



Social (Rest) Day Activity Options

On **Monday, July 23**, participants will have the opportunity to either rest at their accommodation, or partake in one of the following planned activities. On your team's entry form, there is an opportunity to choose between the following opportunities. This will be required to book your activity accordingly:

1) **Victoria Park, Bowling, and Lunch at Roadside Willies Grill**

Begin this day exploring some of Victoria Park's accessible trails and find yourself among one of Nova Scotia's most exquisite natural attractions. Next, slide into some bowling shoes and hit a strike at a local bowlacade. You will also enjoy a savoury meal at Roadside Willie's, a local favourite.

2) **Tatamagouche Tour (with Beach)**

This adventure starts in a small town in Colchester County, Tatamagouche (read: Tah-ta-ma-GOOSH) Here you can explore by foot some of the shops that feature handmade chocolate, a microbrewery (19+), and many handcrafted trinkets. Enjoy a lunch at Big Al's, a local restaurant with some great Nova Scotian classics. Next you'll head to Rushton's beach, an accessible provincial beach park located on the Northumberland Strait.

3) **Five Islands Lighthouse Park/ Restaurant/Local Shops**

This day will bring you through some of Nova Scotia's most cherished stops. You will get to explore Masstown Market, Nova Scotia's one-stop-shop for all goods locally sourced and made. You will travel to That Dutchman's Cheese farm where you'll become acquainted with not only carefully crafted cheeses but an animal farm including emus and Scottish Highland Cattle. The adventure will peak at Five Islands Lighthouse Park where you'll witness one of Northern Nova Scotia's greatest natural attractions overlooking the Bay of Fundy.

4) **Sugar Moon Farm**

Experience one of Canada's best-known delicacies and travel to Sugar Moon Farm, a local working maple syrup farm in Northern Nova Scotia. You will be served a brunch of delicious wholegrain buttermilk pancakes, maple baked beans and local sausage before being guided through the facility to learn the process of making maple syrup. You'll get to know Sugar Moon Farm's charm by exploring the beautiful grounds and trying some new sugary treats.

5) **Peggy's Cove/ Sou'Wester Restaurant**

The destination for this trip is Peggy's Cove, one of Nova Scotia's most famous attractions. Travel to the scenic lighthouse and enjoys the view of the Atlantic Ocean from the large flat rocks surrounding the area. Enjoy a lunch at Sou-Wester Restaurant where you'll have a variety of options to choose from including seafood chowder and fish & chips.

6) **River Runners Tidal Bore rafting**

Harness one of Nova Scotia's most exciting opportunities and experience Tidal Bore Rafting. You'll learn how the Bay of Fundy's tidal patterns power this thrilling adventure and get to experience it first-hand, too. You'll journey in a raft alongside an experienced tour guide to make sure you have a safe and exciting trip riding the tidal surge up the Shubenacadie River.