

Active Adventures

RIDE THE ASPOTOGAN LOOP: Route 329 around the Aspotogan Peninsula is renowned as a scenic and quiet coastal route. The ongoing local debate is whether or not it is prettier and flatter clockwise, or counter clockwise? Regardless, expect long stretches of open road, mixed with a few hills that drop you down into coastal villages. Pause along the way to refresh yourself at one of the many campsites. Most folks depart from, and return to, Hubbards. Park at the carpool lot, Aspotogan Heritage Trust office, or the Hubbards Barn (if there is not a Farmers' Market or event happening) Total loop distance: 52km



HIKES AND WALKS: The Chester Connection and Aspotogan Rail Trails are the foremost walking opportunities that link our communities and our neighbours. The trail is flat and has a gravel surface. Although it passes through our villages, a few more remote areas give access to our inland lakes, streams, and woodlands. Graves Island Provincial Park has a new accessible coastal trail. Community parks in Blandford, Hubbards, and New Ross include lovely footpaths. Coastal routes like Borgald's Point Road and Upper Blandford Road are quiet and suitable for an afternoon stroll. For a more primitive hiking trail, discover Card Lake Provincial Park.



ON THE LINKS: Golfing in the Municipality of Chester offers a wide variety of challenges and scenery. The Chester Golf Course hugs the shores of Mahone Bay and provides ample, beautiful distractions from each te. Sherwood Golf Course is nestled in the upland forest of the Municipality and follows the gentle contours of the region's drumlins, making for challenging and spectacular play. Both courses are public and 18 holes.



SKATE THE PARK: Families and youth from across the region travel to Chester to enjoy one of the finest skateparks in the Maritimes. Featuring a bowl, street course, and annual competitions, Chester's park welcomes skaters, BMXers, and scooters of all ages and abilities. Located on highway 3 through the village, it's hard to miss the high flying action as you pass by.



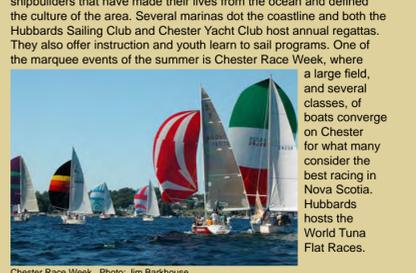
Chester Skate Park

CAST A LINE: Water makes up a big part of our landscape so of course there are ample opportunities to fish for both fresh and saltwater species. Several wharves give you access to mackerel in season, and the East, Gold, and Middle Rivers are popular locations. Locals know the best spots and we're not telling here. A general fishing license or a salmon fishing license is required to angle in Nova Scotia waters and they may be purchased in several small stores and hardware stores. Residents and non-residents under 16 only require a salmon license. The province's Department of Fisheries publishes an annual Fishing Guide (available online) which includes a full list of regulations and seasonal closures.



Fishin' Buddies

FILL THE MAINSHEET: The waters of Mahone Bay and St Margarets Bay have all the essential ingredients for exciting sailing: wind, sheltered waters, islands, sun, and generations of sailors and shipbuilders that have made their lives from the ocean and defined the culture of the area. Several marinas dot the coastline and both the Hubbards Sailing Club and Chester Yacht Club host annual regattas. They also offer instruction and youth learn to sail programs. One of the marquee events of the summer is Chester Race Week, where a large field, and several classes, of boats converge on Chester for what many consider the best racing in Nova Scotia. Hubbards hosts the World Tuna Flat Races.



Chester Race Week. Photo: Jim Barkhouse

Chester Connection

When the rails were removed from the old Canadian National Railway Line, the route was rechristened as the Chester Connection and Aspotogan Trails. They wind their way from Hubbards to Martin's River, and link us to points east and west. The route connects our communities, serves as safe off-road passage within our villages, and



features the South Shore's natural beauty and some of our most dramatic vistas. The old rail bridges hold a special allure. Gold River Bridge is the highest and longest span at 111m (367ft) and 17m (56ft) above the high water mark. Not quite as grand, but equally beautiful, is the Middle River bridge (22m long and 6m high). The East River Bridge takes you over quiet, meandering pools. The Martin's River Bridge is another dramatic span that connects us to the Dynamite Trail system.

The trail provides a flat terrain, ideal for easy travel, and is accessible during every season. In winter it provides a snowy haven for cross-country skiers, snowmobilers, snow-shoers, and hikers. Many kilometers of the trail have been upgraded to a hard-packed, crusher dust surface in recent years. There are a few sections, particularly north of Goat Lake, that remain to be improved. Note that trail distance markers appear on these maps, and each of the community maps.



TRAIL ETIQUETTE: The trails are multi-use trails which means you should expect to encounter both non-motorized (walkers, cyclists, skiers, snow-shoers, equestrians) and motorized (ATV's, snowmobiles) users.

- Respect the trail and adjacent landowners
- Be aware and courteous of other trail-users
- Stay to the right when approaching fellow trail users
- Obey all posted signs
- Clean up after pets and keep them on a leash
- Know that walkers can't hear you coming on the trail. A friendly 'hello' or ding of your bell is appreciated



and Aspotogan Trails

- No person shall have in their possession or discharge a loaded firearm or bow
- No person shall have in their possession an unloaded firearm or bow unless permitted under the Wildlife Act.

Courtesy is Contagious



TRAIL RULES & REGULATIONS: You are responsible for your own safety while on the trail; therefore, exercise caution at all times.

- Motorcycles, automobiles, trucks, tractors, sport utility vehicles, and amphibious vehicles are not permitted at any time.
- Maximum speed is 20km/h by any mode of transport
- No person shall use the trail between 11:00pm and 6:00am of the following day
- All pets must be on a leash
- No hunting or trapping is permitted

Active and Healthy Living

GET ACTIVE YOUR WAY: Being physically active is one of the cornerstones of a healthy and fulfilling life. We are fortunate to live in a place that allows each of us to discover the activity that really excites us and sustains us. Walking is certainly the favourite of our residents, but we also enjoy running, biking, swimming, yoga, golf, hockey, dancing and many more. Physical activity doesn't just include organized or competitive sports. Whatever you can do to stretch, lift, throw, run, climb, and laugh qualifies as physical activity. Housework, gardening, stacking firewood all have benefits. And those things that we used to do as kids like frisbee, tag, and playgrounds are just as fun and relevant to our growth (as an adult or child) as they were then. There are many obligations and distractions in our lives today, but if we can strive to get our bodies moving a few times each week, we will all begin to see the benefits to our bodies, our relationships, and our communities.

For Health Benefits

Children (5-11) and Youth (12-17) should accumulate 60 minutes per day of moderate to vigorous activity per day.	From walking or biking to school, to playing tag.
Adults (18-64) and older adults (65+) should accumulate 150 minutes per week. This can be done in bouts of 10 minutes or more.	From brisk walking and bike riding, to swimming and cross-country skiing.



Annual Chester Cut N Run 5k Walk/Run & 10k Run

PLAY AGAIN: Simple, fun, glorious, unstructured play is becoming a lost art. It's inexpensive and based solely on exploring the limits of your imagination and your environment. Your backyard is a playground so turn off the tv, invite the neighbours over, and see what you can come up with.



PLAY OUR GAME

Draw a line from the activity to the place to do it. (Hint: you'll find there's always more than one answer for each)

Things to do...	Places to do them...
Run	Lordy Park
Walk	Bayswater Beach
Sail	Gold River
Ski	Your Backyard
Workout	Croft Road Park
Skate	Sherwood
Golf	Church Memorial Park
Garden	Your School
Play Tag	Marriotts Cove
Dance	Chester Connection Trail
Ultimate Frisbee	Freda's Beach
Bike	Ross Farm
Skateboard	Hubbards Barn
Yoga	Skatepark
Swim	Mill Cove Fields

THE BENEFITS ARE FOR LIFE: Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer



PRO Kids

Believe that every child deserves a chance to participate in recreation, sport, and cultural activities. We offer a variety of programs for children and youth. You can also connect with us at www.chestertown.ca. It's a guide to all programs, events, places, and people that make Explore Life. Look for in your mailbox or find work and play. The Municipality of Chester offers year-round programs and events for everyone. We are committed to working with our partners to provide active lifestyles and to build healthier communities. Four times a year we publish Explore Life. It's a guide to all programs, events, places, and people that make Explore Life. Look for in your mailbox or find work and play. You can also connect with us at www.chestertown.ca. It's a guide to all programs, events, places, and people that make Explore Life. Look for in your mailbox or find work and play. We offer a variety of programs for children and youth. You can also connect with us at www.chestertown.ca. 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WESTERN SHORE

Begin your morning in Western Shore with a stroll through Wild Rose Park. The footpaths along the seawall give panoramic views to the islands of Mahone Bay. The park is also a great place to picnic, or to launch a kayak to venture on the water. Upon your return, cast a line off of the Municipal wharf, then in the afternoon take the kids to the playground at the Legion Park.

Atlantica Resort has both an indoor and outdoor pool, spa and exercise facilities, and bike and kayak rentals are available at the marina (seasonal).

Guests of Atlantica Resort can walk up Vaughn Road (the resorts' entrance road), cross Highway 3 and access the Chester Connection Trail via Lawrence Hatt Road or through the Legion's parking lot. Once on the trail it's about 4.8km west to reach the Martin's River Bridge, and 4.7km east to the Gold River Bridge.

Oak Island, long renowned as a Treasure Island, is off limits to visitors but recently the Friends of Oak Island Society has begun offering guided tours.



Wild Rose Park



CHESTER BASIN

Enjoy the gentle sound of the babbling brook next to the Green Gym as you engage in a low resistance workout on the outdoor fitness equipment. Refresh yourself by walking to the Gold River Bridge (1.9km west), pause on the deck and feel the sun on your face. In the evening, the small Municipal landing on Borgald's Point Road is the place to launch a canoe or kayak for a calm paddle in the sheltered waters behind Marvin's Island.

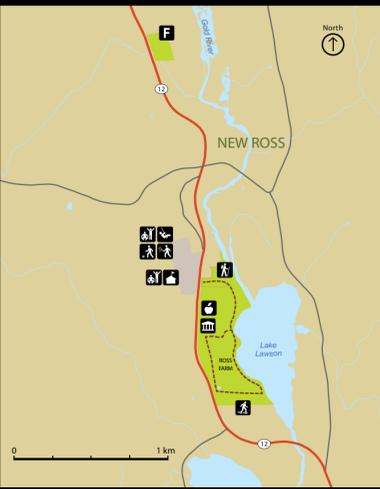
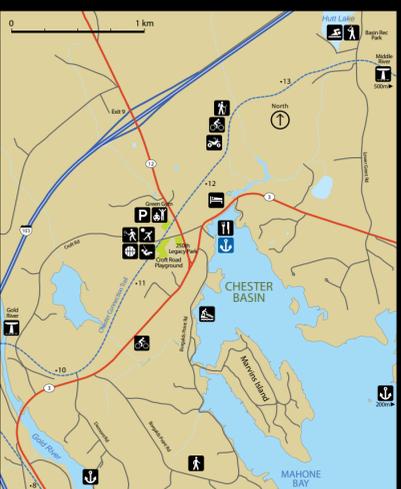
The Basin Recreation Park on the shore of Hutt Lake is a hub of activity in the summer. The baseball field is the home of the local youth baseball league, and the beach offers a spot to cool off.

The Croft Road Park has a playground and a basketball/street hockey court that is converted into a skating rink in the winter.

The 250th Legacy Park is new and under development. It will celebrate the heritage and industry of the hard working settlers of the area.



Green Gym



NEW ROSS

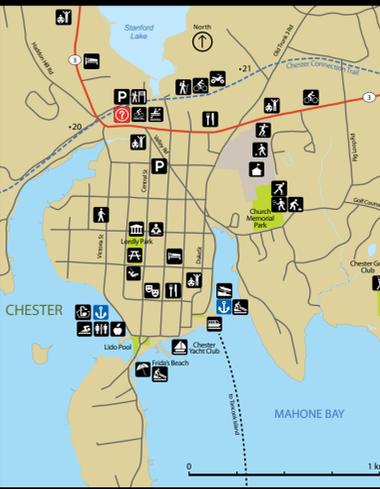
Find yourself in New Ross for a soccer tournament this summer? After your last morning game, walk across Highway 12 to the Lion's Park trailhead which will lead you downhill towards Lake Lawson where you can connect with the trails of Ross Farm Museum. Take yourself up to the Museum headquarters to check in, and then explore the living history of the families and agriculture of early Nova Scotia. The farm is also the host of a weekly Farmers' Market so grab some fresh, local produce for a picnic lunch by the lake before heading back to the recreation complex for your afternoon games.

Its inland altitude makes New Ross more ideal for cross-country skiing and snowshoeing, and the area is well known for u-cut Christmas trees.

The New Ross Family Resource Centre, located behind the school, is the home to several recreation programs and an excellent exercise facility. They have been instrumental in developing the recreation complex and recent upgrades to the field, track, tennis courts, and outdoor fitness equipment.



New Ross Recreation Complex



CHESTER

Chester is the largest population centre in the Municipality and it offers a range of recreation opportunities. The area near the schools is the hub of land-based activities. The field hosts the largest local youth soccer league, and the newly refurbished track is a training ground for young athletes. The skate park is one of the finest of its kind on the east coast and seems to be packed every day. Church Memorial Park is home to the tennis club and is the centre of winter activities—Chester Ravens hockey, figure skating, and a vibrant daytime curling league.

Water activities are centered around the Lido Pool. The base of the saltwater pool has been freshly resurfaced and a new change and washroom facility has been constructed. Swim lessons are offered in the summertime. Just over the causeway is Freda's Beach, and the Chester Yacht Club (host of Opti Jam) is across Parade Square—site of a weekly Farmers' Market.

Yoga, dance, and exercise facilities are located in the area. Extensive visitor information is available at the Old Train Station, where you can also rent bikes, and arrange kayak rentals.



Lido Pool

EAST CHESTER

Graves Island Provincial Park is a place where you can stay awhile. Whether for a day or for a week, the island is an excellent home base from which to explore the Municipality and the region. The park has facilities for RV and tent camping and a large group camp site. It features a new accessible trail system around the rim of the island. Before you cross the causeway you'll find a boat ramp, a popular launch site for folks heading out mackerel fishing, and it's a fine spot to put a kayak in the water to explore the coastline and islands of Mahone Bay. A favorite family spot is the small beach and picnic area on the north side of the island. The water is sheltered and shallow which makes it an ideal spot for kids to look for hermit crabs while parents prepare lunch. The park has also built a new shelter which can host park and recreation programs in all four seasons.

If you are walking or biking to the park on the Chester Connection Trail, exit at Duncan Road which gives you the closest access to the park road.



Trail to the shore, Graves Island



EAST RIVER

To some people, the stretch of the Chester Connection Trail that follows the East River here is perhaps the prettiest along the route. Barry's Brook flows from Labrador Lake, snaking its way along and under the trail, to meet the East River at the first bridge that you come to from the East River trailhead. The land on the western side of the East River below the bridge has recently been purchased by the Municipality to retain as open space. In time we imagine improving the access, but for now folks are welcome to explore the land and access the water on their own.

East River is the western launching point for the Aspotogan Peninsula. Just down the 329 you'll find Meisner's Beach—a wonderful spot for a stroll and to watch the sunset over Mahone Bay. A little further along, just north of Lloyd's Landing subdivision, the Municipality has another small open space. It is signed and has a parking area. A short walk through the woods will bring you to a small sheltered cove.



Woodlands of East River



MAP FEATURES

- Lodging
- Trail Map and Interpretive Panel
- Ferry
- Food service
- Information & Map Panel
- Visitor Information Centre
- Marina
- Municipal Wharf
- Picnic area
- Restrooms
- Parking
- Fishing
- Hiking
- All-terrain Vehicles
- Playground
- Tennis
- Kayaking/Canoeing
- Bicycle trail
- School
- Community School (with recreation programs)
- Undeveloped Municipal Open Space
- Dive site
- RV Campground
- Sanitary Disposal
- Sailing
- Exercise Facility
- Soccer
- Museum
- Farmers' Market (seasonal, check schedule)
- Snowshoeing
- Basketball
- Canoe/Kayak launch
- Baseball
- Swimming
- Kayak Rental
- Outdoor Rink
- Scenic Trail Bridge
- Bicycle Rental
- Skate Park
- Arena
- Library
- Fairgrounds
- Curling
- Playhouse
- Boat ramp
- Showers
- Walking Route
- Picnic shelter
- Campground
- Dog park (membership)
- Beach
- Boat Pump-out
- Municipality of the District of Chester
- Park/open space
- Ocean/lakes/streams
- Nature Reserve
- Schools
- Highway 103
- Trunk Road
- Local Road
- Multi-use Trail
- Hiking Trail
- Municipal Boundary

For this first edition of the Municipality of Chester Recreation Map and Guide we have attempted to provide a complete and accurate set of public information and resources. If you note any errors, or have suggestions for improving the quality of the information and the map, we'd be happy to receive your feedback. Please contact us at the Recreation and Parks Department.



ASPOTOGAN PENINSULA

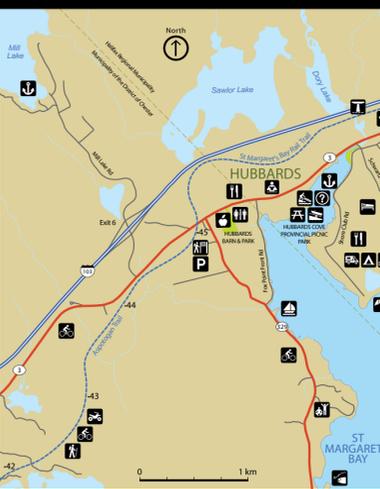
After biking half way around the loop, pause at Bayswater Beach to take a dip in the refreshing waters of St Margaret's Bay. The long sand beach is perfect for lounging while the kids play in the inlet stream that flows from the pond and bisects the beach. The park on the other side of the road has picnic shelters and lots of shady trees which happen to be perfect for stringing up a slackline. As you continue your ride, take your next break at the District No.1 Community Centre. The parkland around the hall has a short loop trail through the woods, basketball courts and playground, and the Blandford Historical Society maintains a lovely exhibit inside.

Locals like to walk on the quiet and flat coastal route of the Upper Blandford Road. From end to end and back again it's about 4km.

New Harbour, Mill Cove, Fox Point, and The Lodge are well known diving locations. Local dive shops offer complete information on the area.



Bayswater Beach



HUBBARDS

The Hubbards Sailing Club has opened its new facility on the Cove. Youth recreational sailing and leadership development is the focus of the club. From their new location, they offer a variety of learn to sail, and coaching development programs. Down the road at the Fox Point Community Centre, a new exercise facility has been fully outfitted. Many fishermen try their luck from the deck of the Fox Point government wharf. The sports fields at Mill Cove host youth baseball, ultimate frisbee, and bike polo.

The trails at the Hubbards Barn and Community Park are a wonderful backdrop to the summertime Saturday morning Farmers' Markets. The Aspotogan Trail and St Margaret's Bay Rail Trail collect people from far and wide who bike and walk to the weekly market.

The small private marina at Mill Lake has provided access for generations of cottagers. From the end of the road, canoeists can launch and explore the upper and lower reaches of the lake.



Hubbards Sailing Club