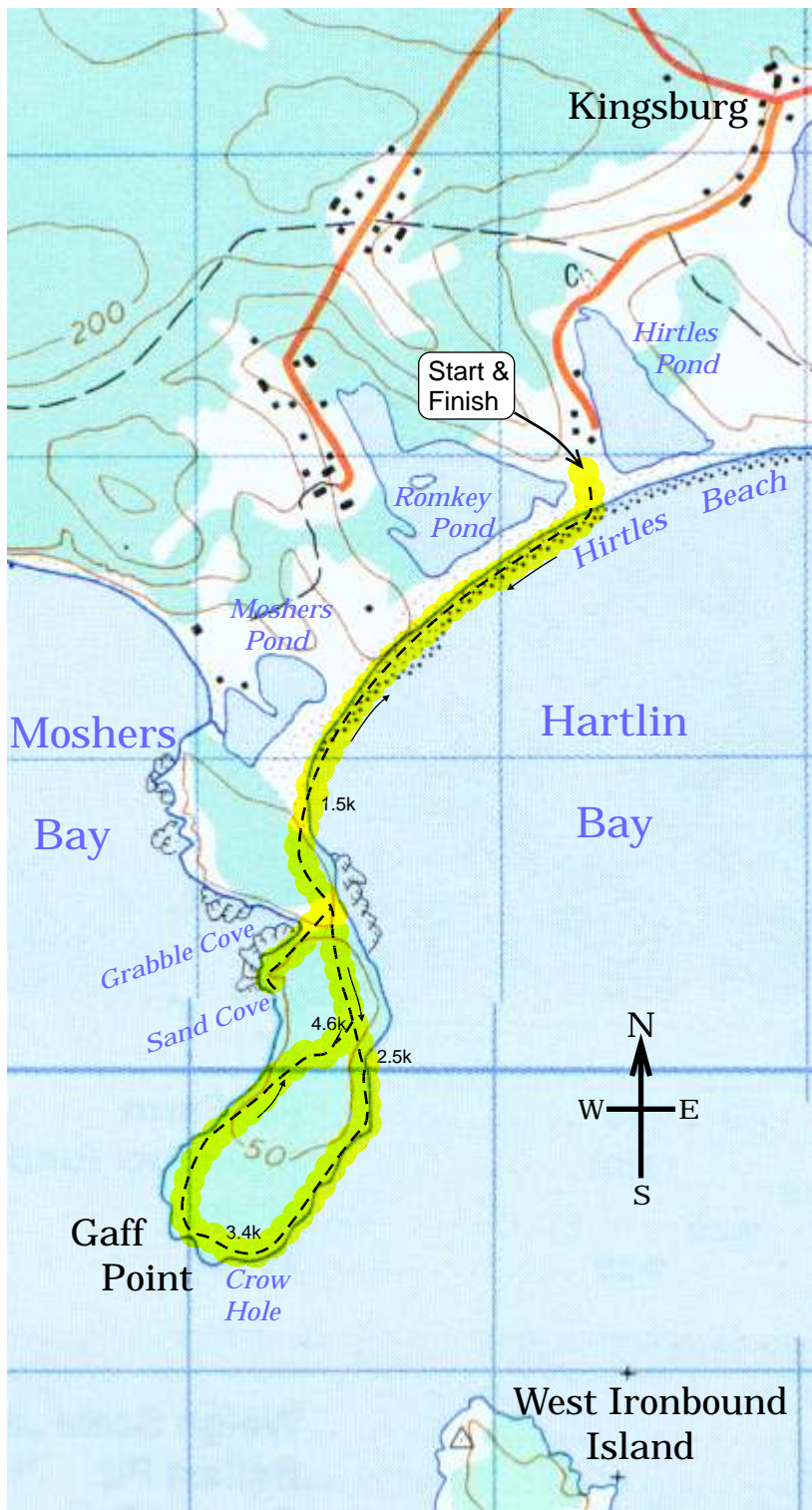


Gaff Point Hike



Getting There

From the Riverport to Lunenburg highway, in the community of Rose Bay, take the exit signed "Lower Rose Bay and Kingsburg". Drive about 4.3km straight then go right at the sign "Hirtles Beach Rd". It's then 1.7km to the end of this narrow road to the public parking area in back of the beach.

The Hike

Start off along the beach in a South-westerly direction. If the tide is high you can start off by following a boardwalk and trail along the dunes.

At the end of the sand beach (1.5km) a trail heads inland up a hill and into a spooky dead woods. After a short distance you come to a clear area and a fork in the trail. Keep to the major trail, which is to the left. Now follow the obvious trail through woods again. You may have to work your way around some fallen trees. Don't be confused by the several straight survey lines which have been cut. Suddenly you come out to a small clearing at the top of the cliff (2.5km).

Now the trail follows more or less along the edge of the cliff. In some places the trail has been washed out and you have to walk along the rocks. Then the trail follows along a narrow strip of barrens between the shore and the woods. West Ironbound Island can be seen a little under 1km off-shore.

At 3.4km you will find a cairn. This is at the southernmost point of the peninsula.

The trail continues over the barrens, past a small cove, and back into a dense wood. From now on the trail is a narrow wooded pathway which leads you back to the trail you came in on. A little further to the cleared area, then look for the trail back down to the left. This will lead you to Sand Cove (5.5km) The trail around the cove has eroded and you must walk carefully on the loose dirt around its edge. It is a long way down to the sand at the bottom! It may be possible to descend, if you dare trust your life to an old piece of rope that's hanging down the cliff.

The rocks and shallow caves at the bottom are spectacularly colored. Return back to the trail you came in on. Turn left and continue back the same way you came, and along the beach to the starting point. Total distance is about 8km.