

Hiking, Camping, Sea Kayaking or Relaxing -- Do it All at Cape Chignecto Provincial Park

You really can "get away from it all" with a back-country hike or camping excursion into Cape Chignecto Provincial Park in Advocate, Nova Scotia. I would like to do that sometime but on my visit I was more interested in the more recreational use of the park that includes picnicking, swimming, geo-caching and bird-watching. Sturdy footwear is a must for a walk on the trails or the beach, which is a 15-minute walk from the Visitor Centre. This is not a smooth sandy beach; it is the floor of the Bay of Fundy. We found all kinds of rocks, including some very sharp ones, along with shells, seaweed and beach glass. Make sure to check with staff on tide times or you could be trapped in a cove or meet a worse fate.

Coastal and wilderness hiking trails challenge avid hikers who must be extremely fit. This is not for the feint of heart, as it's two to four hours into the park to the hike-in campsites, wilderness cabin and bunkhouse. Walk-in campsites are closer to the Visitor Centre, where all permits are obtained. Camping for sea kayakers is at Seal Cove and Refugee Cove. Remember the eco-friendly motto, "Take nothing but photographs and leave nothing but footprints."

There is no shortage of adventure with guided sea kayaking and paragliding being offered in the park by private operators.

Whether it's an active hike or camping trip or just a relaxing day-trip, Cape Chignecto offers something for everyone. Check the website or call the park for applicable fees.

Cape Chignecto Provincial Park
West Advocate Harbour, Nova Scotia
902-392-2085 (for day use information and tide times)
Camping Reservations: 1-888-544-3434

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