

## **Cape St Lawrence [Trail](#).**

Trail length 5km one way, maximum elevation 850ft. This Trail starts by the Office at the (Meat Cove Community Centre/Restaurant) (check with office if you plan to leave your vehicle near here) on the gravel road and changes to a narrow track after 150 meters and proceeds up the hill. This is by far the steepest and most challenging part of the hike in the first kilometer you will climb nearly 700ft and pass by a wooden gate and the sign for the Meat Cove Look Off trail to your left, by the time you reach a meadow and corral to your right most of the climbing is finished. About 2 kilometer from the start you will see the side trail to Cape St Lawrence to your right, as of July 09 this was well marked with flagging tape on both sides, it's the first trail to your right past the meadows of any size and suitable for an ATV or horse and cart originally.

The rest of the hike is an easy 3km proceeding gradually down hill except for one short steep section, be sure to check the look off at the top of this section just past Big Pond.

## **Lowlands Cove Trail**

Is 5km to the coast from the Cape St Lawrence turn off or 7 km from the (Meat Cove Community Centre/Restaurant.)

Instead of taking the Cape St Lawrence turn off at the 2 km mark keep straight on after another kilometer you will see the Pollets Cove turn off to your left, after about another kilometer you should see the disused road and trail to the abandon zinc mine (1.5 km), another 0.75 km takes you to an abandoned farm all that remains is a clearing and some farm implements. The trail proceeds gradually down to the coast, the topographic map indicates a side trail to Lowlands Cove Brook starting 0.7 km from the coast, I was day dreaming and totally missed this turn off, judging by the stunning scenery it would be worth locating.

## **Lowlands Cove Coastal [Trail](#) to Cape St. Lawrence**

Is 3.2 km coastal trail. Just keep a safe distance from the cliff edge and follow ATV and animal tracks along the coast. If proceeding from Lowlands cove the Cape St Lawrence Light and start of the trail to Meat Cove is easy to find, proceeding the other way to Lowland Cove be on the look out for the trail just before the grassy area changes to a wooden area as Lowlands brook is approached, steel posts painted red can be found though out the Lowlands there are a couple located close to where the trail starts inland.

## **Meat Cove Look Off**

This 0.5 km side trail is located 1 km from ( Meat Cove Community Centre/Restaurant,) after a steep climb on a sharp corner where the road crosses a brook. As of July 09 it was clearly marked with a sign, the trail appears new and is clearly marked with flagging tape, as the trail is so new follow the flagging tape or you will easily lose the trail. The trail raises 150ft from its start to a stunning view of the valley and Meat Cove.

### **Meat Cove Mountain Trail**

Is 1.3 km to eastern end of ridge. This trail starts a short distance up the road from the (Internet Café) and is marked by a sign on a tree, and a few stones placed to form steps, the trail climbs steeply nearly 900ft in the first 0.75km and then levels off somewhat. The grassy ridge of the mountain extends over a kilometer with fantastic views in all directions.

### **River Board Walk Trail**

This pleasant boardwalk trail extends nearly a kilometer from the Internet Café to the beach

### **GPS Data**

Cape St Lawrence light Turn N47°01.423'W60°34.696'

Cattle Corral N47°01.560' W60°34.381'

Meat Cove Look Turning N47°01.413' W60°34.233'

Meat Cove Lookout N47°01.225' W60°34.146'

View of Light from 525ft N47°01.796' W60°35.277'

Polletts Cove Turn off N47°01.013'W60°35.294'

Abandoned Farm N47°00.856'W60°36.219'

Washed out Bridge N47°00.825'W60°36.318'

Lowland Cove inland/Coastal junction N47°01.299' W60°37.144'

Wooden gate N47°01.446' W60°34.150'

2296 Meat Cove Road  
Meat Cove, Inverness County,  
Cape Breton, Nova Scotia  
Canada B0C 1E0

Hours of Operation:

8 am to 8 pm

7 days a week

Phone: (902) 383-2284

Email: [derekmaclellan@hotmail.com](mailto:derekmaclellan@hotmail.com)

