



## A Wellness Idea...

From West Hants Wellness Committee

### Enjoy the Outdoors at a WH Recreation Site Avondale Wharf

Fish the tide from the wharf. Play a game on the ball field. Join the kids on the playground. Have a picnic. Or simply relax in the shade of the lighthouse. Located at the convergence of the St. Croix and Avon Rivers, the Avondale Wharf Recreation Site offers spectacular views of the twice daily tides. It is also home to the Avon River Heritage Society Museum and the Lydia and Sally Café (open for lunch Thurs—Sun). And just up the hill is Avondale Sky Winery as well as the 2 km Avondale Trail (behind the community centre). Located in Newport Landing, this site is a must-see!

