



## **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™ Resorts 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**, In the Parlour  
**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** with Chef Zwarun, Learn East Coast cuisine  
**High Speed WiFi**, Who says there's no surfing on the Bay?  
**Taste of Nova Scotia**, Afternoon guest reception

### **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  
**Swim**, In our 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 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 having lunch from 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

## **THE AUTHENTIC SEACOAST™ RESORTS**

DesBarres Manor Inn ▪ Rare Bird Pub & Eatery ▪ Skipping Stone Crafts & Gallery ▪ Osprey Shores Golf Resort

119 Ferry Lane, Guysborough, Nova Scotia, B0H 1N0, Canada (902) 533-3904 Toll Free (800) 909-3904

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#### 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 Crafts & Gallery  
Jost's Wharf, Check out the daily catch  
Young Fiddlers at the Jost Chandlery in the summer  
Sea Kayak, Coves of Guysborough Harbour

#### 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

#### HIKIN' & BIKIN'

Get a backpack picnic basket at DesBarres Manor 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 the 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

#### 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

#### 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  
Fogerty's Cove, Whales and dolphins at the place that inspired Stan Rodgers  
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

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#### **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

#### **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 classic wicker picnic basket at DesBarres Manor and discover:  
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

#### **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

#### **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**

Historic Chedabucto Bay Sailing Ship Photos, Connolly's General Store in Boylston  
Henry Sinclair Memorial, Incredible harbour view from Boylston Park  
Scoop Coop, Sand Point's famous ice cream stand  
Eddy Point Lighthouse, Entrance to the Canso Strait (don't forget your cone)  
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  
Arichat, Acadian fishing village on Isle Madame

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**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

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