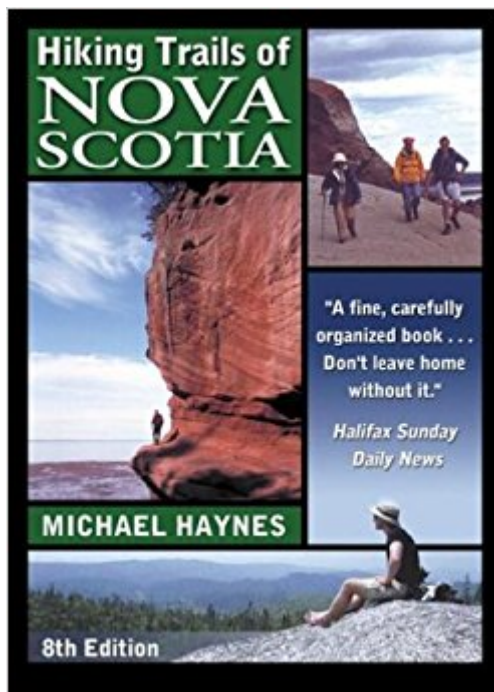


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Hiking Trails Of Nova Scotia



Synopsis

Michael Haynes is Mr. Hiking in Nova Scotia. The 7th edition of his Hiking Trails of Nova Scotia sold 15,000 copies, and his eight-year series of CBC Radio spots has been so popular that people he meets on the trails recognize him by his voice. Eager to supply the best information about the delights (and possible hazards) of self-propelled excursions into the woods and mountains and along the shores of his province, he has now prepared Hiking Trails of Nova Scotia, 8th edition. The 8th edition of Hiking Trails of Nova Scotia is completely revised and updated. More than 30 of the 50 trails are new, and 25 of these new trails did not exist when the 7th edition was published. Haynes re-hiked and updated the descriptions of about 20 trails, and he charted the current condition of 7th-edition trails. Users will find the new 8th edition of Hiking Trails of Nova Scotia as trustworthy a guide as ever to hikes long and short, challenging and easy, in all corners of the province. As well as instructions for finding each trail and descriptions of the trails themselves, Hiking Trails of Nova Scotia, 8th edition, includes maps and synoptic information on length, time, difficulty, other uses, facilities, and the correct topographical map to use. New to this edition are trailhead GPS listings for all hikes, and, for those who carry cellphones as safety devices, information about the often-uncertain reception in Nova Scotia's mountains and woodlands. Also new to this edition are sidebars on plants, animals, historic sites, and other interesting features of the trails.

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Customer Reviews

"Tuck this guide in your backpack, your tent, your car, your outhouse, on your bookshelf, wherever, just make sure you have a copy handy!" (The Coast 2012-05-08)"Michael Haynes opened up new

territory for walkers with his Hiking Trails of Nova Scotia . . . and Hiking Trails of Cape Breton. He has a knack for finding places that have good paths and interesting vistas." (Atlantic Books Today 2013-01-09)"Adventure awaits . . . a well-organized book packed full of facts . . . ideal for a backpack . . . could make the difference between a pleasant and unpleasant experience." (New Glasgow Evening News 2013-01-09)

Hiking Trails of Nova Scotia, 8th edition, is an indispensable guide to hikes long and short, challenging and easy, in all corners of the province. Haynes has revised the descriptions of 20 favourite trails profiled in the 7th edition and added more than 30 completely new ones. Each trail description includes directions for getting there, details about the trail, photos, maps, GPS coordinates, and cellphone coverage.

After doing my homework on the internet and searching for areas of great hiking in Nova Scotia, I came across the Cape Breton Highlands National Park area, the Cabot trail scenic drive, etc...and although I understand that the author/hiker wanted to include all regions of Nova Scotia in his book, I was terribly disappointed to see that there are only five hikes mentioned from the Cape Breton Island area. To be honest, I was able to retrieve much more info, simply by doing searches on the internet. L'Acadien, Skyline trail, Corney Brook, Coastal trail, and many more of what seem to be the most significant hikes in this area; were all left out of this book. On the positive side, it seems to include many great details about the wildlife in the area, the topo maps look like they will be helpful, and directions to the trailheads seem thorough.

Nice review of the trails and trailheads and suitable for our short one week trip to Cape Breton, adequate maps and trail information

Very confusing to somebody who doesn't live in Nova Scotia. Our rental car didn't have GPS and we couldn't find any of the hikes. Not one and we were there for two weeks. The hike descriptions list the topo map where the hikes can be found but doesn't clearly state which town they are in. ??? We picked out several in the Halifax metro area only to find they were hours away from our location. My mom carefully read the book and picked out a bunch she wanted to take. We took the book to several visitor centers and they couldn't make heads or tails of it either. We had much better luck with the Lonely Planet guide which recommended several wonderful hikes.

I really like the way this was written, great directions, information about the trails. The GPS information would most likely be useful to people who had their GPS device...another purchase in the future. Highly recommend this book for those visiting the Cape Breton area.

This is an excellent guide that we found useful throughout our stay on Cape Breton Island. The maps are excellent and the descriptions of the trails and how to reach the trailheads is great. The topographical maps were also very useful. I will comment on some of the great hikes included in Haynes' book. As you leave Cheticamp and enter the Cape Breton Highlands National Park, you are given three immediate trails from which to select. Because of intense rain, we had to skip these trails and move further north into the park. Along the way, the ocean views from the Cabot Trail were incredible, some of the most beautiful and dramatic scenery in the world. Our first hike within the park was the Skyland Trail, a 3 hour hike on a high mountail plateau. The vegetation is naturally pruned and stunted by the ocean winds. The views of the Gulf of St. Lawrence are stunning from this height. We looked for moose but saw only pheasants. Our second hike was to MacIntosh Brook, where the spruce trees create alpine odors as you hike and Aspen trees were turning gold. The old growth Sugar Maples were turning flame red in our September trip. The Sugar Maples are propagated by a root system that allows saplings to develop all around the parent tree. These small saplings may remain short for decades in virtual shadow, nourished by the root system of the parent tree. Our third hike was to Lone Shieling, a short hike that offered a stone replica of an ancient Scottish hut, a short walk along a brook, and another short hike through Sugar Maple forrests. Our fourth hike was very short since a dirt road will take you almost to the Chutes Beulach Ban Falls. Our fifth hike was cut short due to lack of time. We tried to hike to the Glasgow Lakes Lookoff but the round trip takes 4 hours. We turned back before completing the hike but we did reach an altitude to see vast vistas. We spent the night at the Markham Resort cottages in Dingwall and had a gourmet dinner at the Morrison restaurant in Cape North. The Markham cottages allow for wetland or beach front hikes where the granite pebbles offer infinite varieties of colors and shapes. Here we saw a young bald eagle just getting the white feathers of the mature adult. We drove to Bay St. Lawrence where we went for a whale cruise. We saw two pilot whales, hundreds of curious seals, and an adult bald eagle. We were late in the season so I suspect most of the whales had migrated to the Carribbean. While on the road we found the convenience stores offered many quick meal selections. In Cape North, I was able to get a lobster sandwich and chocolate milk. An odd combination, but it tasted great. Our sixth hike to Broad Cove Mountain was short but offered great views above the treeline. However, our seventh hike, to Middle Head, was one of my favorite

hikes. The trailheads start behind the impressive Keltic Lodge hotel. The hike offers high cliff hanging views of the Atlantic. Our eighth hike was up Cape Smokey, a long hike but which has 3 vista points along the way with incredible views of the Atlantic ocean and the rocky wave battered cliffs and rocks below. This book was a great resource by which to explore one of the most beautiful areas in North America.

I bought this book before our recent vacation to Nova Scotia, where we spent most of our trip on Cape Breton Island. This book covers only a small fraction of the available trails. We did "Middle Head" (which is covered in the book), but, at the suggestion of the ranger at the National Park information center, we also did Franey Mountain (just a short distance from Middle Head) and Skyline (on the other side of the park), both of which were more substantial and rewarding and not even mentioned in the book. Save the cost of the book and stop by a visitor information center or National Park information center. You'll hear about a lot more choices.

This book deserves more attention, because it is one of the best trail guides available in the country. It has everything an outdoorsperson looking for trails in Nova Scotia needs: GPS coordinates, cell phone coverage, maps, and accurate descriptions. This book is far superior to almost any other published hiking guide I have seen.

Included topo maps and very accurate trail head and actual trail notes. History and sidebar notes about the area and the trails added to the overall hiking experience. Only problem was our lack of time to do all the hikes we wanted to- what time we had was maximized with this reference.

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