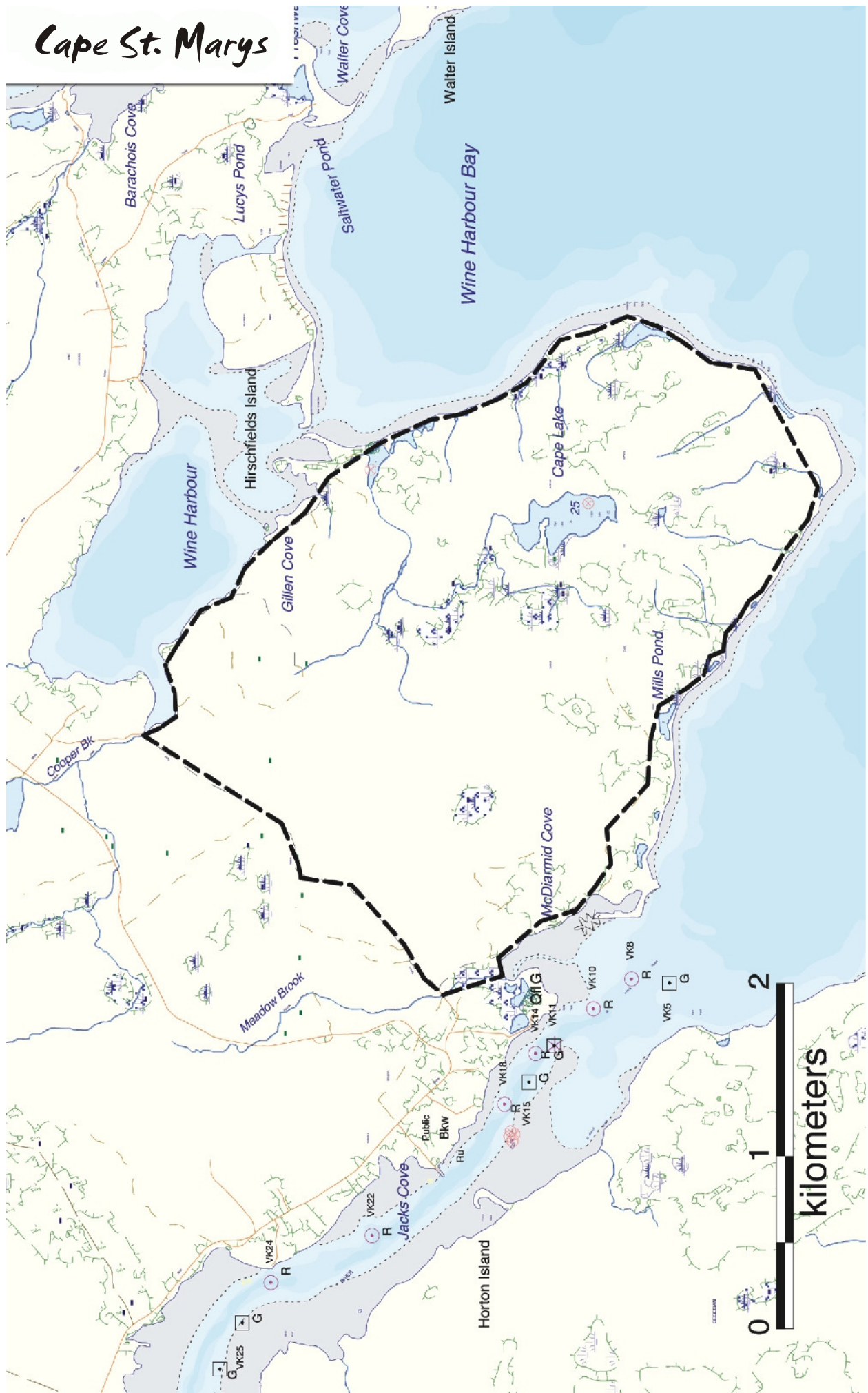


# Cape St. Marys



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**Length:** 18 km loop

**Time:** full day

**Type:** coastal, natural and forest path,  
ATV trail

**Facilities:** none

**Closest Amenities:** Sherbrooke

**Rating:** 4 (length)



**Access Information:** Traveling west on Hwy 7, turn left onto the Sonora Road at the Sonora Road. , traveling towards Sonora. When you reach the Wharf Road, turn left. Approximately 250 metres along, turn right onto a dirt road. Noticing a brown house, this road becomes unpassable where you park to the side and begin your hike.

**Special Features:** One of several coastal exposures in northeastern Nova Scotia, Cape St. Marys consists of pleistocene raised beaches and glacial till containing fossils of marine shells. As IBP Proposed Ecological Site 55, this cape has a salt marsh and sand dune system of more than 120 hectares. The south shore of St. Marys Bay is considered regionally important because large numbers of Common Eider overwinter there.

**Description:** As the dirt road evolves into a trail, you will be dazzled by a stretch of crushed shells taken from the clam factory in Sonora. This beautiful walkway glistens and sparkles around you as you begin your journey hiking the perimeter of this Cape. As the shells taper off, the path becomes a soft earthen track which leads to a overgrown field where quiet reminders of 1850's residences touch upon past times. A holding pen, rock foundations, and the mouth of an old well can be seen. Climbing the steep meadow, head towards the tree lined shore where you will begin traversing the coast just beyond the obvious "gravel bar". Picking your way along the rocks, you will quickly notice wheel tracks created by ATV enthusiasts. This route may easily be followed along the entire course of the hike. From berry fields, rugged cliffs and grassy lea, to boggy barrens, woodsy shelters and spruce needle pathways, one feels inclined to slow their pace, feel the salty ocean breeze, and relax along the occasional bluff created by the crashing waves. Rounding the cape, on the Wine Harbour side, you will be presented with spectacular views of surrounding communities, islands and light stations, as the eastern coast extends to the north before you. Continue on into the depth of the Harbour, following the path to a more fully developed gravel road to the tip of the innermost point of water. Keeping a sharp eye on your left at this point, you will come upon a steep inclining ATV trail cutting high into the hilly terrain facing ESE. It will be identified by it's chewed, rocky, and uphill appearance. Following this path faithfully, ignore any side-trails for approximately 3km where the deep and cool woods will open into more civilized land where you will complete the loop, returning to your starting point.

