

**To Reach the Park** Amherst Shore Provincial Park is located 36 km (22 miles) east of Amherst and 26 km (16 miles) west of Pugwash on Nova Scotia's Sunrise Trail (Route 366). Take Exit 3 off Highway 104. GPS N45 57.674, W63 52.749



# Amherst Shore Provincial Park

**Amherst Shore Provincial Park** lies on the gentle shores of the Northumberland Strait. It makes an ideal spot to experience the warmth and charms of Nova Scotia's Sunrise Trail. At low tide, the waters here often recede over 1.6 km (1 mile), exposing extensive tidal flats to exploration and the warming of the sun. When the waters return, the beaches of the Northumberland Strait offer the warmest saltwater swimming in Nova Scotia – for that matter north of the Carolinas! Hikers can follow nature trails that thread through coastal woods out to tidal inlets. Picnickers, swimmers, campers and hikers will all enjoy the picture-postcard views to be found throughout the park.



## RESERVATIONS

**1-888-544-3434**

9:00 am to 11:00 pm AT (7 days a week)

[www.novascotiaparks.ca](http://www.novascotiaparks.ca) (24 hours)

## FOR ADDITIONAL INFORMATION

**Parks and Recreation Division  
Department of Natural Resources**

RR # 1, Belmont,  
Colchester County,  
Nova Scotia B0M 1C0  
(902) 662-3030  
[www.novascotiaparks.ca](http://www.novascotiaparks.ca)

**Department of  
Natural Resources**

P.O. Box 130,  
Oxford, Cumberland County  
Nova Scotia B0M 1P0  
(902) 447-2115

**Amherst Shore Provincial Park**

6596 Route 366  
(902) 661-6002  
(mid-June to mid-October)



Photos courtesy Nova Scotia Department of Natural Resources and Nova Scotia Tourism, Culture and Heritage.

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The tidal brook is vibrant with life.

## Cultural History

The moderate climate, combined with rich soil and waters, has long made this area valuable for its fishing and farming. That's why the Mi'kmaq used it as their seasonal home. Later, the French settled the land, followed by the English. Watch for old orchards and cellars of the Black family farm as you explore the park; these ghosts of a time gone by are being reclaimed by nature.

## Natural History

### Landscape

A walk along the park's shore reveals distinctive red sandstone cliffs towering 12 metres (40 feet) above the strait. These cliffs, or 'ridges,' were formed over 290 million years ago when powerful geological forces caused the giant red sandstones that lie underneath this whole area to fold over each other. These folds produced the ridges and valleys you see today as a rolling, undulating landscape.

## Plants and Animals

The geological and cultural history of the park is written with its trees. Black spruce, jack pine, and red maple are found in abundance along the coastal plain where the underlying sandstones still lie relatively flat, while larches prefer the lower, wet areas. Beech and sugar maple thrive on the well-drained slopes, and abandoned farm fields have been taken over by white spruce and poplar.

Birdwatchers can expect to spot sandpipers, blue herons, osprey, ducks, other waterfowl and migratory birds. Look up and you may be rewarded with the sight of a bald eagle in its nest. Take a walk along the shore and you may spy a seal basking on a rock ledge. Keep a sharp eye open for a real rarity – this is the only place in Nova Scotia where triploid blue-spotted salamanders have been found. If you find one, please leave it undisturbed.

## Trails

The park's main hiking trail is 2.5 km (1.5 miles) long and follows Annabelles Brook through the coastal woods out to the unsupervised beach.



Visit the Springhill Miner's Museum and experience life underground.

## Area Attractions

- At **Tidnish Dock Provincial Park** you can see the remains of the ill-fated Chignecto Marine Transport Railway. Considered an engineering feat of the 19th century, the railway would have lifted sailing ships up and carried them overland to the Bay of Fundy. This site is also considered a Provincial Heritage Site and a National Historic Civil Engineering Site.
- **Cumberland County Museum** offers a glimpse into the life of R.B. Dickey, a Father of Confederation.
- **Northport Beach Provincial Park** offers an excellent swimming area. Other provincial parks in the area include Gulf Shore and Shinimicas.

Plan to attend these local festivals along the Sunrise Trail.

**June** Museum Day Celebrations, Amherst

**July** Amherst Garden Tour  
Summer Theatre Festival, Amherst

**Aug** Museum Day Celebrations, Amherst  
Dickey Day, Amherst

For information on these and other attractions please consult the Nova Scotia Doers and Dreamers Guide, visit a Visitor Information Centre or the website at [www.novascotia.com](http://www.novascotia.com)

## Amherst Shore Provincial Park

- P** Parking
- O** Park Office
- Washrooms and Showers
- Vault Toilets
- Playground
- Change Rooms
- Walking Trail
- Beach Access
- Campground (42 sites)
- Water
- Firewood
- Dumping Station
- Park Boundary
- ... Walking Trails

## A Special Message to Park Visitors

### PARK SAFETY

- Help preserve and protect this beautiful park for the enjoyment of future generations. Plants, animals and rocks are an important part of its natural heritage. Please do not damage or remove them.
- Please keep pets on a leash at all times.
- Firearms are prohibited within the park.

### PERSONAL SAFETY

- Please practice safe swimming as the beach is unsupervised.
- Contact park staff for further information about the park. They want to make your visit as enjoyable as possible.

