

## **Rum Runners Trail Itinerary - Outdoor Enthusiast**

### **Halifax to Lunenburg - 119km**

#### **Halifax**

I Heart Bikes ([www.iheartbikeshfx.com](http://www.iheartbikeshfx.com); 902-406-7774; 1507 Lower Water Street): Known as the City of Trees, Halifax is best seen by bike or foot. I Heart Bikes offers Heart of Halifax City Tour, which shows you the best of Halifax, while teaching you about the city's thriving neighbourhoods and rich history.

Ghost Walk of Historic Halifax ([www.tattletours.ca/ghostwalk.html](http://www.tattletours.ca/ghostwalk.html); 902-494-0525): You'll get chills on this tour with Tattle Tales, as you hear stories of hauntings, troubled Titanic victims, and more.

#### **Timberlea**

Bluff Wilderness Hiking Trail ([wrweo.ca/wp/?page\\_id=107](http://wrweo.ca/wp/?page_id=107)): This rugged, challenging 4-loop wilderness trail is over 30 kms long and offers stunningly beautiful vistas of the surrounding wilderness and lakes. The trail system passes through several landscape types, including forests, fens and open granite barrens with glacial outcropping. There are no facilities on the trail, so hikers are expected to practice 'Leave No Trace' techniques. There is a bike rack at the main trailhead.

#### **Hubbards**

Beaches: The trail runs parallel to Hwy 3, which has five beautiful white sand beaches alongside the road. Take a break and cool off with a swim at Cleveland Beach Provincial Park (8878 Hwy 3, Hubbards) or Queensland Beach Provincial Park (9600 Hwy 3, Queensland), both have vault toilets and change rooms.

#### **Chester**

Big Tancook Island ([www.tancookislandtourism.ca](http://www.tancookislandtourism.ca)): For the small, round trip price of \$7, you and your bicycle can make the 8km ferry ride to Big Tancook Island. This small island that was traditionally a fishing outpost has attracted a number of artisans over the years and offers visitors cute galleries, a couple restaurants, and quiet roadways and trails that are great for cycling.

Graves Island Provincial Park ([www.novascotiaparks.ca/parks/graves.asp](http://www.novascotiaparks.ca/parks/graves.asp)): Offering picnic areas, washroom facilities, a campground and waterview walking trails around the island, Graves Island is a great place to stop for a picnic and rest your legs.

## **Mahone Bay**

Mader's Cove & Prince's Inlet (3.4 km longer than trail route): The trail route between Mahone Bay and Lunenburg is peaceful and wooded. For an alternative, coastal route, continue along Hwy 3 and turn left along the water at Mader's Cove. Follow the water along Mader's Cove Road to Sunnybrook Road, then left onto Herman's Island Road to Prince's Inlet Road. Veering right onto Second Peninsula Road will bring you back to Hwy 3.

## **Lunenburg**

Pleasant Paddling ([www.pleasantpaddling.com](http://www.pleasantpaddling.com); 902-541-9233): Explore the hidden coves, shallow passageways, Oven's sea caves, and historic waterfront of Lunenburg on a guided kayak tour.