Cape Chignecto
Provincial Park

Spicers Cove
Dudgen Rock
Squally Point
Eatonville Day-Use Trails
3.1km trail from Eatonville Day-Use to Elliott Field
Elliott Field
Eatonville
Andersons Cove
Three Sisters
Eatonville Harbour
Green Point
Seal Cove
Carey Brook
Keyhole Brook
Big Bald Rock
Bald Rock
Little Bald Rock
Refugee Cove
French Lookout
Broad Cove
Devils Slide Cove
Cape Chignecto
Mill Brook
Arch Gulch
New Yarmouth
New Yarmouth Mountain
Christy Field
West Advocate
Red Rocks
Advocate Bay
Advocate Dyke Marsh
Highway 209
Apple River Rd
Eatonville Rd
West Advocate Rd
Advocate Beach Rd
Driftwood Lane
Elliott Brook
Hollow Brook
Dry Holiday Brook
Eatonville Brook
Seal Cove Brook
Carey Brook
Brown Dog Cove Brook
Ship Timber Brook
Refuges Cove Brook
Keyhole Brook
Big Bald Rock Brook
Little Bald Rock Brook
Arch Brook
McGahey Brook
Mooring Branch Apple River

1.6km from beach stairs at McGahey Brook to Visitor Centre at Red Rocks. Verify tide tables before hiking.

Hiking on the beach west of this point is not permitted as rising tides will leave visitors without beach. Tides rise at a rate of 1 inch per minute.

Trail Rating System

● Easy	Flat to gently rolling
■ Moderate	Gently rolling with short steep sections
◆ Difficult	Rolling with many steep sections that may continue for long periods

1. **Red Rocks** ■
178m (5 min) one-way; Average Slope: 15%; Maximum Slope: 35%

2. **Christy Viewpoint Trail** ■
900m (15 min) one-way; Average Slope: 10%; Maximum Slope: 40%

3. **Fundy Ridge Trail** ◆
2.3km (1 hr 30 min) one-way; Average Slope: 15%; Maximum Slope: 95%

4. **McGahey Brook Canyon Trail** ■
5.5km (2 hrs) one-way; Average Slope: 8%; Maximum Slope: 40%

5. **Mill Brook Canyon Trail** ◆
4.2km (3 hrs 30 min) one-way; Average Slope: 15%; Maximum Slope: 65%

6. **Refugee Cove Trail** ◆
6.3km (5 hrs 30 min) one-way; Average Slope: 18%; Maximum Slope: 120%

7. **Cape Chignecto Coastal Trail** ◆
22.9km (3 - 4 days) return loop; Average Slope: 15%; Maximum Slope: 115%

8. **Eatonville Trail** ◆
11.4km (6 hrs 30 min) one-way; Average Slope: 10%; Maximum Slope: 40%

9. **Three Sisters Trail** ●
1.2km (40 min) one-way; Average Slope: 10%; Maximum Slope: 35%

10. **Squally Point Trail** ●
2.1km (60 min) return loop; Average Slope: 7%; Maximum Slope: 35%

Hiking times are from the Visitor Centre with the exception of the Eatonville Day-Use Trails.

Hiking Distances to Cabins

Visitor Centre to Arch Gulch Cabin = 8.9km
Arch Gulch Cabin to Big Bald Rock Cabin = 13.7km
Big Bald Rock Cabin to Carey Brook Cabin = 7.5km
Carey Brook Cabin to Eatonville Bunkhouse = 8.8km
Eatonville Bunkhouse to Visitor Centre = 14.1km

- Beach Access
- Bunkhouse (8 single bunks)
- Cabin (4 double bunks)
- Campfires Permitted
- Camping
- Emergency Helipad
- Flush Toilet
- Group Camping
- Kayak Sites
- Kilometre Marker
- Look-off
- Parking
- Picnic Area
- Telephone
- Toilet
- Visitor Centre

0.5 0.25 0 0.5 Miles

0.5 0.25 0 0.5 1 Kilometres

6° Universal Transverse Mercator (UTM) Projection, Zone 20,
Central Meridian 63°00' West, North American Datum (NAD) 1983.

NOVA SCOTIA PARKS

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