



**Association for Biology Laboratory Education**  
**32<sup>nd</sup> Annual Conference**  
**June 22<sup>nd</sup>-26<sup>th</sup>, 2010**  
**[www.able2010.dal.ca](http://www.able2010.dal.ca)**

## **Tuesday, June 22<sup>nd</sup> Self-Guided Excursions**

### **Halifax Citadel National Historic Site**

<http://www.pc.gc.ca/eng/lhn-nhs/ns/halifax/index.aspx>

"Citadel Hill" is one of the most prominent geographic features in Halifax. Completed in 1859, the star-shaped fort that sits on top of the hill was an important British defense fortification. Approximately 1.8 km (1.1 mi) from Dalhousie, two blocks from the Garden South Park Inn. Open 9:00 am – 5:00 pm, admission approximately \$12 CAD for adults, guided tours available.

**Getting There** (walking distance unless otherwise indicated)

**From Risley Hall:** <http://www.gmap-pedometer.com/?r=3792437>

**From the Garden South Park Inn and the Lord Nelson** (route begins at the Garden South Park and passes by the Lord Nelson, across South Park St. From the Public Gardens): <http://www.gmap-pedometer.com/?r=3792442>

**From Cambridge Suites:** <http://www.gmap-pedometer.com/?r=3792447>

**From Best Western Chocolate Lake** (car required): <http://www.gmap-pedometer.com/?r=3792459>



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### **Halifax Public Gardens**

<http://www.halifaxpublicgardens.ca/>

Formal Victorian gardens in the heart of the city. Approximately 1 km (0.6 mi) from Dalhousie, one block from the Garden South Park Inn. Open daily 8:00 am to dusk, admission is free. You may want to walk through the Public Gardens on your way to Citadel Hill!

**Getting There** (walking distance unless otherwise indicated)

**From Risley Hall:** <http://www.gmap-pedometer.com/?r=3792471>

**From the Garden South Park Inn:** <http://www.gmap-pedometer.com/?r=3792473>

**From the Lord Nelson:** Cross the street!

**From Cambridge Suites:** <http://www.gmap-pedometer.com/?r=3792477>

**From Best Western Chocolate Lake** (car required; metered parking available on streets surrounding the gardens): <http://www.gmap-pedometer.com/?r=3792482>



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#### **Nova Scotia Museum of Natural History**

<http://museum.gov.ns.ca/mnhnew/en/home/default.aspx>

Newly re-opened (June 4<sup>th</sup>) after renovations. Approximately 1.5 km (0.9 mi) from Dalhousie, 2-3 blocks from the Garden South Park in. Open 9:00-5:00, admission approximately \$6 CAD for adults. Located near both the Public Gardens and Citadel Hill.

**Getting There** (walking distance unless otherwise indicated)

**From Risley Hall:** <http://www.gmap-pedometer.com/?r=3792512>

**From the Garden South Park Inn and the Lord Nelson** (route begins at the Garden South Park and passes the Lord Nelson, across from Public Gardens): <http://www.gmap-pedometer.com/?r=3792520>

**From Cambridge Suites:** <http://www.gmap-pedometer.com/?r=3792522>

**From Best Western Chocolate Lake** (car required; parking lot on site):  
<http://www.gmap-pedometer.com/?r=3792524>



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### Downtown Halifax, Fort McNab National Historic Site, and the Harbour Hopper

#### Downtown Halifax

<http://visitors.halifax.ca/historic-halifax.shtml>

Visit the Halifax Harbour and the surrounding downtown area with its historic buildings, museums, galleries, shops, and restaurants. The Halifax Harbourwalk is a 3 km (1.9 mi) boardwalk stretching from [Casino Nova Scotia](#) to [Pier 21](#), passing by [Historic Properties](#) and the [Maritime Museum of the Atlantic](#). Nearby you'll find the Granville Mall (a small Italianate-style pedestrian plaza) and the [Art Gallery of Nova Scotia](#). Approximately 2.4 km (1.5 mi) from Dalhousie (1.25 km/0.8 mi from the Garden South Park Inn) to the Halifax waterfront.

#### **Getting There** (walking distance unless otherwise indicated)

These directions are to the general downtown vicinity, which is fairly compact and includes the area between Brunswick St. (bordering Citadel Hill) and the harbour.

**From Risley Hall:** <http://www.gmap-pedometer.com/?r=3792549>

Or, take the #1 bus route (included in your conference kit) and get off the bus anywhere on Barrington St.

**From the Garden South Park Inn:** <http://www.gmap-pedometer.com/?r=3792551>

**From the Lord Nelson:** <http://www.gmap-pedometer.com/?r=3792557>

**From Cambridge Suites:** <http://www.gmap-pedometer.com/?r=3792558>

**From Best Western Chocolate Lake** (car required; metered on-street parking and public parking lots on Lower Water St.): <http://www.gmap-pedometer.com/?r=3792564>

#### Fort McNab National Historic Site

<http://www.pc.gc.ca/lhn-nhs/ns/mcnab/index.aspx>

McNabs Island is located at the mouth of Halifax Harbour; [private passenger ferries](#) depart regularly from the Halifax waterfront. The island features a series of walking trails and old naval fortifications. McNabs is a fairly large island and has little in the way of facilities; if you go you should give yourself ample time for transit (approximately 1 hour round trip from the waterfront) and exploration, and bring food, water, and appropriate footwear and clothing.

#### **Getting There**

Following the maps listed under Downtown Halifax above, make your way to Lower Water St. and look for charter ferries, located near the Halifax Ferry Terminal at the bottom of George St.

#### Harbour Hopper

<http://www.mtcw.ca/harbourhopper/>

Harbour Hopper Tours offers hour-long excursions around the streets of downtown Halifax in amphibious vehicles, culminating with a splash-down into the Halifax Harbour itself. Departures throughout the day from the Halifax waterfront.

#### **Getting There**

Following the maps listed under Downtown Halifax above, make your way to Lower Water St. and look for the Harbour Hopper kiosk near the Maritime Museum of the Atlantic.



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### Dartmouth Harbourwalk Trail

(no website)

For some of the best views of Halifax, head across the harbour to Dartmouth. From downtown Halifax, take the 12-minute [ferry ride](#) to one of Dartmouth's two ferry terminals, then follow the trail (approximately 3.2 km/2 mi) along the Dartmouth waterfront to the other Dartmouth ferry terminal, and return to the Halifax side.

### Getting There

A section of the #1 bus route is shown here: <http://www.gmap-pedometer.com/?r=3792735> ; **from Risley Hall, The Lord Nelson, The Garden South Park Inn, or Cambridge Suites**, take this route Dartmouth-bound, or follow it on foot.

If you take the bus (\$2.25, exact change required), ask the driver for a transfer when you board (you don't have to say where you are transferring to). Get off the bus on Barrington St. across from the Grand Parade / City Hall, and double back to George St.

Follow George St. downhill to the Metro Transit ferry terminal. There are two ferries: the Dartmouth ferry goes to the Alderney Gate ferry terminal on the Dartmouth side of the harbour, and the Woodside ferry goes to the Woodside ferry terminal. You can take either ferry, whichever happens to depart next (the Dartmouth ferry runs more frequently than the Woodside ferry). If you took the bus to Barrington St., you can use your transfer to board the ferry. If you arrived at the terminal on foot, the fare is \$2.25.

Take the ferry to Dartmouth. If you arrive at Alderney Gate, then bear right when you exit the ferry terminal to pick up the trail. Follow Alderney Drive, keeping the harbour on your right, until you reach the pedestrian bridge that crosses the Shubenacadie Canal. Then just keep following the trail until you get to the Woodside ferry terminal.

If you go to Woodside, then pick up the trail on your left when you leave the ferry terminal, and follow it to Alderney Gate.

You will need another \$2.25 for the return fare to Halifax; again, you can ask for a transfer and pick up the #1 bus Mumford-bound on Barrington St. to return to your accommodations, or continue on foot.

**From the Best Western Chocolate Lake**, drive downtown and park in one of the Lower Water St. public lots (<http://www.gmap-pedometer.com/?r=3792564>), then make your way to the ferry terminal and follow the directions above.

Download the Dartmouth ferry schedule (Halifax-Alderney terminals):  
[http://www.halifax.ca/metrotransit/Schedules/documents/dartmouth\\_ferry.pdf](http://www.halifax.ca/metrotransit/Schedules/documents/dartmouth_ferry.pdf)

Download the Woodside ferry schedule (Halifax-Woodside terminals):  
[http://www.halifax.ca/metrotransit/Schedules/documents/woodside\\_ferry.pdf](http://www.halifax.ca/metrotransit/Schedules/documents/woodside_ferry.pdf)



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### Point Pleasant Park

<http://www.pointpleasantpark.ca/en/home/default.aspx>

Located at the southern tip of the Halifax Peninsula, Point Pleasant Park contains several kilometers of multi-use trails along the water and through the woods, and features a small beach, public monuments, and abandoned military fortifications, including the Cambridge Battery and the [Prince of Wales Tower National Historic Site](#). Approximately 2.25 km (1.4 mi) from Dalhousie, 1.8 km (1.1 mi) from the Garden South Park Inn. Open daily, free admission.

*Note: The Forest Ecology major workshop scheduled for Thursday will take place in Point Pleasant Park.*

**Getting There** (walking distance unless otherwise indicated)

**From Risley Hall** (might prefer to take a car or taxi): <http://www.gmap-pedometer.com/?r=3792607>

**From the Lord Nelson and the Garden South Park Inn** (route begins at the Lord Nelson and passes by the Garden South Park, across from the Victoria General Hospital):

<http://www.gmap-pedometer.com/?r=3792617>

**From Cambridge Suites:** <http://www.gmap-pedometer.com/?r=3792622>

**From Best Western Chocolate Lake** (car required; parking lot on site):

<http://www.gmap-pedometer.com/?r=3792626>



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### **Salt Marsh Trail / Lawrencetown Beach / Rainbow Haven Beach Provincial Park** (car required)

<http://www.halifax.ca/rec/TrailsColeHarbour.html>

<http://lawrencetownbeach.com/>

The Salt Marsh Trail is a beautiful rail-to-trail with spectacular views of the Cow Harbour estuary and the Atlantic Ocean. Suitable for walking and biking, but if you don't have a bike you probably won't have time to do the entire trail, which is nearly 10 km (6 mi) one way. Luckily, the best views are about a third of the way along from the trail head, so you can walk out and return in good time. Approximately 16 km (10 mi) from Dalhousie and the Garden South Park Inn.

The Salt Marsh Trail ends at Lawrencetown Beach; if you have a car you can easily visit both in one trip by walking the first third of the trail, returning to the trail head, and continuing on the highway to Lawrencetown (approximately 27.4 km/17 mi from Dalhousie and the Garden South Park Inn).

### Getting There

**From Risley Hall:** <http://www.gmap-pedometer.com/?r=3793210>

- East on South St. to Robie St., left on Robie St.
- North on Robie St. to North St., right on North St.
- North St. to the Macdonald Bridge, cross the bridge (\$0.75 toll, quarters only)
- From the bridge, up the hill (Nantucket Ave.) to Victoria Rd., left on Victoria Rd.
- Victoria Rd. To Woodland Ave., right on Woodland
- Exit Woodland Ave. To the Circumferential Highway ("the Circ"; route 111)
- Circ to Exit 7E; Exit 7E to Portland St. (route 207)
- Portland St. to Bissett Rd. (becomes Cole Harbour Rd. At Caldwell Rd.); right on Bissett Rd.
- Follow Bissett Rd. To Salt Marsh Trail head. (Note that there are actually two trail heads; to skip a wooded section, go to the second entrance). Not far from the Salt Marsh Trail is **Rainbow Haven Beach Provincial Park**; follow the directions to the Salt Marsh Trail head, then continue along Bissett Rd. Until it comes to an end at Cow Bay Rd. Turn left on Cow Bay Rd. And follow the signs to Rainbow Haven.

**From the Garden South Park Inn, the Lord Nelson, or Cambridge Suites:** Take Spring Garden Rd. to Robie St., turn right on Robie St., then follow the route above.

**From Best Western Chocolate Lake:** Take the St. Margaret's Bay Rd. Down to the Armdale Rotary and loop around to Chebucto Rd., follow Chebucto until you get North St., which forks off to the left. Take North St. to the Macdonald Bridge and follow the directions above. (If you overshoot North from Chebucto, you can take Chebucto to Windsor, turn left on Windsor, then turn right on North.)

To go directly to **Lawrencetown Beach**, follow the same route as to the Salt Marsh Trail, but instead of turning right on Bissett Rd., continue on route 207 for about 13 km (8 mi) until you get to the beach.



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### **Crystal Crescent Beach Provincial Park (car required)** (no website)

White sand beaches (one of which is a nude beach!), boardwalks, and the trail head for the Pennant Point hiking trail (20 km/12 mi round trip). Approximately 29 km (18 mi) from Dalhousie and the Garden South Park Inn.

### **Getting There**

**From Risley Hall:** <http://www.gmap-pedometer.com/?r=3793252>

- West on South St. to Oxford St., right on Oxford St.
- North on Oxford to Jubilee St., left on Jubilee
- Jubilee to Connaught, right on Connaught
- Connaught to Quinpool, left on Quinpool
- Quinpool to the Armdale Rotary, loop around to St. Margaret's Bay Rd.
- St. Margaret's Bay Rd. To Northwest Arm Dr., left on Northwest Arm Dr.
- Northwest Arm Dr. To Old Sambro Rd., soft right on Old Sambro Rd. (route 306)
- Continue on the Old Sambro Rd. For several km until you reach the community of Sambro, then turn right on West Pennant Rd.
- Left on East Pennant Rd., Left on Sambro Creek Dr., Follow the signs to the Crystal Crescent Beach parking lot.

**From the Garden South Park Inn, the Lord Nelson, and Cambridge Suites:** Take Spring Garden Rd. To Oxford St. (name changes to Coburg Rd. When you cross Robie St.), then turn right on Oxford and follow the directions above.

**From Best Western Chocolate Lake:** Turn left on St. Margaret's Bay Rd. upon leaving the hotel and follow the directions above.