerous day-use provincial parks in Cape Breton. It's a great place to take a rest, launch a boat, picnic, or just watch the river winding past.

At this location there is a rock cairn dedicated to first Irish settlers in the area.

This is a popular stop with the travelling public – from local residents to tour buses that use it as a rest/viewing location.

Day use of parks in operational season is from May 19th to October 9th.



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Margaree Highland Games

The Margaree Highland Games makes its return for 2023 from August 11th -13th on the grounds of St. Michael's Parish located at 1181 East Margaree Road. More specifically, its full day of heavy events will take place on Sunday, August 13th.

Events celebrated at the Margaree Highland Games include the caber toss, the hammer throw, the stone throw, the farmer's walk, and the sheaf toss. Highland dancing, piping, and drumming are also celebrated on site each year.

The Margaree Highland Games happen rain or shine!

Check out *The Inverness Oran*, published on Wednesdays for full details of the Margaree Highland Games.

Follow the Margaree Highland Games on Facebook: [facebook.com/MargareeHighlandGames/or](https://www.facebook.com/MargareeHighlandGames/or) or visit the website: www.margareehighlandgames.com.

The beaches of the Margarees

The Margarees are home to many beaches and swimming holes!

Margaree Harbour beach is a local favourite which is surrounded by a summer village of the same name. This is a good beach for young swimmers because of its gradual increase in water depth. It is also a great beach for enjoying the legendary sunsets of the sunset side of Cape Breton Island.

Whale Cove beach is a beautiful sheltered beach located on Route 219 the "shore road" between Dunvegan and Margaree Harbour near Whale Cove Cottages. You can take a short walk along the beach and up the hillside for breathtaking sunset views. Occasionally there is a platform installed that swimmers can make their destination for jumping.

Chimney Corner beach is also located on Route 219, south of the Whale Cove beach in Chimney Corner. While privately owned, this beach is enjoyed by all. This protected cove is perfect for a sandy outing with family and friends. This is the choice of local folks not only because of its sheer size, but also its privacy from the road. This gorgeous, clean beach is cradled in a cove, and offers safe swimming with long shallow water areas and great views. It also offers a clean, shallow, freshwater stream which crosses the beach and empties into the Gulf; kids love playing in and around it. There's rocky point to be explored, even in bare feet; the path has been worn smooth by generations of curious traffic. The gravel road to the beach

is located on the right, at the bottom of a dip (you'll also see a blue bungalow on the corner), about eight kilometres south of Margaree Harbour. At the end of the road, there's plenty of parking in a grassy lot beside the beach.

In addition to the coastal beaches, there are many local swimming holes along the Margaree River. If you're a long-time resident, you probably have your favourites. If you're visiting, well, ask a local!

Lake O'Law Provincial Park is a great location to enjoy a break from travel at the water's edge. Lake O'Law Provincial Park is an inland park on the shore of Lake O'Law on the Cabot Trail (24 km north of Highway 105) on Cape Breton Island. The park features picnic areas in fields and mixed-wood stands and a boat launch – a great location for boating and swimming.



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Stained glass artist Polycarp LeBlanc

Polycarp LeBlanc is a stained glass artist from East Margaree.

He grew up in East Margaree and moved away in his youth. He worked for many years for the Royal Bank in Wolfville, Nova Scotia.

In 2005, Polycarp moved back home to East Margaree to spend time with his aging mother. “I came back home and I never left,” he said.

Asked how he got into his stained glass work, Polycarp said he went to a social evening with a friend from the bank and met some people who were working in stained glass, which piqued his interest in the art. He followed that with some time apprenticing with a stained glass artist in Edmonton, Alberta. “Other than that I am primarily self-taught,” said LeBlanc.

Today, Polycarp has a day job as a postmaster in East Margaree and he works on stained glass pieces from his home and studio in East Margaree.

“When I got into this business, I had some help from InRich Business Solutions, which really helped get the business off the



ground during the first year,” said LeBlanc.

Asked about some of his favourite works, Polycarp mentions commissioned pieces he did for Calvin United Church in Margaree Harbour and with The Inverary Manor in Inverness. He also mentioned another piece that had a lot of meaning for himself and the customer. It was a doorway for a lady in Cape North who wanted a fishing boat and a couple of lighthouses in the piece representing her father and mother.

“It really meant a lot to her and I enjoyed doing it. As with

most of my work, there’s a story behind every piece of stained glass. It’s certainly more than just a hobby,” he said.

Customers will notice a lot of geometry and symbolism in Polycarp’s stained glass works.

Visitors to Margaree can call ahead to set up a viewing of work with Polycarp. He can be reached at 902-217-0902 and his home/studio is located at 837 East Margaree Road, Inverness County, NS.



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Anything That Floats Race in Margaree

The Anything that Floats Race is an annual community event taking place on the Margaree River on Saturday, August 5th. This unique and fun-filled family event invites local people and visitors to come out and enjoy the glory of the Margaree River on a summer day. It's been a summer staple in Margaree for more than 25 years.

The event is now hosted by Live Life In Tents adventure company that invites everyone to bring their brightest, fastest, and most whimsical float to Tanners Run on the Margaree River. Check-in begins at 1:00 p.m., the race begins at 2:00 p.m.

Participants leave Tanners Run and make their way to the finish line at Doyle's Bridge.

The race entries are divided into two categories: (1) Kayaks and canoes, and (2) Everything else.

Prizes are awarded to the top three fastest canoes and kayaks. Three other prizes will be awarded to floats for most creative/artistic (Salvador Dali); most seaworthy (Seaworthy Captain's Award); and the Slow Poke award for the float that defies all the doubters and floats its way through to the end.

The Anything that Floats Race is a free event, but pre-registration is required. Visit livelifeintents.com for further information on the race and how to get your float on the river. This event will also include the Annual Island Sauce Company barbecue.



Larch Wood Enterprises High quality wood products

Larch Wood Enterprises is a small Canadian company specializing in wooden end-grain kitchen cutting boards, counter tops, flooring, and more. Everything is handmade in its facility on Cape Breton Island.

The origins of the company go back to 2003 with the purchase of a 14,000 square foot building in Margaree and a group of carpenters, woodworkers, and artisans who expanded from making flooring products into creating a selection of end-grain cutting boards and other products.

The company has seen its market grow locally and abroad since that time.

Larch Wood's offices, workshop, and factory outlet are all located at 117 Bridge Road, East Margaree. They are open by appointment only, so please call beforehand 902-235-2949.

Larch Wood operates a summer kiosk in Margaree Harbour, which is open from May until the end of October from 10:00 a.m. until 5:00 p.m. daily where you can find a great selection of its products. They also operate an outlet and boutique in Wolfville, Nova Scotia.



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CHÉTICAMP



Photo by: Michel Soucy



*Chéticamp is one of those jewels we are fortunate to have on
Cape Breton Island.*

— from Ronald Bourgeois,
Acadian songwriter speaking about his home town



A jam-packed summer in Chéticamp

The village of Chéticamp has a full schedule of events offering visitors the opportunity to see, hear, taste, and experience the very best of everything Acadian culture has to offer.

Summer launches with the Roots to Boots Festival from June 15th to 18th. This festival promises a weekend of unique events filled with music, storytelling, local flavour, hiking excursions, good food, fun, and late-night square dancing. Check out www.rootstoboostsfestival.ca for complete schedule details.

On July 1st, celebrate Canada Day with a full afternoon of family-focussed activities beginning at 2:00 p.m. at the Cape Breton Highlands National Park.

Festival de L'Escaouette takes place from August 3rd to 6th. This festival offers four days of activities for all ages that celebrate Acadian culture and traditions. The event features a moveable feast of kitchen parties held at restaurants around the community, an official opening event at *Place du Pêcheur*, children's activities, and nightly festival jams at various locations in the community. In between, the weekend is filled with workshops, music, dancing, dramatic productions, parades, and music. The gala will take place on August 6th at *La Place des arts Père-Anselme-Chiasson*. The gala will pay tribute to honoured community musicians and will feature a house band under the direction of Scott Macmillan. Tickets to this event can be purchased online at www.conseildesartsdecheticamp.com or by phone at 902-224-1876. *Continued next page*

At a Glance

Chéticamp is an Acadian community on the northern side of Inverness County. Throughout its history a primary economic driver in the town has been the fishing industry. The community sits at the entrance to the Cape Breton Highlands National Park; since its opening in 1936, tourism initiatives built around a robust Acadian culture have made Chéticamp a must-see destination on the sunset side of Cape Breton.

Places to Eat: L'Abri Cafe, Restaurant et Bar (breakfast, lunch, dinner), Robin's Donuts (breakfast, coffee), The Harbour Restaurant (lunch, dinner), Doryman Pub & Grill (lunch, dinner), Le Gabriel (lunch, dinner), Seafood Stop (lunch, dinner), Freya & Thor Gallery and Cafe (coffee, fresh baked goods), The Evangeline (lunch, dinner),

Wabo's (pizza), Mr. Chicken, Aucoin Bakery (lunch, snacks)

Places to Sleep: motels, campground, B&B, inn, cottages

Places to Stop: Les Trois Pignons, Flora's, Elizabeth LeFort Gallery, Marguerite Gallant Museum, Père Charles Aucoin Genealogy Centre, folk art galleries

Trails: Gypsum Mine Trail, Cape Breton Highlands National Park trails

Golf: Le Portage (18 hole)

Amenities: gas stations, grocery store/hardware store, convenience stores, pharmacy, gift shops, banking, craft shops, art gallery, liquor store, bakeries, CAP (public internet access) site, post office, Visitor Information Centre

Music: Doryman Pub & Grill, Le Gabriel (varied schedule)

Churches: St. Peter's Roman Catholic, 902-224-2064; Christian Community Church, 902-248-2107; St. Joseph's Roman Catholic (St. Joseph du Moine) 902-224-3333



National Acadian Day events will be held on August 14th and August 15th. On August 14th the film *Il'allont'y disparaître* will be shown at 7:30 p.m. at *Centre de la Mi-Carême*. On August 15th activities include a 10:30 a.m. mass, music at *Place du Pêcheur* in the afternoon and at the Doryman Grill in the evening.

On September 8th to 17th, at the close of summer, there will be the Hike the Highlands Festival, a fall hiking festival held each September along the Cabot Trail on Cape Breton Island that features guided hikes and evening activities and presentations. For more information on this festival, see www.hikethehighlands.com.

There are loads of opportunities to discover traditional Acadian music as musical talent can be found everywhere from the grand stage of the *Place des arts Père Anselme-Chiasson* to the more intimate venues of local bars and restaurants. There are also many opportunities to enjoy outdoor activities and all the sights the Cheticamp area has to offer. Cheticamp welcomes the world, offering an unparalleled experience celebrating Acadian culture taking place throughout the region during the summer season. Visit the Cheticamp Visitor Information Centre located at *Les Trois Pignons* Museum and Archives, 15584 Cabot Trail, for information and insight into all that there is to see and do in Cheticamp. Their website is www.lestroispignons.com and their telephone number is 902-224-2642.

Whale watching

Whale watching is one of the unique experiences offered in the northern Inverness County communities of Cheticamp and Pleasant Bay. Visitors have raved about their experiences spending time among the whales in the northern Gulf of St. Lawrence. The Gulf of St. Lawrence hosts numerous whale species each season including

finback whales, pilot whales, minke whales, humpback whales, as well as dolphins and other rare whale species such as right whales, killer whales, blue whales, beluga whales, and more. Most seasons, 8-12 species are recorded. You may also spot seals, water birds, sea caves, and more! There are several whale watching opportunities available.

In Cheticamp, you can contact Captain Zodiac Whale Cruise or Cheticamp Adventure Company. In Pleasant Bay, you can contact Pleasant Bay Whale Watching, Captain Mark's Whale and Seal Cruise, or Cabot Trail Guaranteed Whale Adventures.

Captain Zodiac Whale Cruise: This cruise is aboard a 8.5-metre (28-foot) Zodiac vessel powered by 225 HP 4-stroke engines with a maximum capacity of 12 passengers. The experienced captain also serves as your tour guide. The tour is approximately a 2- to 3-hour trip (depending on distance to whales and weather conditions). Head out in search of the migrating whales visiting the waters off Cape Breton Island. There will be time for you to do some sightseeing as your boat cruises along the Cape Breton Highland's National Park on the return trip to port.

Their policy is if no whales are seen, customers get a no-questions-asked full refund! For more information, please email: captain.zodiac@outlook.com or go to their website at <https://www.novascotiawhales.com/>.

Cheticamp Adventure Company: Experience Cape Breton from the water. Come on this 1.5- to 3-hour-long Zodiac excursion that takes you along Cape Breton's most scenic section of coastline! Maximum capacity is 12. For more information, please call 902-224-0407 or visit their website at <https://www.cheticampadventure.ca/>.

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Pleasant Bay Whale Watching: Join them on an intimate-sized tour, as they explore the coastal waters of Cape Breton and discover the area's abundant wildlife and spectacular beauty. Their tours generally run 1.5 to 2 hours. Every tour is guided by an experienced captain.

Their vessel, *The Danny Lynn*, is a 24-passenger fully-equipped touring vessel with VHF radios, washroom, 24-person life raft, and all safety equipment. For more information, please email pleasantbayzodiacatours@gmail.com or go to their website at <http://www.pleasantbaywhalewatching.com/>.

Captain Mark's Whale and Seal Cruise: Their Zodiac vessel is known for having a personal feel with the water and whales. They offer a chance to see various marine wildlife and spectacular coastal views of Cape Breton Highlands National Park. The highland coast scenery is breathtaking and wild, with spectacular rock and cliff formations, mysterious sea caves, cascading waterfalls, abandoned pioneer settlements, a contemporary Tibetan Buddhist monastery, and traditional maritime fisherman at work.

For more information, please email them at markszodiacs@gmail.com or go to their website at <https://www.whaleandsealcruise.com>.

Cabot Trail Guaranteed Whale Adventures: Join them on their 11.6-metre (38-foot) Cape Island Style Touring vessel. It is rated #1 safest tour vessel in Cape Breton. It is the only big boat in Pleasant Bay with padded seats for comfortable viewing and also has a roof to protect from the elements. They have a hydrophone to hear whales singing. Maximum 35 passenger capacity.

For more information, please contact them at 1-855-942-5315 or go to their website at <https://www.guaranteedwhales.ca/>.

Chéticamp Boardwalk:

A stroll by the roll of the sea

Need to stretch your legs after a road trip? Do you need an early walk to shake off the dew of sleep or maybe an after-dinner stroll to aid digestion before turning in for the night? Or maybe you need to sit in a peaceful spot to watch the sun go down? Whatever the motivation, be sure to see the boardwalk and *Quai Mathieu* during your visit to Chéticamp.

Quai Mathieu, named after the ship that carried John Cabot on his discovery mission to Cape Breton, offers free parking and washroom facilities, and access to the promenade/boardwalk that runs along Chéticamp Harbour through the centre of town. The smell of sea air is invigorating and the view from the harbour as it opens out to the Atlantic Ocean is inspiring. Enjoy a morning coffee from a local café or a picnic lunch as you sit and watch the activity of fishing boats coming and going from the wharf, or a variety of sea birds doing a bit of meal planning.

The Chéticamp boardwalk is a perfect spot to stop and catch your breath during your adventure in Cape Breton.



Photo by: K.C. Beaton

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Église Saint-Pierre

A testament to the Acadian spirit

The earliest settlers in the community of Chéticamp are believed to have arrived in 1785. These pioneers chose to establish themselves in the mountains overlooking the harbour. Over the next 50 years, the people of Chéticamp dredged a channel to the sea and grew the community into a port. Fishing became more and more of an economic driver in the area.

Towards the end of the 19th century, the population was growing in Chéticamp. People increasingly chose to establish their homes closer to the water. The church that was built in 1862 soon became too small and was no longer central to the population.

Planning began to build a new church in the centre of the village of Chéticamp. Father Pierre Fiset, parish priest, had a vision to build a magnificent structure that could be seen from any vantage point in the parish. Funds to build this church were gathered through levies on each parishioner. Local fishers donated a day's catch to the parish with revenue from the sales of the fish added to the fund. In time, David Ouellet, a Québec architect known for his work in design of churches was contracted to design the new church. Much of the building material was given freely by local merchants and business operators. Parishioners contributed to the construction, the wood, and the mortar. The first mass was celebrated in December 1892. Total construction costs for the church were approximately \$42,000. The Cassavant pipe organ, which by today's valuation would be worth in the vicinity of \$100,000, was installed in 1905 for \$1,496.

L'Église Saint-Pierre stands solidly in the centre of Chéticamp today. The building remains a testament to the faith and the fortitude of the people of the parish as well as the Acadian spirit. It is recognized as one of the most iconic and beautiful churches in Atlantic Canada.

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 of 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 an accumulation here of 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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LE J'AI ME C'QUE J'AI ME C'QUE

Marguerite Gallant Museum

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

When she returned to Chéticamp in 1938, Marguerite moved into a tiny house which she filled with objects of all kinds. As Marguerite's reputation for collecting spread through the community, people brought objects to her rather than let them be thrown away.

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

The Elizabeth LeFort Gallery

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

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

House, and Vatican City in Rome.

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

Two of her 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.

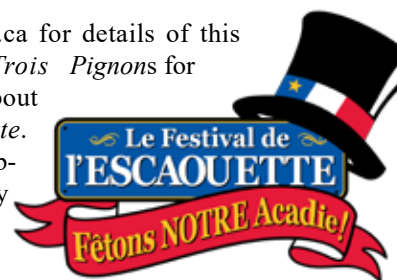
Elizabeth LeFort, Chéticamp's most famous artist in wool, was awarded an honorary doctorate by *Université de Moncton* in 1975 and was made a member of the Order of Canada in 1987.

Festival de L'Escaouette

One of the many aspects of visiting Cape Breton is the vast and varied opportunities to experience the culture, traditions, and customs of the local people, with the local people. The community of Chéticamp has cultivated experiential tourism into an art form. Their customs and traditions are fused into the food they serve, the music they play, the songs they sing, and the theatre they perform.

From August 3rd to 6th *Festival de L'Escaouette* brings together all the best of Acadian culture into four days of activities for all ages.

See www.cheticamp.ca for details of this festival or visit *Les Trois Pignons* for detailed information about *Festival de L'Escaouette*. *The Inverness Oran* published every Wednesday will also have complete details.





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Gypsum Mine Trail Chéticamp

The Gypsum Mine Trail was started in 2008, the trail has been opened since 2011. It is a multi-purpose trail, meaning it is accessible for hiking, cycling, all-terrain vehicles, and snowmobiles. It is built on the railroad bed that once ran from Chéticamp Harbour to the mine, which operated from 1911-1939. The full trail route is approximately 12 kilometres, beginning at *Quai de Mathieu*, in the middle of the town, and continuing along the harbour. This portion of the trail is mostly straight, flat, and well groomed. It offers an easy walk or cycle along the water with views of the Gulf of St. Lawrence.

The latter part of the trail is at the mine site itself. It is approximately five kilometres round trip from the parking area on the Chéticamp Back Road to the Gypsum Mine Lake. This part of the hike would be little-to-no challenge for an experienced hiker or anyone in peak physical condition. It is well maintained, but there is a gentle-yet-steady incline for most of the route to the lake. It might be a bit more demanding to a novice hiker or if you're in less-than-peak physical condition. Embrace the challenge! There are spots to rest along the way.

Along the trail you will see pieces of gypsum – a crystalline white rock flecked with black or gray – embedded in the path. The path is lined by wildflowers and bordered by natural bogs. You may even see eagles soar overhead. You will have a view of the surrounding mountains of the Cape Breton Highlands and see craggy and rugged rock formations that were once the face of the mine. At the top of the trail is a man-made lake that

shimmers in the sun and reflects hues of greenish-blue water from the surrounding gypsum deposits. This lake has been a hidden-gem swimming hole for years. Swimmers need to be cautious, however, as the true depth of the water is unknown. Trail developers have added benches beside the lake making it a serene spot to rest, take photos, have a snack, or a full picnic.

The Gypsum Mine Trail is accessible year round. As with most of the trails in the region, if you pack it in, pack it out, and respect that you are sharing the area with wildlife.



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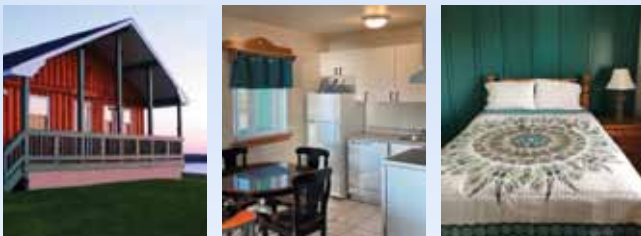


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BIENVENUE!

Le Conseil des arts de Chéticamp

Le Conseil des arts de Chéticamp is a proactive and dynamic non-profit organization dedicated to enriching the cultural life of the Chéticamp region by supporting artists as well as by developing the artistic skills of young talent. They look to preserve and promote the French language and Acadian culture while encouraging cultural diversity.

Their commitment translates into concrete actions: offering quality training, organizing artistic events, and creating opportunities for the community's future artists. Additionally, *le Conseil des arts* manages an impressive venue and is able to seat 363 spectators in a very comfortable and elegant concert hall.

As for events, there is a Spring Recital on Saturday, June 3rd, and the annual *La Swing du Suête* show on Sunday, June 11th. *La Swing* is also celebrating its 25th anniversary this year.

Visit their website (conseildesartsdecheticamp.com), call their main office, or check the weekly *Inverness Oran* for more information on further upcoming concerts and events!



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PLEASANT BAY



Photo by: Michel Soucy



*I see the mountains, feel the salt air, I have reasons to behold
all the wonders that never cease to be*

– from *Home I'll Be*
by Rita MacNeil



Pleasant Bay is a village on the Cabot Trail that has been a fishing community for the entirety of its history. The earliest settlers were believed to have arrived in 1828 from the Isle of

Skye. Immigrants from other parts of Scotland and Ireland soon followed and began to build settlements along the shore and coastal lowlands area. One of these settlement areas is the site of the present-day Fishing Cove hiking trail in the Cape Breton Highlands National Park.

At a Glance

Pleasant Bay is the halfway point of the Cabot Trail. The community offers experiences to visitors that range from great adventures, such as whale cruises, to hiking expeditions over unspoiled terrain, to the serenity of Gampo Abbey, a Buddhist monastery and retreat centre that invites visitors in for tours at scheduled times throughout the summer.

Places to Eat: *Mid-Trail Motel, Rusty Anchor, Mountain View Restaurant*

Places to Sleep: *motels, campground, B&B, inn, cottages*

Places to Stop: *Whale Interpretive Centre, Gampo Abbey*

Trails: *Robert's Mountain, MacIntosh Brook, Pollett's Cove, Cape Breton Highlands National Park (many trails in this region are considered suitable for advanced, experienced hikers)*

Whale Watching: *sea cruises (zodiac, fishing boat)*

Amenities: *convenience store, gift shops*

Church: *Pleasant Bay United, 902-383-2059*

The Skyline Trail offers some of the most iconic views of the Cabot Trail. This seven-kilometre loop trail features a dramatic headland cliff lookoff over the Atlantic Ocean. As you stand on this cliff, you may see whales in the sea below, or watch eagles soar above in the sky. Vehicles moving on the Cabot Trail look like miniatures. In the moment, as you take all this in, it feels like you are standing on top of the world.

While hiking the trails, please remember to give wildlife space and not to feed the animals.

The Whale Interpretive Centre in Pleasant Bay promotes and preserves awareness of whales and marine life by creating a unique visitor experience. There are exhibits, interpretive displays, and scale illustrations of 16 species of whales found in the waters off Cape Breton Island. The centre is open from June 1st through October 15th. Tours are provided throughout the day. Located at 104 Harbour Road, the Whale Interpretive Centre is just beside a wharf from where whale-watching cruises depart several times a day. Stop and learn about the whale habitat before setting off on a sea adventure to watch whales up close.

Look as well for arts, crafts, and gift shops and check out the Lone Sheiling at the Scottish Crofters hut nearby to learn about the early European settlers.

Pleasant Bay is also home to Gampo Abbey, a western Buddhist monastery in the Shambhala tradition. Visitors are welcome to walk the grounds, hike the trails, and visit the Stupa of Enlightenment.





Whale Interpretive Centre



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MEAT COVE



Meat Cove: Breathtaking views on Cape Breton's northern tip

Meat Cove is often described as a place to escape modern life. While the community is linked to the rest of the planet with current telecommunication technology, one look at the views from any point in this tiny place on the northern-most tip of Nova Scotia and you will feel the urge to go unplugged.

Be prepared to slow down, enjoy the scenery, and take care with your vehicles on some challenging road conditions.

Like most of the other places in northern Inverness County, Meat Cove has been a fishing community for most of its existence. With a population of approximately 70 people, you get the sense that living here full time is a test of mettle. Some of the residents who live here can trace their roots back to the original settlers of Meat Cove who arrived in the 1850s.

Meat Cove Campground and The Lawless Lobster Seafood trailer are located right in the middle of Meat Cove. They are family owned and operated on property that has been in the MacLellan family for eight generations. They offer a wealth of knowledge on local hiking trails and activities. Meat Cove Campground offers tent camping and six upgraded oceanside solar-powered cabins, where you can drift off to sleep under a star-filled sky listening to waves breaking on the shore. There are kayak rentals, hiking trails, free showers, new washroom facilities, and free wi-fi. They also operate a three-bedroom guest house which is available for rent. For information contact them at 902-383-2379.

Don't leave Meat Cove without checking out its beautiful beach, and just remember to pack out what you pack in as that's how these special places are kept beautiful.

You can also check out Hines Lodge for accommodations.

Whether you visit Meat Cove for a few hours or a few days, the experience will stay with you long after you rejoin modern life.

Where did Meat Cove get its name?

Meat Cove, a beautiful fishing village located on the northern tip of Cape Breton Island, Nova Scotia, whose name is believed to have originated from the area being used as a popular location for hunters to dress animal carcasses during its early history.

Its small population is descended from Scottish settlers and most are employed in the fishing and tourism industries. Surrounded by the Cape Breton Highlands on one side and the Atlantic Ocean on the other, Meat Cove makes for a popular tourist destination in the summer for tourists!

Kayak rentals

Try renting a kayak and explore some of the many coves and inlets around Meat Cove.

The campground has many kayaks and sea kayaks available for your kayaking pleasure!

Don't forget to ask how to kayak to "The Arch," which is roughly a 20-minute kayak ride from the Meat Cove Campground.

At a Glance

If you sit on a hilltop or hike on the Seawall Trail in Meat Cove, you may think you are on top of the world. You wouldn't be completely wrong. The community is located on the northern tip of Cape Breton Island. Meat Cove offers the ultimate in rugged, unspoiled beauty, unparalleled ocean vistas, encounters with good, kind people, and fantastic seafood.

Places to Eat: *Lawless Lobster Seafood trailer*

Places to Sleep: *campground, inn, chalets*

Places to Stop/Shop: *Meat Cove CAP site (local history museum)*

Trails: *Hiking trails (see next page), beach, boardwalk*

Amenities: *CAP (public access internet) site*

Meat Cove: A wonderful camping and hiking experience



HIKING

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

CAPE ST. LAWRENCE TRAIL

Trail length is five kilometres one way, maximum elevation 259 metres (850 ft.). This trail starts by the office at the Meat Cove Community Centre/Restaurant (check with the office if you plan to leave your vehicle near here) on the gravel road and changes to a narrow track after 150 metres and proceeds up the hill. This is by far the steepest and most challenging part of the hike. In the first kilometre you will climb nearly 214 metres (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 two kilometres 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 three kilometres 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 five kilometres to the coast from the Cape St. Lawrence turn-off or seven kilometres from the Meat Cove Community Centre/Restaurant. Instead of taking the Cape St. Lawrence turn-off at the two kilometre mark, keep straight on. After another kilometre you will see the Pollett's Cove turn-off to your left; after about another kilometre 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 a 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 Lighthouse and start of the trail to Meat Cove is easy to find. Proceeding the other way to Lowland Cove, be on the lookout for the trail just before the grassy area changes to a wooden area as Lowlands Brook is approached. Steel posts painted red can be found throughout the Lowlands. There are a couple of posts 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 275 metres (900 ft.) in the first 0.75 km, and then levels off somewhat. The grassy ridge of the mountain extends over a kilometre with fantastic views in all directions.

RIVER BOARD WALK TRAIL

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

GPS Data

Cape St. Lawrence Lighthouse Turn	W60°35.277'
N47°01.423'W60°34.696'	Pollett's Cove Turn off
Cattle Corral N47°01.560' W60°34.381'	N47°01.013'W60°35.294'
Meat Cove Lookout-1 Turning	Abandoned Farm
N47°01.413' W60°34.233'	N47°00.856'W60°36.219'
Meat Cove Lookout -2 N47°01.225'	Lowland Cove inland/Coastal Junction
W60°34.146'	N47°01.299' W60°37.144'
View of Light from 525ft N47°01.796'	Wooden Gate N47°01.446' W60°34.150'

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