

THE GREENLINK TRAIL SYSTEM

In our modern world with increasingly cheap, high calorie food, combined with our increasingly sedentary lifestyles and changing modes of transportation, it is no wonder that obesity has rapidly increased in the last few decades; enter the Active Transportation Plan. The Cape Breton Regional Municipality (CBRM) developed the Greenlink Rotary Park Trail System in Sydney, Nova Scotia with the assistance of the community and government programs. The project involved upgrading and enhancing existing walking trails, installing signs and interpretive displays, landscaping, tree planting, seating and the construction of parking lots; it's part of the CBRM's Active Transportation Plan. The existing trails have been widened and surfaced with crusher dust. Green Gabion Baskets were installed along the trail where side-slopes are steep. Two of the existing trails within the system extend from Shandwick Street and the St. Anthony Daniel Ball Park. Both trails converge with the trail from Rotary Drive, cross Churchill Drive, and extend to the Cape Breton Regional Hospital property.



For the outdoor enthusiast or the family looking to soak up some spectacular local scenery while getting exercise, the Greenlink Rotary Park Trail System, located in the heart of Sydney is the perfect place! The natural beauty of the walking trails are found weaving through Sydney and bordering Wentworth Creek and a historic reservoir. The trail is approximately 3 km long and benches have been provided for resting. The trails can be

accessed via the end of Maillard Street or on Churchill Drive and parking is available at the Churchill Drive entrance. There is also an off-leash dog park designated within the trail. It's truly a beautiful hike and the upgrades would not have been possible without the help from funding from various sources.

The CBRM Active Transportation Committee includes a number of departments including Engineering, Planning, Public Works, Police, Recreation, and Transit. The committee works with partners such as the Nova Scotia Department of Transportation, the Rotary Club, Membertou First Nation, the Health Authority, Velo Cape Breton and Cape Breton University. Funding for active transportation projects has been accessed from federal programs like the Innovative Communities Fund (ACOA), and provincial programs such as Connect2, Recreation Facility Development (Communities, Culture Heritage), and grants administered by the Department of Seniors.

The idea behind enhancing the trail follows the vision of the Active Transportation Plan, "to improve the health of the citizens of CBRM by creating opportunities to connect this

“community of communities” through walking, rolling and cycling in a manner that will sustain social, economic and environmental benefits.”



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