



A Wellness Idea...

From West Hants Wellness Committee

Enjoy the Outdoors at a WH Recreation Site

Kempt Quarry

The Kempt Quarry offers some of the finest swimming in the Municipality! The water is clear and clean (and tested regularly by your Recreation Department) and swimming is fun with rocky ledges to leap off as well as a shallow pool for the little ones. Take a picnic and enjoy your nutritious food at one of the picnic tables. Stretch out on the lawn, relax and enjoy the scenery. And most importantly, enjoy a brisk swim in the invigorating water.

The Kempt Quarry Recreation Site is marked with a sign on highway 215 in Kempt Shore. While you are down the Shore, be sure to visit the Cheverie Salt Marsh Trail as well.

