

# The Bras D'Or Lake Biosphere Region Association Presents

## WALK THE WATERSHED! – An exploration of Biosphere Trails and

### A Walk Through Time

An interpreted hike of Goat Island Trail

**When? Saturday – July 27, 2024 at 1:00 p.m.**

**Where? Parking lot Goat Island Trail – Eskasoni Road, Route 216  
Just before and across the road from Goat Island View Café coming  
from Sydney on the East Bay Highway**

Join the Bras d'Or Lake Biosphere Region Association for a Walk through Time and explore the 2.3 km looped trail at Goat Island in the company of a local interpretive guide who will share with us the rich Mi'kmaq history and culture that has thrived here for thousands of years. Highlights of this hike include the Trading post which features goods such as furs and tools, there will be drumming with Steve and traditional dancing, smudging, an exhibition of Waites, the oldest Mi'kmaq game, traditional hunting and fishing demonstrations, bread-making over an open fire and a presentation on traditional medicines. All this amid the breathtaking beauty of the Bras d'Or Lake!

The tour is approximately 2.5 hours in length and is restricted to 25 people to ensure the best experience. Cost per person if less than 15 people:

Adults - \$40.00 per person  
Children - \$20.00 per child

Cost per person if more than 15 people:

Adults - \$35.00  
Children - \$15.00

Tour payable in cash at time of hike. You will be notified of the exact cost the week of the tour once the number of people has been determined.

We will meet in the parking area at the trailhead on Saturday, July 27, 2024 at 1:00 p.m. Please wear weather-appropriate clothing and footwear and bring water. Snacks optional!

**Pre-registration is mandatory.**

**[Signup here!](#)**

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