



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

Cape Breton Island, Nova Scotia

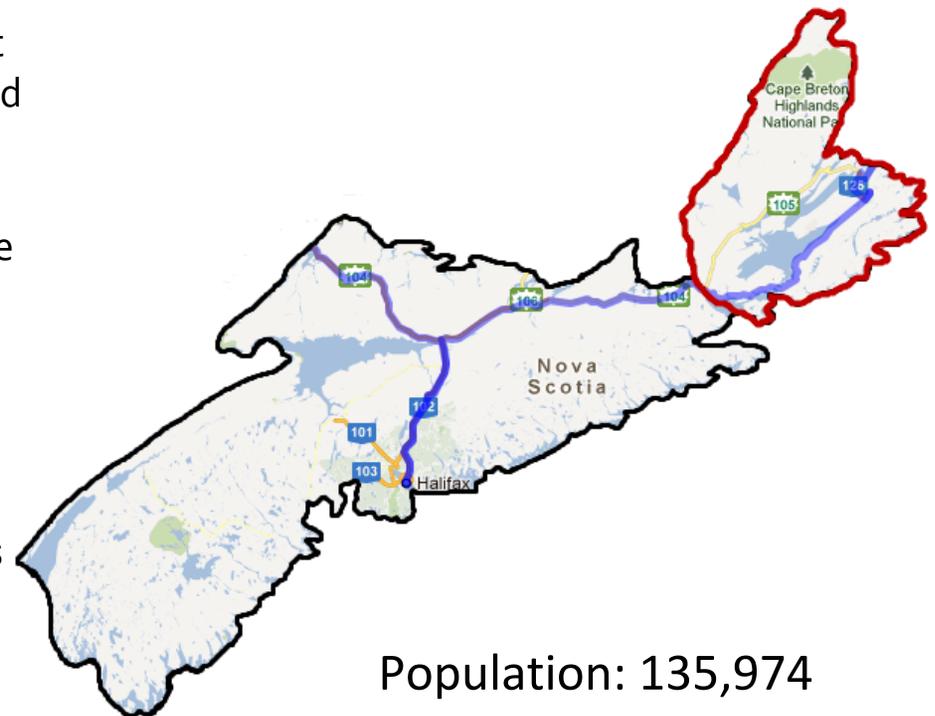
Cape Breton Island, located on the north end of Nova Scotia, is home to more than a hundred thousand people across many dozens of small communities. The largest city is Sydney, which has 31,000 people.

The first European to visit the island was John Cabot in 1497, and today visitors can drive the Cabot Trail, which completes a 300-kilometre loop around part of the island and through the Cape Breton Highlands.

The Cape Breton Highlands are the most northern part of the Appalachian Mountains of the United States, and form one of Nova Scotia's biggest wilderness areas.

Cape Breton was called Ile Royale ("Royal Island") by the French, who owned it until 1763. The island soon became one of the most important ship-building areas in the British colonies.

The island was home to Alexander Graham Bell, inventor of the telephone, and was the site of Marconi's first radio transmission across the Atlantic Ocean. It is the birthplace of singer Rita MacNeil and NHL Hall-of-Fame defenceman Al MacInnis.



Population: 135,974