

# BIRD WATCH

As part of our ***Walk the Watershed*** initiative  
the Bras D'Or Lake Biosphere Trail Committee  
is pleased to sponsor this

## GUIDED BIRD WATCH EVENT East Bay Hills Trail May 31, 2025, 1 PM (Rain date June 1)

**Meet at East Bay Hills Trail parking area  
Highway 4, just past Chapel Road on the left coming from Sydney**

All are invited to join this spring bird watch led by volunteers from the **C.B. Naturalists Society**, the committee's first hike of 2025. Natural history interpreters, members of the Society will share their knowledge of the abundant hidden natural wonders that call this place home. 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.

**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 31, 2025 at 1:00 p.m. Please wear weather-appropriate clothing and footwear and bring water. Snacks optional!

Please visit our [BLBRA](#) or [Cape Breton Naturalists Society](#) Facebook pages for updates. Visit the BLBRA Website for even more [Hiking in the Biosphere](#) information.



Yours to **explore**  
Yours to **enjoy**  
Yours to **nurture**

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

Ki'lewey **mili-ala'sin**  
Ki'lewey **wlapesin**  
Ki'lewey **Wli-anko'tmn**



*While walking the trails, think of the history, the culture and the ecosystem in the spirit of "two-eyed seeing"*

# 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)

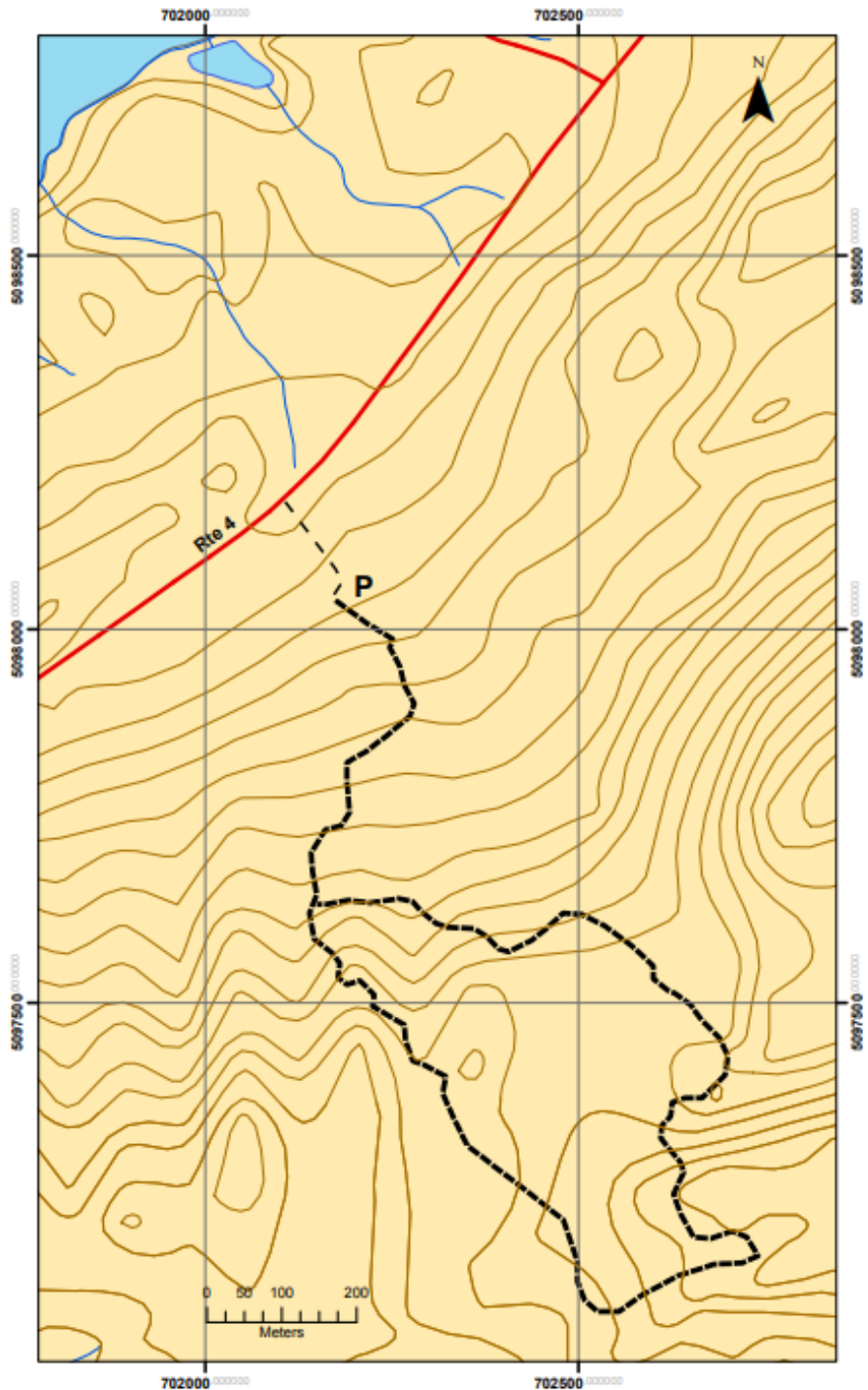
Well maintained forest walk  
Learning opportunities (signage)  
Parking

No water or washrooms

EFFORT: Easy



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



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!

'Walking Around the Bras d'Or'

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

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Date: June 20, 2017