Beat: Travel

Cabot Trail

Nova Scotia's Ultimate Staycation

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USPA NEWS - The Cabot Trail is located on Nova Scotia's Cape Breton Island which is connected to the mainland of the province by the Canso Causeway. The scenic adventure that awaits is just a 6.5 hour drive from Fredericton, New Brunswick, a 4.5 hour drive from Halifax, Nova Scotia, a 5 hour drive from Charlottetown, Prince Edward Island which includes a 90 minute ferry ride and a 9.5 hour drive from Port aux Basques, Newfoundland which includes the 8.5 hour ferry ride.

As the world is still navigating through the COVID-19 pandemic, the majority of the population is doing their part to follow Public Health guidelines while trying to return to some kind of normalcy. With restrictions being eased or eliminated in many jurisdictions people are cautiously looking to traveling after many months being prevented from doing so. As tourism has been a causality of pandemic restrictions, the government, tourism operators, restaurants and the hospitality industry have been encouraging people to vacation local. Not only will doing so provide much needed revenue into the local economy, but it will allow people to rediscover what beauty lies in their own back yard. In Nova Scotia, there is no better example of such a "Staycation" as the Cabot Trail.

As the Cabot Trail is a giant loop, which spans 298 km (186 miles), it leaves many tourists wondering which is the best direction to travel around the trail, clockwise or counter-clockwise? Speaking from personal experience as someone who has experienced the journey in both directions, I can say that either direction will provide a breathtaking, heart pounding and picturesque adventure that will remain etched in the mind of anyone that visits.

Both ways provide breathtaking mountains and rugged shorelines with many spots to pull over and enjoy views from the look-offs, hiking trails, and the many charming coastal communities throughout the route.

When making the decision on which direction to travel that will give the best experience for the time you have alloted for the trip researching the trails attractions that are of interest would be a great asset. Many travel advisors would say to enjoy everything the Cabot Tail has to offer that you would need to set aside at least 5 days. Realistically many people would not have the luxury of that much time so with a bit of research the traveller can pick and choose the points of particular interest and thus making a destination based decision.

Another noteworthy factor is the fact that one third of the Cabot Trail runs through the Cape Breton Highlands National Park which requires a "Park Pass" to enjoy many activities. More information on the "Park Pass" can be found at the link posted at the conclusion of this article.

Some highlights of the Cabot Trail journey are: Ingonish, Lakies Head, Big Intervale, The Aspy Fault, Lone Shieling, Macintosh Brook, Pleasant Bay, Mackenzie Mountain, Fishing Cove, Skyline Trail, Cap Rouge, Chéticamp, and Baddeck. Many of these areas are well travelled by tourists that come for picturesque views that can not be found anywhere else in the world. There are also many remote spots that require a hike to find, but provides a place to be alone with nature and appreciate the natural untouched beauty.

No matter how you choose to spend your time on the Cabot Trail, it is guaranteed that there are no big box stores, fast food chains, or hotel chains. Instead there are many small general stores, family operated restaurants, charming bed and breakfasts, gift shops, unique culture, and local residents who are willing to share their way of life with those who take the time to embrace it. World class landscapes, food, music and hospitality awaits.

I picked up a travel brochure that said, "Visit Cape Breton and your heart will never leave."

Memories that will be sure to last a lifetime.

Staycation 2021.

Please see the following link for the Cape Breton Highlands National Park.
https://www.pc.gc.ca/en/pn-np/ns/cbreton/

Article online:
https://www.uspa24.com/bericht-19535/cabot-trail.html

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