



Sugar Islands

Length: 12 km, loop

Time: full day

Type: tidal, saltwater, ocean

Facilities: none

Closest Amenities: Larrys River,
village of Guysborough

Rating: experienced



Access Information: From the village of Guysborough, travel east on Route 16. Turn right onto Route 316 at the junction, continuing 14 km to Port Felix. The launch site for this paddle route is the Port Felix wharf located on the left side of the road.

Special Features: The Sugar Islands are part of the protective barrier guarding Tor Bay. This small grouping of islands offers diverse terrain, from forested to barren, and are home to many sea mammals including the large grey and harbour seals, terns, eider ducks and great blue herons. Whales, dolphins and porpoises can occasionally be seen frolicking in the waters further offshore. Bald eagles and osprey are common, and the rare black vulture can sometimes be seen soaring overhead.

These islands have been documented as being among the earliest European fishing stations in Nova Scotia dating as early as 1565. The villages of Tor Bay, Larrys River, Charlos Cove, Cole Harbour, Port Felix and Whitehead all look out over the waters surrounding the Sugar Islands. These islands are easily accessible to the public and provide excellent venues camping.

Description: From the Port Felix wharf paddle south along the eastern side of Patate Island. Keeping this island to your right, take time to paddle along the shoreline, exploring the water's edge. Continuing out to Sugar Harbour, stay to the inside of Hog Island on your left. The water on the opposite side of this island can be treacherous at times and should be avoided. Breakers crashing on the shore and rolling waves are common on the outside shores of this bay. Paddle westward around the outside of Tanner Island where exploration is encouraged. Beyond Tanner Island, paddle to the inside of Dorts Island and back out around the outside of Larrys Island. Keeping Passage Island and Western Island to your right, paddle around the end point of Western Island and begin the return trip to the mainland.

Remember to stay on the inside edge of the islands for safety. These islands have sand beaches and protected woods that are perfect for overnight camping. It is highly advisable to have a map of the islands with you when attempt this route.

