

Five Islands - Economy Area

Featuring:

- Five Islands Provincial Park
- Cobequid Interpretation Centre
- Economy River Wilderness Hiking Trail
- Thomas Cove Coastal Reserve
- That Dutchman's Cheese Farm

Legend says that the Five Islands: Moose, Diamond, Long, Egg, and Pinnacle were created by a mythical native Mi'kmaq character named "Glooscap" when he threw huge hands full of sod at a giant beaver who had apparently mocked his magical powers. Today, Five Islands and the neighboring community of Economy are one of the most stunning coastal areas in Nova Scotia.

Five Islands Provincial Park is a premiere outdoor destination along the Fundy shore featuring 90-metre (300 ft.) sea cliffs overlooking the world's highest tides. The park includes spectacular **hiking trails, beach access, RV and camping facilities.** Other beach access points include Phillip Fulmore Rd. and Sand Point Beach. Most area beaches are great for launching a **sea kayak** (beware of strong tidal currents), **rock hounding, swimming,** searching for 350,000,000 year-old **fossils** or digging for **mollusks.**

Five Islands is home to one of the most unique events in Canada. True to its name, **Not Since Moses** is an annual 5km walk/10km run on the ocean floor at low tide. This event (scheduled for July 5th, 2008) allows participants an opportunity like no other to experience the incredible tidal range of the Bay of Fundy's Minas Basin.

The **Cobequid Interpretive Centre** in Economy offers a look into the past and present day life of communities from Five Islands to Debert through display panels on culture, history and geology. Staff are ready to assist with any inquiries, including information on the area's outstanding hiking trails.

The **Economy (Kenomee) River Wilderness Hiking Trails** covers 30km of diverse terrain in a Protected Wilderness Area, with Economy Falls as its focal point. The **Thomas' Cove Coastal Reserve trails** include a series of coastal and wooded walking trails totaling 8km. The Reserve is an excellent point for birding, beach access, tidal viewing and great photo opportunities.

Economy is especially well known for its delectable clams, but if this is not your taste, try bass fishing on the Economy River or along the shore. A visit to the **That Dutchman's Cheese Farm** will please you if you are seeking that special gift or something good to eat. The Farm has an amazing coastal view from high on a hill with home, cheese making area, gift shop and tea room under one roof. Enjoy a walking trail and view a variety of exotic birds and unusual farm animals.

The incredible scenery of the Five Islands and Economy area can be viewed from a number of vantage points. Panoramic views at the Blue Sac Road in Lower Five Islands are particularly spectacular in autumn when the hills are ablaze with **vivid fall colors.**

By chance, climb to the top of the decommissioned **Five Islands Lighthouse** for a spectacular view overlooking the bay and the local lobster fleet. At the crest of Economy Mountain one is afforded a panoramic view of the surrounding forested hills and ancient glacial scourings. The descent on either side, offers beautiful seascape glimpses of what is yet to come. In Economy, a photo opportunity awaits visitors at Soley Cove Road with beautiful views of the countryside and "flower pots". The site of the remains of the Carr's Brook Wharf presents a fantastic view of the ebb and flow of the Fundy Tides as well as an opportunity to walk on the bottom of the sea; possibly visit a fish weir with a local fisher; search for fossils and semi precious stones; experience the might of the tides as you explore the sculpted shoreline for sea stacks, caves and faultlines. The **World War II Tower** at the Cobequid Interpretive Centre acts as a memorial to those who bravely fought for our freedom. The Tower's top offers yet another splendid view of the Minas Basin, Cobequid Hills and Acadian Dykes.

