



DESBARRES MANOR INN OSPREY SHORES GOLF RESORT RARE BIRD PUB & EATERY SKIPPING STONE CAFE & STORE
RARE BIRD CRAFT BEER HARBOUR BELLE BAKERY FULL STEAM COFFEE CO.

Authentic Seacoast 101

There are more than 101 things to do when you visit the Authentic Seacoast, so whatever your idea of the perfect Nova Scotia vacation is, you can find it here. With more than 600 kilometres of shoreline to explore, the Authentic Seacoast™ can keep you on the go for a week, or help you find a quiet place to simply breathe the fresh sea air and relax in the quiet of our nature.

Activities at DesBarres Manor Inn

- Croquet**, On the Manor lawn
- Read**, A good book on the Grand Deck
- Romantic Dinner**, By the fire
- Afternoon Tea**, In your spacious room
- Board Games in the Parlour Room**, We have the best ones!
- Backgammon**, With a glass of port
- Card Games**, There's a rules book if you're rusty
- Wine Tasting**, With our cellar keeper
- Yoga Mats**, Strike a pose indoors or out
- Private Yoga Class**, For two in your superior room
- Aromatherapy**, Nap at the Chef's organic herb garden
- Cooking Class**, In the Manor Kitchen
- High Speed WiFi**, Who says there's no surfing on the Bay?

Activities at Osprey Shores Resort

- Golf**, Ocean views from every fairway
- Shot Alert**, Ball stealing foxes on the sixth green
- Ring the Bell**, The sixth tee lookout
- Swim**, In our outdoor pool
- Volleyball**, On the lawn
- Badminton**, With your buddy
- Horseshoe Pitching**, Are you a ringer?
- Night Golf**, Helps your handicap
- S'mores and More**, Mussel Cove bonfire pit
- Morning Coffee**, Benches at Mussel Cove
- Catch Fireflies**, Get a mason jar
- Launch Your boat**, Mussel Cove boat launch
- Cycling**, Take some bikes on the trails around the Village
- High speed WiFi**, Surf's up in the Clubhouse

Activities at the Skipping Stone Cafe & Store

- Let it ride**, Rent one of Skipping Stone bicycles and tour the village and its trails
- Go surfing**, Complimentary WiFi for Skipping Stone's guests
- Full Steam ahead**, Savour a Full Steam Coffee Co. beverage and pick up a bag of beans to take home
- Paddle your cares away**, Get a sea kayak or canoe rental explore the coves of Guysborough harbour

Activities at the Rare Bird Pub & Eatery

- Tap your toes**, At the weekly Ceilidh Kitchen Party
- Dance a jig**, On East Coast Music night
- Play pool**, With the locals
- A friendly game** of darts
- Watch the boats**, While having lunch on the deck
- Board games**, In the window nook overlooking the harbour
- Catch the Big Game**, On the Big Screen
- Taste the Catch of the Day**, Lunch or dinner
- Drink a handcrafted ale**, From the Authentic Seacoast Brewing Company

Activities in the Village

- Old Courthouse Museum**, Find your family history in the genealogy files
- Workout**, Chedabucto Place Fitness Centre
- Tennis**, Courts at the Fitness Centre
- Main Street Shops**, Find unique gifts
- Afrikan Canadian Heritage Centre**, Learn about Nova Scotia's first Black settlers
- Nova Scotia Crafts**, Skipping Stone Cafe & Store
- Jost's Wharf**, Check out the daily catch
- Community Ceilidh**, at the Jost Chandlery in the summer
- Go For a Paddle**, Rent a sea kayak or canoe at Skipping Stone Cafe & Store and explore the coves of Guysborough Harbour
- Ride a Bike**, Rent a bicycle at the Skipping Stone Cafe & Store

Festivals & Events

- Stanfest**, Three day folk fest celebrating the music of Stan Rogers
- Guysborough Triathlon**, Have a trio of fun
- Antigonish Highland Games**, Have a fling
- Festival Antigonish**, Get caught in the act
- Guysborough Come Home Week**, Everyone's a local
- Annual Rubber Duck Race**, Under the Boylston Bridge
- Festival Savalette**, Acadian Festival in Larry's River
- Nicholas Denys Days**, Guysborough & St. Peters
- Celtic Colours International Festival**, Cape Breton's celebration of Celtic Culture

Catch the Big One

- Atlantic Salmon Estuarial Fishing**, Mouth of the Salmon River (watch for seals on the rocks)
- Brown Trout Fishing**, Low tide at the Salmon River and Guysborough Harbour
- Annual Mackerel Derby**, Late July
- Trout Fishing**, Donahue Lake

Hikin' & Bikin'

Get a picnic basket at Skipping Stone Cafe & Store or DesBarres Manor Inn and discover:

- Trans Canada Trail**, Hike or bike mainland Nova Scotia's first leg
- Chapel Gully Trail**, Hike the easternmost point of mainland Nova Scotia
- Fox Island Beach**, Ask a local how to find the trail to Black Point
- Preacher's Trail**, Trek from Queensport to Cole Harbour
- Little Dover Coastal Trail**, Hike the boardwalk
- Trench Road Trail**, Hike to Three Mile Lake
- Geocaching**, Nova Scotia's best caches are on the Bay

The Best Beaches & Coves

Get a beach bag picnic basket at DesBarres Manor and discover:

- Secluded Beaches & Coves**, Over 600 kilometres of shoreline on the Bay
- Build a Sandcastle**, Buckets at Skipping Stone Crafts & Gallery
- Search for shells**, Sand Dollars, Clam Shells, Periwinkle Shells and Polished Beach Glass
- Bird Watching**, Keep a lookout for Bald Eagles, Blue Heron, Osprey, Gannets and other Seabirds
- Skip Rocks**, Your inner kid is waiting
- Paint**, Memorable beach scenes await your canvas
- Fogarty's Cove**, Whales and dolphins at the place that inspired Stan Rogers
- Tor Bay Beach**, Expansive breakers and seals playing in the surf
- Black Duck Cove**, Wade in some of the East Coast's warmest waters
- Port Shoreham Beach**, The best beachcombing

Shutterbug Alert!

- Sugar Islands**, Molasses Harbour at Port Felix
- Church at Port Felix**, Commanding view of the Atlantic
- Queensport Lighthouse**, Read about its keepers
- Chedabucto Bay Lookoff**, Panoramic views of the Bay at Dort's Cove

Take a Back Road

- Dickie's Brook Hydro Electric Station**, Drive up the mountain road
- Canso Coastal Barrens Wilderness Area**, Catch the panoramic view from Lundy Fire Tower
- Pick Blueberries**, On the Barrens
- Black Duck Cove**, Walk the boardwalk at and spot the native seabirds
- Larry's River**, Take the Acadian Tour

The Best Wharves

Whitman's Wharf, Entrance to the historic town of Canso

Little Dover Fisherman's Wharf, Strike up a conversation with an old salt

Canso Fisherman's Wharf, You might see an 800 pound tuna being landed and dressed

Tickle Wharf, View Isle a Bec

Along the Bay

Get a picnic basket at DesBarres Manor Inn or Skipping Stone Cafe & Store and discover:

Route 16, What Frommers calls "an uncommonly scenic drive"

Cooks Cove, Explore the beach

Gaulman's Point, At the end of Half Island Cove's Wharf Road, look out on Fogarty Cove

Seaman's Memorial, Pay your respects to those lost at sea on the way into Canso

Whitman House Museum, Climb the widow's walk for panoramic views of Canso Harbor

Grassy Island National Historic Site, Take a boat tour to the Island

Commercial Cable Trans Atlantic Park, Learn about relaying messages from the Titanic

Glasgow Head, Mainland Nova Scotia's easternmost point

Star of the Sea Parish, Overlooking Canso and the wide open Atlantic

Sea Kayak, Canso Islands

On the Coast

Dover Shrine, Visit at the Catholic Church

Cable Ship Faraday Interpretive Display, Tor Bay Provincial Picnic Park

Whitehead Island, Lighthouse and the old Whitehead Canal

Cole Harbour, Walk along the shore and smell the sea air

New Harbour Beach, Keep a lookout for the Moose!

Up The Strait

Henry Sinclair Memorial, Incredible harbour view from Boylston Park

Eddy Point Lighthouse, Entrance to the Canso Strait

Mulgrave Port, See what ships are in for service at North America's deepest port

Dive Tours, Discover the wreck Baleine at Red Head with Causeway Diver Supply

Pettipas Market, Meet the legendary Mr. Pettipas in Aulds Cove

Canso Causeway, Cross onto Cape Breton Island

Strait Tours, Get on the Strait with Ship Harbour Boat Tours in Port Hawkesbury

Arichat, Acadian fishing village on Isle Madame

Don't Forget To ...

Watch the sunrise on Chedabucto Bay

Take in the star filled sky

Breathe the fresh sea air

Gaze at the moon reflecting on the Bay

Embrace the quiet