

**A****Seakayaking along the Cape Breton Highlands**

1/2 &amp; full day tours • Extended 2-5 day Tours • Easy rentals

[www.kayakingcapebreton.ca](http://www.kayakingcapebreton.ca)

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Shore Road, Near Cape North

**B****Sea Spray Outdoor Adventures**

Cape North / Smelt Brook 902-383-2732

Experience the beauty, history and culture of northern Cape Breton through:

*Bicycle Rental Packages, Guided On- and Off-Road Bicycle Tours, Guided Hiking Tours, Guided Introductory and Intermediate Kayak Tours Half Day and Full Day Experiences,**all north of Cape Breton Highlands National Park*office@cabot-trail-outdoors.com [www.cabot-trail-outdoors.com](http://www.cabot-trail-outdoors.com)**C****North Highlands Museum**Culture Centre  
Settler's Garden  
Local heritage exhibits  
Gift Shop  
Internet access29263 The Cabot Trail,  
Cape North  
902-383-2579**D****Captain Cox's**

WHALE WATCH • BAY ST. LAWRENCE WHARF

(toll free) (888) 346 5556

[www.whalewatching-novascotia.com](http://www.whalewatching-novascotia.com)Follow the Sign of  
the Blue Whale**E****Oshan Whale Watch**

Bay St. Lawrence 1-902-383-2883, 1-877-383-2883

Watch whales, eagles, seals and seabirds along Cape Breton's most northern coastline with the Fraser family. Locally owned and operated, Oshan Whale Watch tours depart daily at 10:30 am, 1:30 pm and 4:30 pm: Whale sightings guaranteed.


oshan@ns.sympatico.ca [www.oshan.ca](http://www.oshan.ca)

-  **Paddle** with Eagle North Canoe & Kayak; enjoy guided cycling, hiking or kayaking with Sea Spray Outdoor Adventures
-  **Whale watch** along our spectacular northern cliffs with Oshan Whale Watch, and Captain Cox's Whale Watch
-  **Learn** about our Celtic heritage at the North Highlands Museum
-  **Discover** the talents of 24 juried Cape Breton artisans at Arts North
-  **Browse** Country Crafts, The Cranberry Patch and T&R Crafts
-  **Shop** for Scottish regalia and research Scottish heritage at Tartans and Treasures
-  **Drive** the dramatic cliffside road to Meat Cove, Nova Scotia's most northern community
-  **Follow** our "Tour de Seafood" map to fresh dishes including oysters, chowders, mussels, crab and lobster.
-  **Walk** Cabot's Landing Picnic Park Beach explorer John Cabot's 1497 landing place
-  **Plan** a tour of our ten waterfalls with the information centre at the North Highlands Museum.

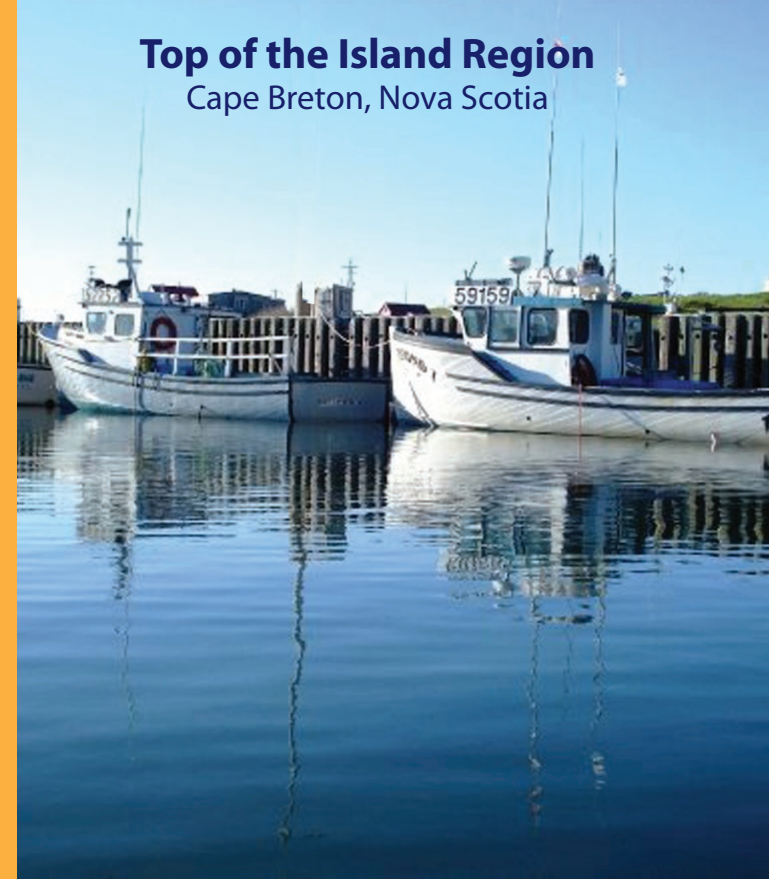
For more information visit:

[www.northerncapebreton.com](http://www.northerncapebreton.com)

**Victoria Co-op Fisheries**  
is a proud sponsor of the Northern Cape  
Breton's **Tour de Seafood** Map.

Victoria Co-op Fisheries offers fresh-from-the-boat seafood at the wharves marked with the fish symbols on the map 

# Tour de Seafood

**Top of the Island Region**  
Cape Breton, Nova Scotia**Follow our "Tour de Seafood" map to fresh seafood dishes including fish, oysters, chowders, mussels, crab and lobster**

**1 Angie's Family Restaurant**

Sit and enjoy a mouthwatering order of fresh scallops in an air conditioned and licensed family restaurant.

**383-2035**

**2 The Bay Café**

Here you can enjoy a large bowl of Nelda's tasty homemade seafood chowder while overlooking the Gulf of St Lawrence in an air conditioned relaxed atmosphere.

**383-2334**

**3 The Bounty Take-Out**

Alongside the harbor in Dingwall you will find this eatery which serves the finest of fresh fish and homemade French fries.

**383-2108**

**4 Cabot Trail Food Market**

Here you will find the quaint corner store with everything you need including a delicious lobster sandwich for a picnic on any of our beaches located throughout the Top of the island.

**383-2677**

**5 Celtic Touch Pizzeria**

Enjoy a mouth watering order of steamed fresh Cape North Mussels harvested less than a mile away.

**383-2014**

**6 The Chowder House**

Located along side of the fisherman's wharf in Neil's Harbour. The Chowder House offers the finest of fresh chowders with a twist, served in a bowl or a cup.

**336-2463**

**7 Hideaway Campground & Oyster Market**

Home of the world famous Aspy Bay Oyster, come visit where owners Sue and Alex always enjoy showing visitors how to shuck an oyster just freshly harvested only steps away.

**383-2116**

**8 The Hut Take-out**

Just at the end of the Bay St. Lawrence Rd. you'll find this lovely take-out ready to serve what many have said was their best serving of fish and chips they have ever eaten.

**383-2513**

**9 Meat Cove Chowder Hut**

Sit on the 24 foot deck overlooking the rugged cliffs of Northern Cape Breton while enjoying a serving of scrumptious seafood chowder .

**383-2379**

**10 Meat Cove Welcome Centre**

A chance to relax enjoy the scenic beauty of Meat Cove while listening to the soothing sounds of the river rumbling by while enjoying a meal of fresh salmon.

**383-2284**

**11 Wind and Waves Take-Out**

Amanda serves up her variation of a hardy serving of fish and chips for all to enjoy. A must eat for anyone who loves fresh fish and fries.

**383-2634**

