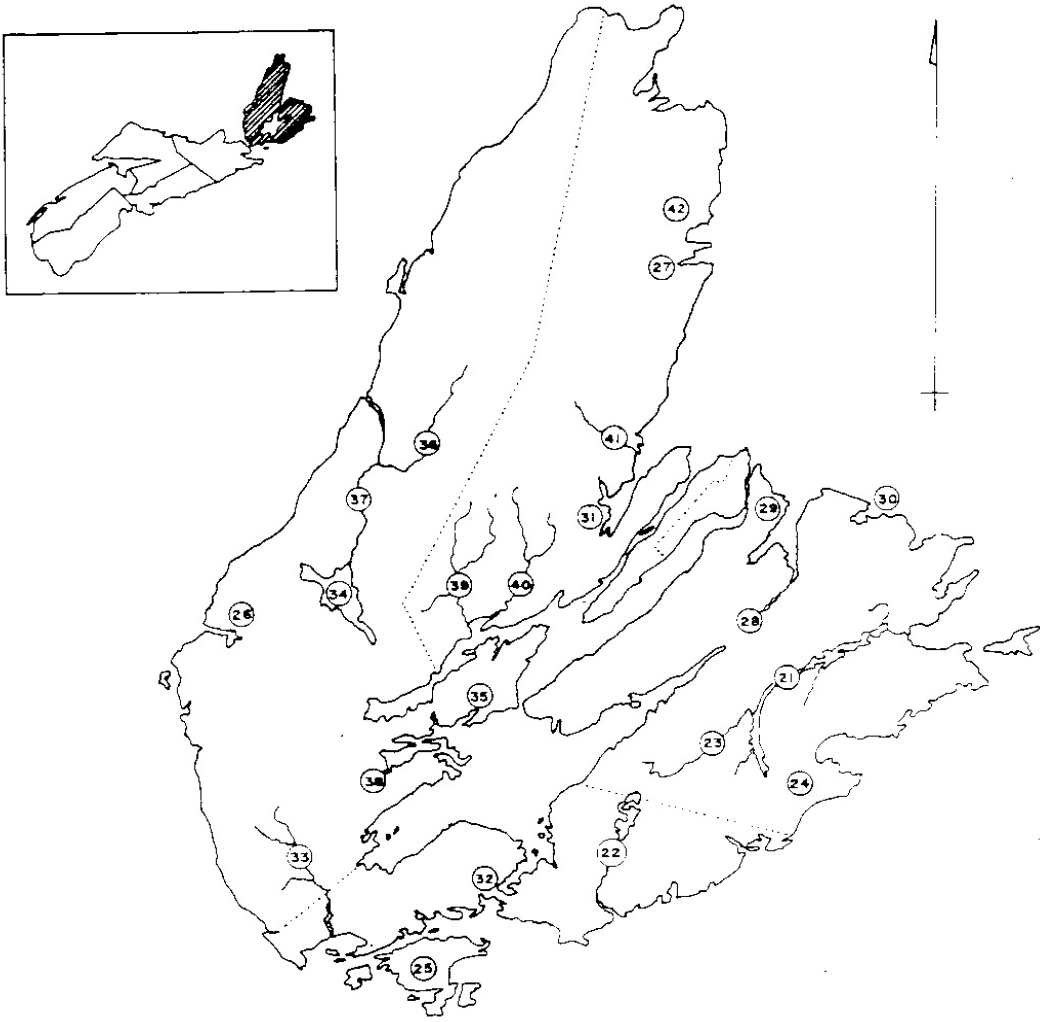


Cape Breton Region MAP



Scale: 1cm = 10km

Cape Breton Region

- No. 21 Mira River**
- No. 22 Grand River**
- No. 23 Salmon River**
- No. 24 Gabarus Lake**
- No. 25 Grand Lake**
- No. 26 Mabou Harbour**
- No. 27 Ingonish Harbour**
- No. 28 Blacketts Lake**
- No. 29 Big Pond River**
- No. 30 Lingan Bay**
- No. 31 St. Anns Harbour**
- No. 32 St. Peters Inlet**
- No. 33 River Inhabitants**
- No. 34 Lake Ainslie**
- No. 35 McKinnons Harbour**
- No. 36 Northeast Margaree River**
- No. 37 Southwest Margaree River**
- No. 38 River Denys**
- No. 39 Middle River**
- No. 40 Baddeck River**
- No. 41 Indian Brook**
- No. 42 Warren Lake**

Route: No. 21 **Mira River**
 Type: River
 Rating: Easy – Advanced
 Length: 45.16 kilometers (2.8 miles) 2 days
 Portages: None
 Main bodies of water: Mira River and Mira Gut
 Start: Victoria Bridge or Mira Lake
 Intermediate access: Route 327 at Marion Bridge and Route 22 at Albert Bridge.
 Finish: Mira Bay

The Mira is a large river and difficult area to rate. Beginning at Victoria Bridge under normal conditions it will be considered as easy, and will increase in difficulty as the trip progresses. The river is as wide as a lake in many places and will increase to moderate before reaching Marion Bridge. At Marion Bridge the tidal influence will up the rating to intermediate which will carry through to the provincial park near Albert Bridge. From this point to the end of the route will be classed as advanced due to the complexities of the Mira Gut.

There are many summer cottages and homes along the river and camping is recommended at private campgrounds or the Mira River Provincial Park.

Victoria Bridge to	Salmon River	10.32	kilometers
# #	Marion Bridge	21.29	#
# #	Albert Bridge	35.48	#
# #	Mira Gut	41.94	#
# #	Mira Bay	45.16	#

Detailed information: National Topographic Series	Map No. 11F / 16
	11K / 1E
	11J / 4W

Route: No. 22 **Grand River**
Type: River and Lake
Rating: Moderate – Intermediate
Length: 33.1 kilometers (20.5 miles) 1 or 2 days.
Portages: Several (less than 1 kilometer total)
Main bodies of water: Lake Uist, Loch Lomond and Grand River.

Start: at the bridge on Salem Road near the head of Lake Uist.
Intermediate access: at 5 locations.
Finish: at the bridge in the village of Grand River.

There are three unpaved roads that lead to the starting point. The best is probably the road south from Big Pond on the No. 4 highway.

When starting out on Lake Uist there are two routes which the paddler can choose from. You can cross the lake at approximately S 30°W (magnetic) until you come to a channel. Pass through the channel and continue on the same bearing until reaching the opposite shore. The longest carry of the trip (.4 kilometers) follows a cut line at this point. After portaging, continue across Loch Lomond to the passage.

The other choice follows west along the north shore of the lake passing through several channels (short lifts may be necessary) and then turns southeast across the lake to the passage.

From the passage the paddler will be crossing Loch Lomond to the bridge at Head of Loch Lomond. The rating changes to intermediate at this point as you will be leaving the lakes and starting down Grand River.

Grand River is mainly rips, riffles, falls, erosion and fallen trees. There is a short but difficult carry at Grand River Falls.

Intermediate access points are located at the passage, Head of Loch Lomond, and several places along Grand River.

Detailed information:	Canoe Waterways of Nova Scotia.	Ref.	11 A-B-C
	National Topographic Series	Map No.	11F / 15E
		and	11F / 1 0E

Route: No. 23 **Salmon River**
Type: River
Rating: Moderate – Intermediate
Length: 16.45 kilometers (10.20 miles) 4 hours
Portages: walking the boat in a few places may be necessary during dry periods.
Main bodies of water: Salmon River

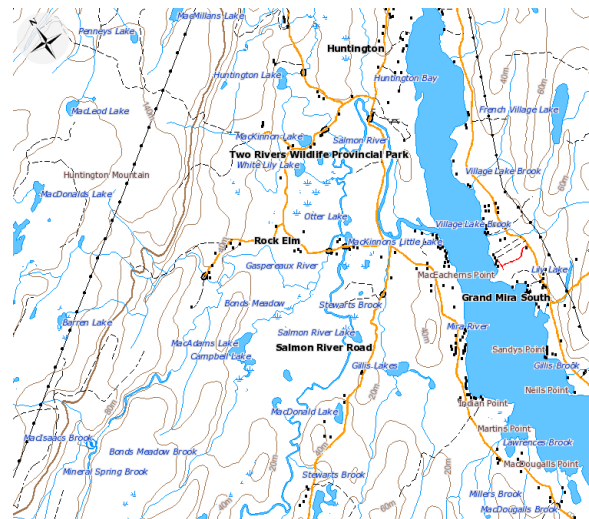
Start: at Silver Mine on the Salmon River Road.
Intermediate access: a bridge at 11.6 kilometers.
Finish: at the bridge by the provincial wildlife park. (see note)

The Salmon River is generally a slow meandering stream, and under these conditions it has been rated as moderate. An intermediate rating would be considered after heavy rains or during periods of high water when submerged windfalls and increased current speeds might cause a problem.

There is a rock outcrop at approximately 5 kilometers from Silver Mines.

This river is a tributary of the Mira (Silver Mines to Mira River = 20 kilometers) and the paddler may wish to continue his or her voyage beyond the above take out location. An appropriate take out point on the Mira will be necessary if doing this. Refer to Mira River Route No. 21.

The paddler approaching the Salmon River from the Mira will have to be alert; as the entrance is rather obscure because of tall grass.



Detailed information: National Topographic Series

Map No. 11F /16W

Route: No. 24 **Gabarus Lake**
Type: Lake
Rating: moderate
Length: 28.38 kilometers round trip (17.59 miles)
Portages: None
Main bodies of water: Gabarus Lake and Belfry Lake

Start: at the bridge crossing the channel between the two lakes.
Intermediate access:
Finish: return to starting point.

Located on route 327 approximately 50 kilometers from Sydney. The starting point is on the first road to the left after going through the village of Gabarus Lake. Both lakes are exposed, and caution should be exercised on windy days.

Detailed information: National Topographic Series Map No. 11F / 16E

Route: No. 25 **Grand Lake**
Type: Lake
Rating: moderate
Length: 4.52 kilometers one way (2.8 miles)
Portages: None
Main bodies of water: Grand Lake

Start: launch boats from side of road 4.8 kilometers south of Lennox.
Intermediate access:
Finish: return to starting pint.

Grand Lake is located on Isle Madame in Richmond County. After arriving on the island follow route 320 to Lennox. Turn right and follow the road for approximately 5 kilometers. The lake will come into view on your right and boats can be launched from the side of the road.

There are many caves along the first portion of the lake before it opens to its full width.

Care should be taken on the main part of the lake during windy weather.

Detailed information: National Topographic Series Map No. 11F / 11E

Route: No. 26 **Mabou Harbour**
Type: Saltwater
Rating: Moderate – Intermediate
Length: 14.19 kilometers (8.8 miles) 3 hours (round trip)
Portages: None
Main bodies of water: Mabou Harbour

Start: by the bridge on route 19 in Mabou.

Intermediate access:

Finish: at the beach on the mouth of the harbour or return to starting point.

Mabou is located on route 19 approximately 60 kilometers from the Canso Causeway. The harbour is almost completely landlocked, but can still be affected by winds and currents. The north shore provides the best protection.

Intermediate rating at the mouth of the harbour during ebb and flow of tides.

Detailed information: National Topographic Series Map No. 11K / 3W

Route: No. 27 **Ingonish Harbour**
Type: Saltwater
Rating: Moderate
Length: 9.67 kilometers (6 miles) 2 hours (round trip)
Portages: one short carry
Main bodies of water: Ingonish Harbour

Start: at the campgrounds at the head of South Ingonish Harbour.

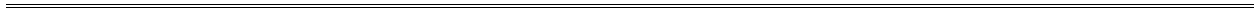
Intermediate access:

Finish: return to starting point.

This route proceeds along the shore of Ingonish Harbour to a small protected cave. A short lift at the end of the cave will put you in the fresh water lake. Return by the same route.

Strong winds from the mountains can be expected on Ingonish Harbour

Detailed information: National Topographic Series Map No. 11K / 9W
Parks Canada



Route: No. 28 **Blacketts Lake**
Type: Lake
Rating: Easy
Length: 3.9 kilometers (2.4 miles) 2 hours
Portages: None
Main bodies of water: Blacketts Lake
Start: bridge at northeast end of lake.
Finish: return to starting point.

Blacketts Lake is located north of the No. 4 highway not far from Sydney Forks.

Detailed information: National Topographic Series Map No. 11K / 1W

Route: No. 29 **Big Pond River**
Type: River
Rating: Easy
Length: 1 or 2 hours
Portages: None
Main bodies of water: Big Pond River and Big Pond.
Start: Bridge on route No. 305
Finish: return to starting point.

Big Pond is located north of Sydney Mines in Cape Breton County. Due to its limited size, it is used very little.

Detailed information: National Topographic Series Map No. 11K / 1 and 11K / 8

Route: No. 30 **Lingan Bay**
Type: Saltwater
Rating: Moderate
Portages: None
Main bodies of water: Lingan Bay
Start: Lingan Beach
Finish: Lingan Beach

Lingan Bay is heavily used during the summer season. It is a small bay near Dominion, on route 28 in Cape Breton County

Detailed information: National Topographic Series Map No. 11K / 1E

Route: No. 31 **St. Anns Harbour**

Type: Saltwater

Rating: Intermediate

Length: 15.48 kilometers (9.6 miles) to North River Bridge.

Portages: None

Main bodies of water: North Gut, St. Anns, St. Anns Harbour, Goose Cove and North River.

Start: at a small bridge about 3 kilometers from the Trans Canada Highway on the Cabot Trail.

Intermediate access: Goose Cove and North River Centre.

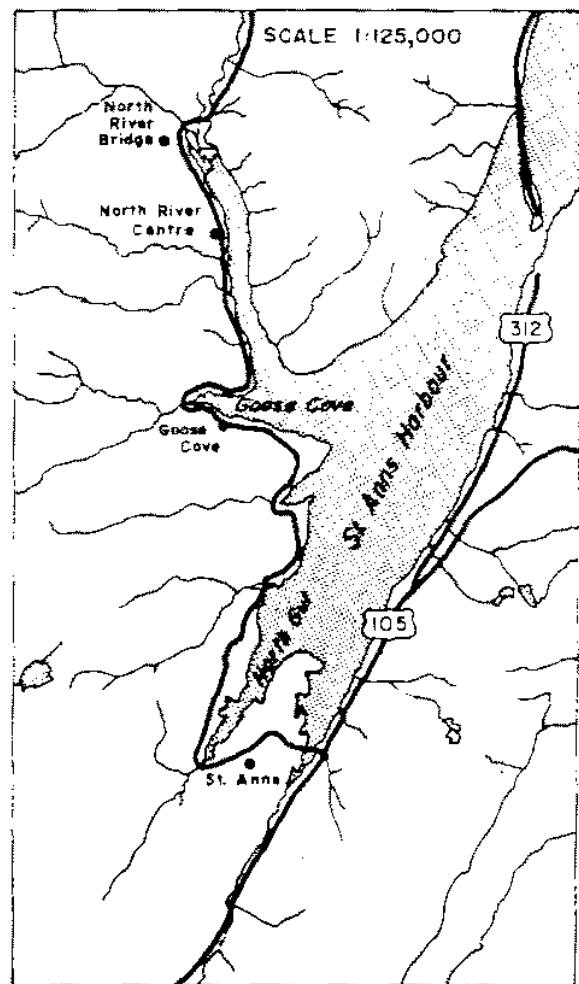
Finish: North River Bridge or return to starting point.

Due to the complexities involved in saltwater paddling this route has been rated as intermediate. Be extremely cautious of weather conditions. St. Anns is a large harbour.

Follow the shoreline, and time the trip so that you will be using the tide to your advantage.

Starting point to Goose Cove = 9.03 km.

Starting point to North River Centre = 12.9 km



Detailed information: National Topographic Series

Map No. 11K / 2E
and 11K / 7E

Route: No. 32 **St. Peters Inlet**
Type: Lake
Rating: Moderate
Length: 25.8 kilometers (16 miles) 5-6 hours round trip
Portages: None
Main bodies of water: St. Peters Inlet

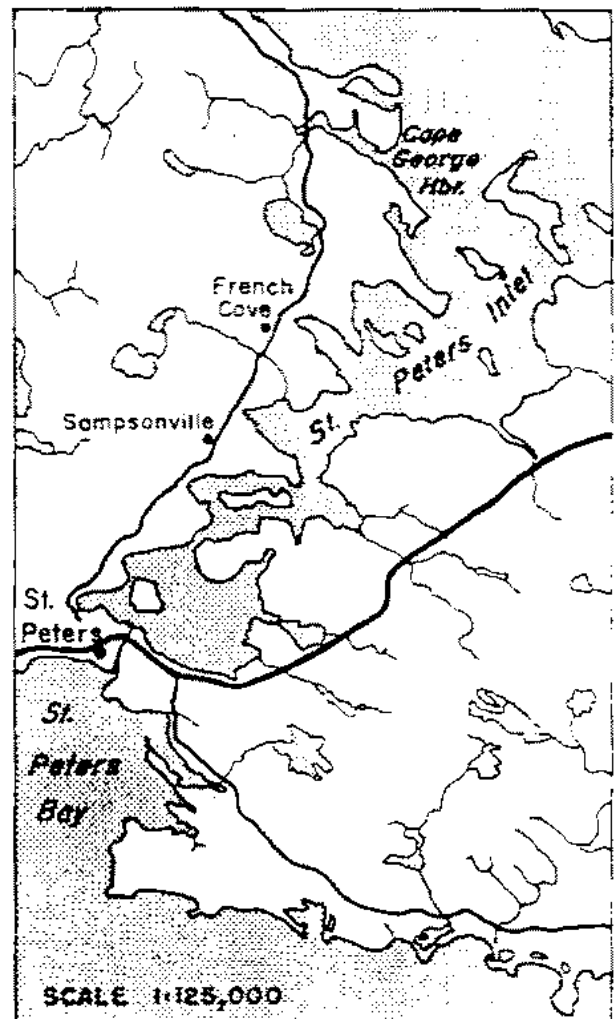
Start: St. Peters
Intermediate access: French Cove and Cape George Harbour.
Finish: return to starting point.

St. Peters is located on highway 104 approximately 55 kilometers from the Canso Causeway. It is the site of the historic St. Peters Canal and the main entrance for small craft to the Bras d'Or Lakes.

An excellent launch point is located on the north side of the highway at the Lions Recreation Park. Following the northwestern shoreline provides the best protection from the wind.

There is a provincial campground south of highway 104 at St. Peters.

French Cove – 7.74 kilometers
Cape George Hbr. – 15.48 kilometers



Route: No. 33 **River Inhabitants**
Type: River
Rating: Moderate
Length: 30.97 kilometers (19.2 miles) (1-2) days
Portages: None
Main bodies of water: River Inhabitants

Start: Lamey Brook
Intermediate access: bridges at West Bay Road and Cleveland.
Finish: Lower River Inhabitants

This route begins approximately 2 kilometers north of Glenora on Lamey Brook, a tributary of River Inhabitants. After launching, paddle for 1.29 kilometers and you will come to the meandering River Inhabitants, an old river with many ox-bow lake patterns along its course.

There is no white water, so the main obstructions to watch for are submerged logs and isolated rocks.

The rating changes to intermediate at Cleveland due to tides and tidal floats on the lower section of the river.

Lamey Brook -	River Inhabitants	1.29 kilometers
#	# - bridge on road to West Bay Road	6.45 kilometers
#	# - Northwest Arm Brook	14.19 kilometers
#	# - Route No. 4 at Cleveland	18.06 kilometers
#	# - Highway 104	27.74 kilometers
#	# - Lower River Inhabitants	30.97 kilometers

River Inhabitants - MAP



SCALE 1:125 000

Route: No. 34 **Lake Ainslie**
Type: Lake
Rating: refer to notes
Length: 18.06 kilometers (11.2 miles)
Portages: None
Main bodies of water: Lake Ainslie
Start: at a number of locations along the shore
Finish: return to starting point.

Lake Ainslie is a large lake with almost no protection from the wind, and the rating will vary from easy to difficult in a short span of time if it starts blowing. Winds can come up at any time.

Crown land on the east of the lake at McLean Point provides a good location for a short paddle on calm days.

The length given for this trip runs from the south end of the lake to Scotsville where the Southwest Margaree River begins. (see route no. 37)

Detailed Information: National Topographic Series Map No. 11K / 3

Route: No. 35 **McKinnons Harbour**
Type: Lake
Rating: Easy
Length: 10.32 kilometers (6.4 miles) 2 hours round trip
Portages: None
Main bodies of water: McKinnons Harbour
Start: railway bridge in McKinnons Harbour
Intermediate access: Ottawa Brook at 5.16 kilometers
Finish: return to starting pt.

McKinnons Harbour is located on route 223 in Victoria County. It has excellent protection from the winds of the Bras d'Or Lakes and is a pleasant spot for paddling.

Detailed Information:
N.T.S. Map No. 11F/15W

Route: No. 36 **Northeast Margaree River**
 Type: River
 Rating: Intermediate (with fast water experience)
 Length: 18.06 kilometers (11.2 miles) 3 hours
 Portages: None
 Main bodies of water: Northeast Margaree River
 Start: Portree
 Intermediate access: at the fish hatchery, Margaree Valley, Margaree Centre, and Doyle Bridge.
 Finish: Margaree Forks (see note)

The Northeast Margaree is a fast water containing a number of small rapids and islands. The white water should not present any problems to the intermediate paddler with moving water experience. Stay on the south side of the islands, except for the pair above Doyle Bridge where the center channel is recommended.

Keep to the north side of the river when approaching the bridge at Margaree Centre; but not too close to the bridge abutment.

The launch point may have to be advanced to the fish hatchery if the water level is low.

At Margaree Forks the river will join the Margaree River and you may wish to continue your voyage to Margaree Harbour. The information for this is covered in route no. 37, the Southwest Margaree River.

This is a salmon river.

Portree	-	Fish hatchery	3.87	kilometers
#	-	Margaree Centre	8.39	#
#	-	Doyle Bridge	16.13	#
#	-	Margaree Forks	18.06	#

Detailed information: National Topographic Series

Map No. 11K / 6E
and 11K / 7W

Route: No. 37 **Southwest Margaree River**
Type: River
Rating: Advanced
Length: 34.84 kilometers (21.6 miles) 1 day
Portages: None
Main bodies of water: Southwest Margaree River and Margaree River

Start: Scotsville
Intermediate access: Southwest Margaree, Margaree Forks and Margaree.
Finish: at Margaree Harbour.

This trip begins at Scotsville on the northeast corner of Lake Ainslie and runs the length of the Southwest Margaree and Margaree Rivers to Margaree Harbour. It is an advanced route with fast flowing water, rapids and chutes.

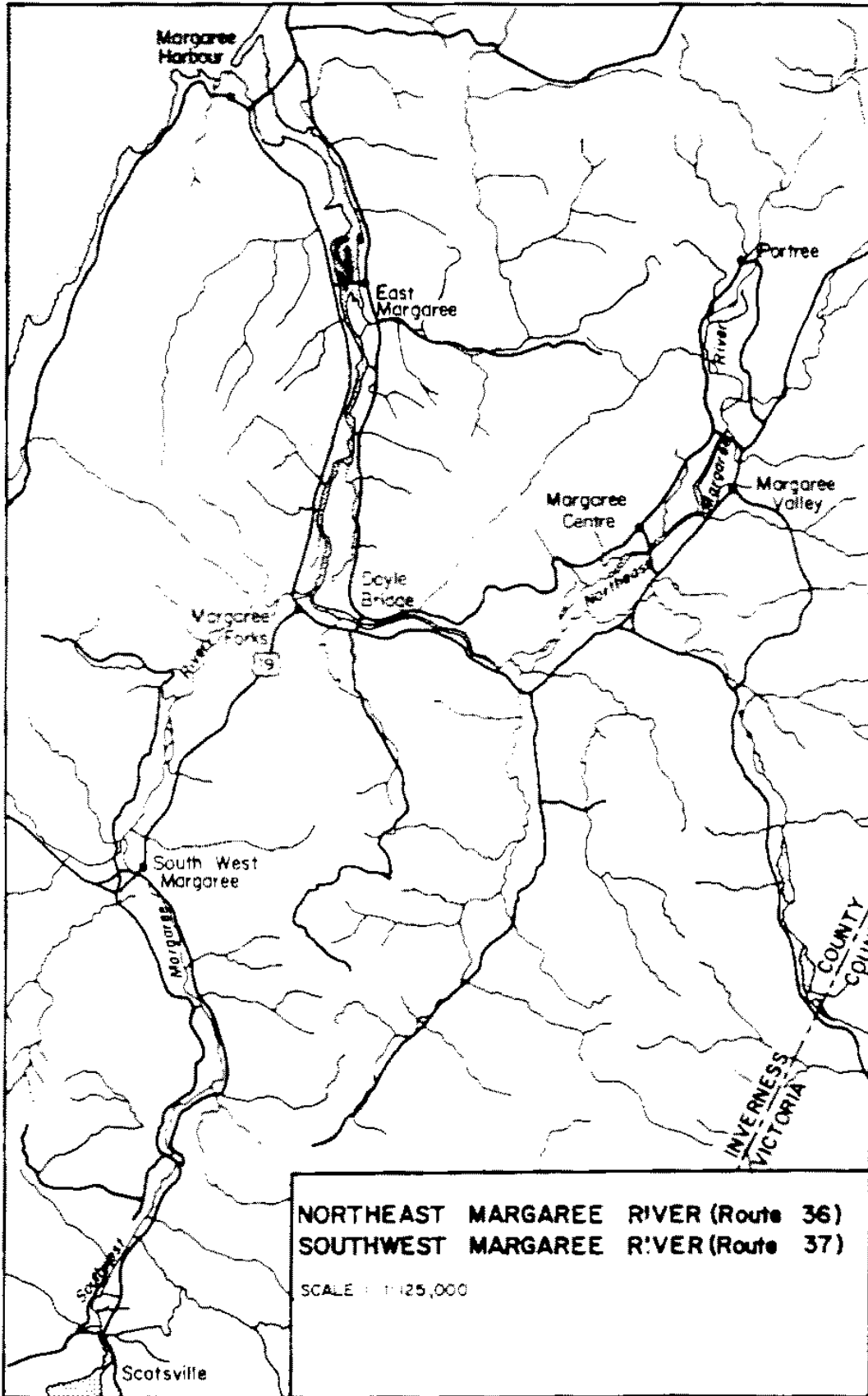
There are approximately a dozen fish weirs that create a series of obstacles to the paddler, especially the ones with overhead wires stretched across the river.

After joining the Margaree the river will slow considerably. Wind and tides will influence your progress from the village of Margaree to the end of the route at Margaree Harbour.

This is a salmon river.

Scotsville - Southwest Margaree	12.09	kilometers
# - Margaree Forks	21.94	#
# - Margaree	29.68	#
# - Margaree Harbour	34.84	#

Detailed information:	National Topographic Series	Map No.	11K / 5E
		and	11K / 6E
	Canoe Waterways of Nova Scotia	Ref.	4 A-B

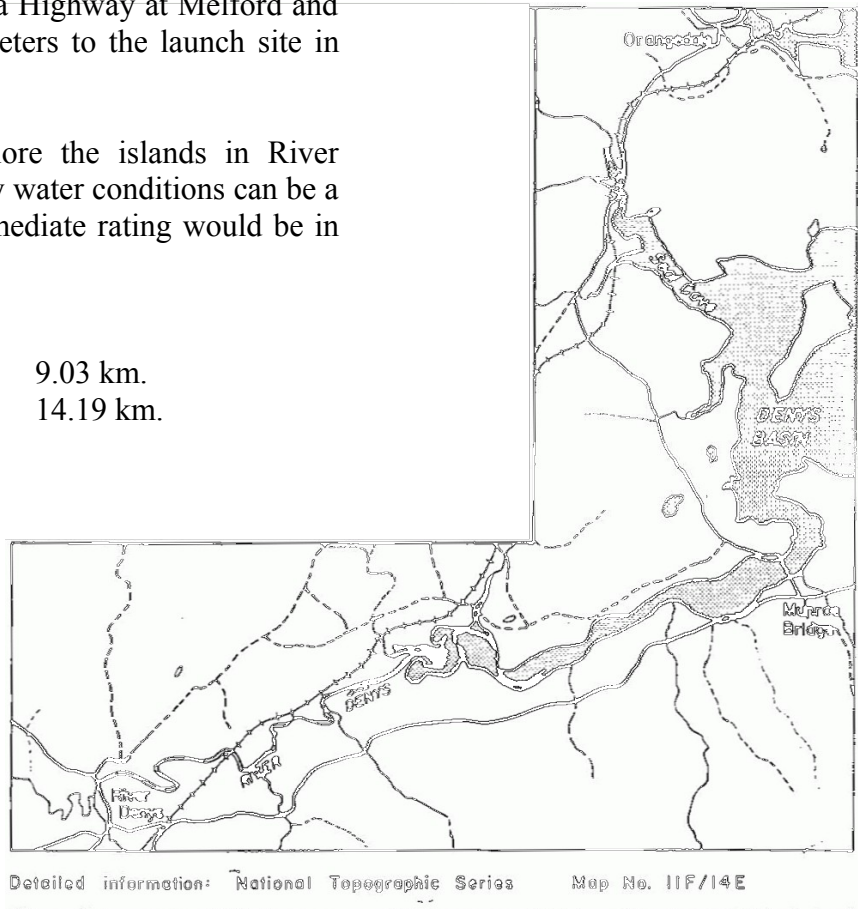


Route: No. 38 **River Denys**
Type: River and Lake
Rating: Moderate
Length: 28.39 kilometers (17.6 miles) 1 day
Portages: None
Main bodies of water: River Denys and River Denys Basin
Start: by the bridge in River Denys
Intermediate access: Munroe Bridge and Seal Cove
Finish: return to starting point.

Turn east off the Trans Canada Highway at Melford and drive for approximately 10 kilometers to the launch site in River Denys.

Paddle downstream and explore the islands in River Denys Basin. Wind and or choppy water conditions can be a problem in this area and an intermediate rating would be in effect under these circumstances.

River Denys - Munroe Bridge 9.03 km.
River Denys - Seal Cove 14.19 km.



Detailed information: National Topographic Series

Map No. 11F / 14E

Route: No. 39 **Middle River**
Type: River
Rating: Intermediate
Length: 14.19 kilometers (8.8 miles) 3 hours
Portages: None
Main bodies of water: Middle River
Start: at Upper Middle River and the Cabot Trail.
Intermediate access: Middle River at 4.52 kilometers.
Finish: at the bridge on the Trans Canada Highway.

The first portion of this route may not be navigable during periods of dry weather. In this case, start your trip at the intermediate access location.

There is a possibility that there may be a number of windfalls on the river, and extra caution should be exercised if this is suspected.

The advanced paddler might like to continue this trip by paddling through the delta and then east along the shore at Nyanza (Indian) Bay to the Baddeck River. (5.16 kilometers). see route No. 40.

This is a salmon river.

Detailed information: National Topographic Series Map No. 11K / 2W

Route: No. 40 **Baddeck River**
Type: River
Rating: Easy (moderate following heavy run off)
Length: 14.19 kilometers (8.8 miles) 3 hours round trip
Portages: None
Main bodies of water: Baddeck River
Start: Trans Canada Highway 10 kilometers west of the village of Baddeck.
Intermediate access: Baddeck Bridge at 7.10 kilometers.
Finish: return to starting point.

Begin at the bridge on the Trans Canada Highway and proceed upstream through the swamp grass of the delta. On the right hand side you will notice nesting boxes for wood ducks. At box No. 3 take the channel on the left which deepens and passes through meadowlands. Continue upstream to Baddeck Bridge and then return by the same route.

This area has an abundance of wildlife. It also has historical background related to Alexander Graham Bell's Aerial Experimental Association.

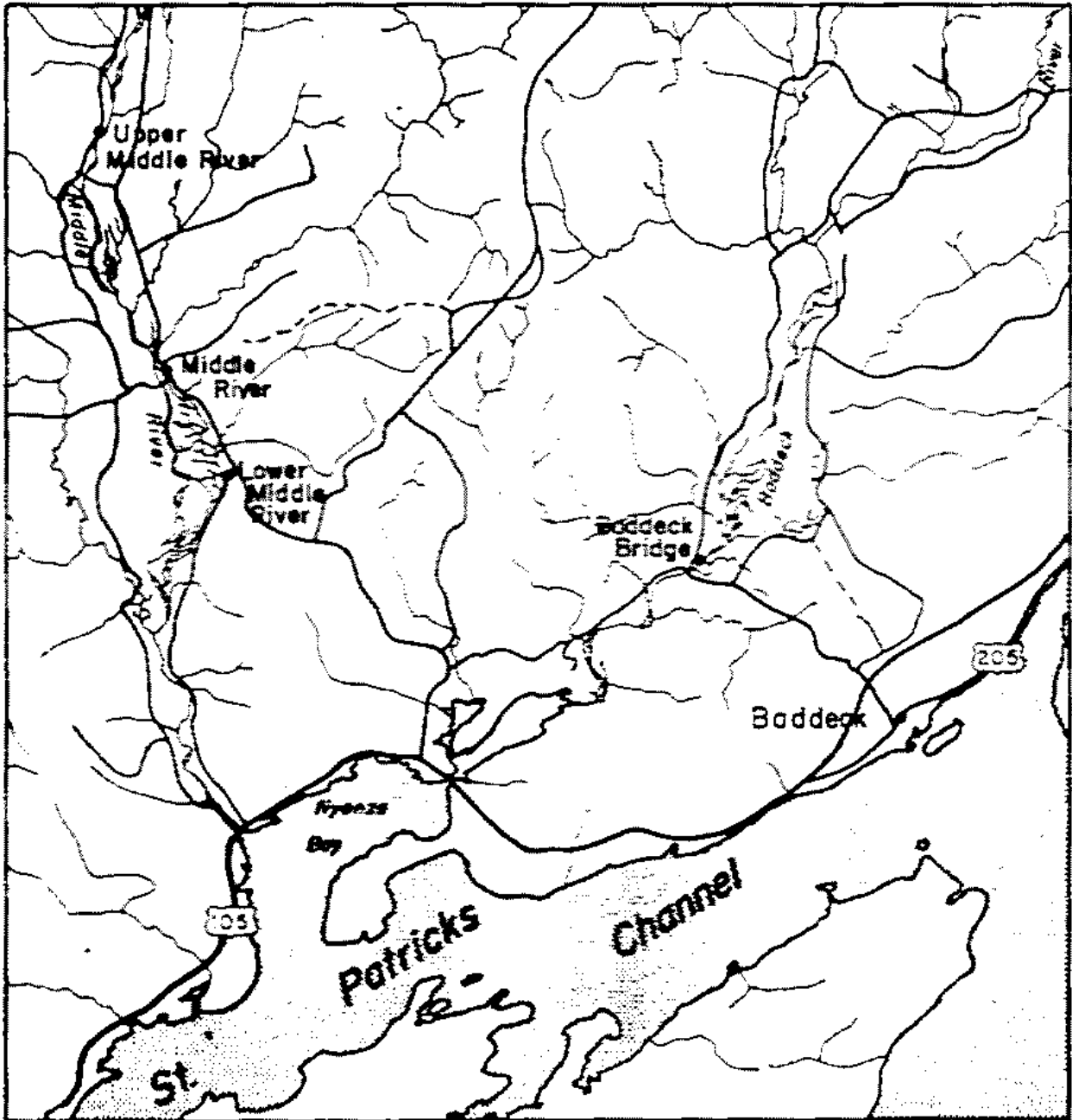
Several private campgrounds are located near the Baddeck River.

Routes 39 and 40 can be combined.

Detailed information: National Topographic Series Map No. 11K / 2

MAP

Middle River rte 39
Baddeck River rte 40



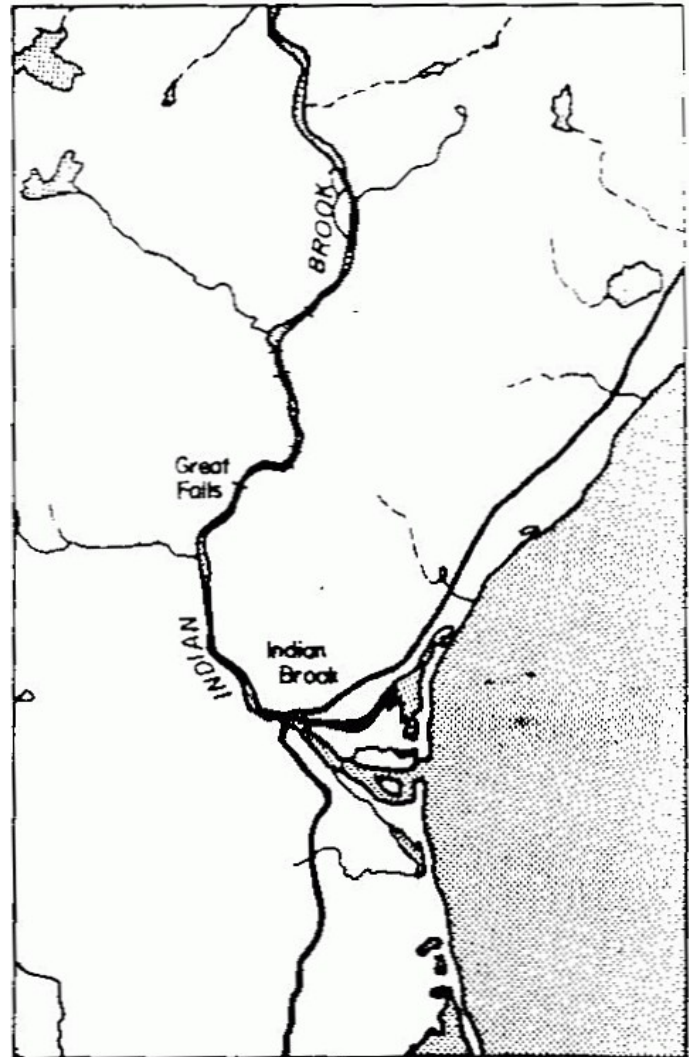
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Route: No. 41 **Indian Brook**
Type: River
Rating: Difficult
Length: 3.87 kilometers round trip (2.40 miles) several hours
Portages: see below
Main bodies of water: Indian Brook
Start: stone beach below the bridge on the Cabot Trail at Indian Brook.
Intermediate access: None
Finish: return to starting point.

This is a round trip and there is no alternate way to get to the intended destination. After launching, one can expect almost anything on his or her attempted upstream battle. There are no marked portages, but there will be a lot of pushing, dragging, etc.

The purpose of this adventure is to see Great Falls. At the falls, the cliffs on either side are over 35 meters high and this is the only way to see them.

Note the time given for this trip is approximately three hours. Most of this will be spent traveling upstream. Your return voyage will only take about 15 minutes.



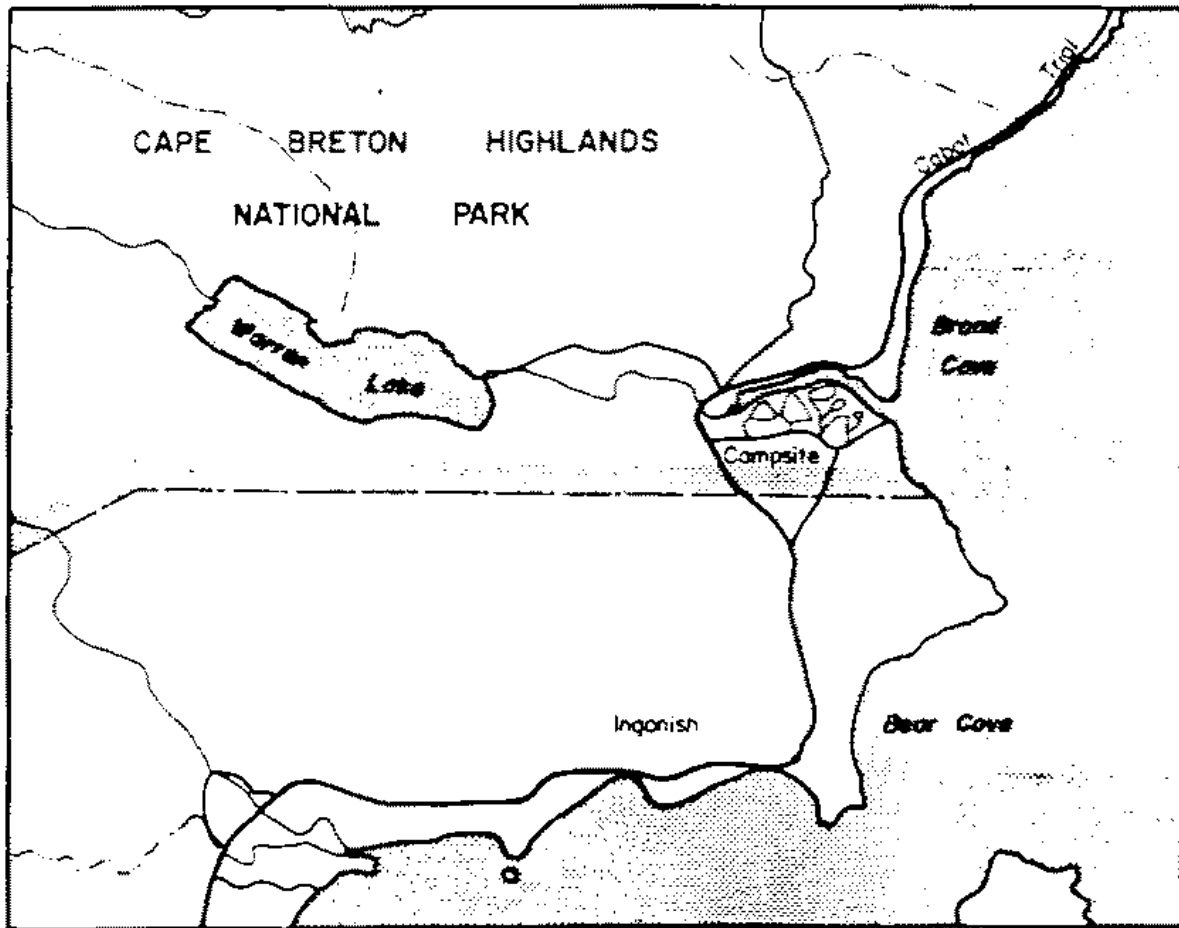
Detailed information: National Topographic Series

Map No. 11K / 7E

Route: No. 42 **Warren Lake**
Type: Lake
Rating: Easy
Length: 3.87 kilometers (2.4 miles) 1 hour round trip
Portages: None
Start: Warren Lake Picnic Area, north of Ingonish at Broad Cove on the Cabot Trail
Finish: Return to starting point.

This is a short but beautiful lake situated west of Broad Cove in the Cape Breton Highlands National Park. It has spectacular scenery and an abundance of birds and wildlife. There is a picnic area at the starting point and a hiking trail that hugs the shoreline of the lake.

National Park regulations must be observed



Detailed information: National Topographic Series

Map No. 11K / 9
