


IAT NS MAINLAND - CARIBOU TO PORT HASTINGS (NORTHBOUND)

WELCOME TO NOVA SCOTIA, CANADA'S OCEAN PLAYGROUND!

Northbound (km)		Total Kms	Comments
CARIBOU TO THORBURN - 74.9 KM			
0.0	Northumberland Ferries Terminal to Woods Islands, Prince Edward Island	0.0	Northumberland Ferries Limited provides seasonal ferry service (May - December) between Wood Islands, Prince Edward Island and Caribou, Nova Scotia. The journey takes about 75 minutes Website: http://www.peiferry.com/
0.2	Turn left onto PEI Ferry Road towards Pictou	0.2	
1.0	Turn left onto 3-Brooks Road	1.2	
3.0	Entrance to Munroe's Island Provincial Park & Campground on left	4.2	First accommodations after leaving the ferry terminal Continue on 3-Brooks Road which turns into Beeches Road & then turns into Donoon Street in Pictou You will pass the Pictou County Lodge Resort, Harbour Light Campground in Braeshore & Pictou County Golf & Country Club, along this road
6.5	Turn left on Welsford Street	10.7	You are entering the town of Pictou
0.5	Turn right on Front Street	11.2	You will pass the Post Office at the corner of Depot Street & a laundromat just off to the left on Creighton Street
1.0	Turn left on Coleraine Street	12.2	There's a ScotiaBank at the corner of Coleraine & Front Streets
0.1	Turn right on Caladh Avenue	12.3	Towards the end of Caladh Ave, you will pass the Ship Hector Quay & Exhibit on your left
0.5	Downtown Pictou & the beginning of the Trans Canada Trail (TCT) Jitney Trail	12.8	FIRST MAJOR RESUPPLY POINT BEFORE LEAVING NOVA SCOTIA: All amenities are available in this historic Scottish town & home of the Ship Hector & the Ship Hector Exhibit. To continue on the IAT, walk to the end of Caladh Avenue & continue straight onto the Jitney Trail near the DeCoste Centre & Marina Centre For the Visitor Information Centre, grocery store (Sobeys) & other amenities, leave the Jitney Trail just after the abandoned mansion & before crossing under Highway 104. This is Norway Point Road & you'll see Maritime Odd Fellows Home on the right. Go left at the end of Norway Point Road, then immediately turn right on Veteran's Ave & continue to the end (about 1 km in total). The Pictou "Jitney" was a noisy diesel electric train & the Jitney Trail now follows the route of the former Pictou Short Line from the centre of Pictou to Browns Point, the landing site of the original Scottish settlers in 1773
3.1	Browns Point & the beginning of the Trans Canada Trail (TCT) Shore Line Trail	15.9	The picnic area at Browns Point is to your left on Route 376. To continue on the IAT, cross Route 376 & continue on the Shore Line Trail towards Scotsburn

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12.0	Scotsburn Road (Route 256) & the beginning of the C2C Rogers Hill Trail from Scotsburn to Durham 	27.9	The Shore Line Trail ends on Scotsburn Road (this is also Route 256). To go to the town of Scotsburn (1.5 km off-trail), walk down Route 256 a short distance and watch for the Cape to Cape Trail (C2C signage on the right). To continue on the IAT, cross the road at the C2C sign & go down the dead end road on the left. You'll see the signage for the C2C a short ways in. This is the trail signage for the Rogers Hill Trail which will take you from Scotsburn to Durham. Refer to the Rogers Hill Trail map included with the maps or go to www.capetocapetrail.ca for more information.
6.5	C2C Rogers Hill Trail from Scotsburn to Durham	34.4	Near the end of Rogers Hill Road, cross Durham Road and continue a short distance on the trail. The trail ends next to a telephone pole on Route 376. You will see a bridge directly in front of you.
0.1	Cross the bridge over the West River & turn right at Parkers Farm Market	34.5	This is the West River East Side Road
0.5	Turn left at the branch in the road towards Greenhill	35.0	This is the Greenhill Road
3.3	Spring water on left side of road	38.3	
2.2	Turn left to on Green Hill Road	40.5	This is still Greenhill Road. Green Hill Provincial Park is located approximately 1.0 km off-trail on the Dan Fraser Road. Spectacular views & worth the side trip
0.9	Turn right onto Patterson Road	41.4	
1.0	Cross Route 4 and continue over Highway 104 on Pleasant Valley Road	42.4	Pleasant Valley Road eventually turns into Salter Road.
4.3	Turn left at the Union Centre Community Hall onto Gairloch Road (Route 289)	46.7	This is the village of Union Centre
0.5	Pass a convenience store & gas station	47.2	
0.2	Turn right onto Middle Road	47.4	SECOND MAJOR RESUPPLY POINT: The town of Westville is approximately 6 km off-trail on Route 289 North. Groceries and other amenities are available in this one-time mining town but NO LODGING. Last resupply point before Antigonish
0.7	Turn left onto Gray Road	48.1	You'll pass Gray Road Cemetery & then Wallace Road
4.3	Towards the end of Gray Road, turn left onto Halliday Road	52.4	
0.5	Turn left onto Foxbrook Road	52.9	
0.5	Turn right onto Mark Road	53.4	
2.5	Turn right onto Route 374 towards Eureka	55.9	As you enter the village of Eureka, you'll pass an interesting community information kiosk at the Eureka Fire Hall
1.2	Veer left onto Oak Road and cross the bridge over East River	57.1	This is the village of Eureka.
1.2	Turn left on to Churchville Road	58.3	You'll eventually cross a steel bridge over the East Branch of East River
2.1	Cross the paved road & continue straight ahead	60.4	

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2.0	Cross paved Route 348 and continue on the Irish Mountain Road	62.4	This is at the "Welcome to Churchville" sign
0.1	Intersection at the Churchville Cemetery & the Churchville Community Hall. Turn left onto Brook Road	62.5	Picnic tables and an interesting community information kiosk at the Community Hall
2.0	At the end of Brook Road, turn left onto a gravel road	64.5	This is the Brookville Road. You will pass by house number 1729 and eventually, you'll pass a wooden bald eagle carved into a tree trunk
2.7	Turn left onto MacLellans Road at the brown house with gables and white trim	67.2	There is a sign at this intersection saying McLellans Mountain Glencoe Road to the left
3.0	Turn left on Glen Road towards McLellans Brook & Greenwood	70.2	This is McLellans Road. You'll pass a gravel pit on the right
2.0	At the end of Glen Road, turn right onto McLellans Brook Road	72.2	
2.7	Intersection of McLellans Brook Road & Route 347 near Greenwood. Turn right to continue on the IAT towards MacPhersons Mills; turn left to go to Cross Roads Country Market & Bakery	74.9	Cross Roads Country Market & Bakery is just to the left on Route 347. It has an ATM, restaurant, bakery, groceries & ice cream
THORBURN TO LIVINGSTONE COVE - 76.1 KM			
4.8	Left onto Park Falls Road	79.7	
0.3	Bridge at Park Falls	80.0	Very nice waterfall with good camping spots below the falls
3.0	At the end of Park Falls Road, turn right towards Sutherland River	83.0	This is Thorburn Road. Near the end, you'll pass Rasmussen's Custom Wood Products on the right
1.5	In Sutherlands River, turn right onto Route 4 towards French River	84.5	You will eventually walk by Telford Cemetery on the right
7.5	Just after passing under the overpass for Highway 104, turn left onto Piedmont Valley Road	92.0	
3.3	At the stop sign, turn right on to paved Route 4 towards French River & New Glasgow	95.3	
6.2	Cross the railroad tracks. The road changes to gravel	101.5	This is the Piedmont Valley Road
3.8	Continue straight on the gravel road towards Avondale	105.3	Continue straight on this road
0.5	Turn right onto unknown road with the green bridge	105.8	
0.1	Cross the green metal bridge & turn left	105.9	This is Barneys River Road
0.4	Turn right on the gravel road towards Baileys Brook	106.3	This is Arbuckle Road
2.3	Veer left and continue on the paved road	108.6	You will come to a monument & memorial garden on the right
1.5	At the monument & memorial garden, right onto the paved road towards Baileys Brook	110.1	This is the Baileys Brook Ardness Road. You will eventually pass Mount Saint Mary's Cemetery on the left
5.3	At the junction of MacGee & Dunmaglass Roads, veer right onto Dunmaglass Road	115.4	From here to Route 245, you will be on a series of logging roads

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1.0	Sign saying Julia's Road. This is still the Dunmaglass Road	116.4	Continue straight ahead. Eventually, you'll pass a covered spring on the right and a yellow mini home on the left. Great view of Northumberland Strait from here
3.1	At the junction, continue straight on SANS 715	119.5	SANS is the Snowmobilers Association of Nova Scotia
0.6	Cross the bridge and veer left to continue on SANS 715	120.1	There's an orange "715" sign on a tree just after the bridge
3.7	Turn right onto Route 245 towards Arisaig	123.8	
2.1	Community of Arisaig	125.9	You will pass Arisaig Provincial Park. No camping.
8.1	Community of Malignant Cove & Intersection to Route 245	134.0	Turn left on to Route 245 towards Arisaig . Watch for a side road on the left to walk down to Malignant Cove Beach
8.5	Community of Georgeville	142.5	
6.4	Community of Morar	148.9	
2.1	At the intersection of Route 337 & Marsh Road, turn right	151.0	The community of Livingstone Cove is straight ahead on Route 337. Livingstone Cove Beach is to the left. On Marsh Road, you'll pass a fire station and then a "Trail" sign to a roped walkway to a spring on the right
CAPE GEORGE HERITAGE TRAIL - 13.8 KM			
3.0	Intersection of Marsh Road & Cape George Heritage Trail (Trailhead L) NOTE: ROUTE 337 IS UNPASSABLE ON FOOT BETWEEN CAPE GEORGE LIGHTHOUSE & BALLANTYNES COVE. YOU MUST HITCH A RIDE!	154.0	The Cape George Heritage Trails are a SPECTACULAR maze of trails with interconnecting paths & a wide variety of options of varying lengths. To continue on the Cape George Heritage Trails, watch for a red & white "Trail" sign on the left, shortly after the spring. This is Trail L (1.6 km) which continues on to Trails M (2.8 km), N (2.9 km) & O (1.5 km) To bypass Cape George Heritage Trails, continue straight ahead on Marsh Road to Balantynes Cove
8.8	Cape George Heritage Trail via Trails L, M, N & O to Cape George Lighthouse	162.8	YOU MUST HITCH A RIDE FROM CAPE GEORGE LIGHTHOUSE TO BALLANTYNES COVE Tuna Interpretive Centre, take out food & marina in Ballantynes Cove
2.0	Intersection of Marsh Road & Route 337	164.8	Continue on Route 337 toward the communities of Cape George, Lakevale & West Lakevale. Route 337 is a very scenic walk along St George's Bay. You will pass the Cape George Heritage Museum (worth a visit), the Mini-Trail Community Centre & Fisherman Crossing B&B. Shortly after Beaver Road, watch for a spring on the right side of the road down a very small lane below a farm.
MARSH ROAD TO ANTIGONISH - 30.1 KM			

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Northbound (km)		Total Kms	Comments
9.0	Turn right on South Lakevale Road	173.8	Just after crossing a bridge on Route 337, you will see a picnic table on the left. Turn right on to the gravel road. This is South Lakevale Road. You'll pass a roped off area on the right with a sign saying Lakevale near the water's edge. Do not trespass. NOTE: The section between West Lakevale at Route 337 & Fairmont Road is on back roads or logging roads. Not much civilization in this area.
0.5	Y-junction in the road near South Lakevale	174.3	Veer left onto Brophy Road. Soon after, you will pass a gray house with red posts out front (civic address # 1792)
3.1	Pass a road on the right with a red sign saying "Clark Far East Ent"	177.4	You are still on Brophy Road
6.5	Sign at the junction of Brophy Road & Fairmont Road	183.9	Continue straight onto Fairmont Road. You will pass civic address # 1048. Great views of the Fairmont area & windfarms at Maryvale. Eventually, you will pass Walsh Post Road on the right & then Triton Brook Road on the left
5.5	Sign at the junction for Fairmont & Cloverville Roads. Veer left onto Cloverville Road	189.4	Cloverville Road is a long downhill road. You will pass the Coast Beverages Production Facility, Scotsburn warehouse & the golf course
4.0	Cloverville Road turns into College Street	193.4	You are now entering the town of Antigonish
0.5	To continue on the IAT, turn left onto Main Street in downtown Antigonish (you are now on Route 4)	193.9	LAST MAJOR RESUPPLY POINT: All amenities are available in this university town. Dorm rooms can be rented at St Francis Xavier University during summer months & Whidden's Campground & Cottages is located on Hawthorne Street in the heart of downtown Antigonish. The Visitor Information Centre & grocery store (Sobeys) are located on Church Street near Exit 33 of Highway 104.
1.0	To leave Antigonish, follows the signs for Route 4	194.9	
ANTIGONISH TO PORT HASTINGS, CAPE BRETON ISLAND - 63.6 KM			
1.0	Turn right onto St Andrews Street	195.9	You will pass a "Welcome to Antigonish" sign & cross a bridge. You are still on Route 4. Watch for the Rose & Thistle B & B about 2.5 km along Route 4. Open year round.
4.0	Route 4 merges on to Highway 104 at Exit 34	199.9	Keep to the shoulder of the highway. Use caution as this a major highway with fast moving vehicles!
2.8	Turn left towards Pomquet & Pomquet Cove Road	202.7	You are now on South Side Harbour Road
4.8	Turn right onto Pomquet Cove Road	207.5	This is also known as Monks Head Road
2.9	Intersection of Monks Head Road & Pomquet Beach Provincial Park	210.4	OPTIONAL: Pomquet Beach Provincial Park is a long sandy beach where wildlife & shore birds abound. To go to Pomquet Beach, continue on Monks Head Road to the left for 1.8 km, then turn right on Pomquet Beach Rd & continue 2.3 km. No camping. To continue on the IAT, turn right onto Monks Head Road

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2.0	Village of Pomquet	212.4	You will pass a big church on the left. Veer left onto Pomquet Monks Head Road
6.8	Turn left onto Highway 104 / Route 4	219.2	Keep to the shoulder of the highway. Use caution as this a major highway with fast moving vehicles!
2.0	Turn left at Exit 36 toward Summerside & Bayfield	221.2	This is the Summerside Road
7.2	Bayfield Beach Road on the left	228.4	Bayfield Beach Provincial Park is 0.5 km away. No camping. To stay on the IAT, continue on Summerside Road. Watch for the self-serve apple stand near Rileys Brook -- it may be open!
6.0	Turn left on Route 4 towards Tracadie & Monastery	234.4	
2.0	At the church veer left onto Old Trunk Road	236.4	You can continue on Route 4 as the Old Trunk Road joins up with it again in 1.7 km but the trunk road is more scenic & a little shorter
1.2	Turn right on Old Trunk Road	237.6	There's no sign at this junction. Also known as Antigonish Lane
0.5	Turn left onto Route 4 towards Monastery & cross under the overpass for Highway 104	238.1	
0.3	Village of Monastery	238.4	Convenience & variety store. CAPS at the school only open seasonally, during school months
4.0	Linwood Harbour Campground on Route 4	242.4	You are in the community of Linwood
1.0	Hyclass Campground on Route 4	243.4	
0.1	Turn left onto Cape Jack Road	243.5	Lots of great beaches & viewpoints along this road but no water. At the junction of Wharf Road, stay on Cape Jack Road, bending right
7.6	At the intersection of the ball field & St Paul's Church, turn left onto Route 4	251.1	You will pass through the village of Havre Boucher & go by a convenience store & post office
0.9	Continue straight on Route 4	252.0	
2.5	Turn right onto Highway 104 at Exit 39	254.5	Keep to the shoulder of the highway. Use caution as this a major highway with fast moving vehicles! Canada Cultural Centre and plenty of motels, restaurants & fast food joints along this section of highway
2.0	You are now in Auld's Cove at the Canso Causeway	256.5	Cross the Canso Causeway to Cape Breton Island. Use caution.
2.0	Trans Canada Trail (TCT) Pavillion at the Canso Causeway near Port Hastings	258.5	
WELCOME TO CAPE BRETON ISLAND NOVA SCOTIA!			
CAUTION: When crossing the Canso Causeway from mainland Nova Scotia to Cape Breton, walk on the left side of causeway along the break water. Once across, watch for the Trans Canada Trail (TCT) Pavillion on the left near the lighthouse. Use caution as this a major highway with fast moving vehicles!			
	Nova Scotia Visitor Information Centre		0.3 km from the Trans Canada Trail (TCT) Pavillion at the Canso Causeway on Cape Breton Island. Continue straight ahead on Highway 104 from the Causeway towards Port Hastings

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	Port Hastings & Port Hawkesbury		Port Hastings is approximately 6 km from the trailhead at the Canso Causeway & has all amenities. Port Hawkesbury is located approx 9 km from the trailhead at the Canso Causeway & has a CAPS, all amenities & bus service to Halifax