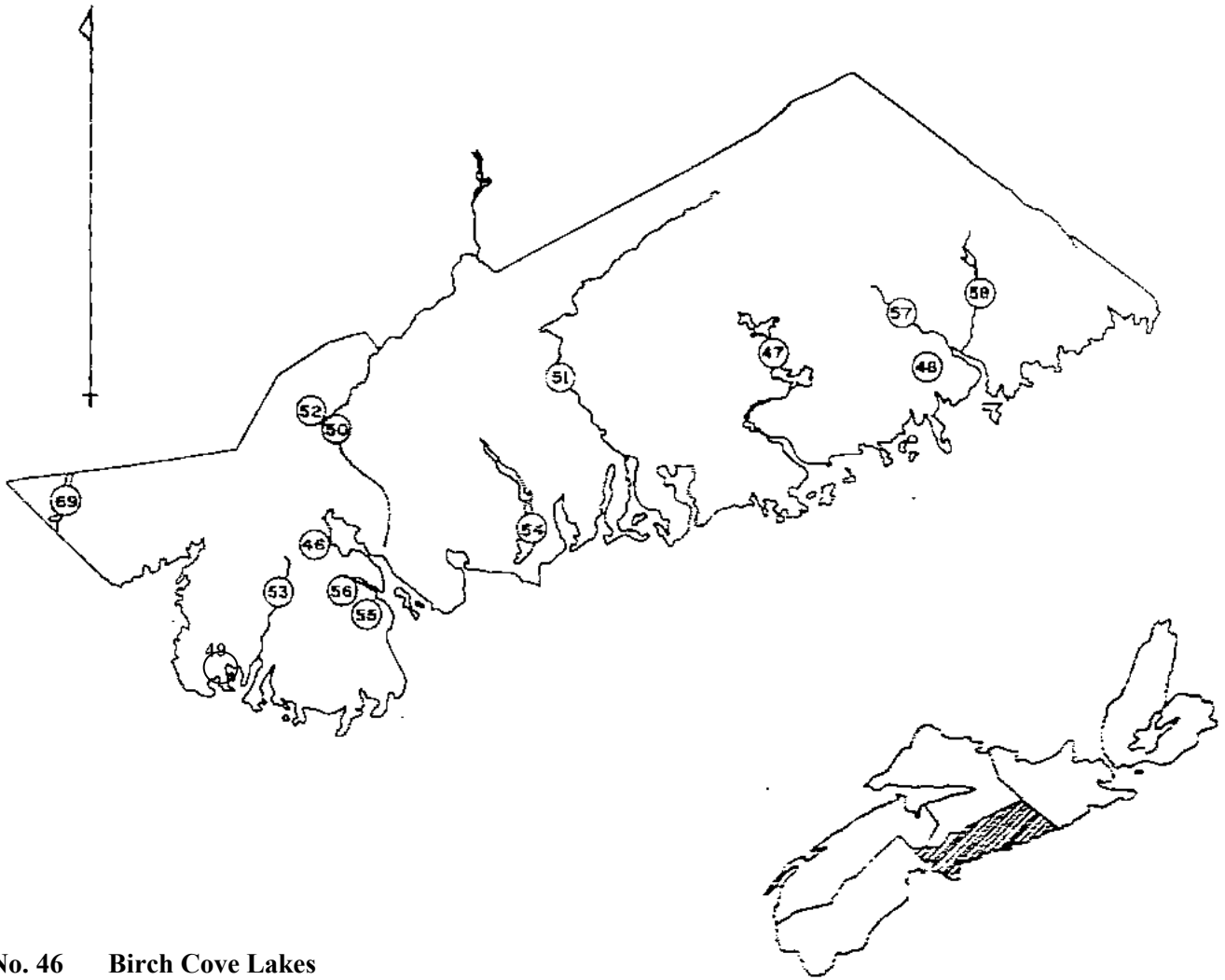


Central Region MAP
Scale = 1:1,000,000



- No. 46 Birch Cove Lakes**
- No. 47 Scraggy Lake to Ship Harbour**
- No. 48 Mushaboom – Grand Lake**
- No. 49 Scotts River**
- No. 50 Shubenacadie Canal System**
- No. 51 Musquodoboit River**
- No. 52 Kinsac Lake – Rawdon River**
- No. 53 Nine Mile River**
- No. 54 Porters Lake**
- No. 55 Williams Lake**
- No. 56 Northwest Arm**
- No. 57 Sheet Harbour Lake**
- No. 58 East River Sheet Harbour**

Route: No. 46 **Birch Cove Lakes**

Type: Lake

Rating: intermediate

Length: 11.15 kilometers (6.9 miles) one day round trip.

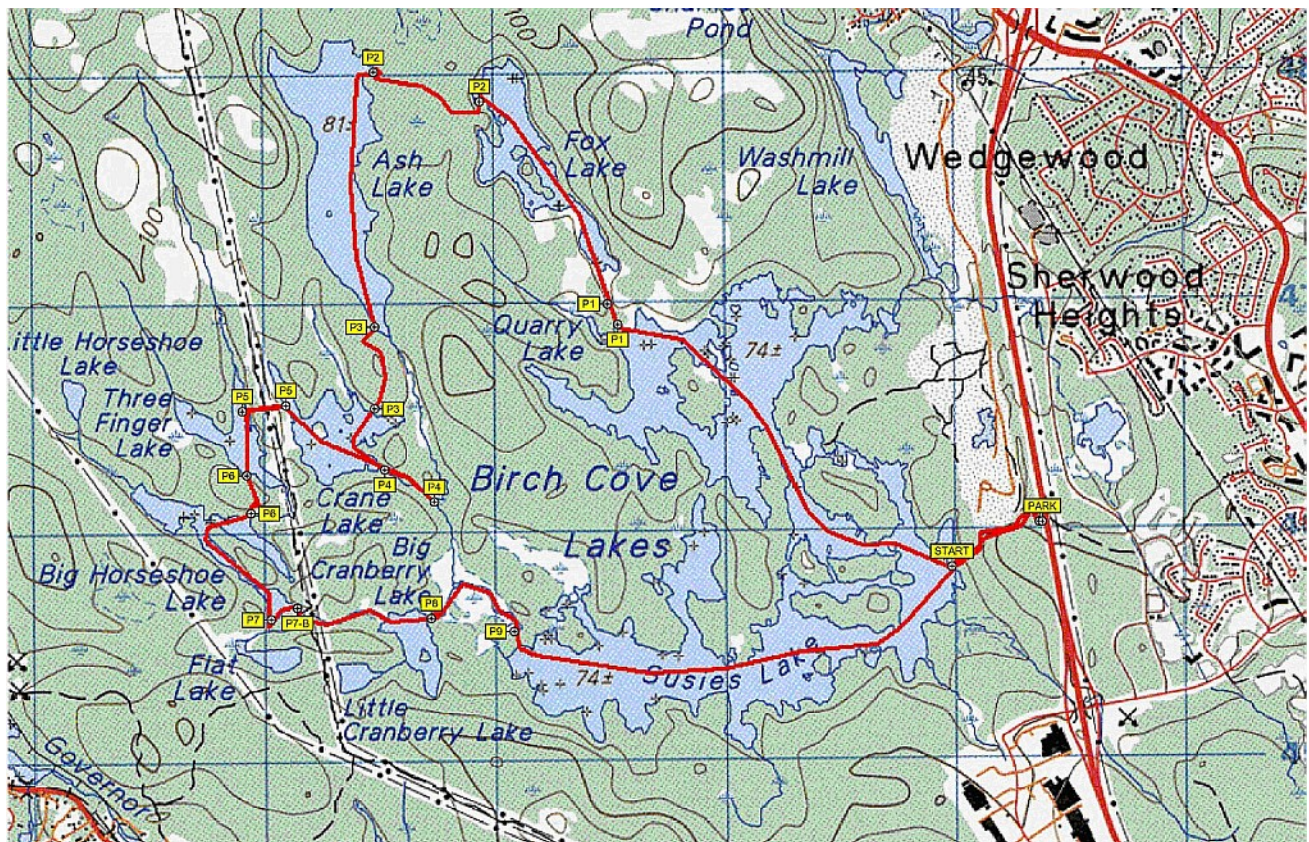
Portages: Nine (total distance 3.19 kilometers)

Main bodies of water: Susies Lake, Quarry Lake, Fox Lake, Ash Lake, Crane Lake,
Three Finger Lake, Big Horseshoe Lake and Cranberry Lake.

Start: at Susie Lake reached by portaging in from the Bicentennial Highway on an old road, approximately 200m north of the Bayers Lake interchange. Park in the pulloff, and portage approximately 500m through a gravel pit to a lowhead dam

Intermediate access: Kent Building Supply, Bayers Lake: follow the north fence around outdoor storage to the back. Look for a rough trail just into the wooded section. Approx 500m

Finish: Return to starting point.



1:50000

Detailed information: National Topographic Series

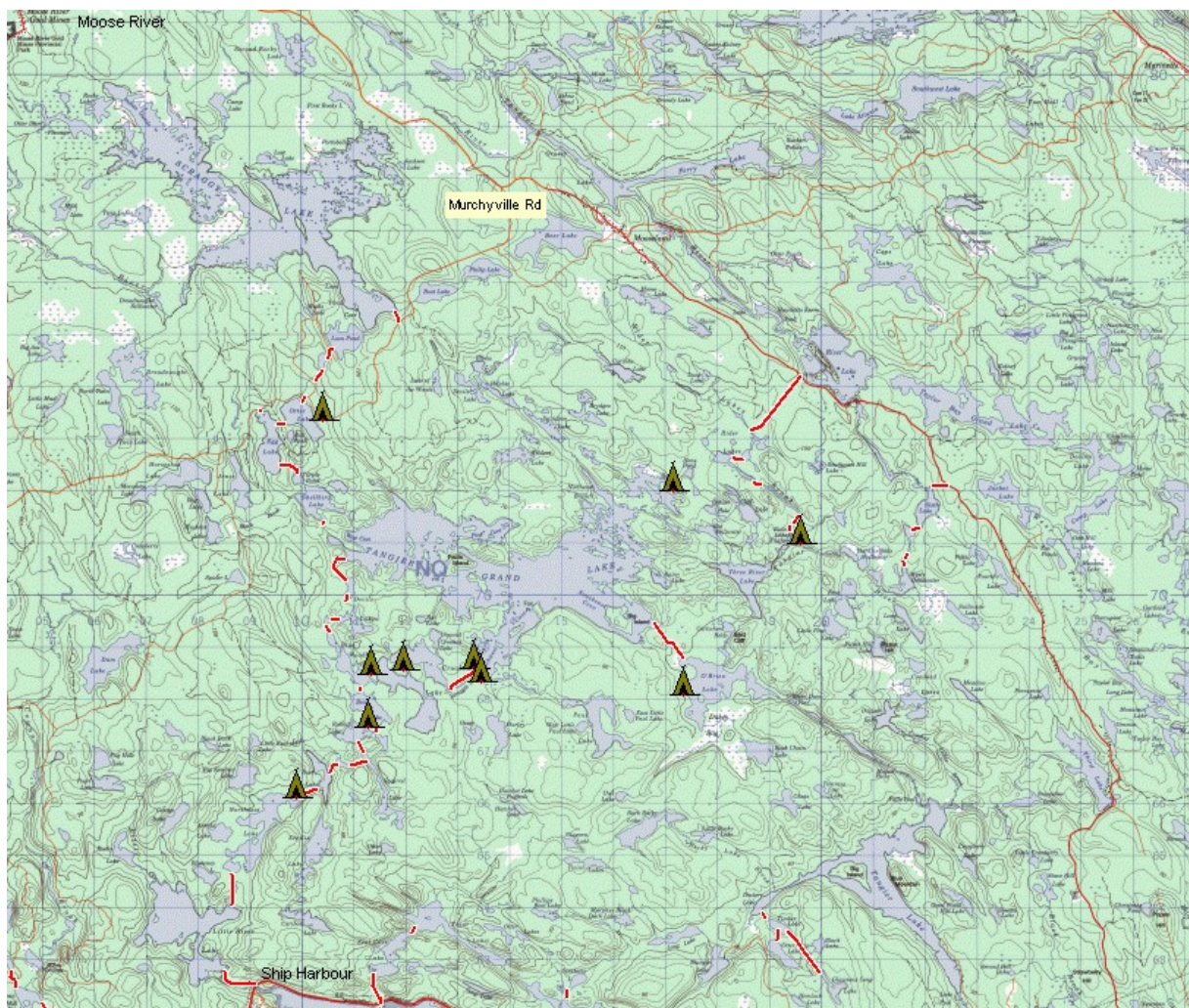
Map No. 11 D / 12E

Route: No. 47 **Scraggy Lake to Ship Harbour**
Type: Lake
Rating: Advanced
Length: 33.55 kilometers (20.80 miles) several days
Portages: Nineteen (total distance 6.45 kilometers)
Main bodies of water: Scraggy Lake and Tangier Grand Lake
(16 smaller lakes and ponds)

Start: at the bridge on Moose River near Moose River Gold Mines or portage into
Scraggy Lake if the river is low

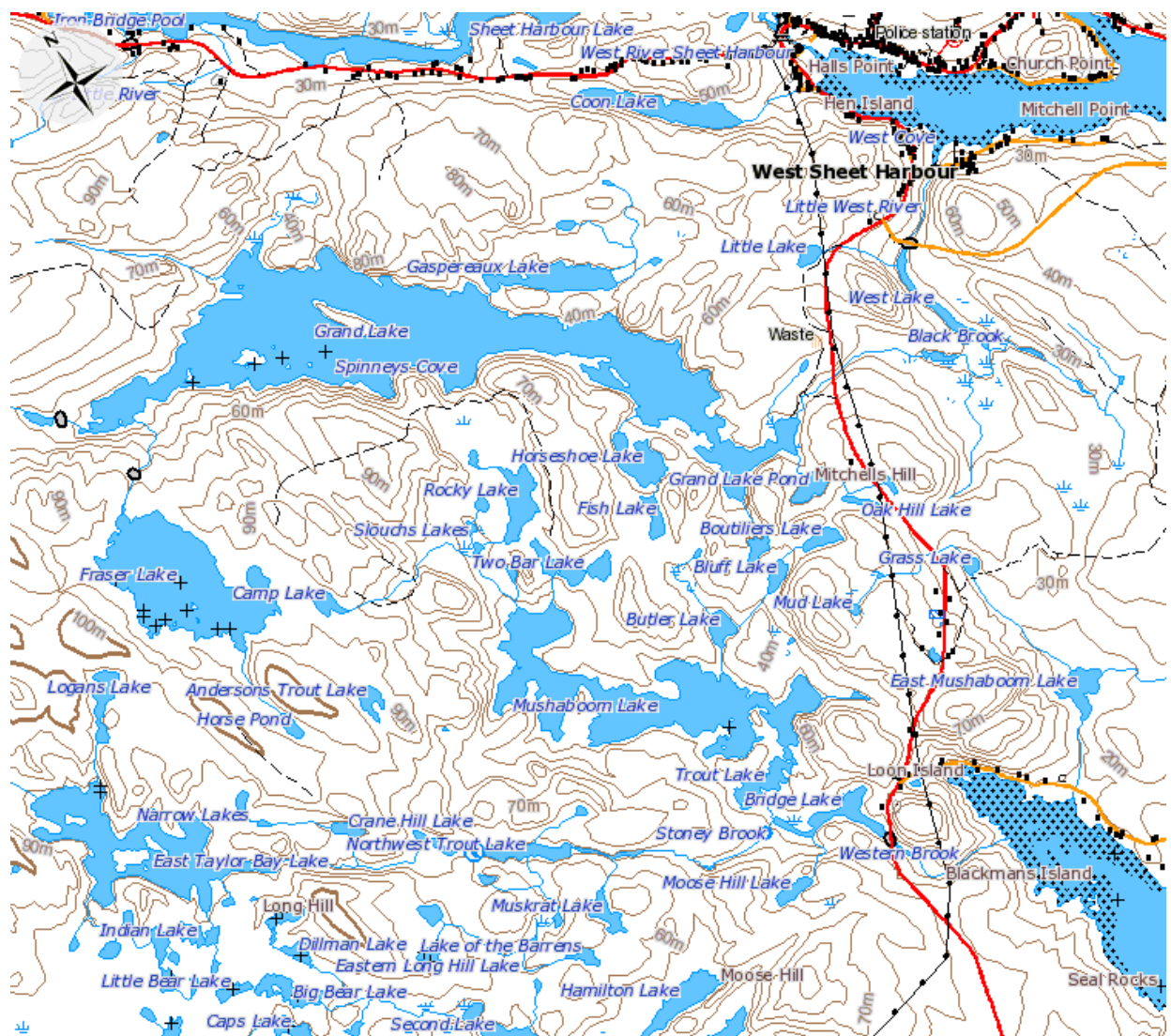
Intermediate access: indirect access at several locations along the route including Murchyville Rd

Finish: at Little River Lake / Ship Harbour



Detailed information:	National Topographic Series	Map No. 11D / 15
	Canoe Waterways Map-Eastern Shore Lake Systems	Ref.:	16

Route: No. 48 **Mushaboom / Grand Lake**
Type: Lake
Rating: Intermediate
Length: 16.13 kilometers (10.00 miles) one or two day round trip
Portages: 9 (total distance 3.23 kilometers)
Main bodies of water: Mushaboom Lake and Grand Lake
(6 smaller lakes and ponds)
Start: at a bridge on the No. 7 Highway –Western Brook
Intermediate access: a logging road at the southeast end of Grand Lake
Finish: Return to starting point.



Scale: 1:40000

Detailed information: National Topographic Series

Map No. 11D / 15

Route: No. 49 **Scotts River**

Type: Lake/River circle route

Rating: moderate

Length: day trip 4-6 hrs

Portages: 4; short

Main bodies of water: Scotts River, Barn Frame, Otter, Wildcat, Powers, Deep Lakes

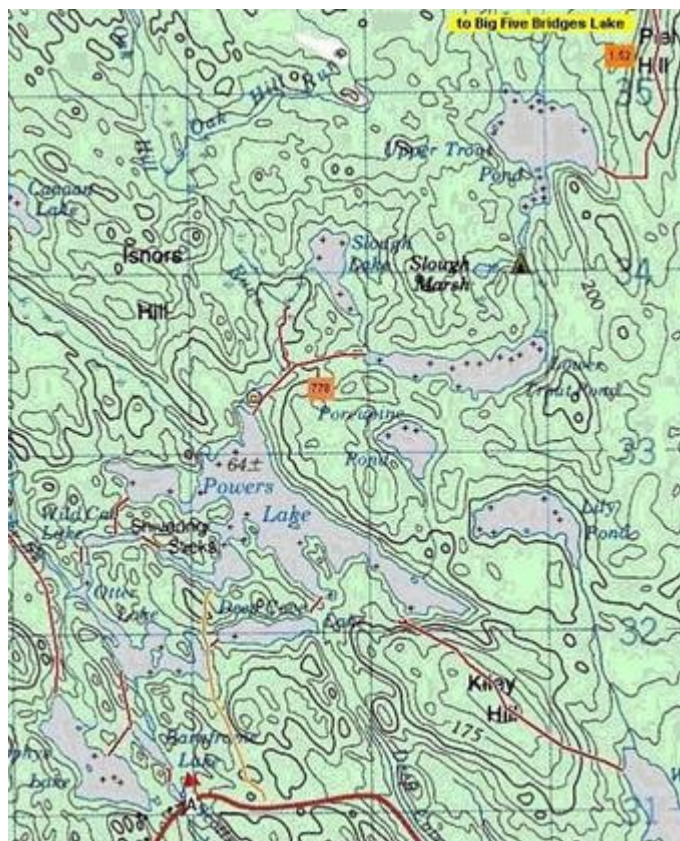
Start: North on St Margaret's Bay Rd, then west on Rte 333 (towards Peggy's Cove). Scotts River is located just past Blind Bay. Begin at bridge, rte 333.

Intermediate access: None

Finish: return to starting point

Scotts River, Halifax County is a series of small lakes and stillwater's connected by short, rocky river runs , like many small rivers in this area. There are several route possibilities, including a more challenging route that crosses into the Five Bridges Lakes Watershed at Upper Trout Pond.

Scotts River is situated close to the coastal barrens so expect a landscape dominated by exposed granite, shrubs and black spruce. Most of the portages are short - some are simple carryovers. You may be required to haul over one or two shallow spots at low water levels as well.



Detailed information: National Topographic Series

Map No. 11D/12

Route: No. 50 **Shubenacadie Canal**
 Type: Lake and River
 Rating: Easy – Intermediate
 Length: 50.8 kilometers (31.5 miles) two days to Milford Station
 Portages: Twelve (depending on water level) total distance less than one kilometer.
 Main bodies of water: Micmac Lake, Lake Charles, Lake William, Lake Thomas,
 Lake Fletcher, Shubenacadie (Grand) Lake and the Shubenacadie
 River
 Start: Grahams Grove on Banook Lake in Dartmouth
 Intermediate access: at more than 15 locations –see map for more detail
 Finish: Milford Station in Hants County, or farther to tidewater at South Maitland

This is a popular route with a lot of history connected with it. The work on the actual canal began in 1826 and went on for more than 30 years. It followed the old route used by the Micmacs, but the invention of the steam railway made it obsolete before it was finished in 1861.

Anyone considering this route should get the Subenacadie Canal System Map. This shows all the portages, intermediate access locations and the precautions to watch for. The starting location is shown at the south end of Banook Lake rather than at Grahams Grove and the take out point in heavy tidal waters at Shubenacadie.

Much of the canal borders private land, so camping is limited. There are a number of government and private campgrounds along the route.

Detailed information:	National Topographic Series	Map No. 11D / 12E 11D / 13E 11D / 14W 11E / 3W
	Canoe Waterways of Nova Scotia	Ref:192-4 1 A-B 192-5 1 C-D

Route: No. 51 **Musquodoboit River**

Type: River
 Rating: Moderate – Intermediate (see notes)
 Length: 77.42 kilometers (48 miles) 2-3 days.
 Portages: see notes
 Main bodies of water: Musquodoboit River.
 Start: Near Upper Musquodoboit on the road to Caribou Gold Mines.
 Intermediate access: at most of the bridges (12) and various other locations.
 Finish: above the rapids at Musquodoboit Harbour.

The Musquodoboit can be an easy family trip for the moderate or intermediate paddler, provided all the precautions that are listed on the Canoe Waterways Maps are observed. Much of the land is privately owned, so ask owners before deciding to camp.

There are 5 portages marked on these maps with areas of heavy whitewater not suitable for the average recreational paddler. These rapids can be negotiated by experienced whitewater paddlers at higher water. The most difficult rapids occur within 2 km of the mouth of the river.

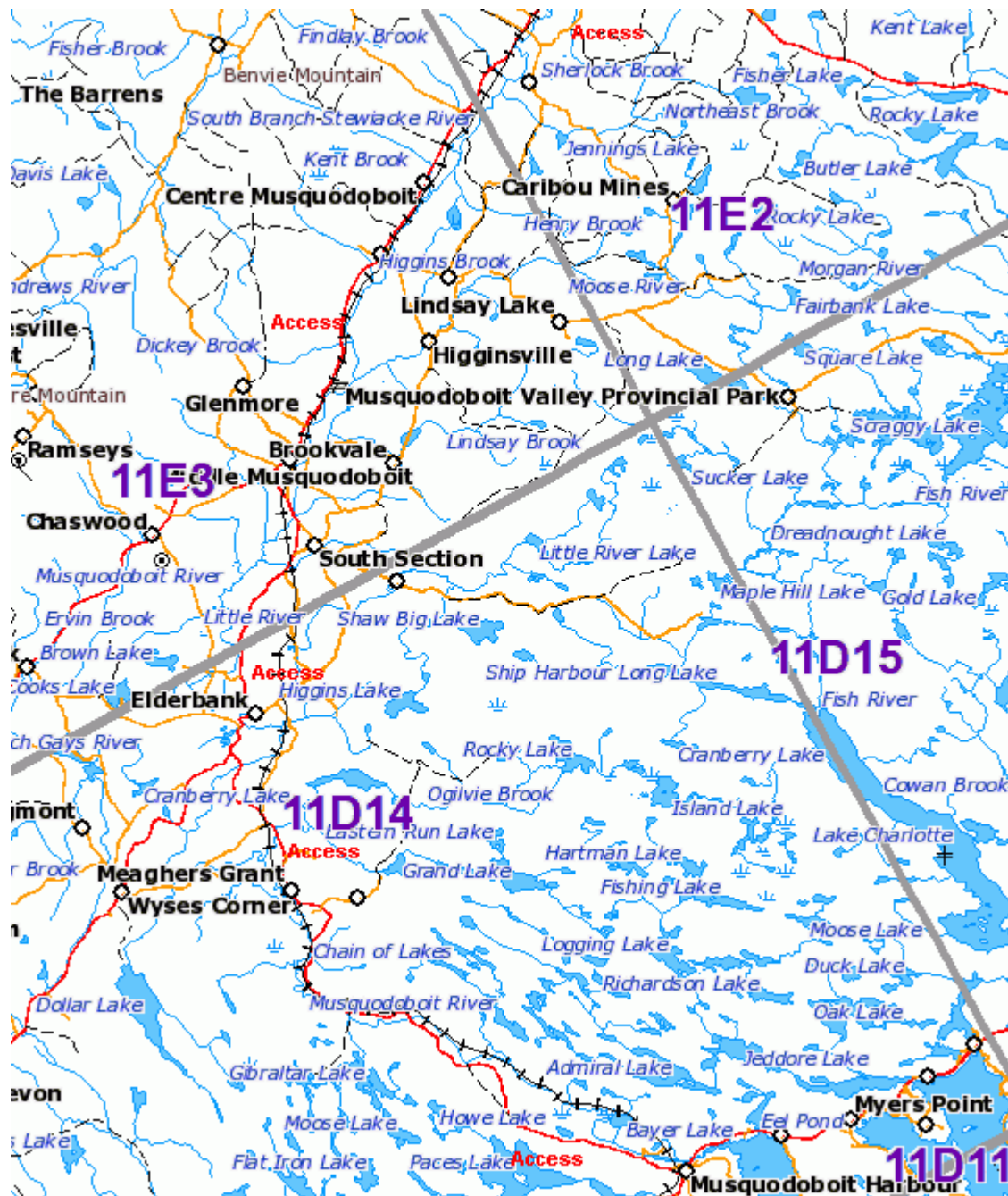
The river from Upper Musquodoboit to Middle Musquodoboit is shallow in many places and water levels should be checked before attempting this section. From Middle Musquodoboit to the end of the route can be run at any time except in extreme dry periods. The middle section is slower with a few easy C1 riffles. Expect river levels to rise 48 hrs after significant rainfall.

The river winds its way down a wide valley dotted with farms, mixed forest and small villages. Access roads cross the river at various locations making trips of varying lengths easy to organize.

Look for the remains of an old mill 100m up Dollar Lake Brook at Mines Brook. Farther downriver Meadow Brook winds its way 2km through Kelly Meadow. A 600m portage to Collins Lake at the end of the brook provides access to the White Lake Wilderness Area.

Detailed information:	National Topographic Series	Map No.	11E / 2W, 11E / 3E
		and	11D / 4
	Canoe Waterways of Nova Scotia	Ref:	3 A-B
		Ref.	3 C-D

Musquodoboit River



Scale= 1:180,000

Route: No. 52 **Kinsac Lake / Rawdon River**
Type: Lake and River
Rating: Moderate
Length: 5.16 kilometers (3.2 miles) round trip
Portages: One short carry
Main bodies of water: Kinsac Lake and Rawdon River
Start: in the community of Kinsac
Intermediate access: None
Finish: Return to starting point.

This is a short route that makes for a lovely afternoon paddle. It starts across the railway tracks from a small parking area in the community of Kinsac, about 30 kilometers from Halifax.

Kinsac Lake is over 5 kilometers in length which makes for interesting paddling on calm days. After launching, paddle northeast across the lake to a narrow channel leading into the river. A short carry on the left will take you safely around a chute and from here on, it is fairly easy paddling. Return by the same route after reaching the remains of an old dam. The return trip will require some extra muscle against the current in a couple of spots.

An alternate starting location would be Fall River Station on the south end of Kinsac Lake. This would increase the distance by more than 10 kilometers.



Scale: 1:50,000

It is possible to join the Shubenacadie system by portaging approximately 2 kilometers from the old dam along the railway tracks to Shubenacadie Lake. This is much easier than trying to continue on the river which becomes swift and rocky.

Detailed information: National Topographic Series

Map No. 11D / 13E

Route: No. 53 **Lower Nine Mile River**
Type: River
Rating: Easy - advanced
Length: 5 kilometers (3 miles) 2 hours round trip – 7hr to Shad Bay (see notes)
Portages: None
Main bodies of water: Nine Mile River
Start: Riverview Dr, Timberlea – end of road is a public access point
Intermediate access: None
Finish: Return to starting point

This is another short route good for a relaxing afternoon on the water. It begins at a small parking area at the end of Riverview Drive, just before Greenwood Subdivision in Timberlea about 10 kilometers from Armdale Rotary on St Margarets Rd. This river stillwater passes under hwy 103 and continues for about 2.5 km through undeveloped crown land to Gaspereau Falls.

The river continues all the way to Shad Bay, but from Gaspereau Falls the river is full of falls and rapids and is not recommended; although it can be done by advanced paddlers at periods of high water. There is a substantial amount of lining involved as most chutes and rapids cannot be run, and there are few cleared portages. The only egress is at rte 333 in Shad Bay.

Portages on the lower section provide an opportunity to paddle upriver to Shad Bay Lake. From here determined paddlers can reach Moores Lake by following a rough 1.5 km portage along Twiddling Runs. From Moores paddlers can follow the Five Bridges Lakes route to Big Hubley Lake, or circle back to Route 333 following the Upper Trout Pond and Scotts River route.



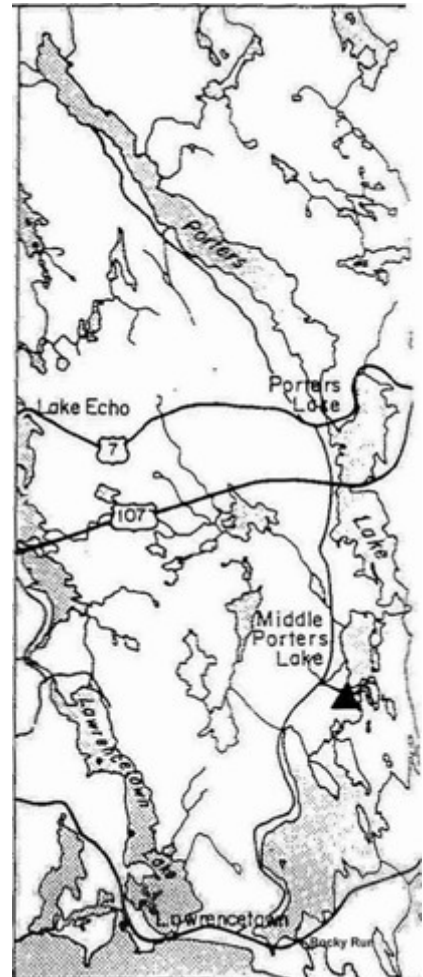
Detailed information: National Topographic Series 11D / 12E
Map No. 11D / 12

Route: No. 54 **Porters Lake**
Type: Lake
Rating: Easy (see notes)
Length: 3 kilometers (2 miles) see notes
Portages: None
Main bodies of water: Porters Lake
Start: Porters Lake Provincial Park
Intermediate access: None
Finish: Return to starting point

Porters Lake is a large lake a short distance east of Halifax on the 107 highway. The Provincial Park is approximately 5 kilometers south of the highway. There is a sheltered bay on the north side of the park which will provide a safe place for a short enjoyable paddle. The easy rating applies only in the sheltered areas of this lake. Anyone wishing to explore more of this lake should be much more experienced.

The distance given for this route is for the small bay by the park. The actual lake empties into the Atlantic Ocean and stretches inland in a northerly direction providing over 30 kilometers of shoreline.

Porters Lake outlet to the Atlantic is through a small, tidal rapid called Rocky Run near Lawrencetown Beach. There is an old railroad trestle at this point. Paddlers should be very careful about running under the trestle. Boats have become trapped, and at least 1 drowning has occurred.



Detailed information: National Topographic Series

Map No. 11D / 11W

Route: No. 55 **Williams Lake**
Type: Lake
Rating: Easy
Length: 3 kilometers (2 miles) 1 hour round trip
Portages: short carry from the parking area to the lake.
Main bodies of water: Williams Lake
Start: by Cunard Jr. High School on the Williams Lake Road.
Intermediate access: ----
Finish: return to starting point.

Williams Lake is located within the boundaries of Halifax City. You may encounter some difficulty getting out onto the main lake at periods of low water; the nearest access point is through a small shallow pond. The lake has a number of small islands and the water is deep in most areas. Currently there is no development on the south side of the lake.

Look for a small shallow cove on the left near the southwestern end of the lake. A well worn portage trail follows the brook approximately 150m up to Colpitt Lake. Look for some interesting caves located on the western side of the brook.



Detailed information: National Topographic Series

Map No. 11D / 12E

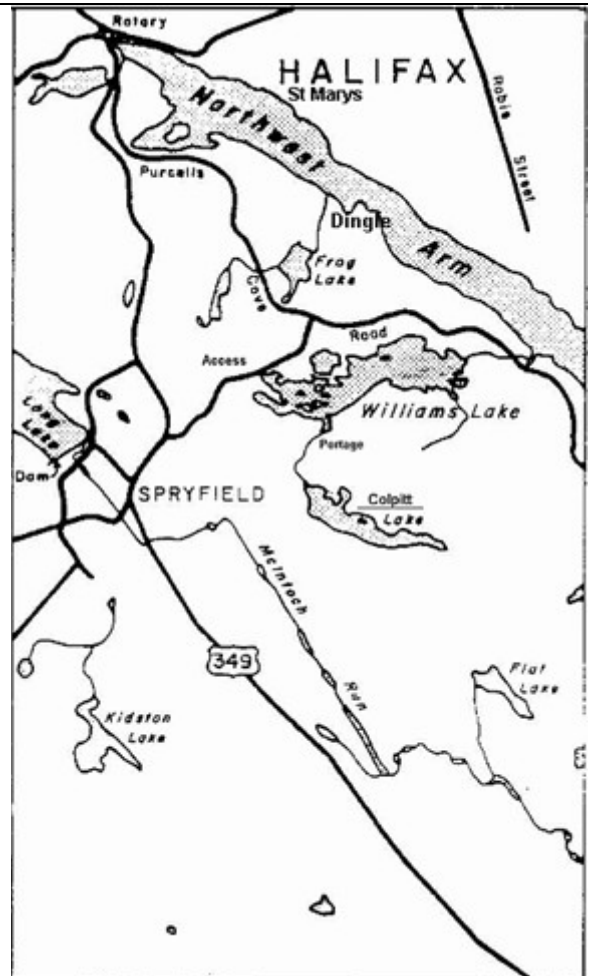
Route: No. 56 **Northwest Arm**
Type: Saltwater
Rating: moderate (see note)
Length:
Portages: None
Main bodies of water: Northwest Arm – Halifax Harbour
Start: Fleming Park or St. Marys Family Recreation Centre
Intermediate access: see note
Finish: return to starting point.

The two best locations to launch your boat are at Fleming Park and St. Marys Family Recreation Centre.

Fleming Park (also known as the Dingle) is a 100 acre park that was donated to the city in 1908 by Sir Sandford Fleming. St. Marys Boat Club is on the opposite side of the arm from Fleming Park and boats can be rented here from May to October.

The arm itself provides an enjoyable paddle which is safe and easy under normal weather conditions. You can follow the shoreline for hours or just be lazy. The arm is heavily populated with sail boats and yachts which differs from the earlier decades of the 1900's when over 1000 boats at a time could be seen.

Paddlers should can expect to contend with wind and boat wake.



Detailed information: National Topographic Series

Map No. 11D / 12E

Route: No. 57 **Sheet Harbour Lake**

Type: Lake

Rating: Easy

Length: 8.39 kilometers (5.2 miles)

Portages: None

Main bodies of water: Sheet Harbour Lake

Start: at the head of Sheet Harbour Lake on route 24.

Intermediate access: follows close to the highway.

Finish: by the dam at the end of the lake in Sheet Harbour or return to starting point.

Detailed information:

National Topographic Series

Map. No. 11D / 15E

Route: No. 58 **East River Sheet Harbour – Marshall Falls, 12 Mile Stream**

Type: River

Rating: Advanced

Length: 300 m; 500m

Portages: yes

Main bodies of water: East River Sheet Harbour

Start: just below Marshall Dam which is just north of Malay Falls on the East River Sheet Harbour.

Intermediate access: ---

Finish: Site of the old Beaver Canoe Club in Malay Falls. Look for an open area and beach on the pond below the run

Marshall Falls is a short section of the river which is a thrill for enthusiastic whitewater paddlers and kayakers. It is not recommended for the recreational paddler. There are several riverwide 1-1.5 m ledges, and some medium sized surfing waves. There is an access trail that follows the river on river right from the old canoe club site.

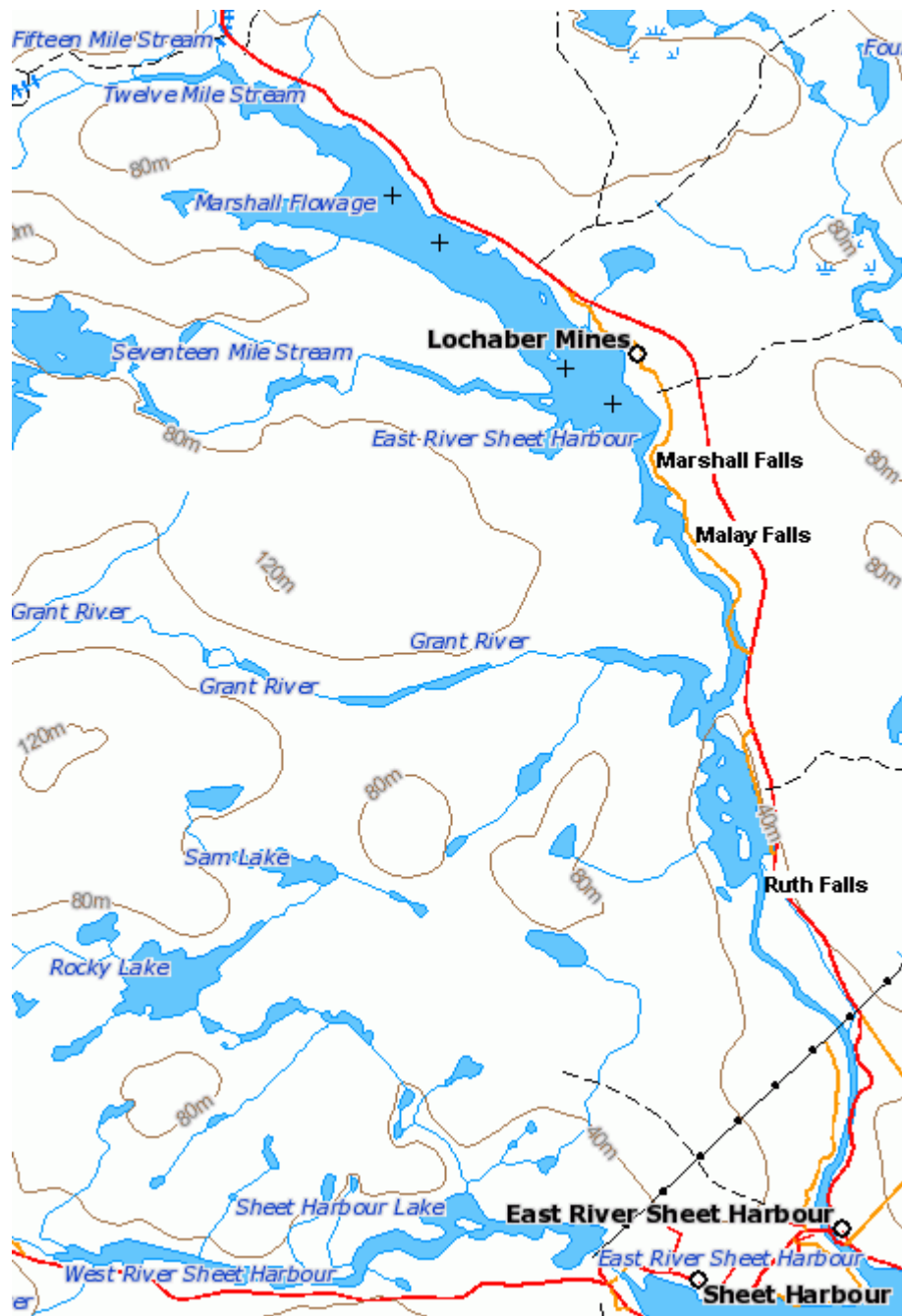
It can be run during any season provided the gates on Marshall Dam are open.

12 Mile Stream, at the upper end of Marshall Flowage is another short whitewater section with some exciting drops. This can be run only when there are dam releases above 12 Mile Stream. Start anywhere below the dam just off the access road.

For Dam release information, try contacting the Damsite at Sheet Harbour 885-2883, cell: 885-5444

Detailed information: National Topographic Series Map. No. 11D/16, 11D /15 & 11E /1

Sheet Harbour # 57, 58



Approx: 1:70,000

Detailed information: National Topographic Series Map. No. 11D/16, 11D/15 & 11E/1