



Trails Challenge

Welcome to the Digby + Area Trails Challenge!

In this booklet you will find our trail challenges. Participation is easy!

- 1 Pick your challenge. (You can do one or all five!)
- 2 Complete the challenge with photo proof.
- 3 Submit your photo to the Digby Area Recreation Facebook Page or email your photos to activeliving.darc@bellaliant.com

Once we have verified your challenge submission you will be rewarded with your trail badge.

We have put together a variety of distance and effort levels for these challenges. There is something for everyone. If you are unsure of how to locate the trails in the challenge, please visit www.digbytrails.ca for a downloadable map or the civic address of the trails or stop by the Digby Area Recreation Office.

Collect All Five!

Welcome to Van Tassell Lake Trails

Location: 859 Culloden Rd, Digby

**new
in
2023**

Challenge: Choose one of the following options:

a) Level 1 - The full lake loop is 3.5 km. Take a photo at the picnic tables at Kopit Cove with the lake in the background.

OR

b) Level 2 - While making the lake loop, take a turn at Rock Pile Corner and head up the spur (1km) for the fantastic look off. Take a photo of the view from the top looking towards Conway, Smith's Cove and Marshalltown.

Trails are a combination of wilderness walking trails and access roads.





Welcome to Balancing Rock Trail

Location: 2652 Highway 217, Tiverton, Long Island

Challenge: Choose one of the following options:

a) Level 1 - Take a photo at the top of the Balancing Rock staircase. For this challenge you will be walking on 1.7 km of cleared paths and boardwalks through bogs and wooded areas.

OR

b) Level 2 - Take a photo on the viewing platform with the Balancing Rock behind you. For this challenge you will be walking on 1.7 km of cleared paths and boardwalks through bogs and wooded areas, as well as down and back up 253 wooden steps.

Welcome to Storybook Trail
Location: 4634 Highway 1, Weymouth

Take a photo with the Sissiboo River behind you. This challenge will take you on 600 meters (one way) of groomed, wide, grassy trails, suitable for robust wheelchairs and strollers. Along the trail you will find play structures, picnic tables, community gardens and more!





Welcome to Acacia Valley Trails

Location: 155 Mill Road, Hillgrove

Challenge: Choose one of the following options:

a) Level 1 - Take a photo in front of Acacia Valley Falls. This challenge will take you on 600 meters (one way) of groomed trails, suitable for robust wheelchairs and strollers.

OR

b) Level 2 - Take a photo at the bottom or top of Picnic Rock. For this challenge you will be hiking on single track trail with some rocks and tree roots. The trail is marked with signage and is 1.2 km one-way

Welcome to Gulliver's Cove Trail
Location: 703 Gulliver's Cove Road

Challenge: Choose one of the following options:

a) Level 1 - Take a photo beneath the lookoff, with the cliffs behind you. This hike is 600 metres along mostly grass paths.

OR

b) Level 2 - Take a photo at the top of the Falcon Roost Look Off with the Bay of Fundy behind you. This trail is 1.2 km one-way with an elevation that will leave you 80 metres atop the ground below. This trail is made up of grass single track, paths through the woods and a steep gravel road.



Complete 4 of the 5 Digby Trail Badges
and Apply to Hike Nova Scotia for your
HIKE DIGBY Badge! www.hikenovascotia.ca



More Area Trails

There are several other trails to explore in the Town + Municipality of Digby!

Big Meadow Bog Trail - Still under construction, there is 600 m of boardwalk and gravel paths leading into the middle of the Big Meadow Bog.

Central Grove Trail - Part of Provincial Park, this beautiful forest trail leads to a viewing platform on the rocky Bay of Fundy coastline.

Brier Island Coastal Trail - This trail 4 km of gently rolling seaside meadows and wide open beach within the Nature Conservancy of Canada's Brier Island Nature Reserve.

Rail Bed - The Municipality of the District of Digby and the Town of Digby maintain the old rail bed that is utilized for hiking, cycling, horse back riding and use of ATVs. Heading to Smith's Cove you will find beautiful views of the Annapolis Basin and heading towards Weymouth you will discover lakes, a variety of trees and plants as well as a lovely outside view of Ridge View Farms.

For more information on these trails visit www.digbytrails.ca

Hiking Safety



There are several things you can do to ensure a safe hiking experience!

- Don't hike alone. There is safety in numbers.
- Make a hike plan. Decide where you're going and when you'll return. Leave this information with someone who will follow up if you don't return on time.
- Take a map and compass or GPS unit (with extra batteries) and know how to use them.
- Bring the right gear with you and be prepared. Hiking or trekking poles are a good idea to help with difficult terrain and can be tools for emergency situations, such as fending off aggressive animals.
- Never feed wild animals and don't leave garbage behind that might attract them to the trail. Wildlife attacks in Nova Scotia are very, very rare. The key is to avoid wildlife encounters in the first place: make noise while you hike (bear bells are an option); be cautious when near food sources; and be aware of wildlife signs like scat and other markings. There are ticks with Lyme Disease in Nova Scotia, so take the necessary precautions.
- Be aware of your environment and the conditions before you go and plan accordingly.

For more information on hike safety, courses and resources please visit:
www.hikenovascotia.ca

If you are looking for additional trails to explore in the Town and Municipality of Digby visit: www.digbytrails.ca