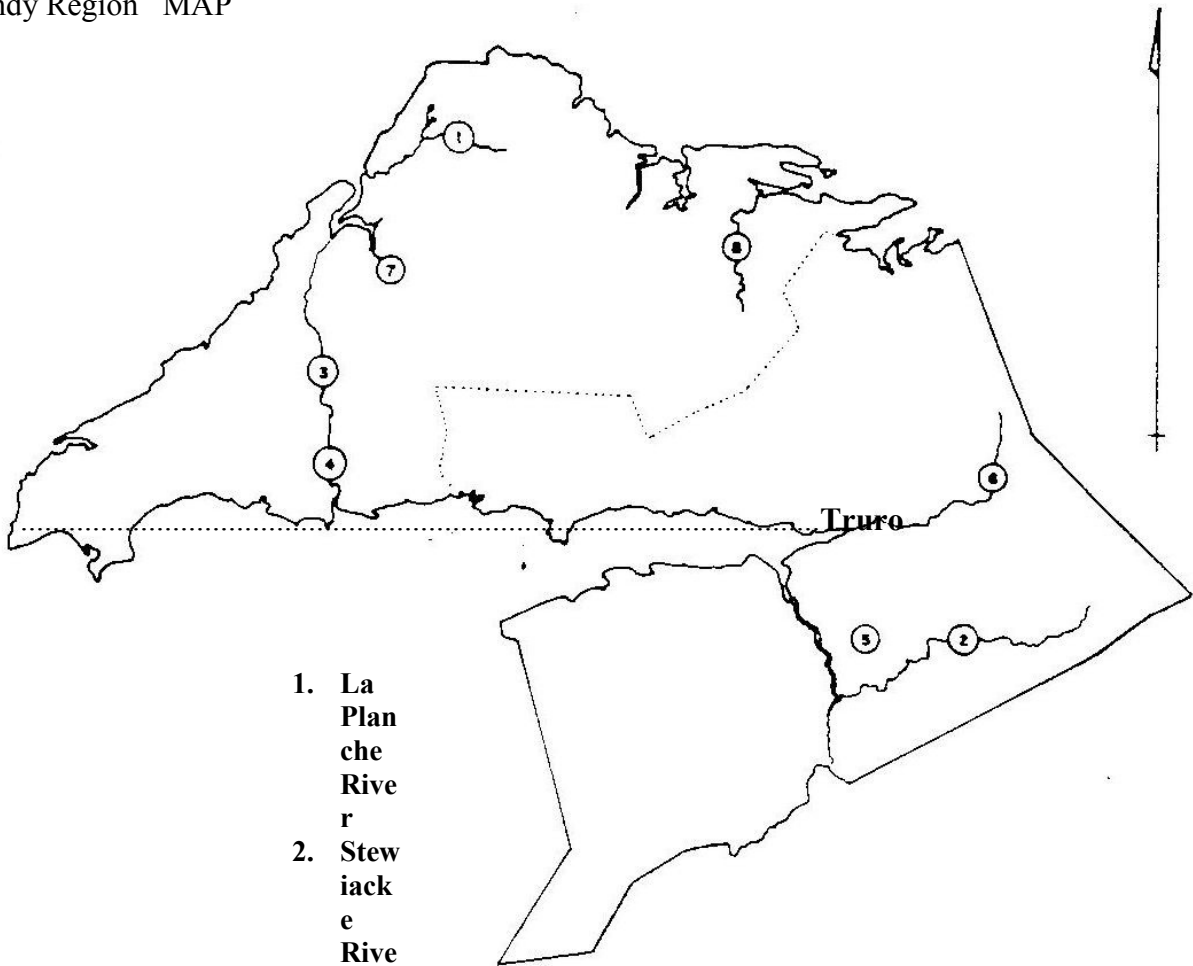
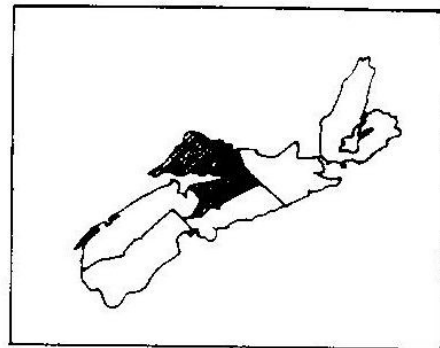


Fundy Region MAP



1. La
Plan
che
Rive
r
2. Stew
iack
e
Rive
r
3. Rive
r
Heb



Route: No. 1 **La Planche River**
Type: River
Rating: easy
Length: 30 kilometers round trip (18.5 miles) 2 days
Portages: None
Main bodies of water: La Planche River, Long Lake and Round Lake.

Start: on the north side of the town of Amherst.
Intermediate access: None
Finish: Return by same route.

This trip takes you up through a portion of the Tantramar Marshes. There is no white water and the current is not strong. There are no land marks that will be of any help and a number of side streams and ditches will make some navigational experience useful.

The lower end of the river is tidal and the start should be made at high tide. The water levels are good except in extremely dry periods.

On the north side of Long Lake you will pass the old abandoned ship railway that was built in the 1800's to transport ships overland to the Northumberland Strait. The history of this can be found at Fort Beausejour on route 2 near Amherst. Fishing is good in certain areas and duck and muskrats are plentiful.

There are not many good areas to camp along the river; but there are some good sites along the northeast shore of Long Lake.

Route: No. 2 **Stewiacke River**
Type: River
Rating: Moderate
Length: 46 kilometers (28.7 miles) 2 days
Portages: None
Main bodies of water: Stewiacke River

Start: Upper Stewiacke
Intermediate access: at five locations.
Finish: Bridge at Stewiacke East.

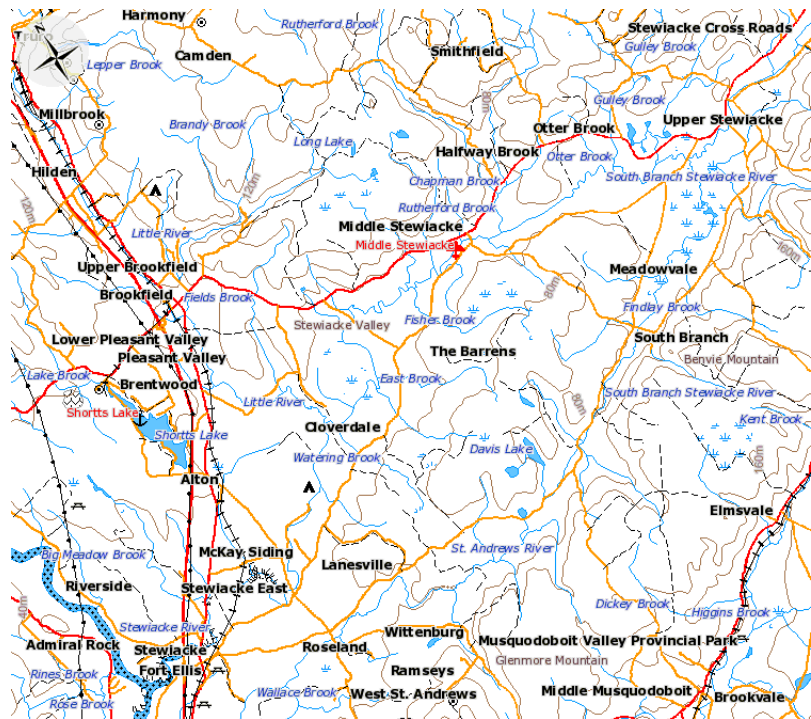
The Stewiacke River runs for a total distance of 87.7 kilometers and the paddlable portion takes the paddler through a scenic variety of farmland and wooded areas. The route begins near the bridge in Upper Stewiacke and twists and turns in a westerly direction towards the town of Stewiacke. The recommended take out location is at the bridge in Stewiacke East. The river is tidal at this point but should not cause any problems.

There is easy access by road at four locations and at the municipal campground 5.4 kilometers up the river from Stewiacke East. The bridges at these access points make good landmarks and also; can be used as alternative starting and/or finishing locations. If you are planning to camp along the river, permission may be required.

There are approximately twenty-four places on the river where you will encourage rips or riffles which should add some excitement to the trip. Water levels are generally good; but should be checked before departing, especially during the summer months.

The Stewiacke river eventually enters the lower Shubenacadie river near tidewater. Paddlers could extend their trip to the village of Port Maitland.

Ducks and salmon fishermen are common in places. Please respect their right to fish by keeping your distance as you pass by.



Detailed information: Canoe Waterways of Nova Scotia
National Topographic Series

Ref. 12 A-B
Map No. 11E / 3 Map No. 11E / 2W

Route: No. 3 **River Hebert**
Type: River
Rating: Moderate 0-10 Km. – Easy 10-23.4 Km. – Intermediate 23.4 Km. to end.
Length: 28.2 kilometers (17.5 miles) 1 day
Portages: 1
Main bodies of water: Gilbert Lake, River Hebert and Newville Lake.

Start: at mill site on Gilbert Lake.

Intermediate access: at Newville Lake and at five locations where bridges cross the river.

Finish: at the bridge near Haycock Brook.

This trip starts at the mill site on Gilbert Lake about 200 meters off No. 2 highway. Gilbert Lake is a headwater at River Hebert which flows northward 48.4 kilometers to the Cumberland Basin.

The river begins at the north end of Gilbert Lake and meanders along for approximately 5 kilometers. A portage, at this point, follows a narrow ditch through a marsh and may be difficult to follow. A bridge crosses at 5.6 kilometers and the river continues to meander until reaching Newville Lake. A picnic site is located on the west side of the lake and a sand beach at the north end near where the river exists. There is another bridge about one-half kilometer after leaving Newville Lake. The river widens out some from here until the next bridge at 16.1 kilometers. Here the river becomes narrow again and continues to the bridge at 19.8 kilometers. From here the river widens once more. The road, which is close to the river throughout most of this trip, follows an esker along this stretch until reaching the next bridge at 23.4 kilometers. From here on, the river continues to be wide and shallow. During the last 2 kilometers the river is tidal with mud banks. As the recommended take out point; there is a fish trap which may not be visible at high tide.

Check water levels before starting.

Detailed information: Canoe Waterways of Nova Scotia
National Topographic Series

Ref. 6 A-B
Map No. 21H / 8W
and Map No. 21H / 9W

Route: No. 4 **Parrsboro River**
Type: River
Rating: Intermediate
Length: 5.2 kilometers (3.2 Miles) 2 hours
Portages: 1. .8 Kilometers
Main bodies of water: Parrsboro River

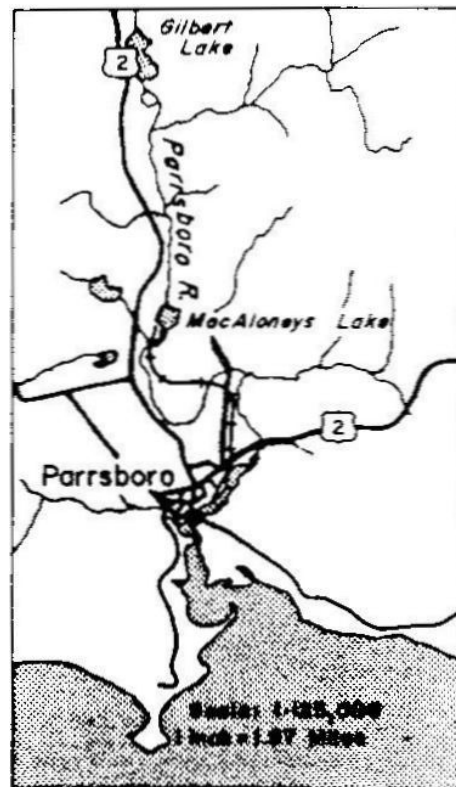
Start: at the bridge by Pleasant Lake. (MacAloneys Lake)
Intermediate access: at the portage and the bridge on the No. 2 highway.
Finish: Town of Parrsboro, Cumberland County

This route begins at the bridge near Pleasant Lake and follows the river down to the town of Parrsboro. The only portage is at the midway point. Take out at the old abandoned railway and follow it east until you cross a road. Permission will be required at this point, as it is necessary to cross private property before descending a bank and rejoining a river.

It is possible to begin at Parrsboro and paddle up river, portage across, and join the River Hebert system of Gilbert Lake. This involves several additional carries, and one of these is 4.5 kilometers long.

The upper portion of this trip may not be paddlable during periods of dry weather.

Pleasant Lake is also known as MacAloneys Lake.



Detailed information: National Topographic Series

Map No. 21 H / 8W

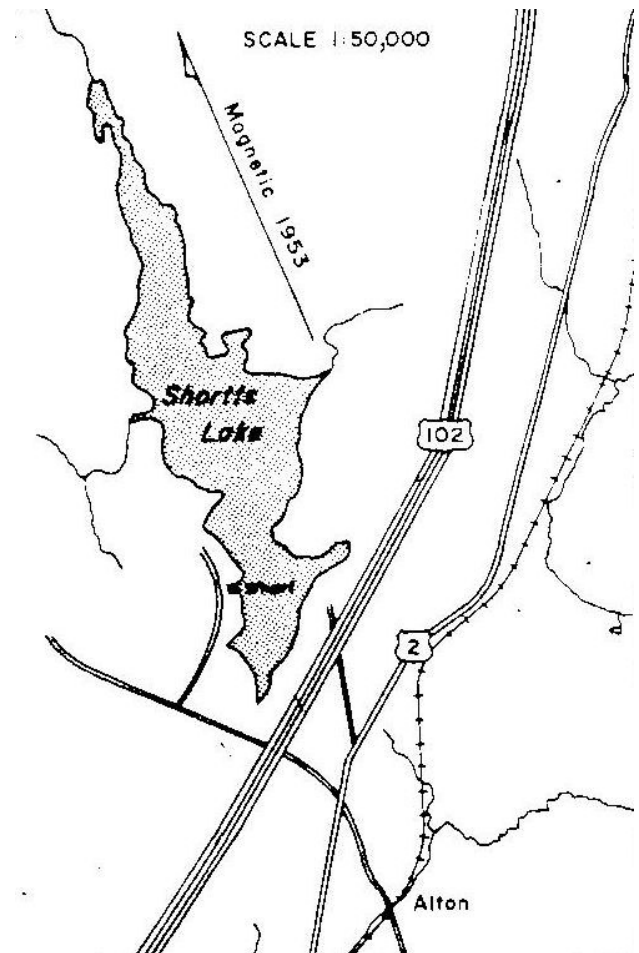
Route: No. 5 **Shortts Lake**
Type: Lake
Rating: moderate
Length: 4.52 kilometers
Portages: None
Main bodies of water: Shortts Lake

Start: Government wharf near the southwest corner of the lake.
Intermediate access:
Finish: at starting point

Shortts Lake is located south of Brookfield in Colchester County and can be seen from highway 102.

This lake is completely recreational in nature.

Shortts Lake is 4.52 kilometers in length and may be affected by wind conditions.





Route: No. 6 **Salmon River, Colchester County**
Type: River
Rating: Intermediate, I, II
Length: 14.19 kilometers (8.8 miles) 2-3 hours
Portages: None
Main bodies of water: Salmon River

Start: Union Station

Intermediate access: Black Rock just above Valley Station and below Murray Siding.

Finish: Truro

This route begins at Union Station, west of Truro on the Salmon River in Colchester County and runs 14.19 kilometers to the town of Truro. Take out on the right side of the river a little above the railway bridge.

There are bridges at Black Rock just above Valley Station and just below Murray Siding; 7.10 and 9.68 kilometers respectively from Union Station.

This trip is suitable only in early spring, late fall, or following heavy rains. Paddlers are generally seen in large numbers when the river is high.

Approach all rapids with caution.

