

Sunshine Coast Tourism Alliance

Beaches on the Sunshine Coast

There are a lot of wonderful beaches along this part of Nova Scotia's Shoreline, however the Sunshine Coast is not one continuous beach. Heather Beach and Melmerby Beach have Life Guard services and Canteens nearby. Listed below are the more accessible beaches on Our Sunshine Coast

Heather Beach Provincial Park

East Linden, Rt 366, supervised beach, swimming area 200 Meters long, offers a red sandy beach with warm water and board walk. Washrooms available. Canteen nearby. Small parking lot.

Gulf Shore Beach

Just outside the town of Pugwash, Gulf Shore Beach offers a sandy beach with warm water. Water is warm at high tide and at low tide. A beautiful picnic park on a hilltop overlooking Northumberland Strait with picnic tables, some sheltered, in an open field. Change houses, vault toilets, picnic area and water outlets available. Plenty of parking space

Fox Harbour Beach

Red sand shoreline beach offers ample opportunity for swimming and walking, Small picnic area, change houses, vault toilets.

Beach is actually more like a mud flat. Mosquitoes also plentiful in season, great view and very private.

Rushtons Beach

Provincial Park, Just 15 km east of Tatamagouche on Rt 6, Rushtons Beach offers a sandy shore, boardwalk, sheltered picnic tables, long stretch of beach with many sandbars at low tide and a salt marsh. Attracts a great variety of birds. Some of warmest saltwater in Nova Scotia, change houses and vault toilets available

Malagash Blue Sea Beach Park

Private beach, app 1 mile of hard sand and the sand stretches well out into the Northumberland Strait. Change houses and vault toilets available. Great place to be when the sun goes down, ample parking, no water tap

Melmerby Beach Provincial Park

Open from mid June until mid October. Supervised Beach with change houses, showers, washrooms. Mile long beach. Just 23 km (14mi) northeast of New Glasgow, the "Merby" is 7km (4mi) north of Highway 104, Exit 27A Sutherland's River, on the Little Harbour Rd.