NORTH SYDNEY TO GRAND NARROWS - 61.4 KM WELCOME TO NORTH SYDNEY, CAPE BRETON ISLAND, NOVA SCOTIAI WELCOME TO NORTH SYDNEY, CAPE BRETON ISLAND, NOVA SCOTIAI Rollies Wharf Restaurant is located just past the NL Ferry Terminal on Purves Street NXTR RESUPPLY PLACE IS BEAVER COVE Novards downtown North Sydney O.3 Walking directly off the ferry, turn left onto the pedway towards downtown North Sydney O.3 The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street O.4 Turn right onto King St O.7 In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through O.3 Turn left on to Old Branch Road O.5 In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through O.6 End of the TCT. Turn left on MacDonald Rd O.7 In succession of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 Turn right on Scotch Rd 11.9 In approx. 1.5 km so the part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 Seginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. 16.5 FIRST RESUPPLY PLACE SINCE NORTH SYDNEY 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. This is a lovely trail that meanders between the Bras of Or Lakes on your right and the railroad & Hwy 223 on your left. The first 0.5 km is a bit overgrown with a lop-limediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the words. Keep baring right for the next	Southbound (km)		Total Kms	Comments
Rollies Wharf Restaurant is located just past the NL Ferry Terminal on Purves Street NEXT RESUPPLY PLACE IS BEAVER COVE Usalking directly off the ferry, turn left onto the pedway towards downtown North Sydney 0.3 The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street 0.4 Turn right onto King St 1 In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through 2.0 Cross the overpass onto Johnson Road (also known as Old Branch Road) 1.0 Turn left on to Old Branch Road 3.0 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 1.0 Turn right on Scotch Rd 11.9 Eaguning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of thwy 223. 16.6 Beginning of cross country ski trail near Shenacadie. Watch the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "\" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "\" is overgrown and not used as much as the trail you were no. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right to Hwy 223	NORTH SYDNEY TO	GRAND NARROWS - 61.4 KM		
Street Next RESUPPLY PLACE IS BEAVER COVE Next RESUPPLY PLACE IS BEAVER COVE Walking directly off the ferry, turn left onto the pedway towards downtown North Sydney The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street Turn right onto King St Cross the overpass onto Johnson Road (also known as Old Branch Road) O.3 Turn left on to Old Branch Road Turn left on to Old Branch Road O.3 Turn left on to Old Branch Road Turn right on Scotch Rd 1.0 Turn right on Scotch Rd 1.1 Turn right on Hwy 223 Beaver Cove Restaurant & Convenience Store O.7 FIRST RESUPPLY PLACE SINCE NORTH SYDNEY Beaver Cove Restaurant & Convenience Store O.8 In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through 2.7 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 1.0 Turn right on Scotch Rd 1.1.9 Eaver Cove Restaurant & Convenience Store O.8 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were no. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right to Hwy 223.		WELCOME TO NORTH SYDNEY, CAPE BRETON ISLAND,		North Sydney is a major city with a CAPs (public internet access) & all amenities.
NEXT RESUPPLY PLACE IS BEAVER COVE O. Walking directly off the ferry, turn left onto the pedway towards downtown North Sydney O. Saying the Marine Atlantic Ferry Terminal, turn right onto the pedway towards downtown North Sydney O. The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street O. Turn right onto King St O. Turn right onto King St O. Cross the overpass onto Johnson Road (also known as Old Branch Road) O. Turn left on to Old Branch Road O. Turn left on to Old Branch Road O. Turn right on Scotch Rd O. Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Inmediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallel she highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There is a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail via were no. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right to n Hwy 223 Turn right on Hwy 223 Turn right on Hwy 223 The other part of the "Y" is overgrown and not used as much as the trail via were no. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right to n Hwy 223		NOVA SCOTIA!		Rollies Wharf Restaurant is located just past the NL Ferry Terminal on Purves
0.0 Walking directly off the ferry, turn left onto the pedway towards downtown North Sydney 3.3 The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight shade on Commercial Street 3.3 The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight shade on Commercial Street 3.4 Turn right onto King St 3.5 Cross the overpass onto Johnson Road (also known as Old Branch Road) 3.6 Turn left on to Old Branch Road 3.7 Turn left on to Old Branch Road 3.8 Turn left on to Old Branch Road 3.9 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 3.9 End of the TCT. Turn left on MacDonald Rd 4.7 Turn right on Scotch Rd 4.7 Turn right on Hwy 223 4.8 Beaver Cove Restaurant & Convenience Store 4.9 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of thwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "\" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the \" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street 43.7 You are still in Shenacadie on Hwy 223 43.7 You are still in Shenacadie on Hwy 223 43.7 You are still in Shenacadie on Hwy 223 43.7 You are still in Shenacadie on Hwy 223				Street
towards downtown North Sydney 0.3 The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street 0.4 Turn right on to King St 0.5 End of the TCT. Turn left on MacDonald Rd 1.0 Turn right on Hwy 223 1.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Sheraddie. Watch for House no. 6783 on the left side of Hwy 223. The other part of the the Way 223 intead. The cross country ski trail. There's a distinct Ty' in the trail where it turns to the left up the hill cowards Hwy 223. The other part of the Turn sky 123 eros she street. Turn right on Hwy 223 aros she street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223. You should see House No. 7419 across the street. Turn right on Hwy 223.				
10.3 The pedway ends at the corner of Commercial & Blower Streets (at the gate in the chain link fence). Continue straight shead on Commercial Street 10.4 Turn right onto King St 10.7 In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through 10.3 Turn left on to Old Branch Road 10.3 Turn left on to Old Branch Road 10.3 Turn left on to Old Branch Road 10.5 Turn right on Scotch Rd 11.0 Turn right on Scotch Rd 11.1 Beaver Cove Restaurant & Convenience Store 12.1 Beaver Cove Restaurant & Convenience Store 13.0 FIRST RESUPPLY PLACE SINCE NORTH SYDNEY 14.1 Beaver Cove Restaurant & Convenience Store 15.7 FIRST RESUPPLY PLACE SINCE NORTH SYDNEY 16.6 FIRST RESUPPLY PLACE SINCE NORTH SYDNEY 17.5 In a lovely turn left into the woods. Keep baring right for the next 4.0 km (approx). 17.5 You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 18.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street 18.1 There's a Subway on your right and Bob & Claytons Auto a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through 18.2 The approximation of construction of the straight through 19.0 Beginning of cross country ski trail near Sheneacadie. Watch for flouse no. 6783 on the left side of they 223. 19.7 This is a lovely trail that meanders between the Bras d'Or Lakes on your right and the railroad & Hwy 223 on your left. The first 0.5 km is a bit overgrown with a lop-sided bridge but after that it's well maintained.	0.0	Walking directly off the ferry, turn left onto the pedway	0.0	Leaving the Marine Atlantic Ferry Terminal, turn right onto the pedway towards
Streets (at the gate in the chain link fence). Continue straight ahead on Commercial Street 0.4 Turn right not King St 0.7 In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints, liquor store & other amenities. Continue straight through 0.3 Turn left on to Old Branch Road 0.3 Turn left on to Old Branch Road 0.4 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 1.0 Turn right on Scotch Rd 11.9 4.7 Turn right on Hwy 223 16.6 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country ski trail next the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You are also stay on Highway 223 instead. The cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		, ,		, ,
straight ahead on Commercial Street 0.4 Turn right onto King St 2.0 Cross the overpass onto Johnson Road (also known as Old Branch Road) 3.0 Turn left on to Old Branch Road 3.0 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 1.0 Turn right on Scotch Rd 11.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223 10.5 10.9 10.9 10.9 11.9 11.9 12.7 13.0 14.1 Beaver Cove Restaurant & Convenience Store 30.7 30.7 40.7 41.7 42.7 43.7	0.3	The pedway ends at the corner of Commercial & Blower	0.3	There's a Subway on your right and Bob & Claytons Auto Repair on your left
10.4 Turn right onto King St 2.0 Cross the overpass onto Johnson Road (also known as Old Branch Road) 2.7 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 Turn right on Scotch Rd 11.9 Turn right on Scotch Rd 11.9 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railway tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		Streets (at the gate in the chain link fence). Continue		
liquor store & other amenities. Continue straight through 2.0 Cross the overpass onto Johnson Road (also known as Old Branch Road) 3.0 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 1.0 Turn right on Scotch Rd 11.9 4.7 Turn right on Every 223 16.6 14.1 Beaver Cove Restaurant & Convenience Store 30.7 FIRST RESUPPLY PLACE SINCE NORTH SYDNEY 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223 Turn the trail the trail the street Turn right on Hwy 223 Turn the trail turn to the test street Turn right on Hwy 223 Turn the trail th		straight ahead on Commercial Street		
2.0 Cross the overpass onto Johnson Road (also known as Old Branch Road) 0.3 Turn left on to Old Branch Road 3.0 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 1.0 Turn right on Scotch Rd 11.9 4.7 Turn right on Hwy 223 16.6 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223	0.4	Turn right onto King St	0.7	In approx. 1.5 km, you'll come to a commercial area with motels, fast food joints,
Branch Road) 1.0 Turn left on to Old Branch Road 2.0 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 2.9 End of the TCT. Turn left on MacDonald Rd 10.9 1.0 Turn right on Scotch Rd 11.9 4.7 Turn right on Hwy 223 16.6 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223.				liquor store & other amenities. Continue straight through
Turn left on to Old Branch Road 3.0 This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 10.9 Turn right on Scotch Rd 11.9 16.6 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country rail parallelis the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223 The trail where it turns to the left up the hill & cross the railroad tracks to Hwy 223. To should see House No. 7419 across the street Turn right on Hwy 223 The trail where it turns to the left up the hill & cross the railroad tracks to Hwy 223.	2.0	Cross the overpass onto Johnson Road (also known as Old	2.7	
so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake. 7.9 End of the TCT. Turn left on MacDonald Rd 1.0 Turn right on Scotch Rd 11.9 4.7 Turn right on Hwy 223 16.6 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		Branch Road)		
7.9 End of the TCT. Turn left on MacDonald Rd 1.0 Turn right on Scotch Rd 1.1.9 4.7 Turn right on Scotch Rd 1.1.9 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223	0.3	Turn left on to Old Branch Road	3.0	This used to be part of the Trans Canada Trail (TCT) but is now open to all traffic
1.0 Turn right on Scotch Rd 4.7 Turn right on Hwy 223 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "V" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223				so watch for cars & trucks. It runs 7.9 km from North Sydney to Scotch Lake.
1.0 Turn right on Scotch Rd 4.7 Turn right on Hwy 223 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "V" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223				
4.7 Turn right on Hwy 223 14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "V" is overgrown and not used as much as the trail you were on. Go up the hill & cross the street Turn right on Hwy 223.				
14.1 Beaver Cove Restaurant & Convenience Store 9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223				
9.0 Beginning of cross country ski trail near Shenacadie. Watch for House no. 6783 on the left side of Hwy 223. Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223	4.7	,		
the railroad & Hwy 223 on your left. The first 0.5 km is a bit overgrown with a lop- lmmediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223				
Immediately after that turn right down the driveway with the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223	9.0	,	39.7	, , ,
the white garbage can at the top. Cross the railway tracks & immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		,		
immediately turn left into the woods. Keep baring right for the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		, ,		sided bridge but after that it's well maintained.
the next 4.0 km (approx). You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		, , , , , , , , , , , , , , , , , , , ,		
You can also stay on Highway 223 instead. The cross country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223				
country trail parallels the highway from start to finish and there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		1		
there are several access points along the way 4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		You can also stay on Highway 223 instead. The cross		
4.0 End of cross country ski trail. There's a distinct "Y" in the trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		, , , , , , , , , , , , , , , , , , , ,		
trail where it turns to the left up the hill towards Hwy 223. The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		there are several access points along the way		
The other part of the "Y" is overgrown and not used as much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223	4.0	End of cross country ski trail. There's a distinct "Y" in the	43.7	You are still in Shenacadie on Hwy 223
much as the trail you were on. Go up the hill & cross the railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		trail where it turns to the left up the hill towards Hwy 223.		
railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223		The other part of the "Y" is overgrown and not used as		
railroad tracks to Hwy 223. You should see House No. 7419 across the street Turn right on Hwy 223				
across the street Turn right on Hwy 223				
		•		
0.3 Turn left on to Rear Beach Road 44.0		Turn right on Hwy 223		
	0.3	Turn left on to Rear Beach Road	44.0	

outhbound (km)		Total Kms	Comments
0.3	Walk past the last house on Rear Beach Road and continue straight ahead into the woods. Look for lime green & pink flagging tape clearly marked "SIA-IAT"	44.3	The trail begins on a washed out, dried up brook but there's an ATV trail that goes around it. Watch for it on your right
1.0	Other end of Rear Beach Road. Look for more lime green & pink "SIA-IAT" flagging tape at this intersection	45.3	Turn right onto the logging road & keep bearing right. Don't turn left on to any of the logging roads
1.8	Walk past first house on this section of Rear Beach Road on the left side of road	47.1	
1.8	Turn left on to Highland Road	48.9	This road doesn't have a sign but it's called Highland Road
0.4	Turn right on Farrell Road	49.3	
2.4	End of Farrell Road. Take a quick jig left & then turn right onto Benacadie Road	51.7	
0.1	Turn right on Hwy 216	51.8	There's a sawmill located just to the left of the intersection at Hwy 216
2.2	Turn left on Derby Point Rd	54.0	Scenic section of road with several beaches & camping spots
7.4	Grand Narrows Hotel B & B on left. The best	61.4	The Grand Narrows Hotel B & B is a designated heritage property circa 1887,
	accommodations on the trail!		located on the Bras d'Or, the largest and most beautiful salt-water lake in the world. Owned by Elaine & Terry MacNeil, Ph: 1-888-702-3730
	TO LITTLE NARROWS FERRY - 25.1 KM		
0.0	Canad Namarra Hatal D O D	C1 1	
0.0	Grand Narrows Hotel B & B	61.4	ATAA linung Q aanunginga shaga
0.0	Grand Narrows Hotel B & B Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd	61.4 61.5	ATM, liquor & convenience store NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS
	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point		NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road
0.1	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd	61.5	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road
0.1	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd	61.5	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are
0.1 0.1 0.5	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd Turn left onto Hwy 223 & cross the bridge over Barra Strait OPTIONAL INLAND ROUTE - 25.6 KM	61.5 61.6 62.1	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are salt water and limited camping options
0.1	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd Turn left onto Hwy 223 & cross the bridge over Barra Strait OPTIONAL INLAND ROUTE - 25.6 KM Immediately after the bridge, turn right on Saint Columba	61.5	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are salt water and limited camping options Continue straight ahead to go to the CAPS and/or Highland Village Museum 0.5
0.1 0.1 0.5	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd Turn left onto Hwy 223 & cross the bridge over Barra Strait OPTIONAL INLAND ROUTE - 25.6 KM	61.5 61.6 62.1	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are salt water and limited camping options
0.1 0.1 0.5	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd Turn left onto Hwy 223 & cross the bridge over Barra Strait OPTIONAL INLAND ROUTE - 25.6 KM Immediately after the bridge, turn right on Saint Columba Road next to the brick church	61.5 61.6 62.1	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are salt water and limited camping options Continue straight ahead to go to the CAPS and/or Highland Village Museum 0.5 km further in Iona. Good food at the Highland Heights Inn There is no sign at this intersection but the Bras d'Or Lake is directly across Saint
0.1 0.1 0.5 0.0 1.0	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd Turn left onto Hwy 223 & cross the bridge over Barra Strait OPTIONAL INLAND ROUTE - 25.6 KM Immediately after the bridge, turn right on Saint Columba Road next to the brick church Turn left onto Barra Glenn Road	61.5 61.6 62.1 62.1 63.1	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are salt water and limited camping options Continue straight ahead to go to the CAPS and/or Highland Village Museum 0.5 km further in Iona. Good food at the Highland Heights Inn There is no sign at this intersection but the Bras d'Or Lake is directly across Saint
0.1 0.1 0.5 0.0 1.0	Intersection of Barra Strait Marina & Derby Point Road (Derby Point Convenience Store). Turn right on Derby Point Rd Turn left on Grand Narrows Rd Turn left onto Hwy 223 & cross the bridge over Barra Strait OPTIONAL INLAND ROUTE - 25.6 KM Immediately after the bridge, turn right on Saint Columba Road next to the brick church Turn left onto Barra Glenn Road Continue straight through Dunn & Fraser Roads	61.5 61.6 62.1 62.1 63.1 64.8	NOTE: You can also walk to the end of the beach and climb up the bank onto the bridge instead of taking the road ONLY ON-TRAIL RESUPPLY PLACE UNTIL LITTLE NARROWS From here to Little Narrows, you have a choice of taking the inland route on dirt roads which have more natural water sources & plenty of camping spots; or to stay on paved Hwy 223 with spectacular views of the Bras d'Or Lakes which are salt water and limited camping options Continue straight ahead to go to the CAPS and/or Highland Village Museum 0.5 km further in Iona. Good food at the Highland Heights Inn There is no sign at this intersection but the Bras d'Or Lake is directly across Saint

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

Southbound (km)		Total Kms	Comments
4.7	Turn left at intersection with orange posts but no sign	104.7	Still on SANS Rte 104 & Trout Brook Road
8.6	Continue straight by a sign that says "Whycocomagh 28 km" & other snowmobile routes	113.3	Still on SANS Rte 104 & Trout Brook Road
1.0	Curve right on Trout Brook Road (SANS Rte 104)	114.3	There's a yellow left arrow & NS 104 sign on the left side of the curve. Still on Trout Brook Rd
1.0	Road exiting right off Trout Brook Rd. Has a sign post but no sign	115.3	Continue straight on Trout Brook Rd
0.6	Junction 700. Turn left on Trout Brook Rd	115.9	
2.7	In approx 2.7, come to intersection at SANS 6S	118.6	Continue straight through this intersection. The river will intermittently be on your left from here to Hwy 395
5.0	House with red roof. You are now on Egypt Road	123.6	To go the Egypt Falls (also known as Piper Glenn Falls) one of Nova Scotia's finest waterfalls, turn left on Piper Glenn Rd (see the optional side trail directions below). To continue on the IAT continue straight ahead
	OPTIONAL SIDETRAIL TO EGYPT FALLS - APPROX 3.4 KM		
0.0	On Egypt Rd, turn left at house with red roof onto Piper		Approx 5.0 km from the intersection at SANS 6S, you'll see a house with a red
0.0	Glenn		roof. Turn left here to go to Egypt Falls, one of Nova Scotia's finest waterfalls
1.0	Trailhead to Egypt Falls		At approx 1.0 km, turn right off road & go down steep path to base of falls
0.7	Base of Egypt Falls		Camping spots unknown. Good water source!
1.7	Intersection of Egypt Rd & Piper Glenn		To get back onto the IAT, go back the way you came (to the house with the red roof) & turn left onto Egypt Rd
	END OF SIDETRAIL		
0.0	House with red roof. You are now on Egypt Road	123.6	To continue on the IAT, go straight ahead on Egypt Road
2.0	End of Egypt & Piper Glenn Roads. Turn right on Hwy 395	125.6	Good spot to swim at the bridge on Hwy 395
2.0	End of Egypt & Tiper dictili Nodus. Turning it on Tiwy 355	123.0	dood spot to swill at the bridge off flwy 333
1.6	Turn left on Kilarlity Rd	127.2	SCOTSVILLE IS APPROX. 3.0 KM FURTHER SOUTH ON HWY 395 (CAPS & Patterson's General Store in Scotsville)
			(4
KILARLITY ROAD TO	INVERNESS - 24.6 KM		
0.0	Turn left on Kilarlity Rd	127.2	
1.3	Turn right on logging road. This is the end of Kilarlity Road	128.5	You'll see a sign that says "SANS Rte 105" & other snowmobile routes
3.0	Turn left at the stop sign on the logging road	131.5	You'll see an orange sign saying "Inverness" with an arrow pointing south & an old yellow sign on a tree to the right saying "105 North" & "Gillisdale 5 km"

Southbound (km)		Total Kms	Comments
0.6	Turn right onto snowmobile trail (Rte 105)	132.1	The trail "Y's" off the logging road without warning so watch for it. You'll see a
			yellow arrow on a tree to the right of the trail and a little ways further up the trail,
			there's a "105 South" sign.
1.5	Junction at SANS Rte 105 & Rte 615 near Godfreys Mtn.	133.6	Before turning left, there's a sign that says "105 North; Scotsville 8 km, etc" at the
	Turn left onto SANS Rte 105		intersection
			NOTE: Inverness Capers Snowmobile Club have a shelter located 0.4 km away on
			SANS Rte 615 (turn right onto SANS Rte 615 at the intersection)
4.7	Walk by an auto salvage yard	138.3	
0.1	Bottom of "V" on SANS Rte 105 near Lake Ainslie &	138.4	Scotsville Rd & Lake Ainslie are 0.5 km further down the road. There are 2
	Scotsville Rd. To stay on trail, turn right immediately after		commercial campgrounds on Lake Ainslie along Scotsville Rd
	the small bridge & continue south on SANS Rte 105		Scottsville is 7.5 km down Scotsville Rd to the left but is closer from Kilarlity Road
4.7	Total and a state of the state	112.1	Could and with the head do not be ATM and Market Burnelling CANC Divides
4.7	Trail comes out into a clearing at the end of an ATV road	143.1	Continue straight ahead down the ATV road. You're still on SANS Rte 105
1.9	Take trail to the left	145.0	Turn around & you'll see a sign on a tree saying "North 105" facing north
0.2	End of Lochban Road. Continue up Lochban Road	145.2	
1.0	Turn left on Deepdale Rd	145.2	
2.0	Intersection with the Trans Canada Trail (TCT) on Deepdale	148.2	To bypass Inverness & to take the alternate route via the TCT to Mabou, turn left
2.0	Rd	140.2	on to the TCT from Deepdale Rd
3.6	Inverness	151.8	CAPS, accommodations & commercial camping, hardware store, groceries,
3.0	inverness.	131.0	restaurants, Coal Miner's Café (a must stop!)
			To continue into the town of Inverness, turn right onto the TCT for 3.6 km. turn
			right at the Gables Motel & continue into town.
INIVERNIESS TO DOD	RT HASTINGS VIA TRANS CANADA TRAIL (TCT) - 92.4 KM		
3.6	Inverness	155.4	To get back on to the IAT, go to the TCT Trailhead next to the Gables Motel, turn
			left & walk 3.6 km to Deepdale Rd
			You will follow the abandoned railway bed all the way to Ghost Beach for a total
			of 88.4 km
3.0	Strathlorne Station / Kenloch	158.4	
13.5	Glendyer	171.9	
1.9	Glendyer Station	173.8	
3.7	Village of Mabou	177.5	CAPS, commercial campground on West Mabou Rd, motel, grocery / convenience
			store, café & deli.
			Turn left onto Hwy Route 19 to go into the village of Mabou; turn right onto Hwy
			Route 19 to continue on the IAT and/or for lodging
12.0	Glencoe Station	189.5	Water scarce between Glencoe Station and Judique
8.1	Port Hood	197.6	CAPS, motel, hardware store, groceries, tavern, restaurant

Southbound (km)		Total Kms	Comments
11.8	Judique North	209.4	
3.8	Judique	213.2	Watch for the Celtic Trail which runs 0.5 km north to the Judique Community
			Centre, CAPS, convience store & B&Bs. Check out the Celtic Music Interpretive
			Centre while you're there!
2.7	Baxters Cove	215.9	
10.5	Craigmore	226.4	
3.8	Creignish	230.2	
10.0	End of the railway bed	240.2	
3.0	Ghost Beach	243.2	This is a 3 km walk across a rocky sand bar with Long Pond on your left and the
			Canso Canal on your right
1.0	Trans Canada Trail (TCT) Pavilion at the Canso Causeway	244.2	
	near Port Hastings		
	Port Hastings & Port Hawkesbury		Port Hastings is approximately 6 km from the trailhead & has all amenities
			Port Hawkesbury is located approx 9 km from the trailhead & has a CAPS, all
			amenities & bus service to Halifax
HAPPY TRAILS!		•	·