

Active Adventures

RIDE THE ASPOTOGAN LOOP: Route 329 around the Aspotogan Peninsula is renowned as a scenic and quiet coastal route. The ongoing local debate is whether or not it is prettier and flatter clockwise, or counter clockwise? Regardless, expect long stretches of open road, mixed with a few hills that drop you down into coastal villages. Pause along the way to refresh yourself at one of the many campsites. Most folks depart from, and return to, Hubbards. Park at the carpool lot, Aspotogan Heritage Trust office, or the Hubbards Barn (if there is not a Farmers' Market or event happening) Total loop distance: 52km



HIKES AND WALKS: The Chester Connection and Aspotogan Rail Trails are the foremost walking opportunities that link our communities and our neighbours. The trail is flat and has a gravel surface. Although it passes through our villages, a few more remote areas give access to our inland lakes, streams, and woodlands. Graves Island Provincial Park has a new accessible coastal trail. Community parks in Blandford, Hubbards, and New Ross include lovely footpaths. Coastal routes like Borgald's Point Road and Upper Blandford Road are quiet and suitable for an afternoon stroll. For a more primitive hiking trail, discover Card Lake Provincial Park.



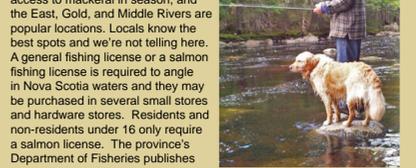
ON THE LINKS: Golfing in the Municipality of Chester offers a wide variety of challenges and scenery. The Chester Golf Course hugs the shores of Mahone Bay and provides ample, beautiful distractions from each te. Sherwood Golf Course is nestled in the upland forest of the Municipality and follows the gentle contours of the region's drumlins, making for challenging and spectacular play. Both courses are public and 18 holes.



SKATE THE PARK: Families and youth from across the region travel to Chester to enjoy one of the finest skateparks in the Maritimes. Featuring a bowl, street course, and annual competitions, Chester's park welcomes skaters, BMXers, and scooters of all ages and abilities. Located on highway 3 through the village, it's hard to miss the high flying action as you pass by.



CAST A LINE: Water makes up a big part of our landscape so of course there are ample opportunities to fish for both fresh and saltwater species. Several wharves give you access to mackerel in season, and the East, Gold, and Middle Rivers are popular locations. Locals know the best spots and we're not telling here. A general fishing license or a salmon fishing license is required to angle in Nova Scotia waters and they may be purchased in several small stores and hardware stores. Residents and non-residents under 16 only require a salmon license. The province's Department of Fisheries publishes an annual Fishing Guide (available online) which includes a full list of regulations and seasonal closures.



FILL THE MAINSHEET: The waters of Mahone Bay and St Margarets Bay have all the essential ingredients for exciting sailing: wind, sheltered waters, islands, sun, and generations of sailors and shipbuilders that have made their lives from the ocean and defined the culture of the area. Several marinas dot the coastline and both the Hubbards Sailing Club and Chester Yacht Club host annual regattas. They also offer instruction and youth learn to sail programs. One of the marquee events of the summer is Chester Race Week, where a large field, and several classes, of boats converge on Chester for what many consider the best racing in Nova Scotia. Hubbards hosts the World Tuna Flat Races.



Chester Connection

When the rails were removed from the old Canadian National Railway Line, the route was rechristened as the Chester Connection and Aspotogan Trails. They wind their way from Hubbards to Martin's River, and link us to points east and west. The route connects our communities, serves as safe off-road passage within our villages, and

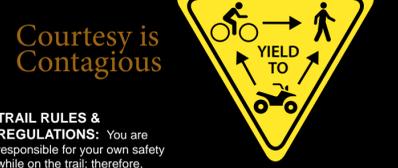


TRAIL ETIQUETTE: The trails are multi-use trails which means you should expect to encounter both non-motorized (walkers, cyclists, skiers, snow-shoers, equestrians) and motorized (ATV's, snowmobiles) users.

- Respect the trail and adjacent landowners
- Be aware and courteous of other trail-users
- Stay to the right when approaching fellow trail users
- Obey all posted signs
- Clean up after pets and keep them on a leash
- Know that walkers can't hear you coming on the trail. A friendly 'hello' or ding of your bell is appreciated

TRAIL RULES & REGULATIONS: You are responsible for your own safety while on the trail; therefore, exercise caution at all times.

- Motorcycles, automobiles, trucks, tractors, sport utility vehicles, and amphibious vehicles are not permitted at any time.
- Maximum speed is 20km/h by any mode of transport
- No person shall use the trail between 11:00pm and 6:00am of the following day
- All pets must be on a leash
- No hunting or trapping is permitted

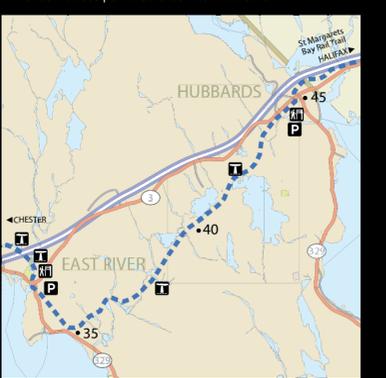


Courtesy is Contagious



The trail provides a flat terrain, ideal for easy travel, and is accessible during every season. In winter it provides a snowy haven for cross-country skiers, snowmobilers, snow-shoers, and hikers. Many kilometers of the trail have been upgraded to a hard-packed, crusher dust surface in recent years. There are a few sections, particularly north of Goat Lake, that remain to be improved. Note that trail distance markers appear on these maps, and each of the community maps.

features the South Shore's natural beauty and some of our most dramatic vistas. The old rail bridges hold a special allure. Gold River Bridge is the highest and longest span at 111m (367ft) and 17m (56ft) above the high water mark. Not quite as grand, but equally beautiful, is the Middle River bridge (22m long and 6m high). The East River Bridge takes you over quiet, meandering pools. The Martin's River Bridge is another dramatic span that connects us to the Dynamite Trail system.



and Aspotogan Trails

- No person shall have in their possession or discharge a loaded firearm or bow
- No person shall have in their possession an unloaded firearm or bow unless permitted under the Wildlife Act.

Active and Healthy Living

GET ACTIVE YOUR WAY: Being physically active is one of the cornerstones of a healthy and fulfilling life. We are fortunate to live in a place that allows each of us to discover the activity that really excites us and sustains us. Walking is certainly the favourite of our residents, but we also enjoy running, biking, swimming, yoga, golf, hockey, dancing and many more. Physical activity doesn't just include organized or competitive sports. Whatever you can do to stretch, lift, throw, run, climb, and laugh qualifies as physical activity. Housework, gardening, stacking firewood all have benefits. And those things that we used to do as kids like frisbee, tag, and playgrounds are just as fun and relevant to our growth (as an adult or child) as they were then. There are many obligations and distractions in our lives today, but if we can strive to get our bodies moving a few times each week, we will all begin to see the benefits to our bodies, our relationships, and our communities.

For Health Benefits

Children (5-11) and Youth (12-17) should accumulate 60 minutes per day of moderate to vigorous activity per day.	From walking or biking to school, to playing tag.
Adults (18-64) and older adults (65+) should accumulate 150 minutes per week. This can be done in bouts of 10 minutes or more.	From brisk walking and bike riding, to swimming and cross-country skiing.



Annual Chester Cut N Run 5k Walk/Run & 10k Run

PLAY AGAIN: Simple, fun, glorious, unstructured play is becoming a lost art. It's inexpensive and based solely on exploring the limits of your imagination and your environment. Your backyard is a playground so turn off the tv, invite the neighbours over, and see what you can come up with.



Shields holding at 80%, Captain.

PLAY OUR GAME

Draw a line from the activity to the place to do it. (Hint: you'll find there's always more than one answer for each)

Things to do...	Places to do them...
Run	Lordy Park
Walk	Bayswater Beach
Sail	Gold River
Ski	Your Backyard
Workout	Croft Road Park
Skate	Sherwood
Golf	Church Memorial Park
Garden	Your School
Play Tag	Marriotts Cove
Dance	Chester Connection Trail
Ultimate Frisbee	Freda's Beach
Bike	Ross Farm
Skateboard	Hubbards Barn
Yoga	Skatepark
Swim	Mill Cove Fields

THE BENEFITS ARE FOR LIFE:

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer



PRO Kids

recreation@chester.ca
275-3490
151 King Street, Chester, Nova Scotia, B0J 1J0
Municipality of the District of Chester
Recreation and Parks Department
has to sit on the sidelines. Contact us today.
financial assistance so that no one
PRO Kids can help families with
sport, and cultural activities.
We believe that every child deserves
a chance to participate in recreation,
the fun side to go directly to Twitter to follow us.
You can also connect with us
at www.facebook.com/ChesterMunicipality, and
it online at www.Chester.ca.
Look for in your mailbox or find
work, and play.
Explore Life. It's a guide to all programs,
events, places, and people that make
the Municipality of Chester a great place to live.
times a year we publish
healthier communities. Four
We are committed to working
active lifestyles and to build
and events for everyone.



CHESTER

MUNICIPALITY OF THE DISTRICT OF

CHESTER RECREATION MAP & GUIDE

FIRST EDITION



Ocean Paddling

SEA KAYAKING: Mahone Bay and St Margaret's Bay offer world class paddling opportunities. The water is relatively shallow compared to the offshore depths, and small fish are still abundant enough to attract larger predators such as bald eagles, ospreys, tuna, and harbor porpoises. The shallowness also means that near shore swells are rarely too large, but mixed with the prevailing southwest summer winds and the tides, these factors can accumulate to pose greater challenges. Know your skill level and paddle within it. Early morning and late afternoon, when the winds are calmer, are ideal times to venture out on the water. One of the most exciting times to paddle is at night, when on a clear evening you can see the Milky Way from horizon to horizon and the phosphorescence in the water lights up every paddle stroke.

The Municipality owns four islands. The most accessible of these is



Clay Island. It has a small picnic site on the western side. There's no camping permitted. It is a drumlin which is characteristic of the geology of the area, it has a lovely yellow birch stand on the hill, and you can walk the sand and rocky shoreline all the way around. Watch for a few examples of mollusk fossils in some of the rocks on the southern end.

Kayak rentals and instruction are available from several outfitters in the area. Remember that all of the islands, except those noted on the map below, are privately owned and many of them have private residences. Consult the Nova Scotia Water Trail site and the *Paddle Lunenburg-Queens* guidebook for more detailed information.



- MUNICIPAL LAUNCH SITES:**
- Western Shore Municipal Wharf (N44° 31.628' W64° 18.528')
 - Wild Rose Park Boat Ramp (N44° 31.841' W64° 18.615')
 - Borgalds Point Road (N44° 33.678' W64° 18.508')
 - Chester Back Harbour (N44° 32.185' W64° 14.613')
 - Freda's Beach (N44° 32.143' W64° 14.589')
 - Chester Front Harbour Boat Ramp (N44° 32.281' W64° 14.297')
 - Deep Cove (N44° 31.370' W64° 06.269')
- MUNICIPAL ISLANDS:**
- Big Fish Island (N44° 31.510' W64° 14.824')
 - Clay Island (N44° 30.981' W64° 15.218')
 - Round Island Nubble (N44° 29.469' W64° 15.971')
 - Marris Island (N44° 30.801' W64° 01.676')

Active Transportation

USE PEOPLE POWERED TRANSPORT: The Municipality of Chester is embarking on a path to make active transportation (AT) the most attractive option citizens have to move themselves throughout our communities. Walking, biking, skateboarding, kayaking and other modes are efficient, fun, and healthy ways to get around. Improvements will take time, but the move to becoming an AT municipality begins with you and your choice to travel to work, school, or play the active and fun way.

The Chester Connection and Aspotogan Trails serve as the spine of the off-road AT network traversing west to east across the coastal communities of the Municipality. Alternately, routes 3, 12, 14, and 329 are the main road corridors that connect us all. Our secondary and neighbourhood roads are typically quieter. Be aware that road, shoulder, and traffic conditions are variable throughout so assess your own skills and confidence when selecting a route.

Our coastal routes in particular are beautiful and scenic, and thus offer many distractions. It is everyone's responsibility (motorists, cyclists, and pedestrians) to **Share the Road**. It's easy to share the road when we all follow the rules.

HOW TO SHARE THE ROAD SAFELY:

When Driving you must...

- Know that bicycles are vehicles and thus have the same rights AND responsibilities on the road. Be aware of cyclists' vulnerability and limitations.
- Leave at least one metre of space when passing a cyclist.
- You may cross a yellow line to pass a cyclist when it is safe to do so. Only pass if there is no oncoming traffic. If you can't pass safely, wait.
- Know that cyclists can't always ride on the extreme right. Sometimes the edge of the road can be in poor condition, or they may be preparing for a left turn.

When Cycling you must...

- Know that bicycles are vehicles and thus have the same rights AND responsibilities on the road.
- Ride single file except when passing another cyclist.
- Ride on the right side of the road, a safe distance from the road edge.
- Obey all traffic signs and use arm signals to communicate with motorists.
- Ride a straight and predictable path. If you are impeding the flow of traffic move over when safe to do so.
- Be visible. Wear bright and/or reflective clothes, and use lights at dusk and in darkness.



"I walk for the joy of it!"

I SHARE THE ROAD

As of September 1, 2012 the speed limit in school zones will decrease to 30km/h when children are present, in areas where the speed is 50km/h.

Getting Around

The Community Wheels fleet of vehicles serves the entire municipality and is available by appointment to take you where you need to be for errands or fun. Put your bike on the front, drive to 'town' and cycle between appointments. The service is for everyone. It's door-to-door, and it's free, but donations are greatly appreciated.

The Tancook Island Ferry departs from the Front Harbour wharf. Plan a hiking or biking day exploring the island and picnicking on Southeast Beach.

There are also private taxi and shuttle services that can take you around the area, and get you from the Airport or Halifax and back again.

In the time it took me to ... I could have ...

	Walked	Biked
Wash a peanut butter jar (5 minutes)	400m	1.3km
Make my way through the drive-thru (10 minutes)	800m	2.5km
Consume an "energy drink" (20 minutes)	1.6km	5.3km
Wait on hold for the "next available customer representative" (30 minutes)	2.5km	8km
Watch an episode of <i>Canadian Idol</i> (60 minutes)	4.8km	16km

THREE LAWS TO KNOW ABOUT:

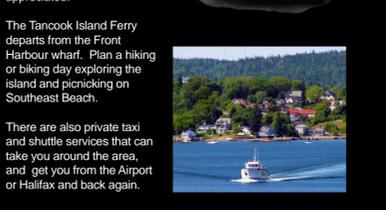
1 Metre

Nova Scotia is the first province in Canada to enact the **One Metre Law**. Leave at least one metre of space when passing a cyclist.

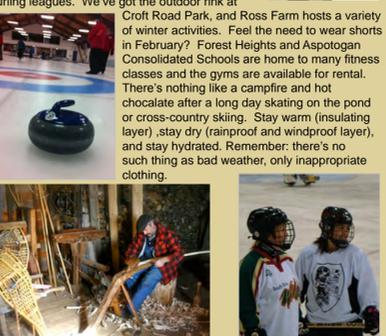


Winter Active

Only the bears hibernate in the winter around here. The Municipality is a four season playground, so when the sun is a little lower in the sky, don your toque and mitts and head outside to enjoy the crunch of snow under your boots. We've got lots of drumlins so venture to your favourite tobogganing hill. We've got kilometres of trails so jump into your skis or snowshoes. Church Memorial Park is home to hockey and curling leagues. We've got the outdoor rink at



Croft Road Park, and Ross Farm hosts a variety of winter activities. Feel the need to wear shorts in February? Forest Heights and Aspotogan Consolidated Schools are home to many fitness classes and the gyms are available for rental. There's nothing like a campfire and hot chocolate after a long day skating on the pond or cross-country skiing. Stay warm (insulating layer), stay dry (rainproof and windproof layer), and stay hydrated. Remember, there's no such thing as bad weather, only inappropriate clothing.



Warden's Message

Residents of the Municipality of the District of Chester enjoy a long history of lives lived outdoors. Our grandparents hunted in the woods, and fished the oceans. As kids we can remember walking to the community schoolhouse and playing outside in the summer until the street lights came on. Those great memories are even more relevant today. As we have somehow begun to drift away from those active times, we see the consequences creeping up on us.

It is with this mind that we have assembled the first edition of the *Municipality of Chester Recreation Map and Guide*. We hope to offer inspiration to everyone, residents and visitors alike, so that you may find the activity that inspires you to get up, get out, and be more active. There are many ways to play and I'm certain that you'll be able to find them all in our Municipality.

Our recreation department staff is here to help you navigate your way, and we are fortunate to have many community partners and private enterprises that are leading the shift in our culture to an active and vibrant future.

Enjoy
Allen Webber,
Warden



For More Information

- Aspotogan Heritage Trust: www.aspotogan.org
 Bluenose Coast Tourism Association: www.facebook.com/BluenoseCoast
 Canadian Tire Jumpstart Adapted Recreation Equipment Loan Program: www.chester.ca/recreation/adapted-equipment-loan-program.html
 Chester Race Week: www.chesterraceweek.com
 Chester Cut N Run 5k Walk/Run & 10k Run: www.chesterraceweek.com
 Chester Yacht Club: www.chesteryachtclub.ca
 Chester Golf Club: www.chestergolfclub.ca
 Community Wheels: 275-5535
 Explore Life, our quarterly recreation guide: www.chester.ca/recreation/recreation-and-parks-department.html
 Friends of Oak Island Society: www.friendsfotokisland.com
 Graves Island Provincial Park: www.novascotiaparks.ca/parks/gravesisland.asp
 Heart and Stroke Walkabout: www.walkaboutns.ca
 Hubbards Sailing Club: www.hubbardssailingclub.ca
 Municipality of the District of Chester: www.chester.ca
 Municipality of the District of Lunenburg recreation & trails: www.mod.ca
 New Ross Family Resource Centre: www.nrfrc.ca
 Nova Scotia Trails and Water Trail guide: www.trails.gov.ns.ca
 Nova Scotia Anglers Handbook: www.gov.ns.ca/fish/sportfishing/angling
 Nova Scotia's THRIVE! Initiative: www.thrive.novascotia.ca/
 Paddle Lunenburg-Queens guidebook: www.trails.gov.ns.ca/nscwb/book/paddlecover.html
 Ross Farm Museum: www.museum.gov.ns.ca/rfm
 Route Enhancement Committee of the Aspotogan Peninsula: www.aspotoganroute.org
 Safe Routes to School, and Making Tracks: www.saferroutesns.ca
 Sherwood Golf Club: www.eden.travel/sherwood
 South Shore Active Communities: www.southshoreactivecommunities.ca
 Take the Roof Off Winter: www.TakeTheRoofOffWinter.ca
 Tancook Ferry schedule: www.tancookislandtourism.ca
 UNSM Active Transportation: www.unsm.ca/active-transportation.html



WESTERN SHORE

Begin your morning in Western Shore with a stroll through Wild Rose Park. The footpaths along the seawall give panoramic views to the islands of Mahone Bay. The park is also a great place to picnic, or to launch a kayak to venture on the water. Upon your return, cast a line off of the Municipal wharf, then in the afternoon take the kids to the playground at the Legion Park.

Atlantica Resort has both an indoor and outdoor pool, spa and exercise facilities, and bike and kayak rentals are available at the marina (seasonal).

Guests of Atlantica Resort can walk up Vaughn Road (the resorts' entrance road), cross Highway 3 and access the Chester Connection Trail via Lawrence Hatt Road or through the Legion's parking lot. Once on the trail it's about 4.8km west to reach the Martin's River Bridge, and 4.7km east to the Gold River Bridge.

Oak Island, long renowned as a Treasure Island, is off limits to visitors but recently the Friends of Oak Island Society has begun offering guided tours.



Wild Rose Park



CHESTER BASIN

Enjoy the gentle sound of the babbling brook next to the Green Gym as you engage in a low resistance workout on the outdoor fitness equipment. Refresh yourself by walking to the Gold River Bridge (1.9km west), pause on the deck and feel the sun on your face. In the evening, the small Municipal landing on Borgald's Point Road is the place to launch a canoe or kayak for a calm paddle in the sheltered waters behind Marvin's Island.

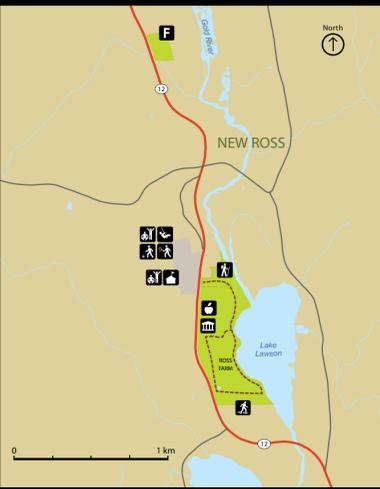
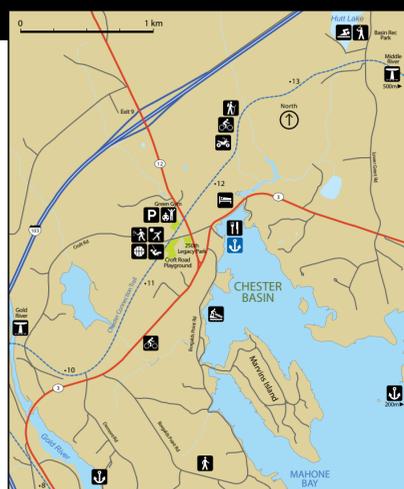
The Basin Recreation Park on the shore of Hutt Lake is a hub of activity in the summer. The baseball field is the home of the local youth baseball league, and the beach offers a spot to cool off.

The Croft Road Park has a playground and a basketball/street hockey court that is converted into a skating rink in the winter.

The 250th Legacy Park is new and under development. It will celebrate the heritage and industry of the hard working settlers of the area.



Green Gym



NEW ROSS

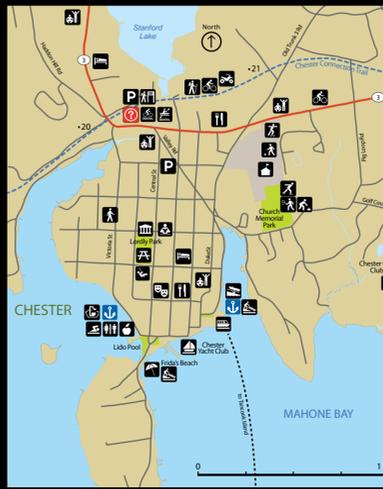
Find yourself in New Ross for a soccer tournament this summer? After your last morning game, walk across Highway 12 to the Lion's Park trailhead which will lead you downhill towards Lake Lawson where you can connect with the trails of Ross Farm Museum. Take yourself up to the Museum headquarters to check in, and then explore the living history of the families and agriculture of early Nova Scotia. The farm is also the host of a weekly Farmers' Market so grab some fresh, local produce for a picnic lunch by the lake before heading back to the recreation complex for your afternoon games.

It's inland altitude makes New Ross more ideal for cross-country skiing and snowshoeing, and the area is well known for u-cut Christmas trees.

The New Ross Family Resource Centre, located behind the school, is the home to several recreation programs and an excellent exercise facility. They have been instrumental in developing the recreation complex and recent upgrades to the field, track, tennis courts, and outdoor fitness equipment.



New Ross Recreation Complex



CHESTER

Chester is the largest population centre in the Municipality and it offers a range of recreation opportunities. The area near the schools is the hub of land-based activities. The field hosts the largest local youth soccer league, and the newly refurbished track is a training ground for young athletes. The skate park is one of the finest of its kind on the east coast and seems to be packed every day. Church Memorial Park is home to the tennis club and is the centre of winter activities—Chester Ravens hockey, figure skating, and a vibrant daytime curling league.

Water activities are centered around the Lido Pool. The base of the saltwater pool has been freshly resurfaced and a new change and washroom facility has been constructed. Swim lessons are offered in the summertime. Just over the causeway is Freda's Beach, and the Chester Yacht Club (host of Opti Jam) is across Parade Square—site of a weekly Farmers' Market.

Yoga, dance, and exercise facilities are located in the area. Extensive visitor information is available at the Old Train Station, where you can also rent bikes, and arrange kayak rentals.



Lido Pool

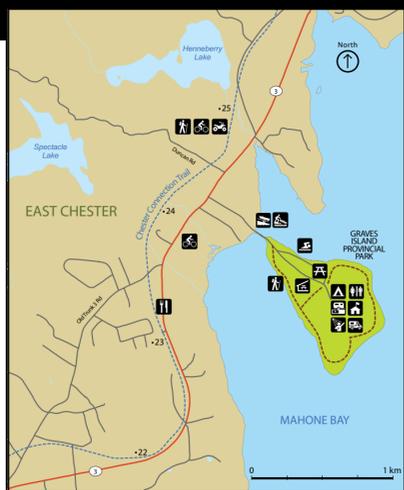
EAST CHESTER

Graves Island Provincial Park is a place where you can stay awhile. Whether for a day or for a week, the island is an excellent home base from which to explore the Municipality and the region. The park has facilities for RV and tent camping and a large group camp site. It features a new accessible trail system around the rim of the island. Before you cross the causeway you'll find a boat ramp, a popular launch site for folks heading out mackerel fishing, and it's a fine spot to put a kayak in the water to explore the coastline and islands of Mahone Bay. A favorite family spot is the small beach and picnic area on the north side of the island. The water is sheltered and shallow which makes it an ideal spot for kids to look for hermit crabs while parents prepare lunch. The park has also built a new shelter which can host park and recreation programs in all four seasons.

If you are walking or biking to the park on the Chester Connection Trail, exit at Duncan Road which gives you the closest access to the park road.



Trail to the shore, Graves Island

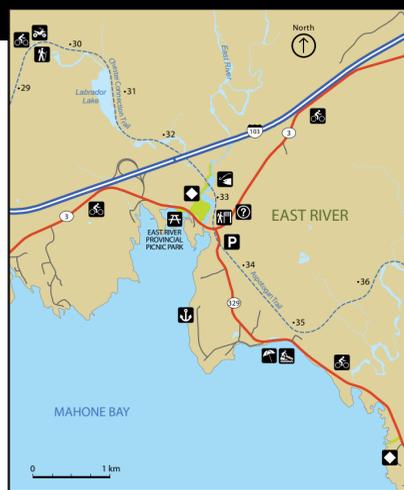


EAST RIVER

To some people, the stretch of the Chester Connection Trail that follows the East River here is perhaps the prettiest along the route. Barry's Brook flows from Labrador Lake, snaking its way along and under the trail, to meet the East River at the first bridge that you come to from the East River trailhead. The land on the western side of the East River below the bridge has recently been purchased by the Municipality to retain as open space. In time we imagine improving the access, but for now folks are welcome to explore the land and access the water on their own.



East River is the western launching point for the Aspotogan Peninsula. Just down the 329 you'll find Meisner's Beach—a wonderful spot for a stroll and to watch the sunset over Mahone Bay. A little further along, just north of Lloyd's Landing subdivision, the Municipality has another small open space. It is signed and has a parking area. A short walk through the woods will bring you to a small sheltered cove.



MAP FEATURES

- Lodging
- Trail Map and Interpretive Panel
- Ferry
- Food service
- Information & Map Panel
- Visitor Information Centre
- Marina
- Municipal Wharf
- Picnic area
- Restrooms
- Parking
- Fishing
- Hiking
- All-terrain Vehicles
- Playground
- Tennis
- Kayaking/Canoeing
- Bicycle trail
- School
- Community School (with recreation programs)
- Undeveloped Municipal Open Space
- Dive site
- RV Campground
- Sanitary Disposal
- Sailing
- Exercise Facility
- Soccer
- Museum
- Farmers' Market (seasonal, check schedule)
- Snowshoeing
- Basketball
- Canoe/Kayak launch
- Baseball
- Swimming
- Kayak Rental
- Outdoor Rink
- Scenic Trail Bridge
- Bicycle Rental
- Skate Park
- Arena
- Library
- Fairgrounds
- Curling
- Playhouse
- Boat ramp
- Showers
- Walking Route
- Picnic shelter
- Campground
- Dog park (membership)
- Beach
- Boat Pump-out
- Municipality of the District of Chester
- Park/open space
- Ocean/lakes/streams
- Nature Reserve
- Schools
- Highway 103
- Trunk Road
- Local Road
- Multi-use Trail
- Hiking Trail
- Municipal Boundary

For this first edition of the Municipality of Chester Recreation Map and Guide we have attempted to provide a complete and accurate set of public information and resources. If you note any errors, or have suggestions for improving the quality of the information and the map, we'd be happy to receive your feedback. Please contact us at the Recreation and Parks Department.



ASPOTOGAN PENINSULA

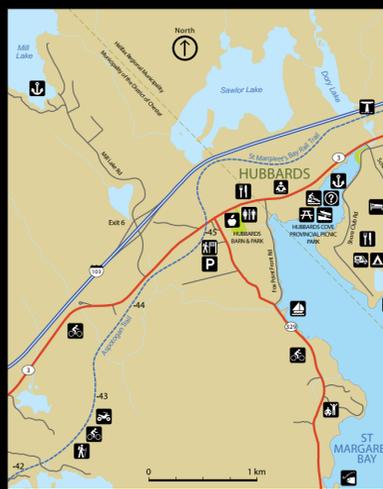
After biking half way around the loop, pause at Bayswater Beach to take a dip in the refreshing waters of St Margaret's Bay. The long sand beach is perfect for lounging while the kids play in the inlet stream that flows from the pond and bisects the beach. The park on the other side of the road has picnic shelters and lots of shady trees which happen to be perfect for stringing up a slackline. As you continue your ride, take your next break at the District No.1 Community Centre. The parkland around the hall has a short loop trail through the woods, basketball courts and playground, and the Blandford Historical Society maintains a lovely exhibit inside.

Locals like to walk on the quiet and flat coastal route of the Upper Blandford Road. From end to end and back again it's about 4km.

New Harbour, Mill Cove, Fox Point, and The Lodge are well known diving locations. Local dive shops offer complete information on the area.



Bayswater Beach



HUBBARDS

The Hubbards Sailing Club has opened its new facility on the Cove. Youth recreational sailing and leadership development is the focus of the club. From their new location, they offer a variety of learn to sail, and coaching development programs. Down the road at the Fox Point Community Centre, a new exercise facility has been fully outfitted. Many fishermen try their luck from the deck of the Fox Point government wharf. The sports fields at Mill Cove host youth baseball, ultimate frisbee, and bike polo.

The trails at the Hubbards Barn and Community Park are a wonderful backdrop to the summertime Saturday morning Farmers' Markets. The Aspotogan Trail and St Margaret's Bay Rail Trail collect people from far and wide who bike and walk to the weekly market.

The small private marina at Mill Lake has provided access for generations of cottagers. From the end of the road, canoeists can launch and explore the upper and lower reaches of the lake.



Hubbards Sailing Club