Five Islands Provincial Park
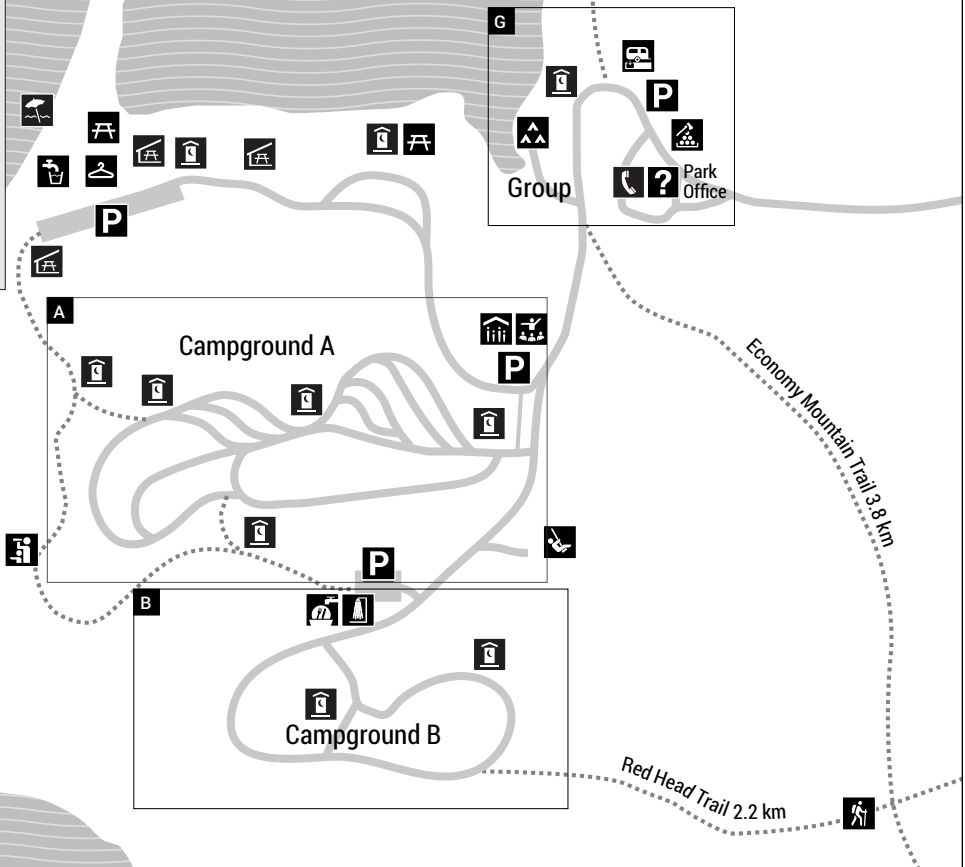
618 Bentley Branch Road (Hwy 2), Five Islands, NS | **902-254-2980**

NOVA SCOTIA

Map labels:
East River
Sand Point
Estuary Trail 3.6 km
Economy Mountain Trail 3.8 km
Red Head Trail 2.2 km
Red Head
The Old Wife
Moose Island
Minas Basin
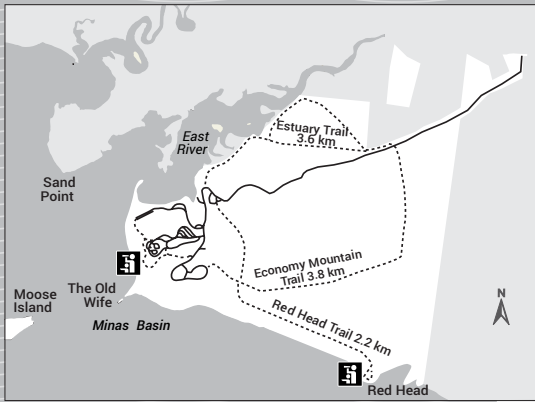
Trail Distances are one-way

G
Group
Park Office
A
Campground A
B
Campground B
Minas Basin
Economy Mountain Trail 3.8 km
Red Head Trail 2.2 km

KEY

- Beach Access
- **CH** Campground Host
- Change Room
- Dishwashing
- Drinking Water
- Firewood
- Group Camping
- Hiking
- Lookout
- **?** Park Office and Information
- **P** Parking
- Picnic Area
- Playground
- Program Area
- Restrooms with showers
- Shelter
- Telephone
- Trailer Dump Station
- Vault Toilet
- Waste/Recycling
- Walk-in Campsite

Park Rules and Regulations

- A camping permit is required and you must camp in designated sites.
- Your camping permit expires if your campsite is unoccupied for 48 hours.
- One vehicle per site. A permit is required for a second vehicle.
- Occupancy is limited to 6 people and 3 tents per site, except for families.
- Defacing or removal of natural features, plants, rocks, signs or structures is not permitted.
- All laws respecting alcohol are strictly enforced.
- Advertising or operation of any business is not permitted without a permit.
- Firearms are not permitted.
- Fishing is permitted, subject to regulations provided with the purchase of a Nova Scotia sport fishing licence.

Alcohol and Cannabis-Free Period: No alcohol or cannabis are permitted at camping parks from opening date to July 2. After this time, alcohol and smoking (including cannabis) are permitted on rented campsites only. Mid-season changes to this policy may occur if local issues arise.

Check Out: 1:00 pm. Please ensure your campsite is clean.

Fires: are permitted only in the fire grill unless park staff indicate otherwise. Make sure your fire is out before you leave your site or turn in for the night.

Fireworks: The use of fireworks is prohibited.

Generator Use: is permitted only between the hours of 9 am and 8 pm. If you require a generator for medical purposes, please let us know when you make a reservation, or immediately upon your arrival, if you choose to register at the park.

Dog Owner Responsibilities: Dogs are welcome providing they are kept on a 6 ft. (1.8 m) leash at all times. Dogs not permitted in public structures or designated swimming areas. Clean up your dog's waste and place it in the garbage. You may be asked to leave the park if your dog is barking or disturbing others.

Quiet time: from 10:30 pm until sunrise. Noisy parties and rowdy behaviour are not tolerated.
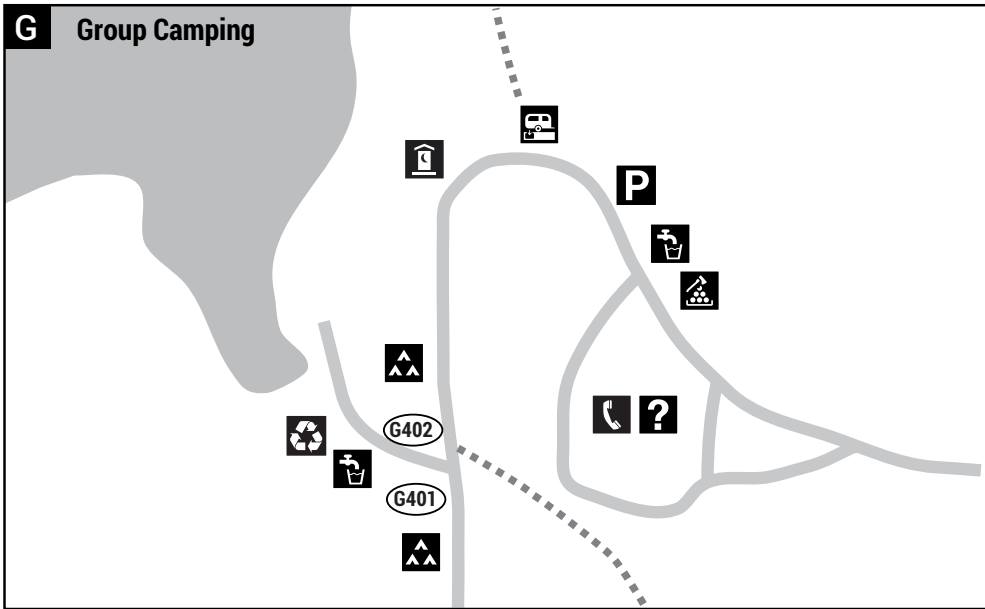
Speed limit: 15 km.

Visitors: may enter the park until 10:00 pm. All guests must leave by 10:30 pm.

Nearest Medical Centre: South Cumberland Community Care Centre, 50 Jenks Ave., Parrsboro (29 km)   **911** EMERGENCY   In case of emergency: **CALL 911**
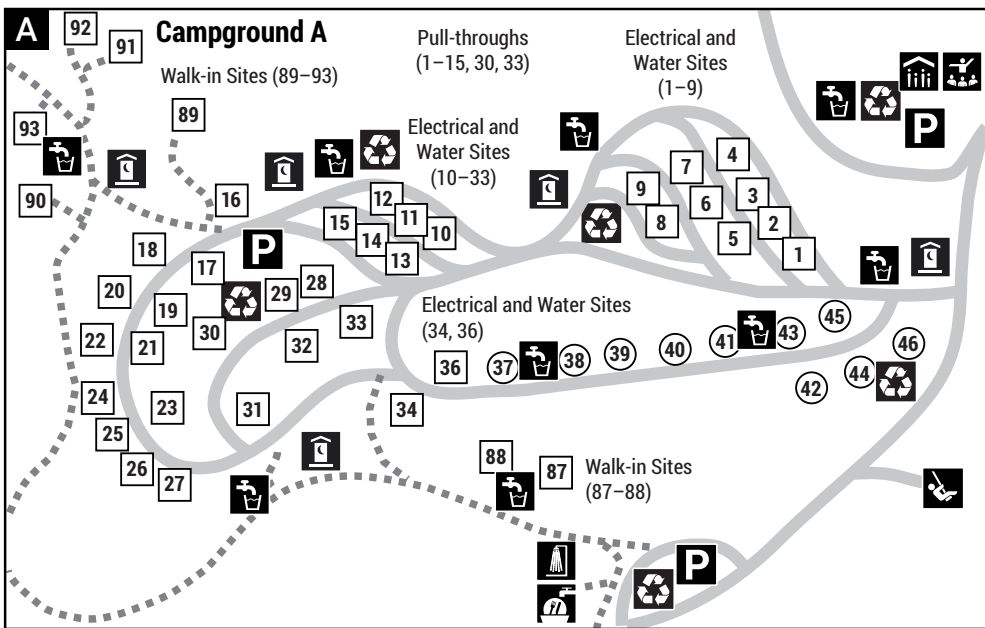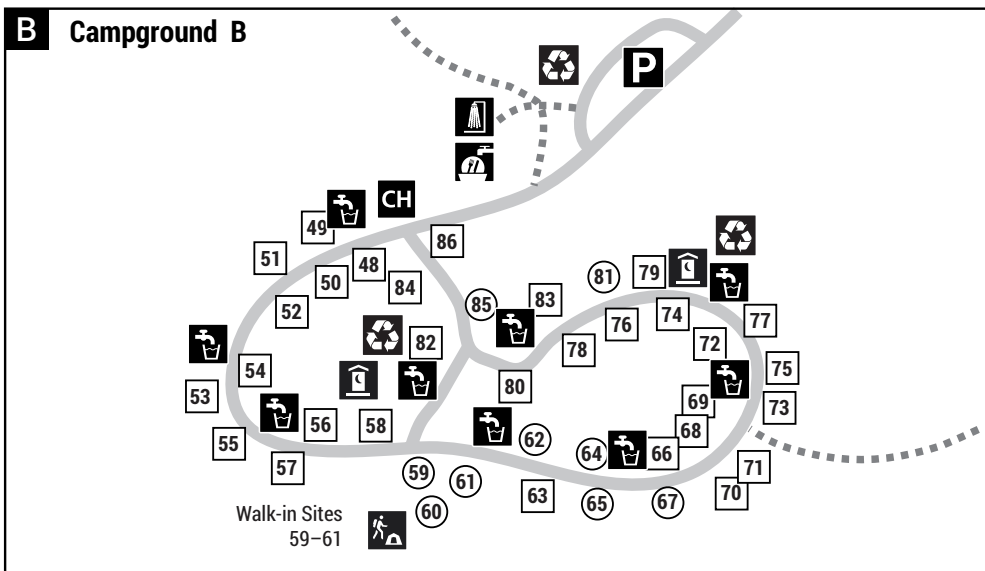
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Campsite Type:
- (1) Wooded
- 1 Open

G Group Camping

G402
G401

P

?

A Campground A

92 91

Walk-in Sites (89–93)

Pull-throughs (1–15, 30, 33)

Electrical and Water Sites (1–9)

89

93 90

Electrical and Water Sites (10–33)

16

P

18 20 19 17 29 28 33
22 21 30 32
24 23 31 34
25
26 27

15 14 12 11 10 13

7 4
9 3
8 6 2
5 1

Electrical and Water Sites (34, 36)

36 37 38 39 40 41 43 45
42 44 46

88 87 Walk-in Sites (87–88)

P

B Campground B

P

49 **CH**
51 86
48
50 84
52
54 82 83 85
53 80 81 79
55 56 58 76 74 77
57 59 62 78 72 75
60 61 63 64 66 69 73
65 67 68 71
70

Walk-in Sites 59–61

Five Islands Provincial Park Trail Guide

Trail Rating System

●	Easy	Flat to gently rolling
■	Moderate	Gently rolling with short steep sections
◆	Difficult	Rolling with many steep sections that may continue for long periods

Legend

- Bridge
- Camping
- Camping (Group)
- Look-Off
- Parking
- Park Office
- Restrooms with Showers
- Vault Toilet(s)

- Park Road
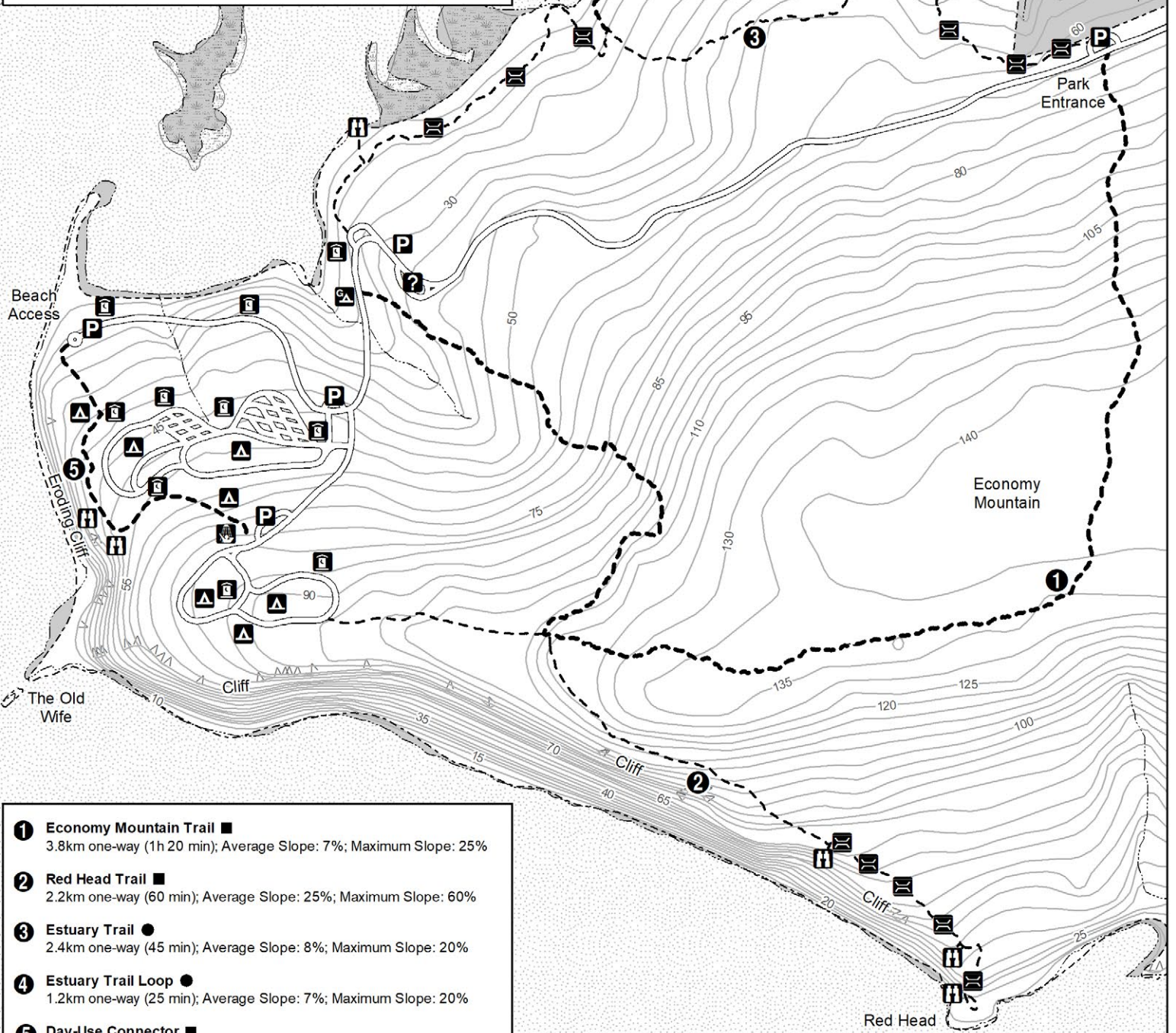- Contour (5m interval)
- Wetland

0   250   500 m

N

Park Boundary

Park Boundary

Economy Mountain

Park Entrance

Beach Access

Eroding Cliff

The Old Wife

Cliff

Cliff

Cliff

Red Head

❶ Economy Mountain Trail ■
3.8km one-way (1h 20 min); Average Slope: 7%; Maximum Slope: 25%

❷ Red Head Trail ■
2.2km one-way (60 min); Average Slope: 25%; Maximum Slope: 60%

❸ Estuary Trail ●
2.4km one-way (45 min); Average Slope: 8%; Maximum Slope: 20%

❹ Estuary Trail Loop ●
1.2km one-way (25 min); Average Slope: 7%; Maximum Slope: 20%

❺ Day-Use Connector ■
800m one-way (20 min); Average Slope: 10%; Maximum Slope: 38%

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