

# Beachside...

*Saunter across undiscovered places and discover the best kept secrets along the Upper Bay of Fundy*



## Welcome,

Hikers, saunterers, walkers, explorers, travellers, tiderollers, mudlarkers...

Whatever you may call yourself, we are happy you are here! These are exciting times with the 2024 tour season upon us and new destinations to showcase. After three years of daily blogging about this amazing place we live in and explore on a daily basis it is time for change. Market research shows that newsletters are once again trending. Let's see if this will hold true for this publication that focuses on the Upper Bay of Fundy with its many undiscovered beaches and trails.

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### WELCOME...

The new Tour Season and with it a brand-new newsletter!

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### FIVE ISLANDS PROVINCIAL PARK

Check out the news!

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### QUESTION OF THE MONTH

Tidal fluctuations and the inability to book tours anytime...



**For more Information  
visit**

[https://  
ParrsboroShoreTours.ca](https://ParrsboroShoreTours.ca)



### Questions?

email us:  
[ParrsboroShoreTours@gmail.com](mailto:ParrsboroShoreTours@gmail.com)



### Custom Tours are our specialty!

While ocean floor guided walks and hikes are our most requested tours we are also happy to show you the waterfalls in the area. Interpretive woodland walks and mushroom id excursions are available during fall.

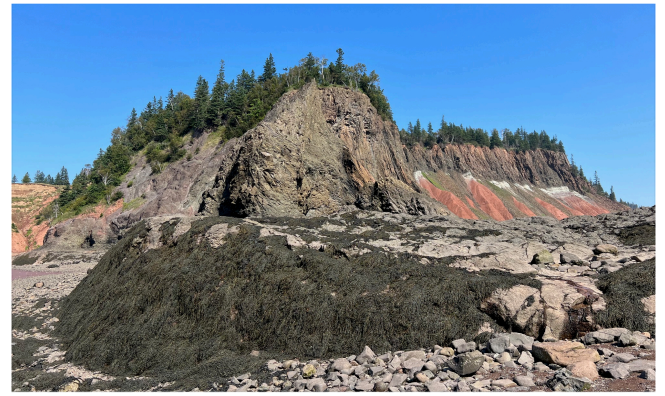
## Preparing for your ocean floor tour:

You have been on walking tours through ancient cities, pounded the streets of Europe and stumbled over cobblestones. The ocean floor is uncharted territory!

The beaches along the Parrsboro Shore are diverse. You will find anything from small pebbles, large rocks to sand, sometimes all on the same stretch of beach.

Here are tips for summer hiking tours: We highly recommend closed-toe shoes. Runners or hiking shoes are your best bet. Bring a backpack with water and high energy snacks like trail mix, a protein bar and salami sticks. A hat for sun protection along with sunscreen are must-have items to keep in your pack. Keep your clothes lightweight, cover bare arms as the sun can be relentless so close to the water. Wear layers, the wind comes up quickly when the tide changes. If you are bringing your pet please carry extra water, keep your pet leashed at all times and pick up waste.

Last, but not least: trekking poles make any hike better! They help with balance while navigating uneven terrain and they take some of the stress off joints and back.



## Five Islands Provincial Park

We are pleased to have been awarded the exclusive license to operate guided hikes, interpretive walks and tours within Five Islands Provincial Park for the next four years!

Stay tuned for special programming announcements. Details will be available on our website [ParrsboroShoreTours.ca](http://ParrsboroShoreTours.ca), via email inquiry [ParrsboroShoreTours@gmail.com](mailto:ParrsboroShoreTours@gmail.com) or text "Five Islands Events?" 1.306.631.8539 to receive the latest news.

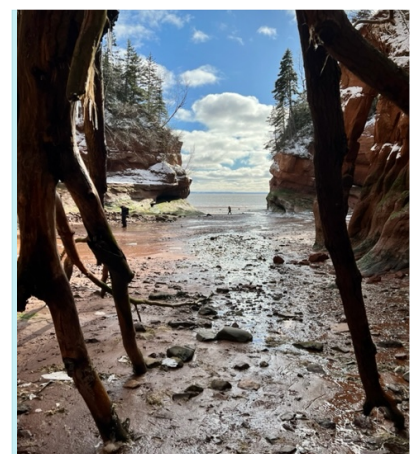
Five Islands Provincial Park officially opens for the 2024 season on June 7th. Can't wait to connect with visitors in the Day Use Area very soon!

## QUESTION OF THE MONTH:

When inquiring about tours on specific dates we often get asked: "Why can we not go and walk on the ocean floor every day and at a time that suits us best?" Here is our attempt at answering this age-old query.

Twice everyday the Bay of Fundy fills and empties of a 160 billion tonnes of water during each tide cycle—that's more than the flow of all the world's freshwater rivers combined.

Because the Earth rotates through two tidal "bulges" every lunar day, coastal areas experience two high and two low tides every 24 hours and 50 minutes. High tides occur 12 hours and 25 minutes apart. It takes six hours and 12.5 minutes for the water at the shore to go from high to low, and vice versa. Due to the continuous shifts in time there will be days where the ocean floor is inaccessible to visitors. We ask prospective clients to remain flexible with their schedules. We recommend reaching out early to determine whether travel and tour plans can be accommodated. We know the tides and are here to help. Reach out to our free planning service.







## East of Awesome... ...Hike Summit 2024 Recap



What a weekend! The long-anticipated Hike Summit 2024 was a resounding success. Organized by Hike Nova Scotia in partnership with Keppoch Mountain and Antigonish County offered up great hiking weather, excursions for various fitness levels and interests, outdoor related lectures and presentations by Indigenous and municipal leaders, thru-hikers, trail developers and builders, fitness trainers, hiking guide authors and hiking club members alike. It was not hard to stay motivated to take it all in, especially the hikes along new-to-us trails.

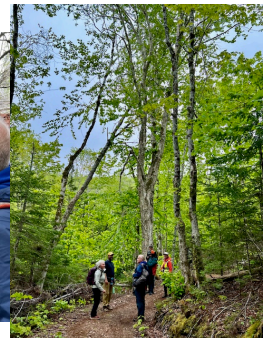


My friend Heather and I braved the elements camping at Whidden's Campground in Antigonish, walking distance from Main Street and St. FX University, where many of the events took place. The hikes took us along varied terrain. We were keen to get as many steps under our soles as possible. Heather loves cardio-challenges, I am more of a beach-walker... The hikes I was

assigned as sweep were all of the cardio variety. On our way home yesterday we tallied the steps we put on over three days and seven hikes. We reached over 50 kms, not too shabby!



Sunday started wet... and after breaking camp, and hot breakfast at a local family restaurant we began our morning activity by walking Antigonish Landing, a flat patch along the estuary. Accompanied by bird song, we covered a fair distance in the misty weather before we joined the rest of the participants for one more presentation and the closing ceremony.



The final hike took us back to Keppoch where we had started on Friday. We joined Michael Haynes, trail guide author, on a hike of the Glass Slipper trail. The downpour started at the half-way mark and we all ended up getting thoroughly drenched. But we are all-weather hikers and nothing could dampen our mood. Lunenburg County Hikers are co-hosting Hike Summit 2025. It's on the calendar!