

## Summer Essentials

Here are some summer essentials that might come in handy as you work your way through our staycation guide.

Go to **The Copper Tree Boutique**, **30 Church** or **Mansour's** to find quality clothing, shoes, sandals and accessories.

**Simply For Life Food Market** carries a great assortment of eco-friendly, refillable water bottles and healthy, to-go snacks.

**Pharmasave** carries affordable sunscreen and bug spray to keep even the peskiest bugs away.

## Recreation

Summer is filled with outdoor adventures and activities, here are a few ideas to keep you busy and active.

Shred the gnar at the 10,000 sq. ft. **Amherst Lions Skatepark**, located next to the stadium.

Enjoy a day of bowling at **King Pin Bowling** any day of the week. They even have glow-in-the-dark bowling!

Explore biking and walking trails weaving through town. Call 902-667-6500 to borrow our bright, red bicycle built for two or rent a bike from **The Bicycle Specialist**.

Find beautiful public beaches where you can enjoy a day of sun and sand by travelling the **Sunrise Trail**, a short scenic highway just outside Amherst. Pack a picnic and stop at one of the provincial parks along the way!

## Entertainment & Dining

Grab a few friends and paint the town red! Amherst has lots of options when it comes to music, movies and pubs.

Join us for a classic, family-friendly movie at Victoria Square or catch a new release at the **Cineplex Cinemas**.



You can be a rockstar at **Duncan's Pub** on Open Mic Night or enjoy karaoke at **The Old Warehouse Cafe and Lounge**. Enjoy live music and show off your smarts at **Trider's Craft Beer** trivia night.

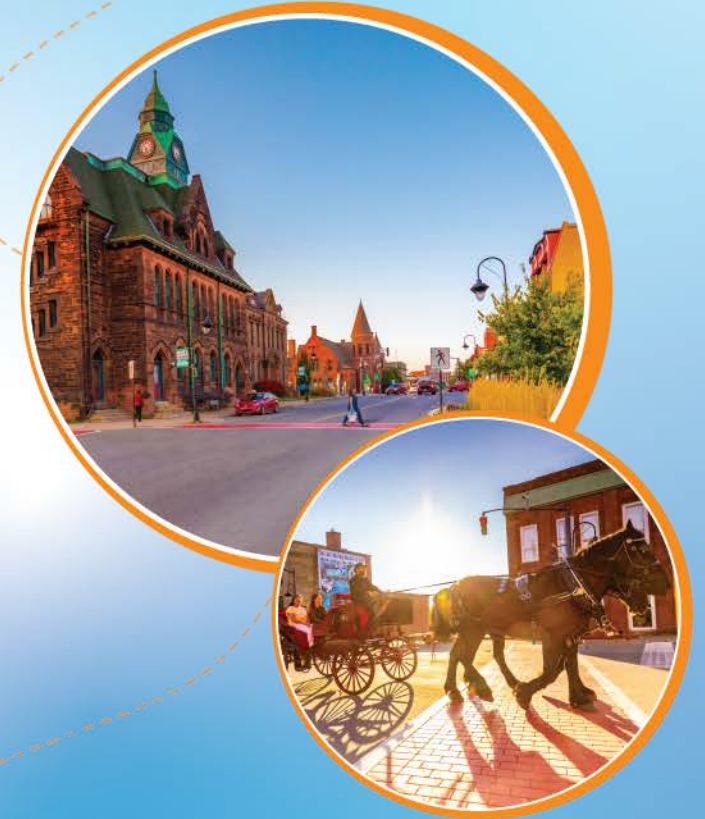
Enjoy restaurant specials, board games, a leisurely stroll or carriage ride on select Thursday evenings in Amherst. Make date night extra special with flowers from **Buds to Blossoms Floral Boutique** or **Bordertown Flowers & Frills**.

Enjoy live music downtown at Victoria Square on Wednesdays at noon or at the Summer Night Markets, every third Thursday in July, August and September.



# Ultimate Summer STAYCATION

GUIDE TO AMHERST, N.S.



  
amherst.ca  
#seewhyweloveit

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Some events and activities may be modified or cancelled due to COVID-19 restrictions.

WHETHER YOU'RE VISITING FOR THE FIRST TIME OR LOOKING FOR A HOMETOWN ADVENTURE, IT'S TIME TO EXPERIENCE AMHERST!

*#seewhyweloveit*

  
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## Staying close to home?

You don't have to go far when there are tons of things you can do at home or nearby!

**Read.** Find a few good books to read while relaxing at home. Find your next favourite at **Amy's Used Books, Coles Bookstore** or borrow a book or two from **Four Fathers Memorial Library**.

**Watch.** Discover shapes in the clouds, bird watch at the **Amherst Point Migratory Bird Sanctuary** or along the **Marsh Trail**. Spend the evening soaking in the moonlight while you search the skies for a falling star.

**Listen.** Spend some time outdoors listening to the sweet sounds of summer. Enjoy music in the park at **Victoria Square** or learn how to identify birds by their unique songs.

**Cook.** Summer was made for BBQ! Visit one of our local grocers or **Highland Market** for choice grilling selections!

**Play.** Find one of our Community Playboxes at a nearby park full of play equipment or borrow an Activity Kit from the **Amherst Stadium** to take and play at home. Try out Pickleball at the multi-sport courts on Church St.

## Ice Cream

Nothing says summer like ice cream or sno-cones!

**Christie Park Ice Cream, 69 Albion St.** You can enjoy more than 30 flavours during the summer months, in a homemade waffle cone.



While not quite a cone, visit **Birkinshaw's Tea Room, 2 Ratchford St.** for an old-fashioned milkshake so big it's called a Freak Shake!

**Dairy Queen, 26 Robert Angus Dr.** is open seven days a week until 9 p.m. Enjoy soft serve, Blizzards, sundaes and more!

Choose from more than 75 flavours of shaved ice from the **HyperCones** shaved ice truck!

## Make a Splash!

There's no better way to beat the heat than a refreshing swim or splashing in the water.

The **YMCA of Cumberland** pool is open every day for length swims, recreational swims and learn to swim lessons. Be sure to call ahead to check the times.

## Splash Pads

Dickey Park and the Amherst Lions Park offer a splash pad surrounded by greenspace, a play structure and picnic areas. Changerooms and washrooms are available.

## Super 8 Hotel, 40 Lord Amherst Dr.

Take a dip in the indoor pool or speed down the 80-foot waterslide! Daily pool passes or punch cards are available to purchase even when you're not a guest! Call ahead to check availability.



## Historic Walking Tours

Amherst is famous for magnificent sandstone buildings and Victorian homes. Book a historic walking tour and hear the stories behind these beautiful buildings.



## Picnic Spots

Indulge in a perfect picnic this summer! Fill your basket with fruits and vegetables or cheese and wine! Here are some of the best places to bring your friends, family or your special someone.

Stop in to the **Amherst Farmers Market** on Friday mornings to gather fresh fruits and vegetables, preserve homemade bread and some sweet treats! Or grab lunch to go at one of our quaint cafes.

## Amherst Lions Park, 39 Hickman St.

This park includes a walking track, playground facilities, basketball court, splash pad & tennis courts.

**Victoria Square Park, 98 East Victoria St. E.** The centre of downtown Amherst., this park is surrounded by beautiful old buildings, making it a lovely setting for enjoying a picnic and taking pictures.

## Ronald McDonald Rotary Park, Beacon St.

This accessible playground offers a sponge surface play structure and greenspace with access to the Centennial Walking Trail.

## Rotary Centennial Park, 10 Elmwood Dr.

This senior-friendly park offers outdoor exercise equipment, a walking track, gazebo and benches.

## Additional Parks & Greenspaces

Christie Park, 71 Albion St.  
51 Ernie Lane  
Curry Park, Clarence St.  
Harding Park, Summit Ave.  
Strawberry Fields Park, Abbey Rd.

