

# EASTERN SHORE



# An outdoor enthusiast's paradise

Stretching from the Halifax area to Cape Breton Island, Nova Scotia's Eastern Shore is a place where historically themed attractions, pristine wilderness, comforting cuisine, and expansive beaches come together to create a scenic seaside getaway.

The 100 Wild Islands are a group of over 280 wild islands, between Clam Harbour Beach Provincial Park and Taylor Head Provincial Park. Noted for their historical and ecological significance, most of these islands are now protected in perpetuity. Featured in *Canadian Geographic*, these islands offer sheltered coves of turquoise water with white sand beaches, windswept headlands, and unique boreal rainforests, bogs, and barrens. A rich diversity of seabirds, songbirds, and shorebirds also call this area home. Book a kayaking trip or scenic boat tour to experience this pristine environment.

Step into Nova Scotia's past at one of the region's living-history museums—the authentic late-1800s setting of Sherbrooke Village Museum, or Memory Lane Heritage Village's depiction of the province's rural industries in the 1940s or discover Chezzetcook's Acadian heritage at Acadian House Museum.

## Unexpected discoveries

### Black Sheep Gallery, West Jeddore

This colourful fish-plant-turned-art-gallery on the shores of Jeddore Harbour includes works from over 40 well-known folk artists, past and present, including Maud Lewis, Joe Sleep, and Barry Colpitts.

### Hope for Wildlife, Seaforth

Explore the Learning Centre and Wildlife Gardens and get a chance to meet the stars of the TV series as they continue their work to rescue and rehabilitate approximately 1,500 injured and orphaned wild animals every year.

### The Eastern Shore's Gallery, Head of Chezzetcook

Showcasing art from over 30 local artists, with an onsite restaurant serving South African street food, and outdoor picnic area.

### Bison Farm Adventure: Tour & Dine Lindsay Lake Farms & Lodge

Watch majestic bison roam the land on a farm tour with the Teerling family, before dining lakeside on a German-inspired 3-course farm-to-table meal.



## Local flavours

While most well known for its stunning coastline and 100 Wild Islands, the Eastern Shore is also home to craft breweries and restaurants featuring locally inspired menus.

### Lupin Dining & Pantry, Musquodoboit Harbour

Savour an expertly prepared meal, inspired by their onsite garden and Maritime flavours at this small farm-to-table restaurant. Be sure to pick up some signature sauces, pickles, fresh hand rolled pastas, or ice cream to take home.

### Sober Island Brewing, Sheet Harbour

Check out Sober Island Brewing's beer garden to enjoy their signature oyster stout, Beth's Black, made with fresh, whole Nova Scotia oysters. Further up the shore, stop into their tap room or beer garden for a brew and regular live music.

### Cozy Pubs & Local Seafood

Where there's fresh seafood and craft beer, there's bound to be cozy oceanfront pubs. Enjoy local seafood dishes at The Henley House Pub & Restaurant and Slippery Oyster in Sheet Harbour and The Mermaid Eatery at Salmon River Country Inn in Salmon River Bridge.

### Eastern Shore Cold Waters Seafood Festival at Memory Lane Heritage Village, Lake Charlotte

Meet local fishers and restaurant owners, while indulging in local mussels, clams, oysters, and lobster at this family friendly event. Mingle with locals, listen to live music, and sample traditional flavours such as Solomon Gundy and hot-smoked salmon. Also enjoy hands-on activities like painting your own buoy, dory rowing, and lobster trap building. June 6–7, 2026.

### Picnic prep

Stop for lunch and grab homemade picnic snacks at the local cafes along the way, including The MacDonald House Tea Room & Crafts in Lawrencetown, Rose & Rooster in Grand Desert, Uprooted and Martinique Desserterie in Musquodoboit Harbour, Webber's Store in Lake Charlotte, The Marmalade Cafe & Coffee Bar in Sheet Harbour, and Beanie's Bistro in Sherbrooke.

## Not-to-be-missed experiences

The Eastern Shore is known for the wildness of its coastline and working fishing communities. The experiences below connect you to the area's rich culture, local flavours, and natural beauty.



Authentic Seacoast Distillery & Brewery



Sherbrooke Village Museum

### Go clam digging

#### Memory Lane Heritage Village, Lake Charlotte

Get your feet dirty and try your hand at clam digging on the mud flats of Clam Harbour with a fourth-generation clam digger. Then, return to Memory Lane Heritage Village for a feed of steamed clams and homemade cookhouse meal, before exploring the sixteen restored buildings, offering visitors a nostalgic look at rural Nova Scotia in the 1940s.

### The Acadian way of life

#### Acadian House Museum, West Chezzetcook

This charming museum celebrates the history of the Acadian families who settled in this area in the 1850s. Take part in cultural demonstrations, such as baking bread in the outdoor oven, making pulled molasses taffy, or rug hooking. The on-site La Cuisine de Brigitte tea room specializes in homemade soups, sandwiches, and scrumptious desserts.

### Live life 1800s-style

#### Sherbrooke Village Museum, Sherbrooke

At Nova Scotia's largest provincial museum, Sherbrooke Village's 25 authentic buildings and costumed interpreters depict life in the late 1800s. Get dressed in period costume and step into the life of a blacksmith, woodturner or member of the gentry class to see first-hand the important roles they played through hands-on activities. Be sure to have your picture taken in Canada's only ambrotype (19th century photo technique) glass photo studio.

### Lightkeeper lifestyle

#### Port Bickerton Lighthouse, Bickerton West

Discover the history of Nova Scotia's lighthouses and what life was like as a lighthouse keeper, through artifacts, interpretation, and stories. Port Bickerton Lighthouse also has 3.5 kilometres of coastal walking trails to explore.

### Connect to Nature

#### Nova Nature Adventures

#### Seawind Landing Country Inn, Charlos Cove

Discover the natural environment like never before on a guided tour with Nova Nature Adventures. Led by a biologist, these fun, hands-on experiences connect you to the seashore, night sky, local fishery, and neighbouring Sugar Islands, before returning to Seawind Landing Country Inn for gourmet meals and oceanside accommodations.

### Fun with folk music

#### Stanfest: Stan Rogers Folk Festival, Canso

If you love outdoor music festivals, complete with on-site camping, this award-winning event is not to be missed! More than 100 concerts, featuring international stars alongside some of the East Coast's finest musical artists. Camping packages available, including fully-equipped sites. July 20–26, 2026.

### Grassy Island intrigue

#### Canso Islands National Historic Site, Canso

At the Canso Islands Visitor Centre, life sized dioramas and a short film depict 18th-century life at the former settlement on Grassy Island. Visitors can bring their own stand-up paddleboard, kayak or canoe to check out Grassy Island from the waters of the Atlantic Ocean.

### It's a taste bud extravaganza!

#### The Authentic Seacoast Company, Guysborough

Treat yourself to award-winning spirits and craft beer from this distillery and brewery. Savour the rich flavours of Rare Bird Craft Beer, Glynnevan Whisky, or Sea Fever Rum.

### Reconnect with a romantic getaway

Surround yourself with nature during a romantic getaway in the comfort of a cozy inn, complete with delicious on-site, locally-sourced dining. Book at Salmon River Country Inn, Salmon River Bridge, Liscombe Lodge Resort & Conference Centre, Liscomb, Seawind Landing Country Inn, Charlos Cove or DesBarres Manor Inn, Guysborough.

## Outdoor adventures

The Eastern Shore offers explorers an array of off-the-beaten-path adventures for every fitness level.



### Surfing at Lawrencetown Beach

Feel the thrill of catching your first wave by signing up for a surfing lesson near Lawrencetown Beach Provincial Park, Martinique Beach Provincial Park or Clam Harbour Provincial Park. These well-established surfing schools have everything you need for your saltwater adventure—wetsuits, boards, and lots of patience.

### Bike or walk the Salt Marsh Trail

With stunning panoramic views of the salt marsh, this trail—13 kilometres round trip—is a coastal birder's paradise. This section of the former rail line from Cole Harbour to Lawrencetown and beyond is part of The Great Trail system.

### Explore the Musquodoboit Wilderness

Weaving between the Musquodoboit River and pristine wilderness, the 15-kilometre Musquodoboit Trailway section of The Great Trail follows a former railbed and is great for walking, cycling, and snowshoeing. Feeling adventurous? Three backcountry wilderness loops off the main trail, totalling 26.5 kilometres, offer spectacular views of Musquodoboit Harbour, Musquodoboit River, and the surrounding wilderness areas.

### Unique Wilderness Accommodations

Have fun in nature at Porters Peak Adventure Getaway with off-grid, lakefront accommodations, onsite ATV tours, and neighbouring Crowbar Lake Hiking Trails. If added comfort and pampering is what you seek, Nalu Retreat's year-round geodesic domes have all the luxuries of a boutique hotel. Add personalized treatments and prepared meals from Lupin Dining, delivered right to your dome for a true spa experience.

### Beachcombing and birding at Martinique Beach Provincial Park

Search for beach glass and sand dollars on Nova Scotia's longest beach, a wide white-sand crescent stretching for 5 kilometres, with seabirds soaring on the ocean breezes above the dunes. This is also a protected area for the endangered Piping Plover.

### Swim at Clam Harbour Beach Provincial Park

The smooth sand and warm tidal stream invite kids of all ages to splash and swim for hours. Explore the rocky coast and other smaller sandy beaches by following the nature trail at the edge of the beach. The site also offers a picnic area, washrooms, change rooms, and a MobiMat for wheelchair accessibility.

### Discover the Wild Islands by boat

Whether you're looking to relax or have a hands-on adventure, the islands are best explored by boat. Climb aboard an authentic fishing boat with Murphy's Scenic Boat Tours to experience the islands' coastline, white sand beaches, and unique history.

### Hike coastal trails at Taylor Head Provincial Park

The variety of natural habitats, scenic look-offs, extensive granite outcroppings and large white sand beach make Taylor Head great for coastal hiking and viewing a variety of breeding and migrating bird species. Be sure to check out the variety of guided tours led by Friends of Taylor Head.

### Yurts in the Vineyard at Authentic Seacoast

Escape to your oceanside yurt, complete with woodstove and woodfired hot tub! After a day of exploring, relax in the cedar barrel sauna and curl up by the lounge's fireplace, sipping a cocktail, prepared for you at the distillery's tasting bar.

## Eastern Shore





Hiking along Liscomb River

### Cycle the Eastern Shore, Sherbrooke to Guysborough

With relatively low vehicle traffic, this challenging 143-kilometre route is ideal for long rides, and soaking up the scenery.

### Hike along the Liscombe River

Put on your sneakers, grab your camera, and head to the Liscombe River Trail System. The three routes of inland and coastal trails, featuring waterfalls and a fish ladder are accessible from Liscombe Lodge Resort & Conference Centre.

### Kayak around coastal islands and inlets

The experienced guides at Coastal Adventures and Norse Cove Sea Kayak Tours and Rentals will lead you to many coastal reefs and islands along the Eastern Shore. Learn about the unique ecology, geology, and human history of these largely undisturbed islands, while paddling past exposed cliffs, dramatic headlands, and into hidden coves of sparkling turquoise water. Half, full, and multi-day tours available, as well as self-guided trip planning.



Yurts in the Vineyard



Salt Marsh Trail

### Coastal camping and glamping

Fall asleep to the sound of the waves and wake up with the sun rising over the ocean. Murphy's Camping on the Ocean, Norse Cove Campground and Seabreeze Campground all offer oceanside camping with incredible scenic views. If 'roughing it' is not your style, oceanside glamping options get you outside with all the comforts—from cozy nordic huts at Norse Cove Camping to yurts with a woodstove and private, wood-fired hot tub on deck at Authentic Seacoast.

## 48 Hours Exploring

### Eastern Shore

Mix and match these 48-hour road trips located throughout this guide to create a Nova Scotia adventure all your own or click **here** for more itineraries and trip ideas.

#### Day 1

##### Morning

Catch a wave at **Lawrencetown Beach Provincial Park** with **East Coast Surf School** or at **Martinique Beach Provincial Park** with **Halifax Surf School**. Lesson packages include board, gear and time with an experienced surf instructor.

##### Afternoon

Continue your day at either **Clam Harbour Beach Provincial Park** for an afternoon swim or at **Taylor Head Provincial Park** where you can hike some of the 14 kilometres of coastal trails.

##### Evening

Unwind after your outdoor adventures with an evening at **Liscombe Lodge Resort**. Enjoy a relaxing river cruise, casual dinner of smoked salmon, prepared on site, followed by a bonfire at nightfall.

#### Day 2

##### Morning

Visit **Sherbrooke Village Museum** for a glimpse of what life was like here during the 1800s. Then, head on to **Port Bickerton Lighthouse** which stands watch over the rocky coast. Explore the walking trails onsite.

##### Afternoon

Head to Guysborough and drop into the **Authentic Seacoast Brewery & Distillery** and enjoy a tasting of **Rare Bird** craft beer or **Fortress™ Rum**.

##### Evening

Spend the night at the oceanside **Seawind Landing Country Inn**. Savour gourmet dining in their onsite restaurant before marvelling at the night sky during a guided star-gazing experience with Nova Nature Adventures.