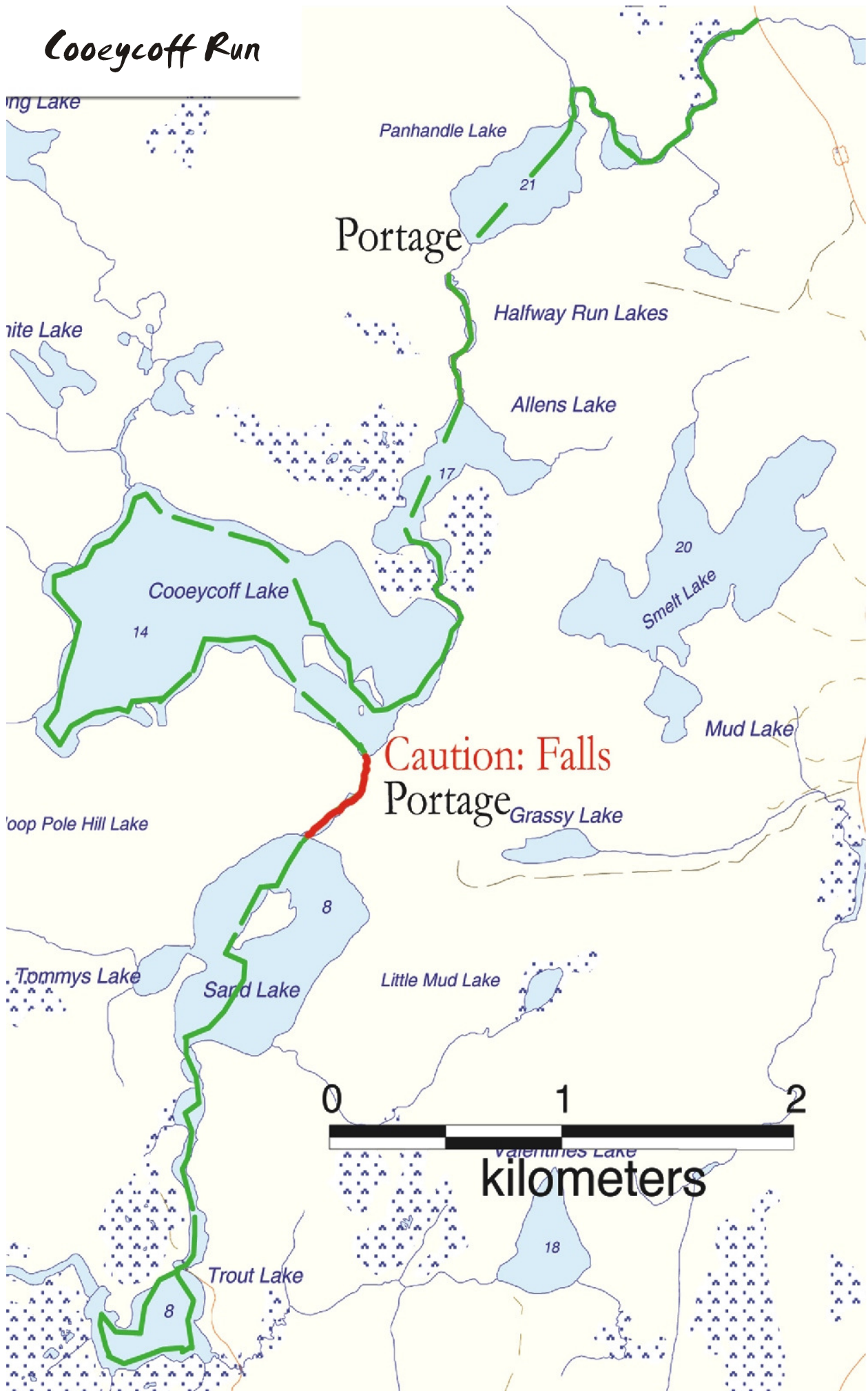


Cooeycoff Run



Cooeycoff Run

Length: 12.8 km, return

Time: full day

Type: freshwater lake

Facilities: none

Closest Amenities: town of Canso

Rating: intermediate



Access Information: From the village of Guysborough, travel approximately 27 km east on Route 16, turning right onto Route 316 at the junction. Travel approximately 300m, to a trail along your right. There are parking areas to either side of the road where you may leave your vehicle and begin traveling by foot. You will walk 3-5 minutes to the water where you begin your paddle.

Special Features: This route is a series of connecting lakes that lie midway between the Bonnett Lake Barrens Wilderness Area and the Canso Coastal Barrens Wilderness Area. With its abundant wildlife, you may catch a glimpse of bear, moose or deer. Waterfowl are plentiful as well as eagles and hawks. This area is wooded but has marshland throughout. In season, fishing is permitted on these lakes.

Description: Entering the water, you will paddle along a narrow passage which connects the series of lakes along this route. You will first arrive Mayflower Lake where paddling is easy. This body of water being small, you will soon be back along the connecting waterway. Next arriving at the tip of Panhandle Lake, you will have greater opportunity to explore. Larger in size, you may take time to paddle around its perimeter, investigating its many nooks along the irregular shoreline. Toward the southern end of this lake, caution should be used as you navigate around a small but beautiful waterfall. Next you will enter Allen's Lake, a very picturesque pool, leading to Cooeycoff Lake, which is the largest body of water in this series. Here, there are many coves, inlets, stream beds and rocky outcrops to admire and enjoy. With several small islands near the lake's edge, fishing are in abundance. Leaving Cooeycoff Lake, it will be necessary to portage a short distance around a large waterfall, paddling next to Sand Lake. Although much smaller than Cooeycoff Lake, it is equally majestic. The island in the center of the lake is a good place to stop and relax, and perhaps enjoy a picnic lunch. As you continue your paddle you will arrive at Trout Lake. This is the final lake on this run, and places you within the boundaries of the Bonnett Lake Wilderness Area. Once you have explored Trout Lake, you will begin your way back, retracing your path to the starting point.

