

**The Bras D'Or Lake Biosphere Region Association Presents**

**WALK THE WATERSHED 2024 – An exploration of Biosphere Trails**

**We are off to**

**Hike the Hills**

**and invite you to come along for an interpreted hike of**

**The East Bay Hills Trail**

**When?**

**1:00 p.m.**

**Saturday - May 25, 2024**

**Rain date – Sunday - May 26, 2024**

**Where?**

**Meet at East Bay Hills Trail parking area**

**Highway 4, Just past Chapel Road on the left coming from Sydney**

Join the Bras d'Or Lake Biosphere Region Association for a spring birding walk, the Association's first hike of 2024. We will explore the 3.1km looped trail above the East Bay Sandbar that gently climbs a stretch of the East Bay Hills as it wanders through a mix of soft- and hardwoods. The forest here is nicely mature and is an excellent site for observing inbound migrating Wood warblers and for migrating songbirds in general. The rich and productive forest floor offers a variety of spring flora, common as well as some less common, and mosses and lichens abound. Natural history interpreters, members of The Cape Breton Naturalists' Society, will accompany hikers to share their knowledge of the abundant hidden natural wonders that call this place home.

Trail difficulty: This a well-maintained 3.1 km looped trail with bridged stream crossings. Trail is mostly level and wide. It is an easy walk as regards trail width and trail bed; however, this trail is rated moderate because of the slight incline of many sections of the trail.

We will meet in the parking area at the trailhead on Saturday, May 25, 2024 at 1:00 p.m. Please wear weather-appropriate clothing and footwear and bring water. Snacks optional!

Please visit our website at [blbra.ca](http://blbra.ca) for more information. Registration requested.

# East Bay Community Trail Hiking Trail



You are here

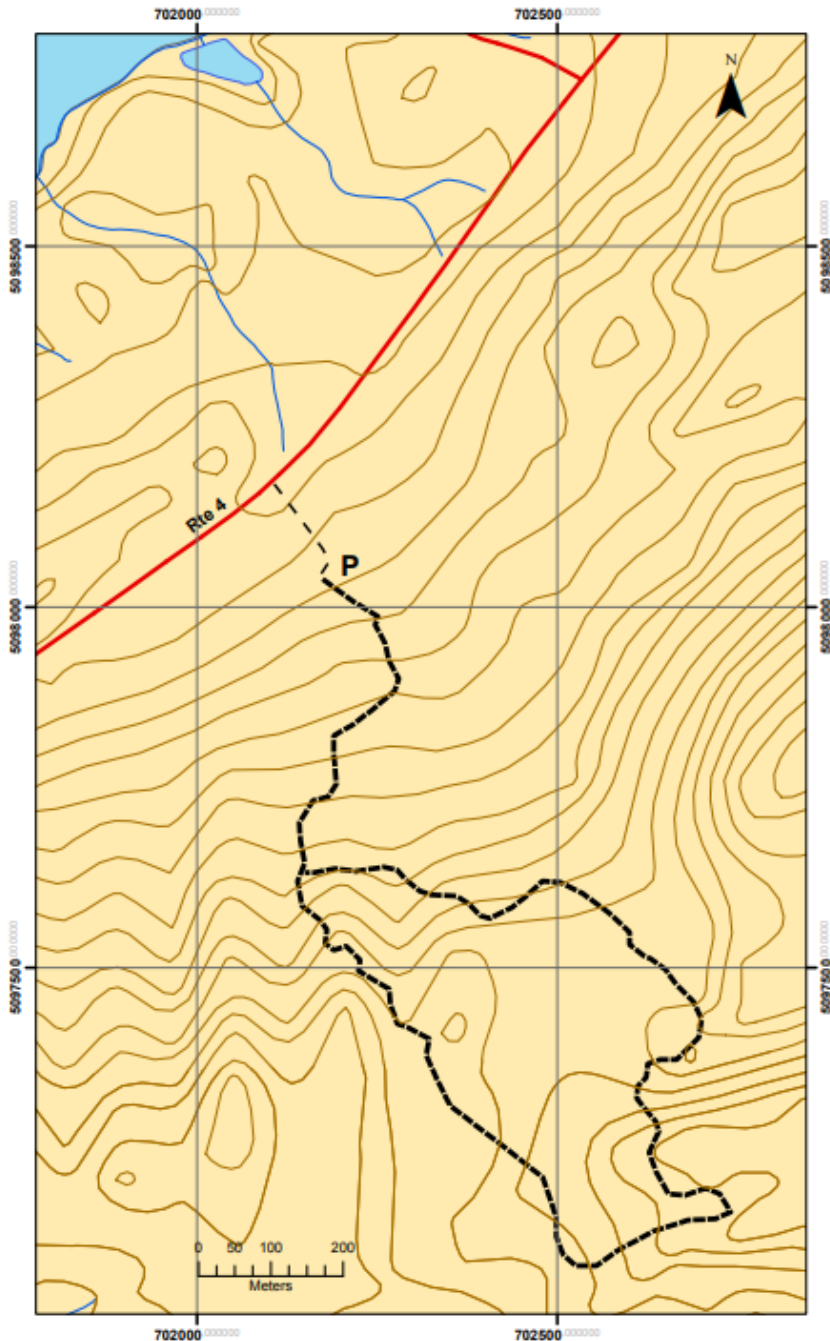
### Trail Notes:

Length: from parking circle -  
3.1 km (return)  
Elevation at Trail Head: 33 m  
Top Elevation: 70 m  
Tolerant hardwood and mixed  
wood forest (ranging from early  
succession to groves of old Eastern  
Hemlock)

Well maintained forest walk  
Learning opportunities (signage)  
Parking

No water or washrooms

EFFORT: Easy



Please carry out what you bring in, respect land owner's property  
and know you are on the trail at your own risk. Have fun!



[www.blbra.ca](http://www.blbra.ca)



Yours to explore  
Yours to enjoy  
Yours to nurture

**KI'LEWEY**  
**PITU'PA'Q**  
BIOSPHERE REGION

Ki'lewey mili-ala'sin  
Ki'lewey wlapasin  
Ki'lewey Wli-anko'tmn

'Walking Around the Bras d'Or'  
A project of the Bras d'Or Lake Biosphere Reserve Association

Mapwork distributed from  
Canadian Postal  
Service Maps, Books and Materials Division  
Projection: Universal Transverse Mercator  
Datum: Canadian 1983  
Scale: 1:50,000  
L.R. September 25, 2010  
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