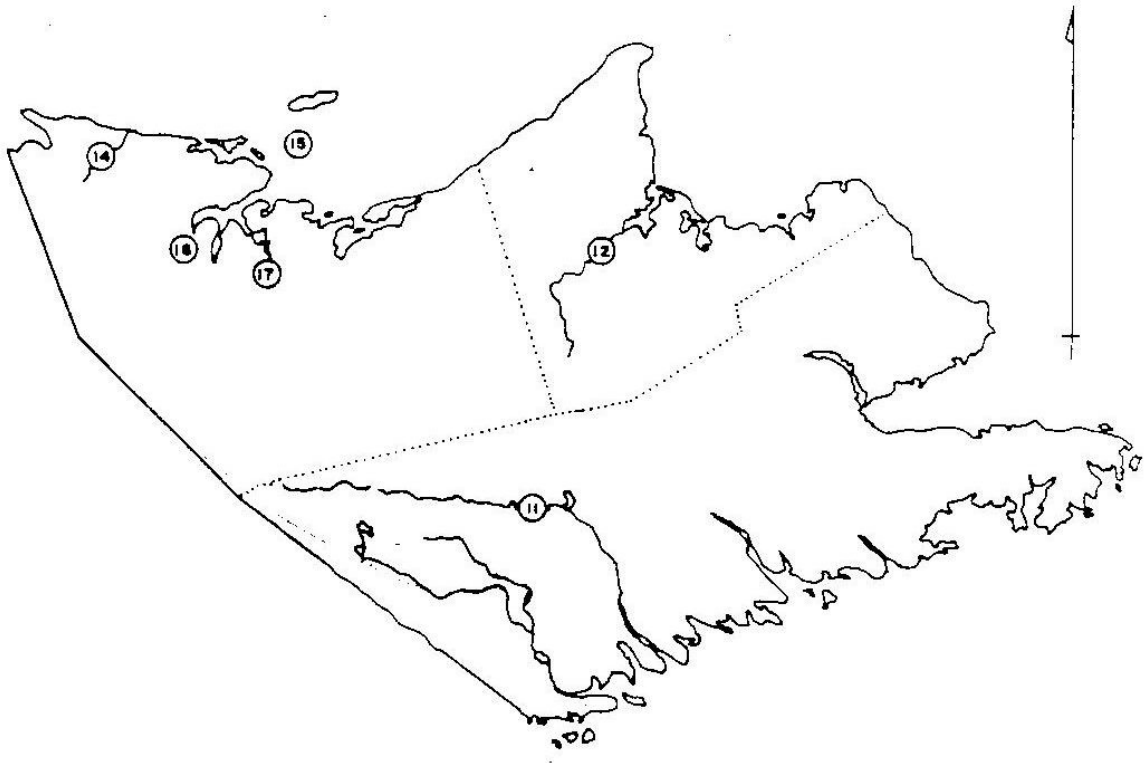
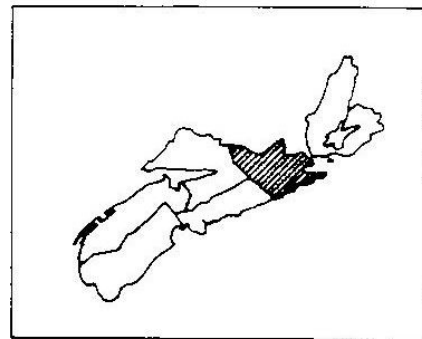


# Highland Region MAP



- No. 11 St. Marys River
- No. 12 West River
- No. 13 Wallace River
- No. 14 Toney River
- No. 15 Northumberland Strait



Route: No. 11 **St. Marys River**  
Type: River  
Rating: Intermediate – Advanced  
Length: 56.7 kilometers (35.2 miles) 2 days  
Portages: Short carries at access points  
Main bodies of water: West River St. Marys and St. Marys River.

Start: on the downstream side of the bridge at Caledonia.  
Intermediate access: easy access at at least eight locations.  
Finish: at the bridge on the No. 7 highway at Sherbrooke Village.

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The St. Marys is a large system, and its source originates a long way from the trip starting point at Caledonia in Guysborough County.

This is a good salmon river. It is wide with a gravel bottom and shallow with many pools. It has numerous stretches of rips and riffles with some white water in the last 4.3 kilometers. It is in this last stretch where rapids and falls are encountered that the rating changes from intermediate to advanced. There are roads on both sides of the river along this stretch, and the intermediate paddlers with white water experience using extra caution should be able to navigate it successfully.

This route should not be attempted without good maps that show important features such as; landmarks, rapids, etc.

This trip runs for 39.4 kilometers on the West River St. Marys before joining the East River St. Marys to form the St. Marys River.

Access points may be on private land.

Expect salmon fishermen at various pools along its length.

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Detailed information:	Canoe Waterways of Nova Scotia National Topographic Series	Ref. 13 A-B-C Map No. 11E / 8 Map No. 11E / 1E and Map No. 11F / 4W
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Route: No. 12 **West River** (Antigonish County)  
Type: River  
Rating: moderate – Intermediate, I  
Length: 20 kilometers (12 Miles) 2.5-4.5 hours  
Portages: None  
Main bodies of water: St. Joseph Lake, Ohio River, and West River.

Start: St. Joseph Lake  
Intermediate access: at several locations – listed below  
Finish : Columbus Field – Antigonish

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This river winds through the very heart of Antigonish County. Along its path you will see various animals, ducks, geese, and bold eagles. Elm trees over 100 years of age provide shade on hot days.

After leaving St. Joseph Lake the paddler will be traveling on the Ohio River for approximately 2 kilometers joining the West River.

Access points to this river are located at:  
A bridge just after leaving St. Joseph Lake.  
A bridge 3.2 kilometers from the starting point.  
The bridge on route No. 7 at 14.8 kilometers.  
The bridge on the Trans Canada Highway (route 104) at 18 kilometers.

This route has been rated as easy-intermediate depending on water levels. At periods of low water it would be considered as easy, and increasing in difficulty with higher water conditions. Expect standing waves at bends during higher water. Watch for sweepers.

On extremely dry summers a check on water conditions would be advisable.

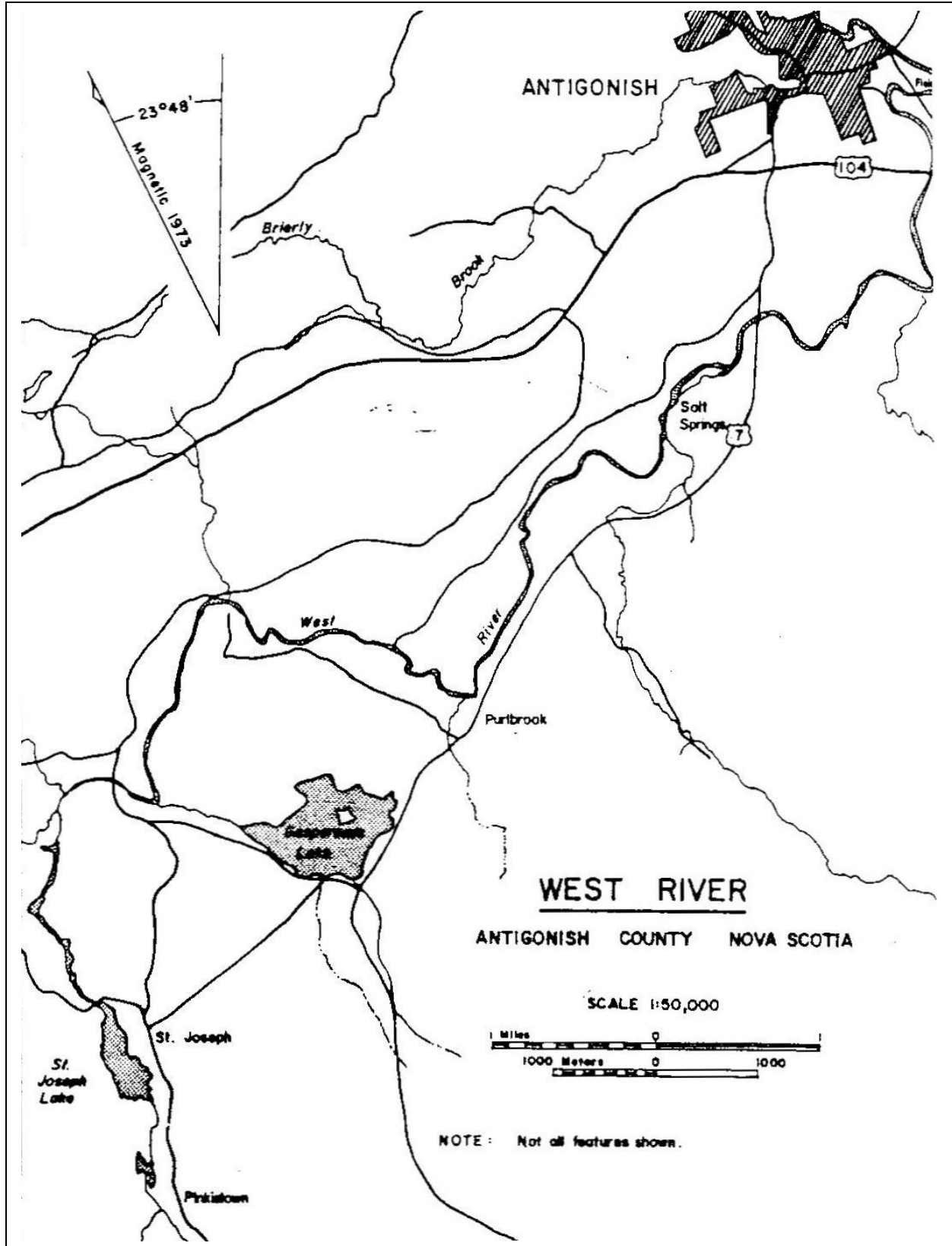
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Detailed information: National Topographic Series

Map No. 11E / 9E  
11F / 12W

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West River MAP



Route: No. 13 **Wallace River** Pictou County, N.S.  
 Type: River  
 Rating: Intermediate  
 Length: 32.6km 6-8 hours  
 Portages: None, some lining  
 Main bodies of water: Wallace River; East Branch; West Branch

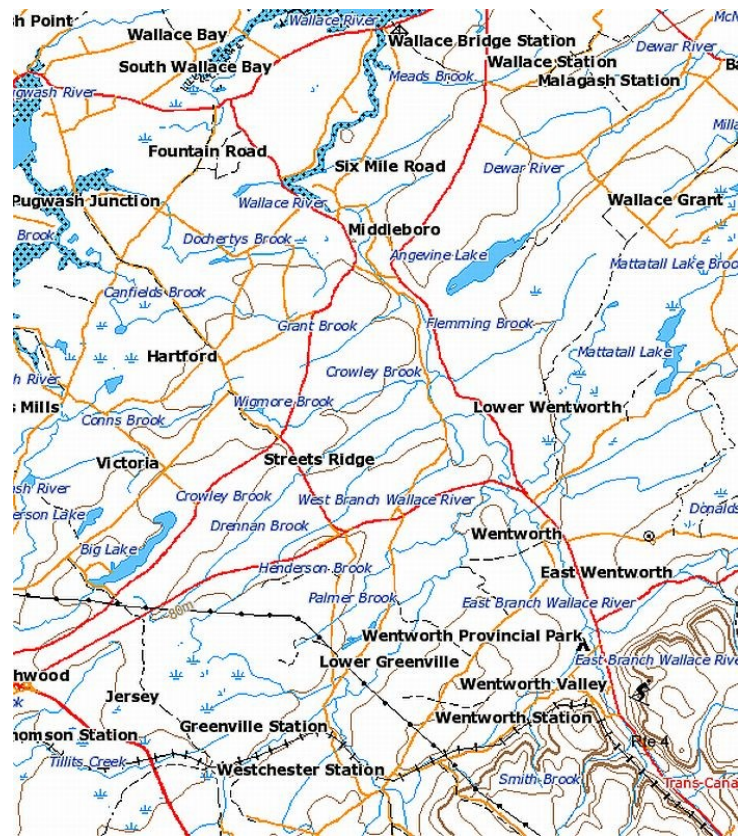
Start: Bridge west of Wentworth on rte 104, near Westchester Station  
 Intermediate access: Bridge on hwy 104 north of Wentworth Centre (9km); bridge near South Middleboro rte 168 (24km)  
 Finish: bridge at Wallace Bridge

The east and west branches of the Wallace River begin on the north side of the Coboquid Mountains. After joining near highway 4, the river winds its way north down a valley where it eventually meets the tidal waters of the Northumberland Strait. As with many provincial rivers, it is not generally run able in the summer months.

The upper reaches of the East Branch are narrow and swift with steep banks and several short rapids where bedrock appears. Expect some low ledges just after the bridge at hwy 4 (old transcanada hwy) and several others farther down. At lower water levels paddlers may have to line these.

The river slows somewhat at about the half way point and begins to braid around gravel bars. The river becomes tidal around North Middleboro approximately 9 km above the bridge at Wallace Bridge.

This is a salmon river with a recreational salmon fishery in the fall.



Detailed information: National Topographic Series

Map No. 11E / 13W  
 11E / 12W

Route: No. 14 **Toney River** Pictou County, N.S.  
Type: River  
Rating: Easy  
Length: 5.2 kilometers (3.2 miles) 2 hours  
Portages: None  
Main bodies of water: Toney River

Start: at the bridge on the No. 6 highway or the beach by the government wharf.  
Intermediate access: bridge near Toney Mills.  
Finish: return by same route to starting point.

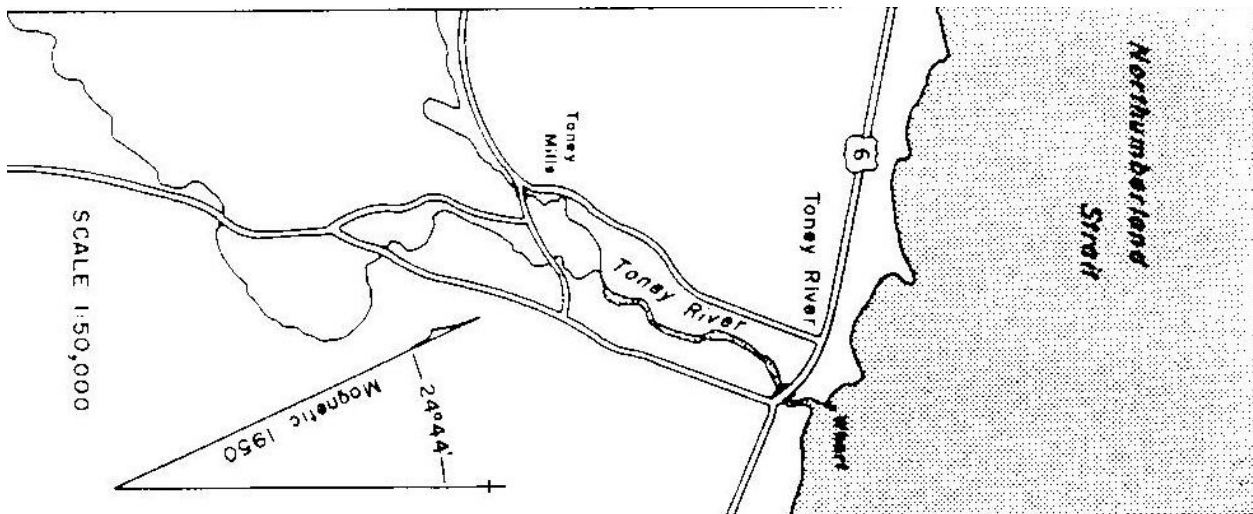
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Toney River is a shore paddle. It is a tidal river and the best paddling is when the tide is rising or full.

The river splits at 2.26 kilometers forming the east and west branches. The east branch is navigable for a short distance but it is very narrow. The west branch is the best one to follow. When the tide is low, the water becomes shallow near the turning point.

Rated as easy, with a note of caution. If you start at the beach, you will have to paddle out around the breakwater and come up the channel between the wharves. Exercise care when doing this as fishing boats may be using the channel. Keep to the right, paddle under the No. 6 highway, and then you are on your way.

During extreme high tides it is possible to paddle further;; but the banks will be flooded at the lower end.



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Detailed information: National Topographic Series

Map No. 11E / 15W  
11E / 10W



Route: No. 15 **Northumberland Strait**  
Type: Saltwater  
Rating: moderate – Advanced (see notes)  
Length: see notes  
Portages: None  
Start: At any convenient location (beach, wharf, etc.)  
Finish: Choose your own destination or return to starting location

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The Northumberland Strait runs in an east-west direction along the coast of Antigonish, Pictou, Colchester and Cumberland counties with Prince Edward Island on the opposite shore.

Anyone looking for a short, easy paddle would enjoy launching their boat at one of the many coves along this area. Stay within the confines of the sheltered bays and coves and do not venture out if any wind is expected. Shallow water, combined with tides and wind can create very difficult conditions.

The intermediate or advanced paddler may choose a starting location and plan a trip along the coast for one or two hours, or a week or more. A good knowledge of winds, tides and currents would be essential if doing the latter.

Hydrographic maps are available for the Northumberland Strait.

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Detailed information: National Topographic Series

11E/9, 11E/10, 11E/13, 11E/14,  
11E/15 and 11E/16