



Carve out  
some time  
to play ...

In Nova Scotia, you're never far from nature. Our many expansive nature parks have so much to offer – from endless rivers to wilderness camping, to sandy beaches and massive forests. Several parks allow for safe deep woods camping by canoe or kayak, while even our golf courses are typically surrounded by forest or ocean – or even both!

Savour the salty ocean breezes. Catch the sparkle of the sun on the sea. Kayak along the ocean shore or down a mysterious river. Hear the muffled thump of your footsteps on a spruce-scented path, and revel in the knowledge that in Nova Scotia you can enjoy nature's many delights every season of the year. From hiking around Nova Scotia's Provincial Parks to kayaking the Atlantic waters, Nova Scotia outdoor activities are as rich and varied as the culture. Visit the forests of Cape Breton Highlands National Park, surf Lawrencetown Breach, go rafting on the highest tides in the world on the Bay of Fundy, take a cycling tour of the Cabot Trail, or have a picnic on a rocks at Peggy's Cove. Outdoor Nova Scotia is as endless as your imagination!

#### **Spend Some Fun Time in Nova Scotia's Outdoors!**

- ◆ October is **Pumpkin Fest** in the Annapolis Valley - a month of food, fun and family events to celebrate our harvest season. Join us for Pumpkin fun, Pumpkin food, Pumpkin art and fresh Valley Pumpkins ... and a Pumpkin Regatta to boot!
- ◆ Bring your sand bucket and imagination to the **Clam Harbour Beach Sandcastle & Sculpture Contest**.
- ◆ **Dino Daze** - Celebrate this 'Dino' namic Day in Parrsboro by making dino goo, dino pins and rock crafts and by looking at real dinosaur bones and dino droppings! Join us for a lunch of t-rex fingers, dinocake and swamp water!
- ◆ The **Nova Scotia Provincial Exhibition** features something for everyone. Professional music artists, motorsports, harness racing and local entertainers are featured along with traditional agricultural displays and competitions. We also host the largest midway in Nova Scotia. Bring your family and friends for a full day of agricultural education, great food and lots of family entertainment.

## RESERVE SOME TIME ....

Nothing boring about our Tidal Bore! Marvel at the Bay of Fundy and witness the highest tides of the world - on top of them by **Tidal Bore Rafting**. Discover the rare phenomenon created when competing currents collide. It's a one-of-a-kind adventure vacation experience to ride a tidal bore. The cresting waves become your personal roller coaster.



Enlist as a soldier ... if only for a day! Don the kilt and bonnet of a soldier from the 78th Highland Regiment and fire an authentic Snider-Enfield rifle as you learn about how the 'redcoats' defend the British Empire. At the **Halifax Citadel National Historic Site**, share a meal with your fellow Highlanders, experience military tradition and enjoy on-site exhibits and facilities. Or participate in the activities of the **Fortress of Louisbourg National Historic Site** in the areas of interpretation, animation programs, training, archaeology and research.

**One Life Surf School** is Eastern Canada's first women's surf school offering instruction for both groups and individuals. Inspired by the ocean, One Life Surf School has been spearheaded by a collective of women who love surfing. Services include environmental workshops, surf camps, apparel, professional development, leadership training, and self-care such as massage therapy, yoga, and reiki therapy. The sky is the limit! One Life Surf School is about unity, empowerment, education, respect, laughter, salty hair, sand between your toes, happiness, creativity, and so much more!

Check out the **Whale Watching Interpretative Centre** in Pleasant Bay ... then hop on board one of several whale watching operators in the area and check out the whales in the bay up close and personal! More great whale watching and be found in the Bay of Fundy and off Peggy's Cove.

Tag a lobster on an educational, research-based experience with **Lobsterman Tours**. Discover first hand, the salty history of charming Lunenburg, Nova Scotia (a UNESCO World Heritage Site) by experiencing the life of a Lobster Fisherman! This is an entertaining and educational experience and an absolute must if you are visiting Nova Scotia! Your tour takes you to the fishing grounds for the hauling of the lobster traps! Along the way you'll learn about lobsters and lobster fishing from the professional crew. The tour is a 'hands-on educational science' with an onboard marine biologist and a touch tank featuring lobsters, crabs, and other marine creatures.

Enjoy some fine **golfing** with magnificent ocean views! Nova Scotia offers dozens of different courses to choose from including seaside golf landscapes, as well as inland forest settings. Here, you'll discover some of the most dramatic golfing settings in Canada. For those who want to golf in Nova Scotia, there are over 60 public golf courses, many with stunning seaside views, which cater to all playing abilities. Beautiful Cape Breton is home to the world renowned "fabulous foursome" of golf courses, including public courses and Nova Scotia golf resorts.

- ◆ **The Lakes Golf Club** in Ben Eoin will be a world-class Graham Cooke designed golf course scheduled to open Spring 2010. It is being constructed on 3 plateaus where the maximum elevation of 150-feet above sea level will provide beautiful vistas of the rolling hills and waters of the Bras d'Or Lakes.



Nova Scotia has many secondary roads off the 100 series highways suitable for **cycling**. With a landscape that encompasses mountain highlands, river valleys, rugged seacoast, low-lying dyke lands, historic small towns and bustling cityscapes, this is a cyclist's paradise. Whether it's a cycling tour, group ride or a solo outing down quiet country by-ways, you'll find it here.

- ◆ Meet up with **Velo Halifax Bike Club** for one of their Sunday rides that begin and end in the city every Sunday from March through November.
- ◆ Sign up for a Bike & Yoga tour of the province's historic and scenic South Shore led by renowned tour operators, **Freewheeling Adventures**.

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