

Trails of the Municipality



South Shore Annapolis Valley Trail



Indian Falls



River Ridge Common



Arthur Young Trail



LaHave River Trail



Bull Run Trail



Adventure Trail



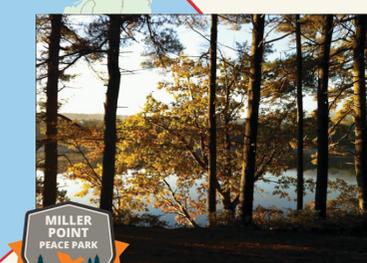
Dynamite Trail



Bay to Bay Trail



The MARC



Miller Point Peace Park



Gaff Point



Indian Path Commons

Suggested routes & more information

The distances and estimated walking times of the rail trails may seem daunting – but you don't always have to make it a linear walk! We can help with suggested routes, and other ways to enjoy the trail. For example, have you ever thought of trying one of the longer routes on your bike? Contact us at the municipal office and we will help you get started!



www.modl.ca
(902) 541-1343

Leave No Trace

Leave No Trace principles are all about outdoor ethics, and leaving the natural environment in the same, if not better condition than when you found it. Here are a few highlights as they apply to trails in the District of Lunenburg:

- Leave rocks, plants, and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures or furniture.
- Do not make fires.
- Do not disturb, approach, or follow wildlife. Your surroundings are home to many plants and animals; remember that you are the visitor.
- Pack it in, pack it out. This includes toilet paper and hygiene products.
- Stay on the trail, even when wet and muddy. This avoids disturbing natural areas.
- Above all, respect the trail and make it an enjoyable experience for everyone!

For more information on Leave No Trace principles, visit www.leavenotrace.ca



Estimated walking time & difficulty

Average walking time: 12 minutes per kilometer or 5 km/hour, especially on rail trail. Trails with more challenging terrain will have different walking times indicated.

The American Volksmarch Association (AVA) has created an international trail rating standard that helps identify difficulty of a trail. It is a two-digit system, made up of a number and a letter.

Examples:
A route that is mostly on flat pavement would be rated 1A.
A beach walk would be rated 1C.

A route with moderate hills on well groomed trails would be rated 2B.

We have used the AVA rating system throughout the trail guide as a way to make sure you know the difficulty ahead of time.

PART 1 – INCLINE	
1.	Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from starting point: up to 500 feet
2.	Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from starting point: 500-1500 feet
3.	Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from starting point: 1500-2500 feet
4.	Lots of significant hills or stair climbing. Elevation gain from starting point: 2500-3500 feet
5.	Many steep hills. Elevation gain from starting point: more than 3500 feet
PART 2 – TERRAIN	
A.	Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
B.	A significant part of the route is on well-groomed trails with very few obstacles. Probably suited for strollers but may not be suitable for wheelchairs.
C.	A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers and wheelchairs.
D.	A significant part of the route is on very difficult terrain.
E.	The majority of the route is on very difficult terrain.

Source: http://www.aztrekkers.org/AVA_STUFF.htm

Reporting damage

If you see something on any of the trails that has been damaged, vandalized, or is dangerous, contact the District of Lunenburg at (902) 541-1343. One of the best ways you can support local trails groups is by reporting what you see! We rely on you, the users, to be our eyes and ears on the ground.

Trail etiquette and safety

These diverse trail opportunities offer something for many different user groups and trail interests. Simple trail use etiquette is based on common sense, safety, and respect. Everyone who uses a trail uses it for the same reasons – to enjoy themselves.

There is an expectation that all trail users will follow common rules of courtesy and respect to help ensure that the trails remain accessible for everyone. Here are a few highlights to remember:

- Be aware of other trail users – stay alert!
- Stay to the right of the trail, except when passing.
- Always clean up after yourself.
- Obey all the trail rules.
- Travel at a reasonable speed – slow down when approaching other trail users.
- Yield to other trail users when entering and crossing trail.
- All dogs must be on leash. Control pets at all times, or have them stay at home.



Share the road

Just like trail etiquette, share the road is based on common sense and safety. Here are highlights, for all users:

- Cyclists**
- Wear your helmet – it's the law!
 - Be visible – wear bright colours and use a front white light and red rear reflector
 - Cyclists have the same rights as motorists in Nova Scotia – know the rules and follow them.
 - Ride on the right side of the road, in the same direction as traffic.
 - Ride in single file.
 - Use a bicycle bell or horn to pass or let others know you are coming.
- Drivers**
- Cyclists have the same rights as motorists in Nova Scotia – know the rules and follow them.
 - Pass cyclists safely, at least one metre away – it's the law!
 - Slow down and drive within posted speed limits.
 - Do not pass and cut right – cyclists are travelling faster than you think.

- Pedestrians**
- Walk facing oncoming traffic, and make eye contact with drivers
 - Keep as far off the road as possible
 - If you can't see the road ahead clearly, be extra careful
 - Wear reflective clothing, especially at dusk
 - If walking with a dog, keep them on a leash. Reflective tape on their leash helps too!



District of Lunenburg Recreation
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South Shore Connect.ca
Explore - Discover - Play
South Shore Connect.ca is a one-stop online resource for all active living and physical activity programs and services across the South Shore. With a database that is searchable by location, interest and organization as well as a news and events section, residents can find the right fit for them and their families. For all the information, visit www.southshoreconnect.ca

Municipality of the District of Lunenburg Trail Maps



Start Your Adventure Here!