

OUTDOOR RECREATION DEVELOPMENT PLAN FOR THE
ST. MARY'S RIVER WATERSHED.

Peter Dowd, B.A., Dip NOLS

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St. Mary's River Association Technical Report #003

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EXECUTIVE SUMMARY

Outdoor recreation is currently a high provincial priority under the Nova Scotia Department of Health Promotion and Protection. It is an inexpensive way for most people to participate in active living. The St. Mary's River watershed is one of the largest drainages in Nova Scotia, and falls under the jurisdiction of four different municipalities as well as the province. Integrated land use planning in the watershed would be a complex undertaking.

An outdoor recreation plan was developed for this region using an integrated approach. Interviews were made with key members of municipal and provincial governments, educators and recreation leaders. Input into the recreation plan was solicited from major recreational groups in the watershed as well as via a public survey. Survey information showed that hiking, berry picking, bird watching, photography and hunting were the most common activities people participated in during a typical year. Fishing, paddling, hiking, swimming and hunting are the activities that people are most interested in seeing the youth continue doing in the future. Also there were a number of different locations that people frequently use for recreational activities and that people would like to see developed.

In response to community input, and taking into account current land use practices and the Trans Canada Trail project, the following recommendations were made: 1) That the Lochiel Lake area (including crown land across the highway) be developed into a summer and winter recreational area. The area could be used for such activities as: paddling and swimming related activities and lessons, and mountain biking in the summer, and skating on the lake and cross-country skiing in the winter. 2) That the Garden of Eden Barrens area, starting with Archibald Mills Lake become a backcountry camping area, accessible by canoeing and backpacking. 3) That the Liscomb River Trail be extended through the Liscomb River Wilderness Area and through to Goldenville to create an ecologically and historically interesting backpacking route.

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INTRODUCTION

The St. Mary's River watershed is one of the largest drainages in Nova Scotia. The historical town of Sherbrooke is the largest community in the watershed with a population of ~400 people. The watershed is located approximately 200 km east of Halifax along the Atlantic coast of Nova Scotia. The river was named after Fort Saint Marie, a French fort that was later destroyed by the British. Traditionally, the main economy in this area revolved around ship building, forestry, fishing and gold mining. The St. Mary's River was once a famous salmon river and efforts are being made to restore this once great habitat to a healthy state, not only for the salmon but for the entire community.

Integrated resource management is used worldwide for multi-stakeholder planning of parks, forests, coastal zones and watersheds. The inclusion of all stakeholders (i.e., community members, aboriginal groups, industry, and all levels of government) in a watershed management group allows for active participation in decision making. The development of a collaborative outdoor recreation plan is one step toward integrated watershed management in the St. Mary's River watershed.

1.0 OUTDOOR RECREATION

BENEFITS OF OUTDOOR RECREATION

Physical activity is recognized to improve all aspects of health: mental, physical and spiritual. The provincial government recognizes that adequate recreation can even prevent physical and mental illnesses. According to the Nova Scotia Department of Health Promotion and Protection, the average Nova Scotian does not participate in enough physical activity to receive health benefits. Survey results of Nova Scotian students indicated that the primary challenges to being physically active were lack of time, poor access to facilities and costs associated with recreational activities¹. Although many young people are attracted to "glamorous" and often expensive sports such as hockey, football and basketball, there are many other options available.

Outdoor recreation provides an interesting solution to the above issues. Not only does outdoor recreation provide an inexpensive form of activity, it also enables interaction with nature, which serves to improve mental and spiritual health. Outdoor activities are available to almost everybody for little to no cost. Where facilities such as hiking trails, logging roads, lakes, rivers and oceans are available the cost associated may be as little as a pair of sneakers, swimsuit or a bicycle. There are few developed hiking trails in the St. Mary's Watershed, yet there are hundreds of logging roads and forest areas that could be used. It may be possible to find funding to create new walking and hiking trails. If physical activities are incorporated into normal activities (for example, going to work) this would help eliminate the "lack of time problem".

Active transport, a term used to refer to human-powered modes of transport such as walking, bicycling, snowshoeing and roller-blading, is being promoted in many locations. Active transport is another method to encourage physical activity and outdoor recreation as a part of everyday life. Towns can be planned with features designed to make active transport possible and enjoyable.

The government of Nova Scotia supports physical activity, active transport and outdoor recreation; they are even starting to fund many projects in these fields.

¹ Nova Scotia Health Promotion and Protection. <http://www.gov.ns.ca/hpp>

OUTDOOR RECREATION AND THE GOVERNMENT OF NOVA SCOTIA

The government of Nova Scotia has recognized the importance of active living to Nova Scotian residents and their health. The department of Health Promotion and Protection has as part of their mandate to “*promote physical activity to improve health outcomes and overall quality of living*”². There are a number of programs through which the department supports physical activity in Nova Scotia. The department is working to:

- Develop comprehensive strategies and frameworks (e.g. Active Kids Healthy Kids)
- Advise and develop policy
- Fund development of infrastructure (e.g. trails, recreation facilities)
- Fund development of programs for physically inactive people
- Develop sport, active recreation and fitness (e.g. coaching, leadership)
- Build organizational capacity
- Develop programs for training and participation
- Improve awareness and education
- Develop networks, collaborations and partnerships

In particular, the government supports outdoor recreation and leadership through a special program, Nova Scotia Outdoor Leadership Development (NSOLD). The program provides the opportunity for youth and adults to learn outdoor skills and leadership in a safe environment and little expense. The program is for enhancing outdoor skills and leadership within Nova Scotia. This program is currently being accessed by schools, universities, youth- serving agencies, volunteer organizations and interested individuals³. In addition to this, the government is currently funding a number of programs designed at creating or improving existing outdoor recreation facilities. More information on this can be found in Section 5.0 – Funding.

OUTDOOR RECREATION IN THE ST. MARY’S RIVER WATERSHED

Outdoor recreation is part of the heritage of the St. Mary’s River watershed. Hunting, fishing, canoeing and snowshoeing are all activities that once were part of many people’s daily lives. Traditionally, children would spend most of their time playing in the forests and streams outside. Times change and today people participate less in outdoor activities in a normal day, yet there are more people involved in different forms of leisure recreation. Mountain biking is growing in popularity and logging roads are perfect places to explore. Sea kayaking is also becoming popular in coastal waters while white water paddling in small river kayaks is also a possibility on the St. Mary’s River.

The promotion of active living has encouraged more families to get involved in activities that parents and children may do together. Family walks and hikes, short paddles and summer camping trips are popular. Tubing down a river is an activity enjoyed by many, if the conditions are right. Berry picking is still a great way to promote activity in the outdoors and healthy eating. The forest and rivers of the St. Mary’s watershed offer many opportunities for recreation.

² Nova Scotia Health Promotion and Protection. <http://www.gov.ns.ca/hpp>

³ Nova Scotia Health Promotion and Protection. <http://www.gov.ns.ca/hpp>

CURRENT OUTDOOR RECREATION OPPORTUNITIES IN ST. MARY'S WATERSHED

The St. Mary's River and watershed is a beautiful area, with diverse locations for different outdoor activities to occur. The river itself is used by many canoeists and the odd kayaker during high water season. The oceans are available for a plethora of activities, of which sailing and sea kayaking are only two. The forests and barrens are perfect for walking, hiking, camping and mountain biking. Table 1 lists different activities and the locations currently used or available to be used for the listed activities.

Table 1: Type and location for outdoor recreation within, or near to, the St. Mary's River watershed. Locations in italics are nearby, but technically outside the watershed.

Activity		Locations	
Canoe Routes	Lochaber Lake	Lochiel Lake	
	West Branch St. Mary's	Main Branch St. Mary's River	
Sea Kayak Routes	Sherbrooke to Sonora	Sonora to Little Liscomb	
	<i>Little Liscomb to Liscomb Island</i>	Sonora to Wine Harbour	
Hiking Trails	Stonewall Park	<i>Liscomb River Trail systems</i>	<i>Mayflower Trail</i>
	<i>Nimrod's trails</i>	<i>Port Bickerton trails</i>	<i>Trans-Canada Trail (planned to extend in St. Mary's River Watershed)</i>
Parks, Protected Wilderness Areas and Nature Reserves	Lochiel Provincial Park (day use, lake access)	Indian Man Lake Nature Reserve	Sherbrooke Provincial Park (Historic Village)
	<i>Alder Ground Wilderness Area</i>	<i>Big Bog Wilderness Area</i>	<i>Boggy Lake Wilderness Area</i>
	<i>Eastern Shore Islands Wildlife Management Area</i>	<i>Liscomb Game Sanctuary</i>	<i>Liscomb River Wilderness Area</i>
	<i>Salsman Provincial Park</i>		
Campgrounds	Sonora road campground (currently for sale)	<i>Nimrod's Campground</i>	<i>Salsman Provincial Park</i>

ECONOMIC DEVELOPMENT AND OUTDOOR RECREATION

It cannot be ignored that outdoor recreation, which is important to locals, is also of interest to tourists. In fact, outdoor recreation is drawing more and more tourists to Nova Scotia through ecotourism. There are many opportunities for eco-tourism in the St. Mary's watershed and even more opportunities could be

created if properly planned. A proposal for collaboration of outdoor recreation, ecotourism and scientific research to achieve these ends is provided in Appendix 1)

2.0 COMMUNITY INPUT

For any planning to be truly useful, it must include input from the people who it will affect. Significant efforts were made during all stages of this project to involve as many stakeholder groups and individuals as possible.

SOLICITING COMMUNITY AND STAKEHOLDER INPUT

During the initial phases of the project all relevant governmental organizations were contacted to notify them that a plan was under development. This included the three major municipal recreation departments (St. Mary's, Pictou and Antigonish) as well as the provincial Department of Natural Resources. Key interviews were done with members of these governmental groups as well as educators at St. Mary's Academy in Sherbrooke and other recreation leaders in the community.

In the second phase of the project, letters were sent to all known recreation groups officially asking for their input, replies were to be sent either to myself or to the St. Mary's River Association. The letters asked for their opinions on how they wished to be involved in planning for the future. A copy of the letter is provided in Appendix 2.

In addition, the author traveled to Sherbrooke with a variety of sporting equipment and posters to set-up a display. Comments and suggestions were obtained from community members who were interested enough to approach and discuss the topics. About 10 people shared their ideas during this exercise.

Finally, in March surveys were designed and sent to approximately 300 households. Just over 120 were returned. The surveys were extensive and covered many topics, but there was a short section on recreational activities and desires. A copy of the relevant section of the survey questionnaire is provided in Appendix 3. For a comprehensive analysis of this mail-out survey see St. Mary's River Association Technical Report #004

Phase I: Input from Key Interviews

A number of different ideas and desires were expressed during interviews, some distinct, others overlapping. The suggestions are combined in the following list which summarizes key points and enhances some ideas with the author's suggestions:

1. Development of put-ins, take-outs along St. Mary's river so paddlers are able to access river without crossing "private" land.
2. Barrier-free fishing locations, to provide easy access for both fisherman and paddlers to rivers and lakes (in conjunction with #1).
3. Development of campsites along St. Mary's river in order to allow St. Mary's to become a Heritage River canoe route.
4. Development of "backcountry" campsites at lakes (i.e. Eden Lake area) and other sites of interest (waterfalls, Garden of Eden, barrens). Campsites would be accessible after spending an hour or two in human propelled activities (paddling, biking, hiking, cross-country skiing). Campsites would provide cleared space for tent.
5. Development of a non motorized backcountry trail, "The Liscomb River Wilderness Area Trail"

6. Identification of Best Birding Spots in Watershed and creation of a Birder's Hotspot List – campsites or hiking trails developed in these locations.
7. Development of Walking Trail along the Northwest Arm – which in close proximity to the town of Sherbrooke would attract not only tourist but also provide recreation for local people.
8. Self-guided Atlantic salmon interpretive trail – showing examples of important habitat, habitat enhancement methods, traditional fishing spots & methods such as weirs and salmon punts and uses of salmon. The trail might end at the St. Mary's Smokehouse.
9. Better planning of highways (repaving, widening, paving shoulders etc.) to include bicycle lanes to encourage cyclists (locals and tourists) to want to use coastal highways.
10. Development of campsites at prime tourist spots (i.e. Sherbrooke Village and other important sites) in order to attract cyclists, families and other camping clientele.
11. Provincially stocked lake (with salmonids) to promote the use and learning of fly-fishing. Could include interpretive panels showing most-effective flies for different seasons, or steps for good fishing technique. Could be used as a teaching facility for different outdoor programs (e.g., Becoming and Outdoors Woman (BOW); Nova Scotia Outdoor Leadership and Development (NSOLD)).

Phase II: Input from Letters and Street Discussions

Letters

Letters were sent out to outdoor recreation groups in late February soliciting their input and ideas on outdoor recreation in the watershed. The letter can be found in Appendix A. Only five responses were received, those that did respond were interested in supporting outdoor recreation and working together. The main points of the letters are summarized below:

- Interest was expressed in maintaining trails for the purposes of traditional activities such as walking, jogging, skiing, biking, ATV, snowmobile and horse back riding.
- Equine campsite with paddock, pasture and fresh water.
- Citizen patrols to monitor and educate respectful use of trails.
- Need for a 20 m indoor firearms range.
- Need for a 300 m rifle range in better location
- Need for a year round trap and skeet area

Street Discussions

During discussions with community members, the most common comment was that planning for outdoor recreation, or even identifying recreation priorities was not something to which many people had given any thought. To have an opinion would require thought and continued input as more ideas came to mind. Certain activities were enjoyed by respondents and might be promoted to become accessible to more people. For example, one person had gone tubing down the St. Mary's river in the summer for the first time and enjoyed it and thought that, *"this is an activity that should be done by more people"*. Also one person said that *"Snowshoes were a Christmas present this year from my family and I have snowshoed a lot this year"*. In addition, swimming in the river in their favourite swimming hole was enjoyed by another person.

Phase III: Data from Survey Results

The survey asked nine questions about recreation in the St. Mary's River watershed. These questions covered topics such as, what outdoor activities people participated in during a typical year, what activities they would like to see the youth continue, their favorite recreation areas currently and in the past and what areas that should be put aside for recreation? See Appendix B for the complete recreation portion of the survey.

Outdoor Activity Results

The survey results were collated and important information was summarized into graphs. Hiking, berry picking, bird watching, photography and hunting were the most common activities people participated in during the year (Figure 1). Fishing, paddling, hiking, swimming and hunting are the activities that people are most interested in seeing the youth continue doing in the future (Figure 2).

Many other activities were mentioned, but only by a few people. Some of these activities are: trapping, log rolling, picnicking, environmental education, tubing down the river, eco-touring, 4-H, naturalist clubs, biking, motor boating, outdoor activity lessons and tree planting

Recreational Areas

There were a number of locations that residents mentioned as being important recreational areas and suggestions for using these areas. The areas and suggestions are as follows:

- Lochaber Lake - walking trail along west side, designated non-motorised area for boating
- Garden of Eden/ Barrens - Camping, swimming, skating, coasting/tobogganing, warm up shelter and ATV trails
- Along highways - More rest areas, garbage cans and picnic areas
- Sherbrooke Village - Boardwalk along the river for a walking trail
- Trans Canada Trail and other trails - ATV trail, ATV monitoring and policy, horseback riding, bird watching, historical interpretation, motor free areas
- A Winter Area - Groomed cross country ski trails, snowshoe trails, warm up shelter, skating, coasting/ toboggan, snow machine trails
- A Swimming Area - Swimming area away from boats with rescue equipment available, swimming holes along the St. Mary's River cleaned up and deeper
- Wilderness camping areas - Place to set up a tent and spend time in wilderness
- Soccer and Baseball area - behind United Church, Sherbrooke
- Footbridge at Stillwater Community Centre

Input from the surveys was taken into account in the following recommendations. The recommendations focus on the most feasible and practical options for the area.

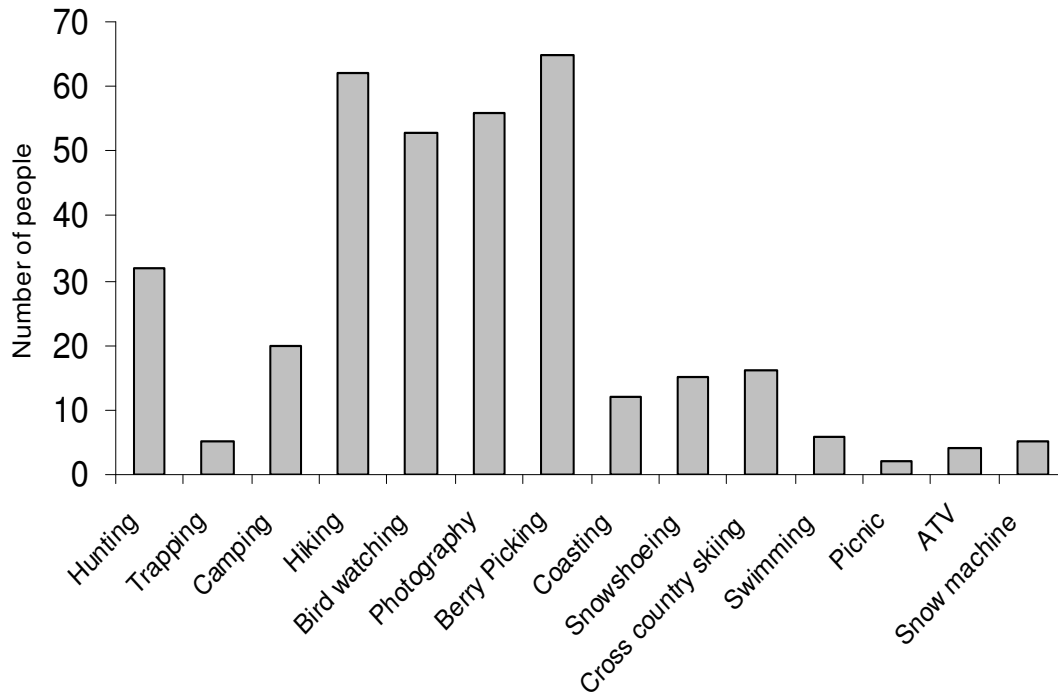


Figure 1. Number of people that participate in a given activity during the run of a year.

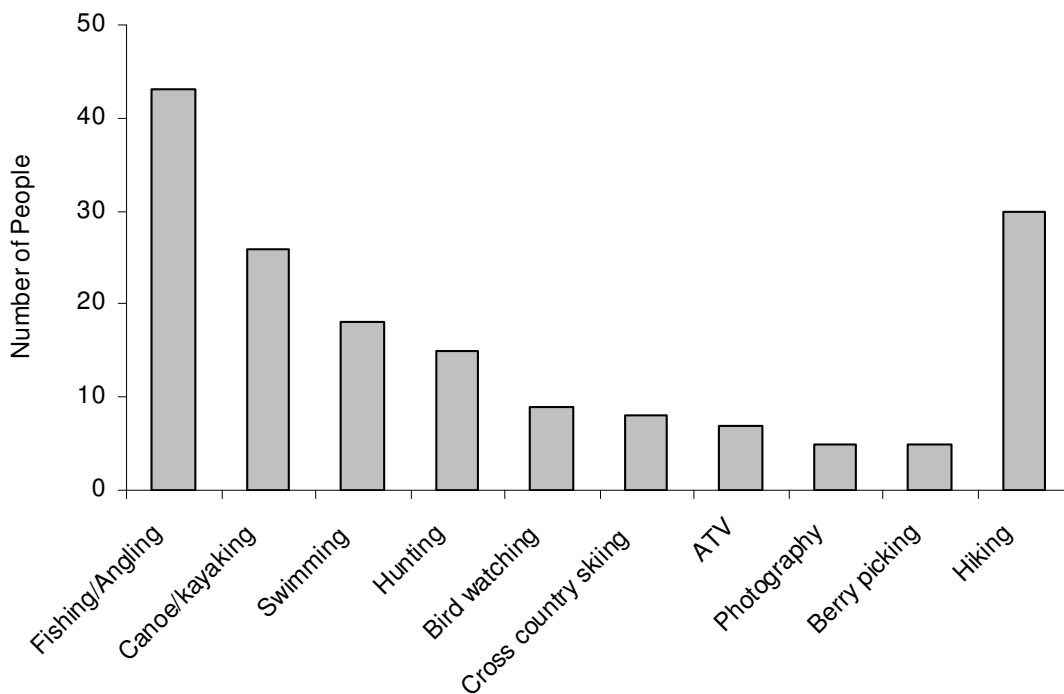


Figure 2. Activities that residents would like to see their youth continue doing in the future.

3.0 RECOMMENDATIONS

One of the best ways to encourage outdoor recreation development is to offer opportunities to community members. A chance to try out new equipment while receiving good instruction can have life-lasting effects on people's interests. Facilities are expensive, and not necessarily important when trying to lay groundwork for new activities. When enough community members are interested facilities are a natural progression to serve the new interest for whichever physical activity that has become popular.

Given the input received and current land use practices, the following suggestions are recommended as the best locations in the St. Mary's River watershed for land use development. For each recommendation there are also suggestions on how human capacity can be developed to offer safe and enjoyable activities for the specific activities. Websites for further information on Associations and groups involved in aspects of these programs is provided in Appendix 4.

CANOE/KAYAK DEVELOPMENT OPPORTUNITIES

Lochaber Lake presently has a community centre with water access, but this lake is too windy for beginner paddling programs. Lochiel Lake is a suitable, protected lake and is a provincial day use park. From Lochiel Lake paddling instruction and events could be offered and a paddling club could be formed. Forming a paddling club under Canoe Kayak Nova Scotia would allow the club to offer Paddle Canada instruction program which provides insurance for instructors and club programs.

Canoe camping sites should be considered in the Garden of Eden Barrens area, for Archibalds Mill Lake, Sucker Lake, Glencross Lake and Island Lake. This area is Crown Land and Archibalds Mill Lake is one of the largest lakes within the watershed that could offer wilderness camping. Archibalds Mill Lake has two large islands that should first be developed as campsites (Figure 3) due to the amount of black flies in this area. The Island being more exposed to the wind would be a good choice and reduce the discomfort of black flies.

Interest in sea kayaking is growing all over Nova Scotia. The St. Mary's River watershed is a great place for sea kayaking. The Northwest Arm is a beautiful place to paddle and can be highlighted with the history of French settlement and the French fort as well as a trip to Sherbrooke Village. Sea kayakers will also be interested in the shipwreck "the Fury" as well the sheltered paddling along Country Harbour, Fisherman's Harbour, Port Bickerton, Reids Island, Indian Harbour, Wine Harbour, Gegogan Harbour, and Liscomb Island with its light house. Some sea kayaking routes with suggested camp spots could be highlighted and advertised to increase the paddling interest in this area. Kayak instruction is available from qualified instructors in Tangier.

CROSS COUNTRY SKI/ SNOWSHOE/ SKATING DEVELOPMENT OPPORTUNITIES

Lochiel Lake Provincial Park could also be used for winter sports. To the east of this park, across Highway 7 is Crown land that could offer excellent cross country ski, snowshoe and mountain bike trails (Figure 4). The trails could be done in loops with destinations of interest like Hattie Lake, Long Lake, Sandy Lake, Cranberry Lake and Kent Lake highlighted. With such a variety of terrain and lakes trails of different difficulty and skill level would be designed for a variety of users. In addition, the lake would offer excellent opportunities for skating.

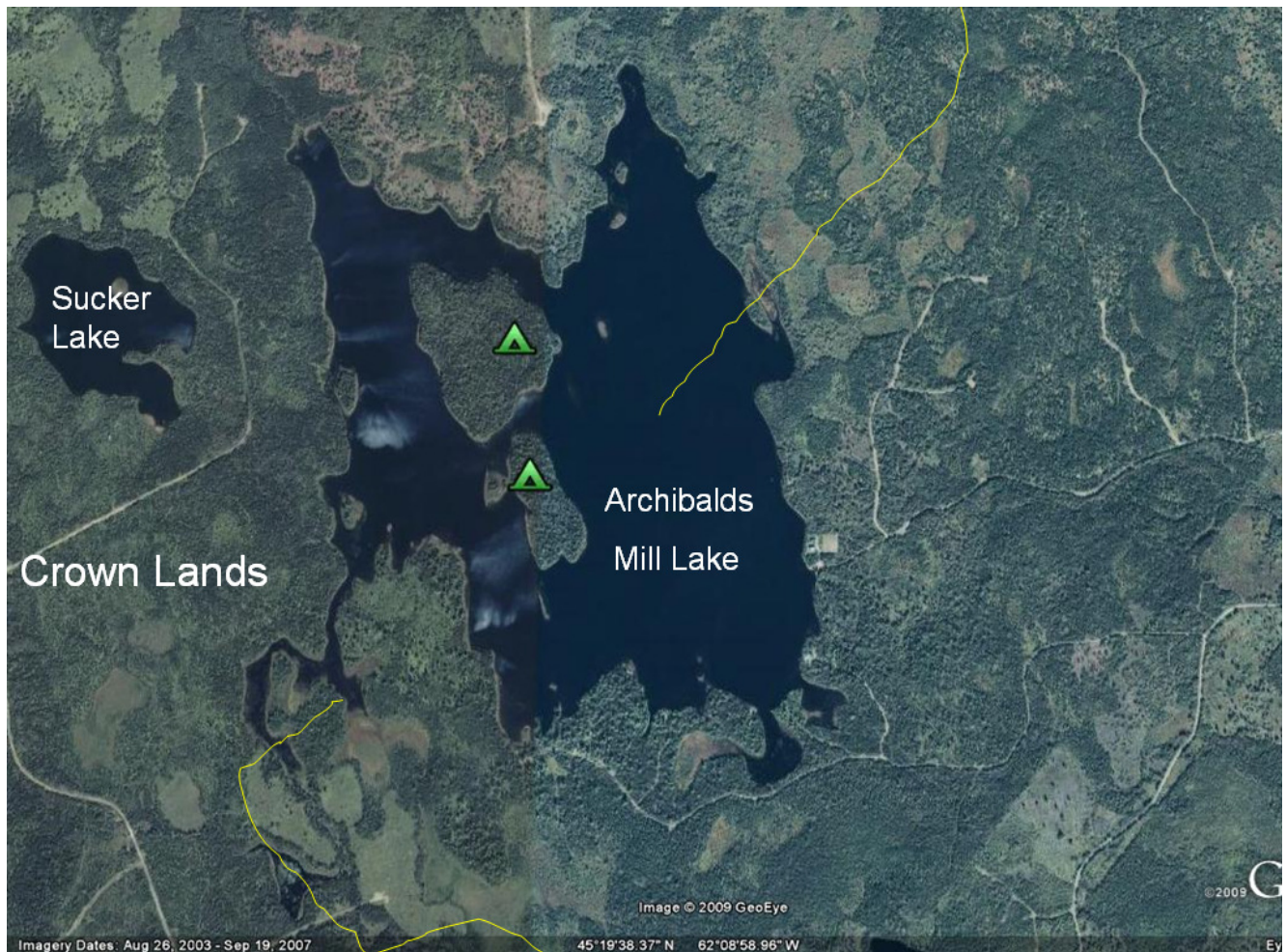


Figure 3: Recommended canoe camping sites on Archibald's Mill lake.

A Cross Country ski club should be considered to offer beginner instruction in cross country skiing and also provide groomed trail systems. The club should be able to offer equipment for people to access for those that do not have their own equipment. This trail system also could receive insurance through the Nova Scotia Cross Country Ski Association (Cross Country Ski Canada).

DEVELOPMENT OF WALKING/ HIKING AND MULTI-USE TRAILS

Municipalities should consider setting aside land along the shores of rivers and lakes for public access. Walking trails provide access to an active transportation “system” as well as an excellent form of exercise. Walking trails in town are popular with seniors and are a meeting place for people during daily walks. Many residents, including seniors, suggest the establishment of a boardwalk along the river near Sherbrooke Village. There is also interest by many residents for walking trails along West Lochaber Lake and also along the West side of St. Mary's River.

Opportunity for backcountry trails could be created with relative ease by extending the Liscomb River trail to Goldenville passing through the Liscomb River Wilderness area (Figure 5). Designated campsites should be established along Big Stillwater Lake, Barren Lake, Lone Clouds Lake, Big Gaspereaux Lake and Mitchell Lake. This trail would be rich in heritage with connections to the history of gold mining and a visit

to the museum in Goldenville. The First Nation history could also be highlighted along this trail with a visit to Lone Cloud's Lake.

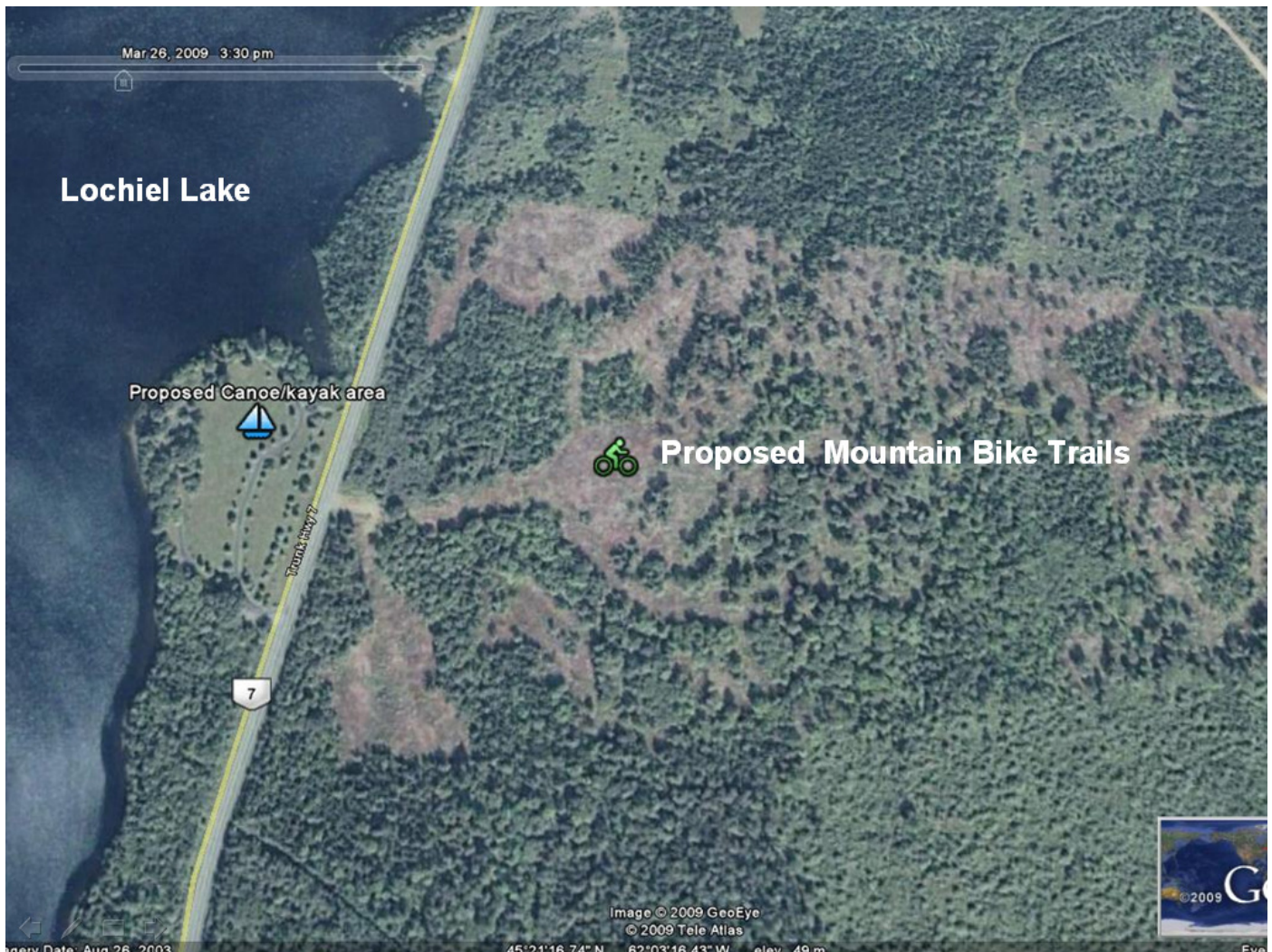


Figure 4: Proposed development for Lochiel Lake and area.

SWIMMING

Swimming remains one of the most popular activities in the St. Mary's River watershed with many residents swimming in the pools of the St. Mary's River. River restoration for fish habitat should also include consideration of the development that would also enhance swimming areas for residents.

ATV AND SNOW MACHINE TRAILS

The Trans Canada Trail is planning on extending into the St. Mary's River area and this trail will be a new area for ATV and snow machine use. Patrols by user groups will ensure compliance of policies that will be put in place. There is also much interest for ATV trails in the Garden of Eden Barrens area. Better trails with maps will be helpful to minimize impact on habitat as well as non motorized recreation users.



Figure 5: Proposed trail extension for backcountry purposes.

4.0 LAND USE PLANNING WITHIN THE WATERSHED

The St. Mary's River Watershed is the political responsibility of many different municipalities, including: St. Mary's District Municipality, Pictou County Municipality, Antigonish County Municipality, Colchester County Municipality and also the Halifax Regional Municipality. The province and federal governments are also involved in governance in this region. With such a diverse political presence within the watershed land use planning and policy development can be challenging.

PROTECTED LANDS UNDER THE DEPARTMENT OF NATURAL RESOURCES

The Nova Scotia Department of Natural Resources has a number of different designations for protected lands. The most common of these designations are provincial parks, nature reserves and wilderness areas. Although all are intended to protect nature, the designations vary in intended use of the area.

NATURE RESERVES

Of provincial designations, nature reserves are most strongly oriented toward protecting natural ecosystems and processes. Use of nature reserves are primarily limited to those entering solely for the purpose of "appreciation", participating in scientific research or environmental education. Motorized vehicles, camping, hunting and fishing are not permitted in nature reserves.

Within the watershed the department of Environment and Labour has designated two Nature Reserves: Indian Man Lake and Hemlock Falls. The following descriptions came from the Nova Scotia government protected areas website⁴:

Indian Man Lake Nature Reserve

126 hectares; mature mixed forest with regionally uncommon red oak

Indian Man Lake Nature Reserve is located near Lower Caledonia, Guysborough County, in the St. Mary's Plain Natural Landscape. It protects a mature, mixed wood forest featuring a stand of large red oaks mixed with white pine, red maple, and white birch. The forest type is rare in eastern mainland Nova Scotia, and uncommon in the province as a whole, being most common in the southwest, where it accounts for about 5% of the forest.

Hemlock Falls Nature Reserve

90 hectare; old growth forest

In April 2008, the Nature Trust, in partnership with the Province of Nova Scotia, acquired a spectacular 90-hectare property on the West Branch of the river. The area, known as the Hemlock Falls Conservation Lands, supports intact old-growth forest, as well as habitat for wood turtles and Atlantic salmon."

WILDERNESS AREAS

Although still intended to protect nature, the entry rules for wilderness areas are less particular than nature reserves. The use of motorized vehicles is limited, but wilderness areas *are* intended to be used for human-powered recreation and hunting and gathering purposes. Hiking, snowshoeing, skiing, and canoeing are

⁴ <http://www.gov.ns.ca/nse/protectedareas/>

encouraged and promoted by the Department of Natural Resources. Fishing, hunting and trapping are usually permitted, even camping is often permitted, especially if “no-trace” camping techniques are employed.

There are currently no Wilderness Areas within the St Mary’s River watershed.

HERITAGE RIVERS

The Heritage River designation is given jointly by federal and provincial governments. Heritage Rivers are recognized for historical value, ecosystem attributes and perhaps most importantly, recreational value. The St. Mary’s River was once being considered for designation as a Heritage River in the mid-1980’s but such designation was not approved.

OTHER PUBLIC LANDS

Nova Scotia has many designated provincial parks, many of these are small day-use picnic parks, which are well used by travelers during the summer months. There are also a number of larger parks with campsites and hiking trails, which are well used for recreation but also protect some natural land.

There are two provincial day-use picnic parks in the St. Mary’s River watershed.

Sherbrooke Provincial Park

This is a beautiful, but small, picnic park adjacent to the St. Mary’s River, surrounded by large softwoods.

Lochiel Provincial Park

Lochiel Lake is another picnic park, on the lakes shore. The park provides water access to Lochiel Lake, which is excellent for swimming and boating. This area has the potential to be a prime recreation area.

OTHER LAND USE PLANNING FACTORS

There are a number of other factors which affect land use planning in the province. Some of these factors are discussed below

Management Practices - High Conservation Value Forest

NewPage Port Hawkesbury manages the forest on leased lands throughout much of the watershed and has independently designated the entire watershed as a High Conservation Value Forest⁵. NewPage has put in place special regulations to be followed if logging in this area due to the special conservation value of certain areas as well as the presence of organisms designated as Species at Risk.

⁵ All forests contain some ecological or social value(s) that are important for biological processes or human needs. Examples of forest values are rare species habitat, recreational sites, or old growth forests. A forest can be defined as a HCVF [High Conservation Value Forest] if the values within are considered to be of outstanding significance or critical importance (p3, Miller, C, and A. Doucette. 2007. High conservation value forest assessment. NewPage Port Hawkesbury Forest Management Area)

Species at Risk

Organisms classified as species at risk are recognized at the provincial or federal level to be at various levels of risk. These animals are said to merit special attention and recovery plans in order to ensure continued existence. Species at risk in the St. Mary's River watershed include, wood turtles, mainland moose, Atlantic salmon, boreal felt lichen and red spruce. Different species have different habitat requirements. These requirements inform land use and recreation planning. Mainland moose require large habitat, which imply there must be connectivity between forested areas. Both turtles and moose require low road densities and reduced motorized vehicle use in the key areas. Atlantic salmon require healthy rivers and treed buffer zones.

Areas containing red spruce trees are old growth and harvesting is prohibited in these areas. Certain areas must be left intact in order to reserve place for lichen growth.

Non-governmental Organizations

Nova Scotia Nature Trust is working toward protecting land in this watershed through acquisition and promoting stewardship. Lands are typically private lands which are donated for conservation. The change in ownership of these lands leads to different rules around their use. In some cases, even recreational activities are no longer permitted on these lands.

5.0 FUNDING OPPORTUNITIES

There are a variety of funding programs currently available. Different programs fund different priorities, for example, some support the development of educational programming, while others may support infrastructure costs. Following are excerpts from funders webpages to illustrate the focus of various funding agencies.

Nova Scotia Health Promotion and Protection (NSHPP)

NSHPP Provincial Development Program

The NSHPP and the PASR recognize the need to provide fiscal support to our partners to help build and maintain the capacity to make our communities safe and healthy places to live, work, and play. This program is designed to support activities including increasing recreation opportunities, capacity building, gender equity, volunteer development, physical activity levels of children and youth, fair and safe activities, and responding to traditionally under served populations, etc.

<http://www.gov.ns.ca/hpp/>

NSHPP Provincial Physical Activity / Recreation Development Program

The Physical Activity, Sport and Recreation responsibility centre has designed this program to support activities that respond to the goals and priorities of provincial organizations and PASR priority areas including: reaching inactive populations through accessible recreation, building capacity within communities and organizations, supporting volunteer capacity development, encouraging fair and safe activities, and responding to underserved populations.

http://www.gov.ns.ca/hpp/physicalactivity/publications/Development_Program.pdf

NSHPP Trail Maintenance Program

Over the past two decades the trail movement in Nova Scotia has blossomed as community groups and other trail interests have become integral players in the planning, development, and management of a broad spectrum of trail opportunities. Maintenance of these trails is becoming an issue for many groups, due to the difficulty of generating funds needed for maintenance. The Trail Maintenance Program will provide funding to groups who are involved in regular maintenance as well as emergency funding
<http://www.gov.ns.ca/hpp/>

Recreation Facility Development Grant Programs

The Nova Scotia Sport and Recreation Commission have a number of grants in the areas of Recreation Facility Development, Community Recreation Capital Grants, Planning Assistance, and much more.
<http://www.gov.ns.ca/hpp/physicalactivity/grantsCapital.asp>

Crime Prevention

The Prevention Together Program

The Prevention Together Program is a community crime prevention investment initiative and is intended to support community crime prevention programs. Organizations that provide recreational, education, cultural, life-skills and/or after-school programming for youth throughout Nova Scotia are eligible to apply for a maximum of \$15,000.00 (available annually upon departmental review). This initiative was announced as part of the Crime Prevention and Reduction Strategy, Time to Fight Crime Together.
www.gov.ns.ca/justice.

True Sport Funding

True Sport is a national Movement of communities and groups across Canada working to ensure a positive meaningful and enriching experience for all who participate in sport. The True Sport Movement is based on the belief that good sport can help build lasting strengths in individuals, as well as healthy vibrant communities and a more socially connected Canada. At the heart of True Sport there are four core values: fairness, excellence, inclusion, and fun.
<http://www.truesport.ca>

True Sport Community Fund

The 2007 True Sport Community Sport Fund will help communities increase inclusion and accessibility in team sport programs for children and youth, aged four to seventeen. Over the next year, communities in Yukon, North West Territories, Nunavut, Saskatchewan, Manitoba, New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland will benefit from \$5,000 grants and \$25,000 grants.
<http://www.truesportpur.ca/index.php/language/en/category/181>

True Sport Funding

If you want to increase opportunities for children and youth to play sports in your community, the True Sport Community Fund can help. Focusing on communities in Yukon, Northwest Territories, Nunavut, Saskatchewan, Manitoba, New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland, the True Sport Community Fund is a four year \$1.89 million community investment program that provides opportunities for Canadian communities to access funds for sport programs.

<http://truesport.ca/tsfund>

Seniors

Positive Aging Fund and Age-Friendly Communities Program

The Positive Aging Fund and the Age-Friendly Communities Program will make funding available to communities for projects involving seniors, and further funding to support programs and new staff.

<http://www.gov.ns.ca/scs>

Appendix 1: St. Mary's River Watershed Economic Development of Wilderness Areas

Wilderness protection and research as ecotourism within the St. Mary's River watershed

Potential Partners for the Project

- St. Mary's Watershed Group
- St. Mary's River Association
- Nova Scotia Department Of Natural Resources (NSDNR)
- Department of Fisheries and Oceans (DFO)
- Department of Tourism
- Regional District Authorities
- Municipality of Guysborough
- Municipality of Pictou
- Municipality of Antigonish
- St Francis Xavier University
- Nova Scotia Community College
- Canadian Tourism Commission
- Nova Scotia Forestry Association

Proposal for Engagement

This potential project application is being presented as an initiative between several partners, in an effort to model the approach that could be implemented in the St Mary's River watershed, to be able to make research about ecological integrity more accessible to a variety of stakeholders.

Key Innovation Factors in this proposal

This proposal is being generated through a partnered application. The hope is to generate innovative ways to approach local stakeholders to develop new partnerships and rekindle older ones.

This project has implications not just for the St Mary's River watershed, but has the potential to be assessed and discussed as a pilot initiative nationally for wilderness protected areas.

This project requires the Resource Conservation and a Heritage Presentation functions to "engage with each other" actively and be facilitated in assessing, with their partners, how to accomplish some of the project initiatives.

This project provides the St. Mary's Watershed Group with the opportunity to address "internal culture change" by becoming a leader in the application of ecological integrity and experiential learning techniques.

CONTEXT

The St. Mary's River Association (SMRA) has recently taken on the role as a grassroots champion of partnerships and integrated planning. The goal is to create a healthy river and a vibrant community. The SMRA wishes to coordinate and align conservation and social and economic values of residents and stakeholders within the watershed. This will be done by creating a plan with a vision of what the St Mary's River watershed will become.

Citizen surveys were conducted by the Guysborough County Regional District Authority in 2007 and more recently by the SMRA in 2009. The information was collected for the purpose of providing local input into the strategy for natural resource development and conservation. Residents indicated that there was little meaningful engagement in the selection, process and designation of protected wilderness areas. The surveys also had some conflicting results. In 2007 residents felt that if more wilderness protected areas are designated that this would have significant impact on the economic development of the local economy. Now in 2009 over 60% of the respondents indicated that they want more crown and private lands to be set aside for conservation purposes. This difference may be due to how information was collected and also geographical representation.

Information in both survey showed that there is a desire for better access to Crown lands for recreational activities such as hiking, biking, cross country skiing, snowshoeing, camping, swimming, ATV, and snowmobile trails but not at the expense of conservation. Community members also stated that the lack of use of some parks and recreation sites are due to lack of services and maintenance. It was also indicated that community members feel that natural resource agencies and association work in isolation from one another. A clear plan with true integration in practice is desired by the community.

The Success Factors

1. Environmental monitoring, and ecological integrity initiatives that feature SMRA, NSDNR, DFO, and ecologists are currently done as needed, and on the basis of isolated demand by internal needs and on occasion by school groups, or other various groups. This could be scheduled and delivered in a more cohesive fashion using "pre-planned program components" and scheduled throughout the year, with a clear commitment and referenced to available time.
2. Several innovative research programs featuring Masters and PhD students are being carried out throughout the Nova Scotia wild spaces.
3. There has been a shortage of funds for heritage presentation and a shortage of available and experienced personnel to be dedicated to the creation of innovative partnered programs.
4. Research initiatives undertaken by nSDNR, DFO and NGOs are perceived by local residents and businesses to be "closed" to direct public involvement throughout the research process. This project provides opportunities to "open up" the research program and obtain greater stakeholder involvement and education. This gets away from the need to "preach a message", emphasizing instead "empowering local people" with science.

BUSINESS CASE PROPOSAL

The following pages provide a business case proposal for this project, including the following components:

1. Key markets that would benefit from this project.

2. How the St. Mary's River Group could become a leader in partnered EI & experiential learning programming.
3. A model providing a pictorial approach of how this project and its associated outcomes would make a long-term cultural difference to the St. Mary's River Group relationships with local stakeholders.
4. Translating research into heritage presentation programs – what needs to be done.
5. Traditional Ecological Knowledge presented as Heritage Presentation
6. Local First Nations preserving their culture by adding their voice
7. Creation of wilderness protected areas guidelines (booklets for national discussion)
8. Roles for different partners.

Key Markets

The following pages represent key markets that this project should be directed toward. There are a number of markets that would benefit from direct involvement, access and information associated with experiential programming and research within the St. Mary's River Watershed.

Markets	Partner Roles and Opportunities	Program Opportunities
Visiting School Groups from 1 – 3+ hour distances away from the watershed	Tour Operator to package programs that include other opportunities for recreation and learning. Include accommodation options and other artistic and cultural resources.	Educational programs featuring specific EI themes. Action-oriented experiential learning programs based on ACTUAL science and research projects in the wilderness protected areas.
Universities (students, professors, conferences)	Create packages, which include a variety of activities, learning programs, and other activities, which would interest university students. Create facilitated debriefs.	Key research programs are adapted into experiential learning EI programs Heritage presentation staff to deliver “packaged modules”.
Visiting International Students (as part of exchange programs)	Tour operators to create packages and work with international ESL programs and the travel trade to make them aware of the unique learning opportunities in wilderness and river conservation	Educational Modules featuring unique EI initiatives *Ungulate Browse research *Bird monitoring studies *Animal tracking & monitoring *Search & rescue operations *Fish movements studies *Black bear educational modules
Summer & Winter Leisure travelers staying at local hotels, or traveling up for the day from local communities	Partner with local tour operators to create packages that feature unique research or EI programs. Assist researchers and ecologists and coach them with respect to how to adapt an EI theme or research program into experiential activities.	Deliver key experiential programs in shoulder seasons (off seasons provide new opportunities, and new revenues). Focus on key research initiatives and EI monitoring programs that will build public support for wilderness protected areas.

Key Markets, continued..../

Markets	Partner Roles and Opportunities	Program Opportunities
Local Residents & Local Tour Operators	<p>Tour Operators and Outfitters co-develop monitoring data sheets for wildlife, poaching, environmental impact or other observations.</p> <p>Package training and sharing events to share data in partnership with DNR, as part of a commitment to the partnership.</p>	<p>Provide unique opportunities for local residents to learn about, be trained, and participate in research and monitoring programs that are taking place. Provide forums to help local residents become aware of research and monitoring initiatives, and to choose programs that they might wish to participate in.</p> <p><i>Adapt programs as above:</i></p> <ul style="list-style-type: none"> *Ungulate Browse research *Bird monitoring *Animal tracking & monitoring *Search & rescue operations *Fish movements studies *Black Bear Program
Local Schools (within 30 min. driving distance of wilderness protected areas)	<p>Create opportunities for local schools, universities, community colleges and others to join in initiatives and long-term environmental monitoring programs.</p> <p>Buy equipment to help with the research programs (Charitable objectives)</p> <p>Assist in co-creating program activities.</p>	<p>Adapt programs as above:</p> <ul style="list-style-type: none"> *Ungulate Browse research *Bird monitoring *Animal tracking & monitoring *Search & rescue operations *Fish movements studies *Black Bear program *Connect Research to ground work with Local residents and landowners.
Receptive Operators & International Tour Wholesalers	<p>Local Tour Operators to create and sell Packages featuring educational EI programs, SMRA,DNR and ecologists, researchers and partners. Provide opportunities for the packages to give donations to key research or EI initiatives.</p>	<p>Provide selected (adapted from above list of educational programs) educational programs on a pre-priced, wholesale basis to local operators.</p> <p>Allocate a certain percentage of time for key heritage presentation personnel to be directly involved in these programs, over a long-term basis (to ensure that the international tourism marketing cycle can be respected).</p>

St. Mary's Watershed Group Becomes a Leader in Partnered Ecological Integrity

The following are a list of areas where the St. Mary's Watershed Group has the potential for becoming a leader, through this project and its implementation for establishing a strong business relationship between the St. Mary's Watershed Group and local partners. The focus would be on enabling the development of educational programs, tour packages, partnered education, revenue sharing, and the delivery of key experiential programs enhancing EI within the St. Mary's River watershed:

Share upcoming research initiatives (internal and partnered research initiatives) annually with all partners and ask how they could contribute in-kind, financially, or through specific in-kind initiatives. Ask partners how they might be able to assist with data collection and the in-kind assistance that would enable these projects to be supported by partners.

Benefits for St. Mary's Watershed Group:

- *New resources
- *New volunteers
- *A stronger advocacy and support role from partners (new partners in advocating preservation and EI)
- *Increased number of shareholders in data collection, and EI monitoring.

Change the terms of contracts and agreements with universities so that all future researchers, graduate students and professors seeking collecting permits are strongly encouraged to include the following: communicating their research on a continuous basis with a variety of audiences; working with local tour operators and NSDNR staff to adapt research into experiential programs; and encouraging contracted researchers or graduate students to communicate regularly with a variety of regional audiences.

Create an annual forum in which Tour Operators, NSDNR, ecologists, researchers and graduate students, and local schoolteachers and administrators take part in the following principal activities:

- Field programs which provide experiential programs
- Field programs in which NSDNR and researchers demonstrate research methodologies that are currently being used in various research initiatives.
- Share research and data from research and EI projects
- Share tour operator programs and markets

From this the forum, participants can begin to evaluate new educational opportunities with all of the key partners in education being together. All participants can begin to look at how to share resources, share time, increase efficiency in the development of educational programs, and generate revenues for the right markets at the right times of the year.

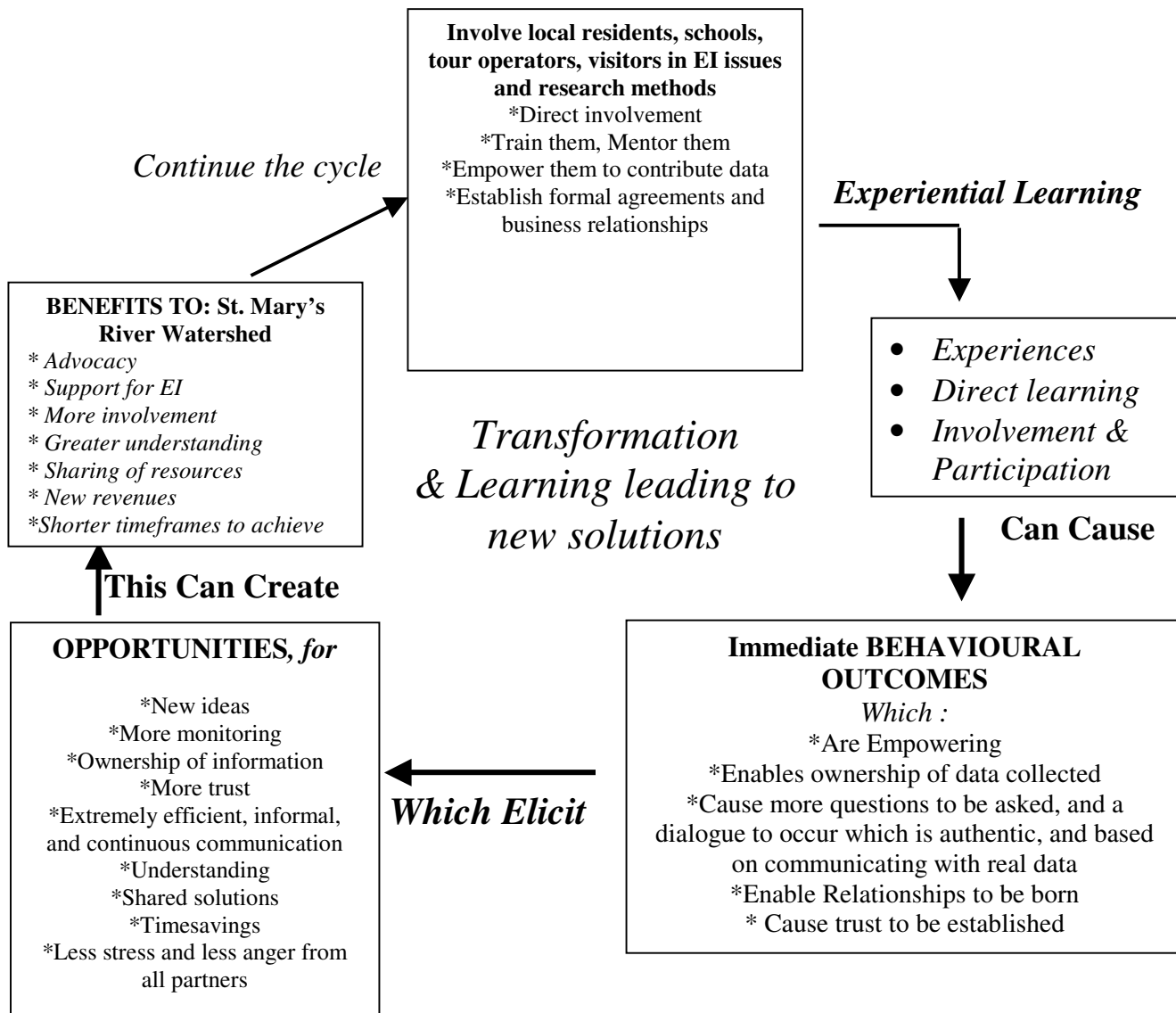
Identify key people within the St. Mary's River Watershed who have the right combination of authenticity, personality to work with people, and willingness to be involved with the development of educational programs. These people can become the long-term internal Champions of partnered EI programming.

Assess a new *experiential* model for applicability to co-developing educational programs with local partners in the greater Nova Scotia Ecosystem.

Adopt a principle of Co-Creation of Education Programs – so that the research continues to be owned by St. Mary's Watershed Group. But, the adaptation for visitor learning becomes a co-created venture with Local Tour Operators and other educational partners.

MODEL (Establish long-term relationships, empower local people, train, mentor, educate, involve partners, share information, share solutions)

This model presents a different approach for communicating with local residents, by directly involving them in research experiences, which have an ultimate outcome of empowering local people with information through direct involvement. Through this process, different results are achieved than the previous model



Translating Research In to Heritage Presentation Programs

The researcher needs to approach the development of any heritage presentation program featuring research, from the perspective of authenticity.

Research is not always exciting. There are many repetitive tasks and routines involved in recording data, which will be analyzed and interpreted later.

It is important to focus on educational programs that are easily adaptable to repetitive programming in the field.

Opportunities for programming are unlimited. However, it takes time to sit down and brainstorm and evolve programming and adapt research methods that have relevance for all partners in the program – the tour operator, the researcher, the tourist or participant, and St. Mary's Watershed Group as a participating non government agency.

Enrichment Travel Tourism needs to be better understood. The development of tourism products based on research methods and EI in wilderness protected areas does not mean that these products are just for visitors who have traveled great distances.

In actual fact, some of the best "tourism products" may be educational programs involving local people in local data collection (schools, farmers, outfitters, fishers, landowners) focused on EI projects that have great relevance for them.

See Model previous pages.

Perhaps one of the greatest opportunities is that research projects managed and initiated by the St. Mary's Watershed Group may have the following benefits for local residents, who could become advocates for the wilderness protected areas: If it could be recognized that local residents should be invited to take part actively in research programs, then local people would:

- Have the opportunity to become informed
- To ask intelligent questions
- To be empowered through training to contribute long-term to protected area monitoring and research
- Be solicited for new ideas and solutions for common management problems.

However, this takes a new cultural orientation – that research methods can be shared with local residents. This involves giving up some elements of power and control and beginning to trust in local people.

Creation of Wilderness Protected Areas Guidelines

This project provides the opportunity to create:

Standards and protocols for tour operators working with field scientists and researchers in park, wild land ecological, and coastal communities (what to do, what NOT to do, etc.)

A guidebook for sustainable tourism ethics and standards for tour operators in Nova Scotia, as applicable to outdoor programs, wildlife research, and enrichment travel. (This could be a provincial booklet)

These guidelines would be created through facilitated discussions with NSDNR and St. Mary's Watershed Group, the Department of Tourism, local tour operators and heritage presentation staff.

Roles for Different Partners

One of the most important outcomes of this project would be to define the roles of what each partner brings to the relationship, so that long-term trust is established. Clarity of each partner's roles means that each partner contributes what they do best.

For example, a local tour operator is best at marketing, packaging, and promoting unique educational experiences. St. Mary's Watershed Group is a supplier of educational services, people, and knowledge within these packages.

The St. Mary's River Association may be best positioned for fund-raising, grant writing, and driving partnerships in which the application for funds on behalf of a partnered group is achieved.

Heritage Presentation staff may be best positioned to develop a long-term school program positioned around curriculum objectives that the schools are able to define.

Throughout each of these examples, NSDNR and researchers are basically providing direct field programming and instruction.

THE PROCESS

Establishment of project partnership team with the St. Mary's Watershed Group (Local schools, educational institutions, tour operators, NSDNR, Department of Tourism representative, St. Mary's River Association representative)

Existing Resources will be used to:

- A. Coordinate project
- B. Provide facilitation of project outcomes
- C. Research
- D. Writing
- E. Achievement of the following results, on a prioritized basis:
 - Prototype of annual schedule for ecologists, researchers to provide field-based programs for partners in education.
 - 6 experiential modules delivered by St. Mary's Watershed Group staff (fully priced and saleable to multiple partners) featuring various research programs, environmental monitoring, and ecological studies.
 - A framework for delivering field-based research in partnership with local schools.
 - Using the attached communications model, identify specific opportunities for engaging with local stakeholders to be directly involved with research and environmental monitoring.
 - To identify key messages that could be part of joint marketing initiatives and promotions to promote new heritage programs.
 - Develop a guidebook of standards and sustainable tourism ethics for tour operators.
 - Create a booklet of standards and protocols for working with tour operators across Nova Scotia.
 - Identify new revenue sources associated with new heritage programs that are plugged in as modules to partnered educational programs and tourism packages.

Contributions of Partners during this project

- A. Local tour operators and hoteliers will provide information about local, national, and international markets that will help to drive educational product design.
- B. Local partners will identify and provide any value-added components that will help to create partnered products (accommodations, food & beverage, transportation and transfers, liability insurance, marketing, promotions, packaging, and promotions), which can be combined into educational programs and research into innovative learning packages for the watershed.

- C. Partners will invest time into identifying long-term objectives and outcomes of a partnered research and environmental monitoring partnership program with St. Mary's Watershed Group
- D. Partners will invest time into identifying training sessions throughout the year that can be "opened up" and shared for the participation of local stakeholders and perhaps presented in addition to courses offered by Nova Scotia Community College that can be focused on Ecotourism. These could include, but not be restricted to:
 - a. Integrated resource Planning
 - b. Cultural awareness
 - c. Heritage presentation
 - d. Outdoor guiding
 - e. Ecology and Conservation
 - f. Cultural awareness & diversity
 - g. Wildlife identification
 - h. Plant identification
 - i. Geology
 - j. Green event planning
 - k. Sustainable tourism
 - l. Others....

Appendix 2: Letter to Outdoor Recreation Groups

St. Mary's River Association
PO Box 179
Sherbrooke NS B0J 3C0
(902) 522-2099
www.geocities.com/stmarysriverassociation
email: stmarysriver@ns.sympatico.ca

Dear member of the outdoor recreation community

The St. Mary's River Association is wishing to collect the community's wishes for outdoor recreation. As your organization is a group that participates in outdoor recreation we would like to hear what you feel would be needed for the protection and development of your sport (activity) within the St. Mary's River Watershed. By collecting the "wish list" for yours and other outdoor recreation groups we hope to find similar interest among groups and to give support to the protection and use of lands and trails for the continuation of outdoor recreation within the watershed. Many of the outdoor recreation users have a favorite spot and do not want to see development in this spot for the fear of having others using it. Although the St. Mary's River Association focuses on the protection of the river for salmon habitat, we also feel that some areas are appropriate for recreation activities.

The goal of a recreation development plan that is currently underway is to get a clear idea from the users what they would like to see within the watershed and to help in any way with developing cooperation and partnerships to take these priorities to the next step. That is to put action teams into place to lead the way in finding equipment and funding for sport specific activities and development within the St. Mary's River Watershed. The St. Mary's River Association has no authority to put any plan into action but just wishes to help with the collection of information so that when the time is right the information and partners can be called upon to put things into action.

All your suggestions would be appreciated by March 9thst 2009

Address above or also can be sent to peter.dowd@gmail.com

Appendix 3 – Survey Questions: Recreation Section

(1) Please indicate which of the following activities you do in/near the St. Mary's River during a typical year. *Please check all that apply.*

- | | |
|--|---|
| <input type="checkbox"/> Canoeing/kayaking | <input type="checkbox"/> Bird watching |
| <input type="checkbox"/> Fishing/angling | <input type="checkbox"/> Photography |
| <input type="checkbox"/> Hunting | <input type="checkbox"/> Berry picking |
| <input type="checkbox"/> Trapping | <input type="checkbox"/> Coasting/Tobogganing |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Snowshoeing |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Cross country skiing |

Other activities not in list: _____

(2) Where were your favourite outdoor recreation locations in the St. Mary's River watershed when you were young? What did you do at these areas? Are they still in the same condition (or altered) e.g., roaded, logged, private land, etc.

(3) What outdoor recreation areas do you visit now? What activities do you do when visiting this area? *The general area is fine (e.g., Garden of Eden Barrens); you do not have to be specific (e.g., Jock's Lake)*

(4) What outdoor recreational activities would you like to see our youth continue into the future?

(5) Are there areas within the St. Mary's watershed that you would like to see set aside for outdoor recreation purposes? Where? What form of recreation?

(6) How would you like to see outdoor recreation promoted in the St. Mary's River area?

(7) Do you perceive conflict among users of the outdoor recreation opportunities in the watershed? If so among which groups? How might this conflict (perceived or real) be reduced?

(8) Are you concerned with land ownership issues (e.g., private land, Protected Areas) interfering with your recreational opportunities?

- ☐ Yes ☐ No

(9) Do you think that more Crown and private land should be protected for conservation in the watershed?

- ☐ Yes ☐ No

Appendix 4: References for further information to assist in developing outdoor recreation programs in the St. Mary's River watershed.

Information involving recreation and recreation planning in Nova Scotia is sometimes hard to find and scattered among different websites. The following is an attempt to make finding information coherent.

Sport Organization Websites

Coaching

National Coaching Certification Program (NCCP)

The National Coaching Certification Program (NCCP) is a coach training and certification program for 66 different sports and is offered in both official languages across Canada. NCCP workshops are designed to meet the needs of all types of coaches, from the first-time coach to the head coach of a national team. The NCCP is the recognized national standard for coach training and certification in Canada.

http://www.coach.ca/eng/certification/nccp_for_coaches/index.cfm

Paddling

Paddle Canada

To promote all forms of recreational paddling to Canadians of diverse abilities, culture or age, to advocate for a healthy natural environment, and to develop an appreciation for the canoe and the kayak in our Canadian heritage. <http://www.paddlingcanada.com/>

Canoe Kayak Canada

National office for Olympic style paddling. <http://www.canoekayak.ca/>

Canoe Kayak Nova Scotia

The official voice of Nova Scotian recreational paddlers at the Provincial and National levels. <http://ckns.homestead.com/>

Atlantic division Canoe Kayak Canada

The ADCKC is a not for profit sporting organization that administers the sport of canoe in the flatwater disciplines of canoe, kayak and dragonboat. <http://www.adckc.ca/>

Skiing

Cross Country Ski Canada

CCC is the national sport governing body for cross-country skiing in Canada <http://www.cccski.com/>

Cross Country Ski Nova Scotia

To promote Cross Country skiing by delivering leadership and skill development programs that encourage fun, fitness and healthy lifestyles for all Nova Scotians. <http://crosscountryskins.homestead.com/crosscountryskins.html>

Cycling

Canadian Cycling Association

The Canadian Cycling Association is a National Sport Organization whose main reason for being is the organization and promotion of cycling in Canada.

<http://www.canadian-cycling.com/cca/home.shtml>

Bicycle Nova Scotia

Bicycle Nova Scotia (BNS) is the coordinating body cycling in Nova Scotia.

<http://www.bicycle.ns.ca/>

Outdoor Leadership

Nova Scotia Outdoor Leadership and Development (NSOLD)

<http://www.gov.ns.ca/hpp/pasr/nsold.asp>

Becoming and Outdoors Woman (BOW)

<http://www.gov.ns.ca/natr/outdoor/default.htm>

Recreation Trails and Opportunities Websites

Nova Scotia Provincial Parks

<http://www.novascotiaparks.ca/> OR <http://www.gov.ns.ca/natr/PARKS/>

Trails Nova Scotia

<http://www.trails.gov.ns.ca/>

The Nova Scotia Trails Federation

NS Trails supports the work of community groups in the planning, building, maintenance and management stages of recreational trails.

<http://www.novascotiatrails.com>

Cycling Information

<http://www.atlanticcanadacycling.com/planning/books/novascotia/tour29.html>

Canoe Routes on the St Mary's River

http://ckns.homestead.com/Highland_routes.pdf

Land Use Planning

Nova Scotia Protected Areas

<http://www.gov.ns.ca/nse/protectedareas/>

Nova Scotia Public Lands Coalition

<http://www.publicland.ca/publiclands/index.html>

Heritage

Goldenville: History of gold mining in Nova Scotia

http://www.guysboroughcountyheritage.ca/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=19&MMN_position=20:20

History of Lone Cloud Mi'kmaw chief and his home in Liscombe Mills
<http://www.angelfire.com/folk/guysboroughvets/Legge.html>