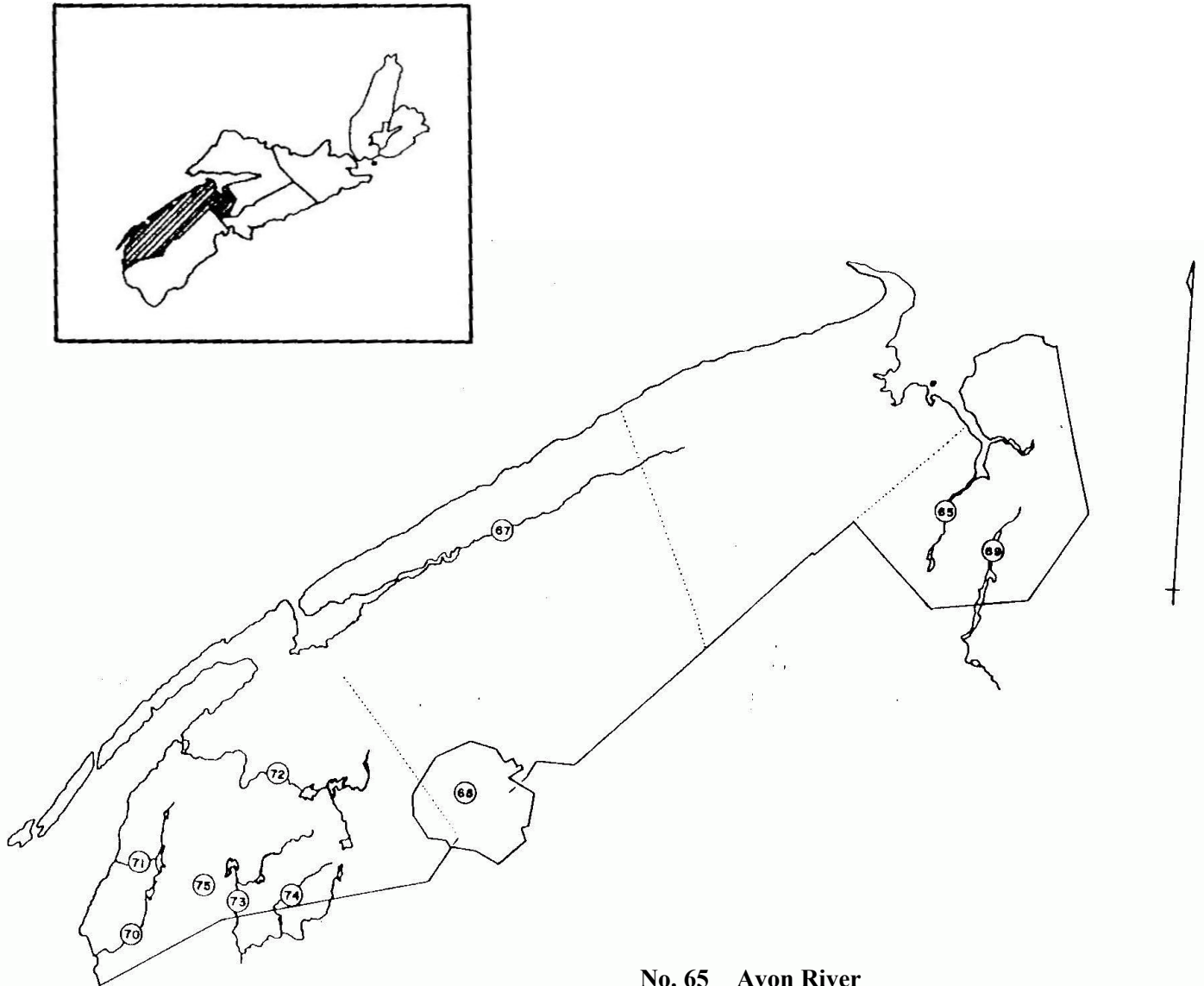


# Valley Region MAP



- No. 65 Avon River
- No. 66 Annapolis River
- No. 67 Kejimikujik (National Park)
- No. 68 Panuke Lake
- No. 69 Salmon River
- No. 70 Meteghan River
- No. 71 Sissiboo
- No. 72 Silver River
- No. 73 Napier – Tusket Rivers
- No. 74 Wentworth Lake

Route: No. 65 **Avon River**  
Type: River and an alternate lake route  
Rating: Intermediate  
Length: 10.96 kilometers (6.8 miles) 3 hours  
Portages: a couple of short lifts may be necessary  
Main bodies of water: Avon River  
Start: just below the power house (transmission stn.) on the Windsor/Chester road.  
(route no. 14).  
Intermediate access: None  
Finish: at the bridge on the road to Windsor Forks.

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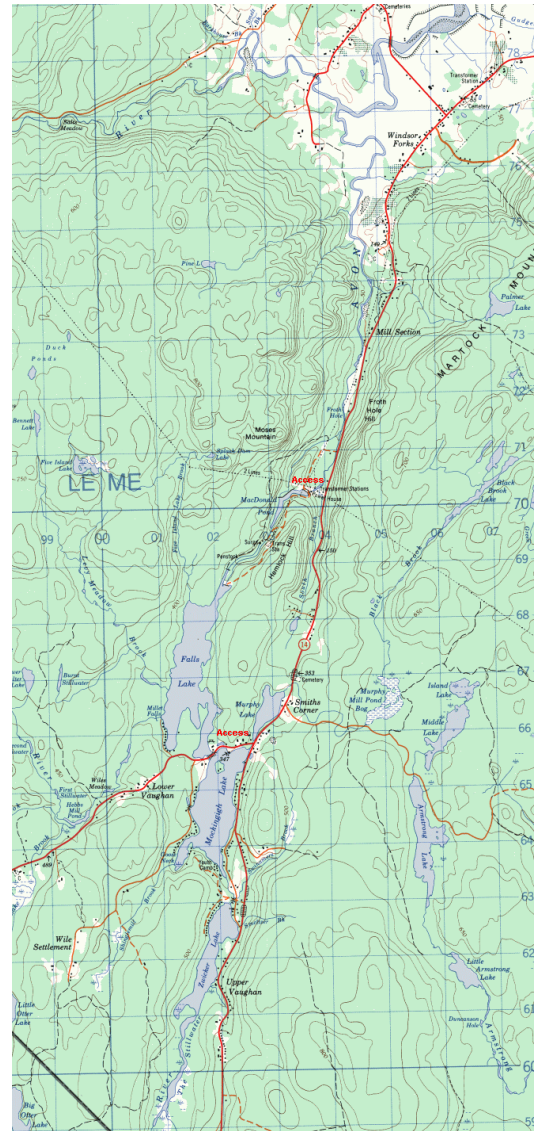
The first 5 to 6 kilometers of this route are swift, moving water. Approach river bends with caution and watch for white water obstacles. This section of the river depends to a certain extent, on water from the Nova Scotia Power Corp. dam. Check to see if the gates are going to be open before starting out.

The river levels off before merging with the West Branch Avon River at 8.39 kilometers.

The take out location mentioned above is at 10.96 kilometers; but you can continue for another 7.1 kilometers through Pesaquid Lake to the town of Windsor.

An alternate lake route that does not depend on water levels begins at the picnic park at Falls Lake and follows the river upstream across Mockingigh Lake. A short portage on the right takes you to Zwicker Lake. The stillwater at the end of Zwicker Lake ends at a short rapid. You can choose to line, or portage up the left side of the rapid on an old cart track to a small unnamed lake above. The river at the opposite end is not navigable.

Note: Millet Falls on the opposite side of Falls Lake, cascades into a nice pool for swimming. Unfortunately building is extending down the shore, and you may find the area occupied.



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Detailed information:  
National Topographic Series Map No. 21A / 16E

Route: No. 66 **Annapolis River**  
Type: River  
Rating: Moderate – Intermediate  
Length: 79.9 kilometers (49.54 miles) 2 or 3 days  
Portages: There maybe a few short lifts.  
Main bodies of water: Annapolis River

Start: By the bridge just south of Kingston in Kings County.  
Intermediate access: At a number of locations along the river. Major bridges listed below.  
Finish: At the campgrounds on the north side of the river before the causeway at Annapolis Royal.

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The Annapolis River is one of the longer rivers in the province. It begins as a shallow meandering stream running through a forested region of Kings and Annapolis Counties. From Meadowvale to Bridgetown it is slow moving and passes through the rich cultivated farmlands of Annapolis County. The banks on the lower section are quite high, steep and mucky. The river increases in width and depth from this point to the end of the route, and is subjected to strong wind exposure.

From Upper Granville to Annapolis Royal the rating is intermediate.

Kingston to Wilmot Station	7.8 kilometers
Wilmot Station to Meadowvale	2.7 kilometers
Meadowvale to Middleton	6.4 kilometers
Middleton to Brickton	8.7 kilometers
Brickton to Lawrencetown	4.8 kilometers
Lawrencetown to Paradise	5.0 kilometers
Paradise to Bridgetown	10.7 kilometers
Bridgetown to Annapolis Royal	33.8 kilometers

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Detailed information:	National Topographic Series	Map No.	21H / 2W, 21A / 15W
		and	21A / 14
	Canoe Waterways of Nova Scotia	Ref:	10 A-B
			10 C-D
	Paddlers Guide to Annapolis County		

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Route: No. 67 **Kejimkujik**  
Type: a series of lakes with some limited river work  
Rating: Easy – Intermediate

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Kejimkujik: a Mecca for family paddling in Nova Scotia. Paddle in a quiet cove on an afternoon; choose a loop trip for a weekend; or paddle the numerous lakes for a week or more. If you intend to use remote sites within the park, you will need to pre-book sites and purchase a park pass.

The portages which vary in length, are well marked and maintained. Wardens patrol the 37,584 hectare park which has over forty wilderness campsites. The larger lakes (Kejimkujik Lake is 8 kilometers by 5 kilometers) are open to extreme wind exposure.

Experienced paddlers can use the park as a starting point for going on extended wilderness trips which pass beyond the park boundaries and finish at outside locations. The most significant river in the area is the Mersey. Paddlers can extend trips up or down the Mersey River. The Shelburne River system and the Christopher Lakes route are both adjacent to the park.

Plant and animal life are abundant in the park with Blandings Turtle and the Eastern Ribbon Snake being unique to this area of Atlantic Canada. Other areas of interest within the park include hiking trails, nature trails, fishing, swimming, winter sports, interpretive center, etc.

The park itself stretches over several counties but entrance is located at Maitland Bridge in Annapolis County.

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Detailed information:	Canoe Waterways of Nova Scotia National Topographic Series <a href="http://www.pc.gc.ca/pn-np/ns/kejimkujik">http://www.pc.gc.ca/pn-np/ns/kejimkujik</a> Paddlers Guide to Annapolis County	Ref: Christopher Lakes A-B 21A/6
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Kejimkujik National Park  
Box 36, Maitland Bridge  
Annapolis County, NS  
B0T 1N0

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Route: No. 68 **Panuke Lake** (St. Croix to Hubbards)  
Type: Lake (Panuke can get extremely windy. Start early, and be prepared to camp if necessary)  
Rating: Intermediate  
Length: 38.71 kilometers (24.00 miles) 2 days  
Portages: 2 (total distance 3.2 kilometers)  
Main bodies of water: Panuke Lake, Westhaver Lake, Coolen Lake and Dauphinee Mill Lake  
Start: at Salmon Hole Dam, St. Croix, Hants County  
Intermediate access: Panuke Lake Road, off the #1 hwy between St Croix and Windsor  
Finish: at the southeast end of Dauphinee Mill Lake near Hubbards, Lunenburg County  
Note: This route, or parts of it can be done in either direction.  
Alternate Routes: Panuke, Big St Margarets Lake/Ingramport River, Panuke, Timber, Otter, Officers Camp, Dauphinee Mill Lake Lakes

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Panuke Lake is a long (27.1 kilometers) narrow lake running in a north-south direction. It was once used as an Indian trading route. This route can be paddled using either end as the starting locations, but is described from north to south.

A power line crosses the lake 12.9 kilometers south of the starting point. There is an island in the center of the lake just beyond the power line followed by a Blind Bay on the east. Stay on the west side of the lake to avoid Blind Bay which comes to a dead-end. Blind Bay is the primary access to the alternate route into Big St Margarets Lake.

Look for the first portage in a very small cove at the south end of the lake near Indian Hill. Turn right at the logging road and continue over the bridge. Look for a smaller cart track leading to Westhaver Deadwater on the left. Paddle through the Deadwater, Westhaver Lake and into Coolen Lake.

Just after entering Coolen Lake, turn east into a large cove and the second portage.

At Dauphinee Mill Lake follow the northeast shore. It should be smooth sailing to the take out point at the end of the lake. Note that overnight parking here is reserved for cottage owners.

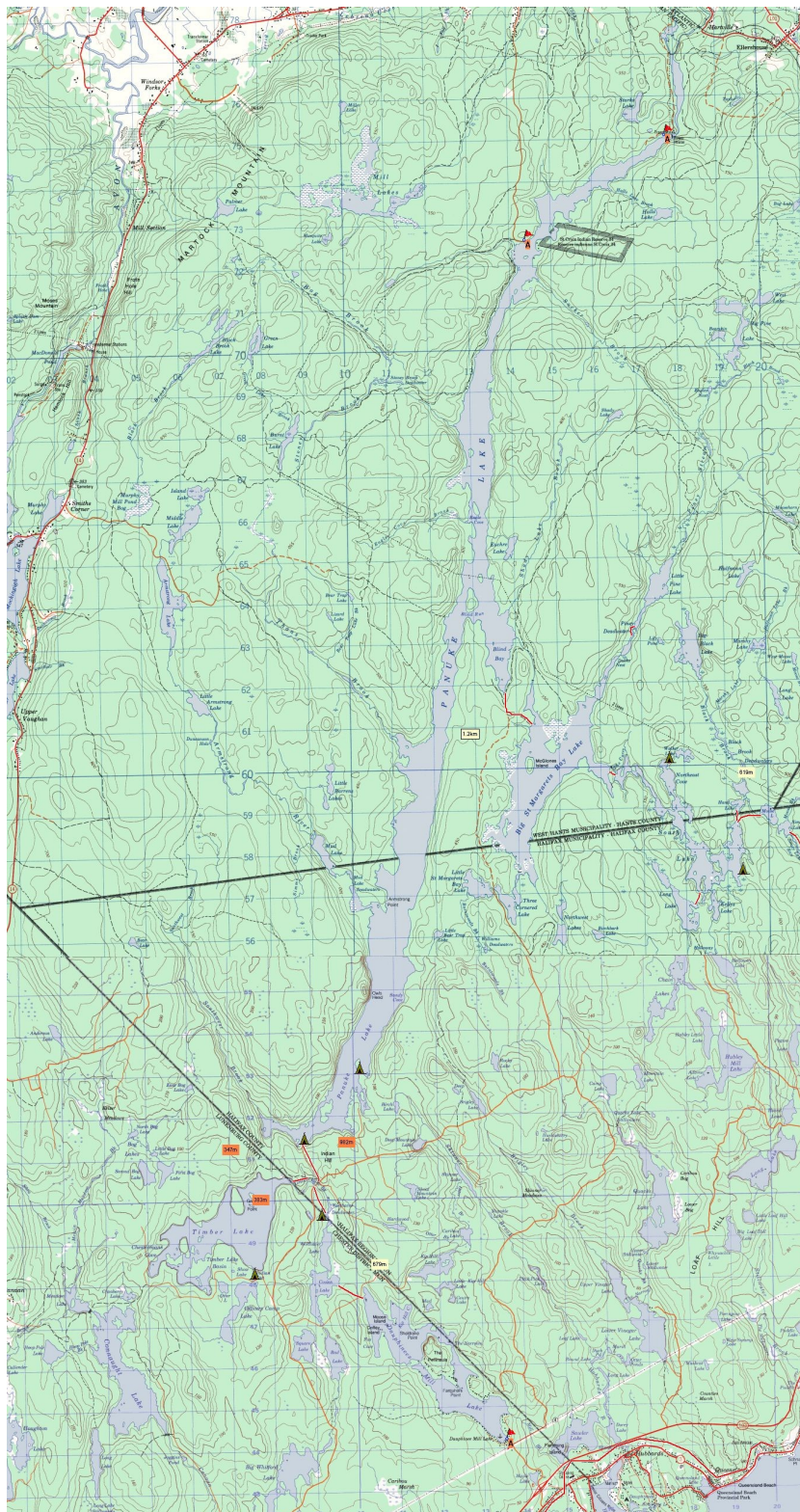


## Pauke Lake – cont'd

To complete an alternate route to Timber Lake, Otter and Officers Camp Lake from Panuke, look for a logging road and portage on the right as you reach the top of Indian Hill. Portage along an old logging road to the top end of Dauphinee Mill Lake, from Officers Camp Lake.

You may also wish to divert into Blind Bay on Panuke Lake. From here a short portage takes you into Big St Margarets Lake and South Lake. This is the headwaters of the Ingramport River. The upper portion of the river is navigable by boat as far as Bates Lake with portages that may be difficult in low water. The lower section of the river below Bates is narrow and creekly with no portages. Return to Panuke Lake, or make arrangements to get into the Bowater forestry area for a shuttle.

The alternate access to Panuke Lake on Panuke Lake road ends at a small parking area next to the lake. Panuke is a popular fishing spot, and this is a popular put-in for fishers and cabin owners.



Detailed information: National Topographic Series

Map No. 21A / 9  
21A / 16

Hiking Trails and Canoe Routes in Halifax County

Route: No. 69 **Salmon River**

Type: River and Lake

Rating: Intermediate

Length: 40 kilometers (25 miles) 2 days

Portages: 2 (unmarked) and several short lifts (less than 1 kilometer)

Main bodies of water: the Meteghan River, a chain of six lakes (Oakleaf, Eel, Germain, Beaver, Clearwater and Salmon River), the Salmon River, Mayflower Lake and Lake Doucette.

Start: at Lac à Victor near Concession in Digby County.

Intermediate access: bridges at 10 locations.

Finish: Salmon River Bridge at the head of Salmon River.

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Sixty-six percent of this trip is river and the water level should be fairly high before attempting it. Some white water experience would be in order because there are some technical stretches on this route.

Six of the eight lakes are joined by channels, thus eliminating a lot of portaging. The two short carries are from Beaver to Clearwater Lake and Clearwater to Salmon River Lake.

Precautions to watch for include fallen trees and low bridges. Micmac Falls (not shown on the N.T.S. map) can be run. It is located on the map at the point where the 50 foot contour line crosses the river.

This is the location and route of the annual Clare Canoe Trip which takes place every Easter weekend regardless of the weather. 1982 was the 10<sup>th</sup> anniversary of this event. Information on this can be obtained from the Club de Canotage de Clare.

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Detailed information: National Topographic Series

Map No. 21B / 8  
21B / 1

Route: No. 70 **Meteghan River**  
Type: River  
Rating: Advanced  
Length: 7.74 kilometers (4.8 miles)  
Portages: see notes  
Main bodies of water: Meteghan River

Start: at Eel Lake

Intermediate access: Bridges cross the river at several locations.

Finish: At Meteghan River

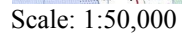
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This is a fast river dropping more than 30 meters between Eel Lake and the bridge at Meteghan River. White water experience and a good knowledge of rivers is essential for this trip, as there are stretches of rapids and several falls. Short lifts and lining the boat will be required in places. This is not a good trip during periods of low water.

The Meteghan River begins farther north than described here. For information on the paddlable portion of the top part of this river refer to route No. 70, the Salmon River.



## Map: Salmon River / Meteghan River



Detailed information:	National Topographic Series Paddling the Tobeatic
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Map No. 21B / I

Route: No. 71 **Sissiboo**  
 Type: Lake and River  
 Rating: Advanced  
 Length: 54.33 kilometers (33.68 miles) three days (longer if traveling into the Shelburne river system)  
 Portages: major carries totaling 2.4 kilometers (not all marked) and a number of short lifts  
 Main bodies of water: Ninth Lake, Eighth Lake, Seventh Lake, Sixth Lake, Fifth Lake Flowage, Fourth Lake Flowage, Third Lake, Second Lake, Sissiboo Grand Lake, Big Deadwater and the Sissiboo River.  
 Start: in a cove on the north shore of Lake Joli, Digby County, approximately 10 kilometers south of Bear River on the Murdockville Rd  
 Intermediate access: limited. There is the odd road on the upper portion, but most of these are not recommended for passenger cars. There is access to Fourth Lake Flowage. Below the dam on Fourth Lake Flowage there are a few secondary roads which could provide access at several locations.  
 Finish: at Sissiboo Falls approximately 10 kilometers east of Weymouth in Digby County

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After launching, paddle in a southerly direction to a stream entering Lake Joli at its narrowest point. Follow the stream for 2 kilometers to the first portage (a well defined trail) which takes you over fairly level ground to Ninth Lake. The next three lakes are small and the portages follow the streams. From Seventh Lake the portages follow a narrow path in a southwest direction to a small cove in Sixth Lake. The longest portage (1.2 kilometers and well marked) runs from the largest cove in the southwest corner of Sixth Lake to the head of the flowage on the Sissiboo River. There may be a few short lifts between this point and the Nova Scotia Power Corporation dam at the end of Fourth Lake Flowage. Carry Brook Stream and Sporting Lake Stream off Fourth Lake are the major routes into the Shelburne river system.

At the dam there is a short carry to Third Lake. Between Third Lake, Second Lake, Sissiboo Grand Lake and Big Deadwater are stretches of rapids, and a short carry at the dam on Sissiboo Grand Lake. Big Deadwater to the take out point at Sissiboo Falls has several stretches of whitewater.

Whitewater experience should be a prerequisite for the river sections of this trip. Watch for poison ivy on the portages and submerged tree stubs on the lakes. There are some campsites located on all lakes and at several locations on the Sissiboo River. The larger lakes are open to high wind exposure!

The lower section of the Sissiboo River from Sissiboo Grand Lake to Sissiboo Falls is an exciting day trip that can be done provided there is a dam release. This is a class II-IV run that demands good whitewater skills. Most runs however are short and can be walked around. There is an access road that follows the river on the right.

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Detailed information:	National Topographic Series	Map No. 21A / 5
	Canoe Waterways of Nova Scotia	Ref. 5 A-B; 5 C-D
	Paddling The Tobeatic	A. Smith

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Route: No. 72 **Silver River**  
Type: River  
Rating: Intermediate +  
Length: 19.67 kilometers (12.2 miles ) 1-2 days  
Portages: 2 (total distance 1.2 kilometers) and a possibility of several short lifts.  
Main bodies of water: South, Middle and North Carrying Road Lakes, Silver River and the Tusket River.

Start: at South Carrying Road Lake on the Moose Lake Road or the Silver River 5.24 kilometers (by road) north of the Intermediate access point (both in Digby County).  
Intermediate access: a bridge crosses the river just after leaving Barrio Lake.  
Finish: at the bridge on the road to Kemptville, 12.2 kilometers from the intermediate access point.

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This route has two locations that can be used as launch sites. The length given above is from the starting point on South Carrying Road Lake. If launching at the Silver River location, the total distance is slightly less at 18.37 kilometers. Both locations can be reached by traveling north from Kemptville in Yarmouth County.

The major land owner in this area is the Bowaters-Mersey Paper Company and there are gates across some of the roads. Check to see if the gates will be open. Nova Nada, a monastic community, also own land in this area and operate a monastery on the southwest corner of South Carrying Road Lake.

You will have to do the portages regardless of your starting location, since both courses merge before reaching them. The first will be at the dam on the Silver River, followed shortly by the second which follows a trail to Barrio Deadwater.

Both maps listed for this route are incomplete in detail and contain errors and omissions in nomenclature. Silver River and Barn Brook merge at Barn River Deadwater to form the beginning of the Tusket River. Other important features not shown on these maps include Barrio Falls, Flat Falls, Little Flat Falls, Upper Long Falls, Hanley Falls, Tumble Falls, Lower Long Falls, Randall Falls and Zachs Falls at the take out point.

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Detailed information:	National Topographic Series	Map No. 21A / 4W
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Paddling the Tobeatic

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Route: No. 73 **Napier-Tusket River** (East Branch)  
Type: River  
Rating: Difficult  
Length: 31.70 kilometers (19.65 miles) two days  
Portages: Depends upon water level and experience  
Main bodies of water: Napier River and East Branch Tusket River  
Start: by a gravel pit on the Moose Lake Road at Chelsea Deadwater in Digby County  
Intermediate access: indirect access at Georges Lake, Big Meadow Brook, and at a bridge near Sunday Lake.  
Finish: at the last bridge on the river before merging with the Tusket River at North Kemptville, Yarmouth County

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This trip should be considered difficult because of its whitewater content and remoteness to civilization. The whole route is almost a continuous run of rips, rapids and falls with a few short stretches of flatwater. River knowledge and whitewater experience are essential for this trip.

Note: Whitewater Information not shown on the National Topographic Series map.

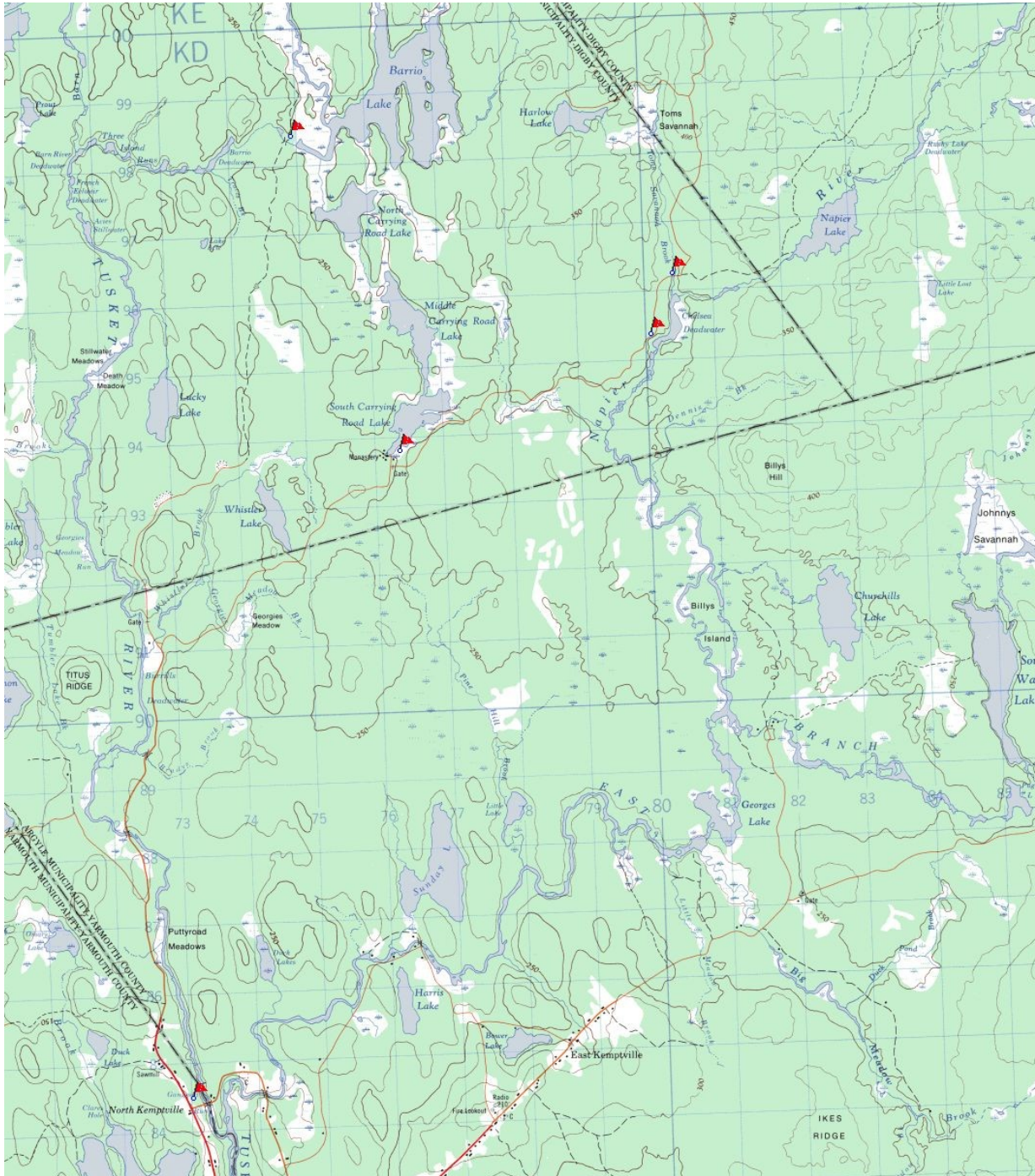
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Detailed information:	National Topographic Series: Map No. 21A04	Map No.	21A / 4
Paddling The Tobeatic			

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Silver River - No 72  
Napier-Tusket River - No 73



Scale: 1:50,000

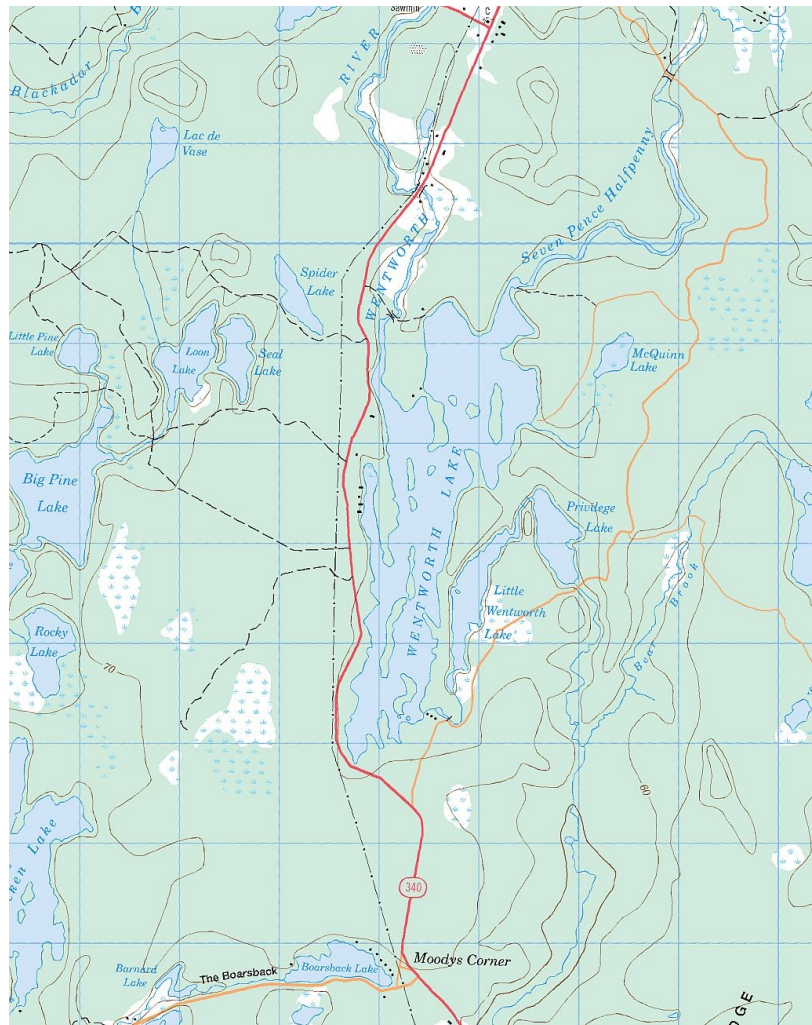


Route: No. 74 **Wentworth Lake**  
Type: Lake  
Rating: Easy  
Length: 5.16 kilometers (3.2 miles) day trip  
Portages: None  
Main bodies of water: Wentworth Lake  
Start: at several locations along Highway 340 in Digby County.  
Intermediate access: --  
Finish: return to starting point.

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This trip can make an excellent day trip. The actual length of the lake at 5.16 kilometers is a deceiving figure because there are numerous coves and islands which one can explore, adding many kilometers to the total distance. The coves and islands also provide protection from the wind.

The Wentworth River and Seven Pence Halfpenny Brook, both entering at the northern end of the lake, add to the beauty of this route.



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Detailed information: National Topographic Series

Map No. 21A / 4W

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