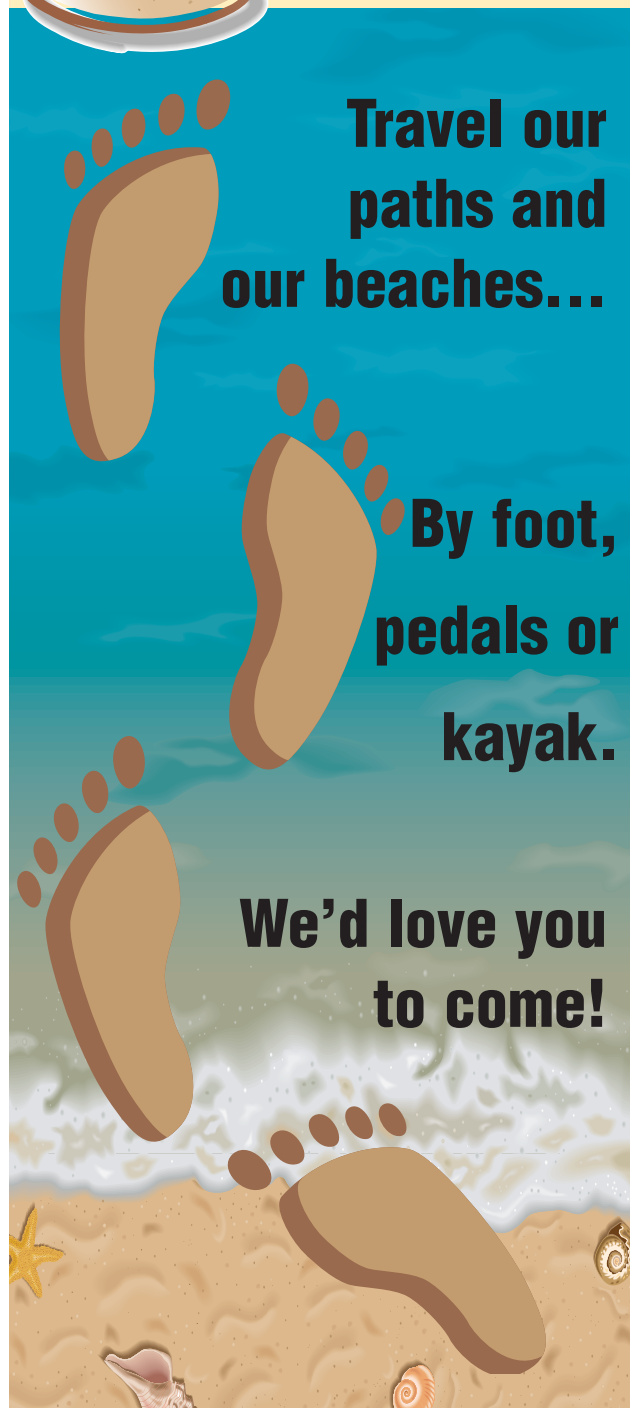


# Visit the secrets along our Shore





#### Kenomee Canyon

Follow Hwy 102 from Halifax to Truro, exiting left (exit #15) onto Hwy 104 towards New Brunswick. Exit right onto Glenholme Loop, then turn right onto old highway. Follow a short distance and exit left on Hwy 2 towards Parrsboro. Follow road to Economy, then turn right onto unpaved River Phillip Road (road is marked by sign to "Economy Falls"). Follow dirt road up over mountain, following signage to Economy Falls. The Kenomee Canyon trailhead is located at the top of Economy Falls.

The Kenomee Canyon trail loop is the largest of the Economy Falls trail system, and one of the nicest trails in the Province. Borrowing from the brochure... "This is a spectacular 18km wilderness hike into the Economy River Wilderness Area along the edge of the Economy River gorge."

The trail follows the river's steep banks upstream to the headwaters at Murphy and Black brooks, then loops around, crossing both brooks, and heads back downstream on the opposite bank. The trail crosses several feeder

## Start your Tourism Adventure with Canyons and Waterfalls of The Cobequid Mountains



#### Economy Falls

streams which must be forded on foot, however there is a sturdy bridge spanning the river just above the falls.

There are several backcountry campsites along the trail, including Chain Lake Falls, Murphy Brook Falls and Newton Lake

campsites.

Watch for spectacular wildflower blooms in the spring and brilliant fall colours throughout the abundant hardwood stands in the fall.

This backcountry trail is one of my favorites, and makes a great two-day hike.

#### Waterfalls of the Cobequid Mountains

The Cobequid Mountains stretch from Truro to Cape Chignecto. Headwaters originating in the mountain lakes and springs flow towards the Minas Basin, spilling over escarpments created by major faultlines in the rock. The abundant rivers found along this coastline can be traced inland to one or more spectacular waterfalls. Some have well developed trails while others require extensive hiking and climbing in unmarked backcountry. Only experienced and fit individuals should attempt these areas.

#### Economy Falls

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*continued on page 3*

# mo's

café • internet • books • art • hostel

DOWNTOWN FIVE ISLANDS