



Salt Marsh Trail to Lawrencetown Beach

(~25 km // 16 miles each way; 3 to 5 Hrs)

The Salt Marsh Trail described here is how we refer to a series of three trails. The first being the Shearwater Flyer, the second the Salt Marsh Trail, and the third the Atlantic View Trail. This collection of trails will take you directly to Lawrencetown Beach and through a rich salt marsh.

Once you are on the trail it is straight, flat, easy riding making there no need to look at a map. Plus the scenery along the way provides ample opportunity for photos, bird watching, and more.

This trail can be done in 4 hours without a break reaching Lawrencetown Beach and back. For those looking to explore the area more, the trail continues at the far end of the Lawrencetown beach.

Tips // Things to do:

- Pack a picnic and stop along the trail or at Lawrencetown Beach for a break.
- Go swimming or surfing at Lawrencetown Beach
- Bring extra water
- Pack some sunscreen
- Make sure your phone is charged
- Towel for swimming at the Beach
- Change for the Ferry \$2.50 CAD per person (no charge for bikes). Exact change is required.
- [Ferry Schedule](#)
 - **Alderney**
 - Every 15 min from 6:45 am to 8:00 pm AST
 - Operates every 30 minutes until 11:30 pm AST
 - Schedule changes on Holidays
 - **Woodside Ferry**
 - Only operates during weekdays (Monday to Friday)
 - Approx. every 30 minutes from 6:52 am to 8:52 pm AST
 - Does not operate on Holidays

Notes // Safety Tips:

- 90% of this route is on a trail however there is a 4.3 km stretch along Main Street in Dartmouth that is fairly industrial and traffic heavy. We advise riders to be extra cautious during this section. There is no bike lane in this section. At any time you may choose to hop off your bike and use the sidewalk.
- Riders should carry a tube replacement kit. If you are unfamiliar with changing a flat don't worry. Under our FAQs page on our website you can view a Youtube video or give us a call. We don't experience a lot of flats but they can happen, if they do we are here for you!

Routes Notes:

- Departing from I Heart Bikes TURN to your RIGHT so that the water is on your right hand side.
- Follow the wooden boardwalk until you reach the Ferry Terminal, due to construction you will be required to use the "Sea Bridge". Biking is not permitted on the Sea Bridge so you will need to hop off your bike.
- If you wish to skip the traffic of the waterfront turn left after leaving I Heart Bikes and make your way to the street (Lower Water Street). Here you will TURN RIGHT onto Lower Water Street riding in the bike lane.
- After Passing the Queens Marque Construction you will TURN RIGHT at the first set of traffic lights (4 Way).
- Here you will return to the waterfront to find a small roundabout. To your LEFT is the Ferry Terminal.
- At the Ferry Terminal you have two options: (see ferry schedule in note above or check the [HRM website](#))
 - A. ALDERNEY FERRY - The Alderney Ferry will take you to Downtown Dartmouth. From here you will cycle along a waterfront trail connecting the two ferry terminals. The Alderney Ferry departs regularly and seven days a week.



- Please note if you choose this option there is a small break in the waterfront trail. In both you departing and arriving terminal there is a map showing this trail. Please take a moment to look at the map.
- Once you arrive to the Woodside Ferry make your way up to the main street (MAIN STREET) and turn right.
 - B. WOODSIDE FERRY - The Woodside Ferry will take you past the Alderney Ferry Terminal and skip the waterfront trail connecting the two Ferry Terminals. Once Arriving to the Woodside Ferry you will make your way up to the main street (MAIN STREET) and turn right.
- Once you are on MAIN STREET you will travel for approximately 4.3 km before reaching the trail head. Please be extra cautious on this portion of the road due to heavy traffic. If needed hop off your bike and use the sidewalk.
- To reach the trailhead you will be looking for CORSAIR DRIVE on your LEFT. There are a few markers to help you.
 - CORSAIR DRIVE is on your LEFT (residential side street)
 - Before the LEFT TURN onto CORSAIR DRIVE there is a pedestrian crosswalk with lights.
 - Crossing CORSAIR DRIVE there is a railway track.
 - You can see the opening of the trail from the street
- TURN LEFT onto CORSAIR DRIVE and TURN RIGHT onto the trail head.
- Once you are on the trail it is straight riding until you reach Lawrencetown Beach
- Please note there are approx.. 10 trail brakes causing riders to cross active streets in order to continue along the trail. Please be careful!
- You will know when you have arrived to Lawrencetown Beach as the trail will drive directly into a large parking lot.



- Once you are ready to make you trip back, turn around and come back the way you came.

Suggestions? We are always looking to improve our riders experience. Let us know what we missed.

Last updated March 2019

Lost? Give us a call we will put you back on track **902 406 7774**
Line Busy? Call our Support Line at **902 719 4325**.

www.iheartbikeshfx.com
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