

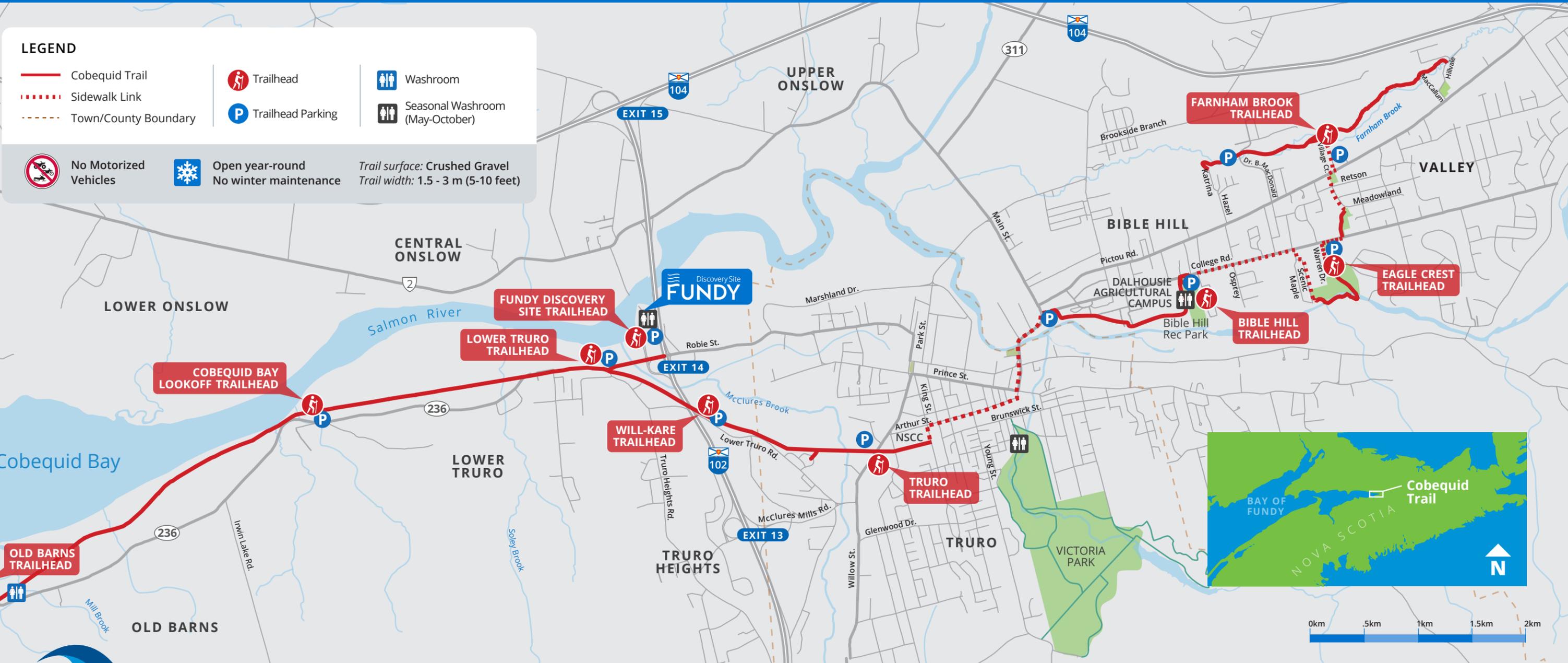


# Cobequid TRAIL

Welcome · Bienvenue · Pjila'si



Explore an 18-km trail network on foot or bicycle "where the bay runs far up" in central Colchester County, Nova Scotia.



[colchester.ca/cobequid-trail](http://colchester.ca/cobequid-trail)

Trail sections operated by:  
Municipality of Colchester 902-897-3185  
Town of Truro 902-893-6078  
Village of Bible Hill 902-893-8083



# Cobequid TRAIL



Welcome · Bienvenue · Pjila'si

Explore *We'kwampekik*, the Mi'kmaq name for the Truro area, which means "the bay runs far up". This 18 km walking and cycling trail is located at the head of the Bay of Fundy, in central Colchester County.

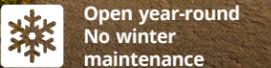


The Cobequid Trail passes through a diversity of landscapes and habitats. Follow the rail trail between Old Barns and Truro, along the beautiful Cobequid Bay with salt marsh and mudflats, and the tidal Salmon River. Time your visit to see the tidal bore! Pass by marshlands and farms along the route. In Bible Hill and Valley, explore shaded brooks, hemlock ravines and woodlands of the Acadian Forest. Along the trail, watch for wildlife including Bald Eagle, Osprey, songbirds, migrating shorebirds, fox and deer.



The Cobequid Trail is great for bicycling, long distance running, leisurely walks and wildlife viewing. The trail has numerous rest areas with benches and picnic tables to enjoy the views.

[colchester.ca/cobequid-trail](http://colchester.ca/cobequid-trail)



## Multiple trailheads, with parking and trail information kiosks, provide easy access to the trail.

- Old Barns trailhead, 919 Shore Road, Old Barns
- Cobequid Bay Lookoff trailhead, 3471 Highway 236, Lower Truro
- Lower Truro trailhead, 4057 Highway 236, Lower Truro
- Fundy Discovery Site trailhead, 103 Tidal Bore Road, Lower Truro
- Will-Kare trailhead, 105 Lower Truro Road, Lower Truro
- Truro trailhead, 202 Willow Street, Truro
- Bible Hill Rec Park trailhead, 64 Guest Drive, Bible Hill
- Eagle Crest trailhead, 39 Warren Drive, Bible Hill
- Farnham Brook trailhead, 36 Village Court, Bible Hill



## Bike repair station locations

- Old Barns trailhead, 919 Shore Road, Old Barns
- Fundy Discovery Site, 103 Tidal Bore Road, Lower Truro



## What's in a Name?

The Mi'kmaq call Cobequid Bay *We'kopekitk*, meaning "end of the flow".  
The Acadian name for the area was *Cobeguit*. The Mi'kmaq word *awti'j* means "path, trail".



## Bring your best friend along!

All dogs are welcome on the Cobequid Trail—they must be on a leash at all times. Owners are responsible to clean up after their animals.

Colchester By-law 35  
Truro By-law B160-014



Looking for more things to see and do?

Drop in and talk to the friendly staff at the Visitor Information Centre at the Fundy Discovery Site. [FundyDiscovery.ca](http://FundyDiscovery.ca)



Explore the tidal landscapes of the Cliffs of Fundy UNESCO Global Geopark. [FundyGeopark.ca](http://FundyGeopark.ca)



Discover rich culture and heritage, unique culinary tastes, breathtaking nature, adventure activities, and family fun. [ExploreCentralNS.ca](http://ExploreCentralNS.ca)

