










# Five Islands Provincial Park Trail Guide

-  Beach Access
-  Bridge
-  Camping
-  Camping (Group)
-  Lookoff
-  Parking
-  Park Office
-  Restrooms with Showers
-  Toilet

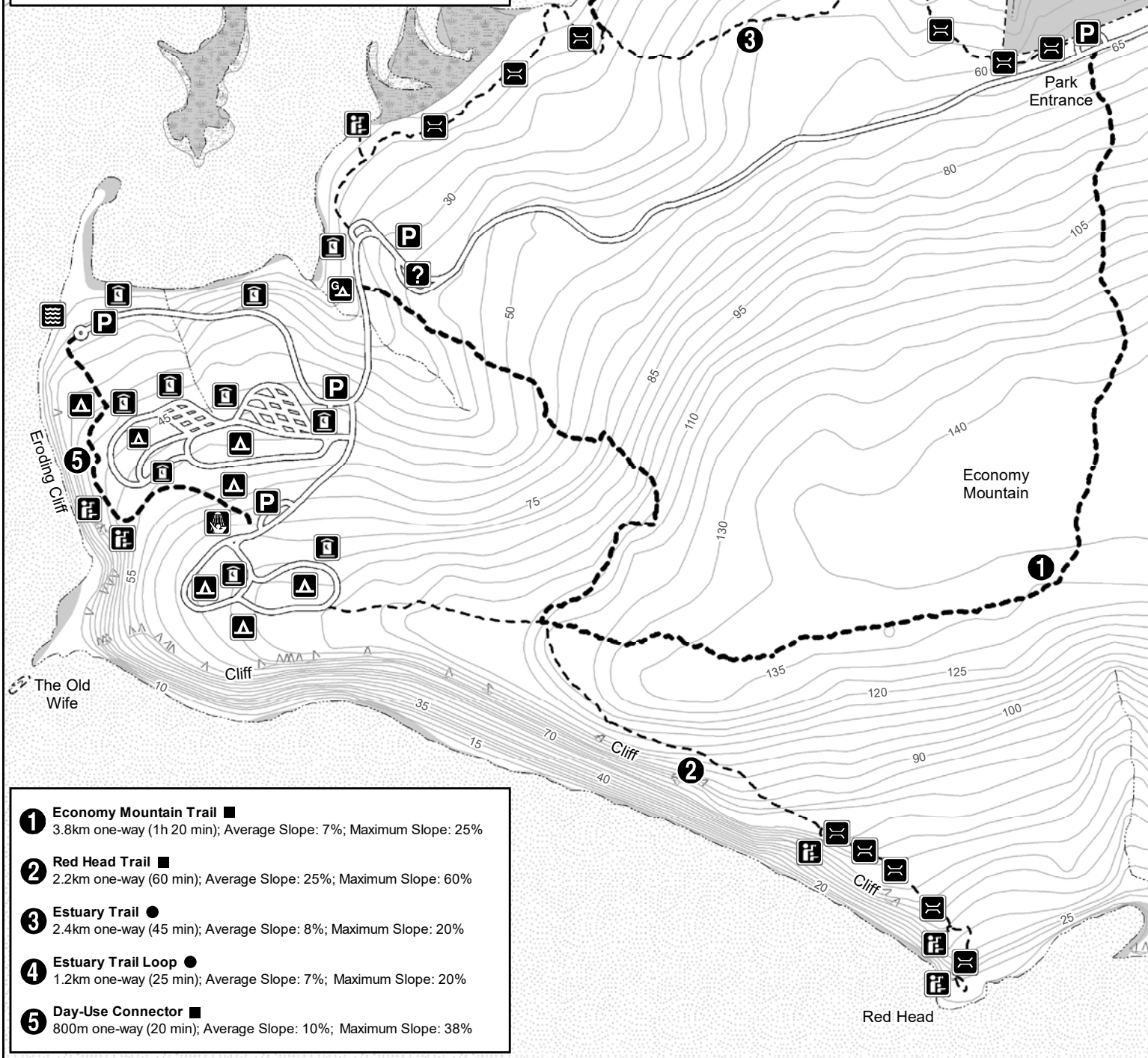
-  Park Road
-  Contour (5m interval)
-  Wetland

0 250 500 m



## Trail Rating System

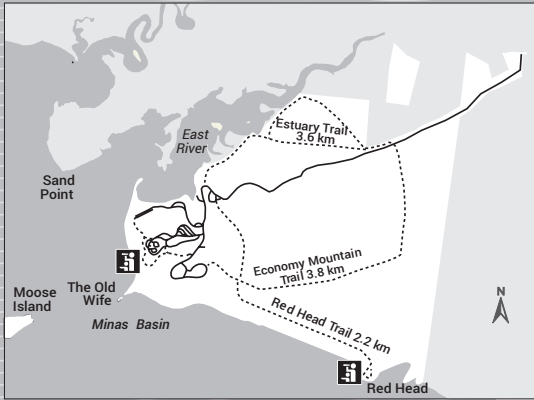
● Easy	Flat to gently rolling
■ Moderate	Gently rolling with short steep sections
◆ Difficult	Rolling with many steep sections that may continue for long periods



- 1 Economy Mountain Trail** ■  
3.8km one-way (1h 20 min); Average Slope: 7%; Maximum Slope: 25%
- 2 Red Head Trail** ■  
2.2km one-way (60 min); Average Slope: 25%; Maximum Slope: 60%
- 3 Estuary Trail** ●  
2.4km one-way (45 min); Average Slope: 8%; Maximum Slope: 20%
- 4 Estuary Trail Loop** ●  
1.2km one-way (25 min); Average Slope: 7%; Maximum Slope: 20%
- 5 Day-Use Connector** ■  
800m one-way (20 min); Average Slope: 10%; Maximum Slope: 38%

# Five Islands Provincial Park

618 Bentley Branch Road (Hwy 2), Five Islands, NS • 902-254-2980



Trail Distances are one-way



Minas Basin

## KEY

-  Beach Access
-  Campground Host
-  Change Room
-  Dishwashing
-  Drinking Water
-  Firewood
-  Group Camping
-  Hiking
-  Look-off
-  Park Office and Information
-  Parking
-  Picnic Area
-  Playground
-  Program Area
-  Restrooms with showers
-  Shelter
-  Telephone
-  Trailer Dump Station
-  Vault Toilet
-  Waste/Recycling
-  Walk-in Campsite
-  Wifi

## Park Rules and Regulations

- A camping permit is required and you must camp in designated sites.
- Your camping permit expires if your campsite is unoccupied for 48 hours.
- One vehicle per site. A permit is required for a second vehicle.
- Occupancy is limited to 6 people and 3 tents per site, except for families.
- Defacing or removal of natural features, plants, rocks, signs or structures is not permitted.
- All laws respecting alcohol are strictly enforced.
- Advertising or operation of any business is not permitted without a permit.
- Firearms are not permitted.
- Fishing is permitted, subject to regulations provided with the purchase of a Nova Scotia sport fishing licence.

**Alcohol and Cannabis:** Alcohol and smoking (including cannabis) are permitted on rented campsites only.

**Check In: 2:00 pm.**

**Check Out: 1:00 pm.**

Please ensure your campsite is clean.

**Fires:** No campfires are allowed between 8:00 am and 2:00 pm. Burn restrictions are updated daily at 2:00 pm. You must check the BurnSafe map to see whether fires are permitted. Make sure your fire is out before you leave your site or turn in for the night.

**Fireworks:** The use of fireworks is prohibited.

**Generator Use:** Generators may be used between 9:00 am – 1:00 pm and 4:00 pm – 7:00 pm. If you require power outside of these hours, please book a campsite with electrical service.

**Dog Owner Responsibilities:** Dogs are welcome providing they are kept on a 6 ft. (1.8 m) leash at all times. Dogs not permitted in public structures or designated swimming areas. Clean up your dog's waste and place it in the garbage. You may be asked to leave the park if your dog is barking or disturbing others.

**Quiet time:** from 10:30 pm until sunrise. Noisy parties and rowdy behaviour are not tolerated.

**Speed limit:** 15 km.

**Visitors:** Visitors may enter the park until 10:00 pm. All guests must leave by 10:30 pm.

**RESERVATIONS • 1-888-544-3434 • novascotiaparks.ca**

**Nearest Medical Centre:** South Cumberland Community Care Centre, 50 Jenks Ave., Parrsboro (29 km)



In case of emergency: **CALL 911**