



A Wellness Idea...

From West Hants Wellness Committee

Enjoy the Outdoors at a WH Recreation Site Cheverie Salt Marsh Trail

The Cheverie Salt Marsh Trail was built by volunteers of the Cheverie Crossway Salt Marsh Society on land owned by the Municipality. The 1 km trail (2 km return) offers stunning views of the salt marsh as it winds through the adjacent woods. An interpretation sign provides information about the history of salt marshes and their importance. The site is marked by a sign on the land side of highway 215 in Cheverie.



Across the road is access to the beach where, *at low tide*, you can walk for miles along the shore line. Or enjoy a picnic while taking in the magnificent view of the Minas Basin. This is not the best place to swim, however, as the water rushes through the culvert into the salt marsh at high tide. If you want to swim while you are “down the Shore”, visit the beach at the end of Shipyard Road (a bit further along from the Salt Marsh Trail) or the Kempt Quarry Recreation Site.