Welcome to Amherst
NOVA SCOTIA

Population: Approximately 9,640 within the town limits and over 15,000 in the surrounding area.

Distance From Airport: 1 hr and 45 minutes to Halifax Stanfield International, 30 minutes to Greater Moncton Romeo LeBlanc International.

Hospital(s): Cumberland Regional Health Care Center.

Transportation: Local Taxi, Enterprise Rent-A-Car.

Accommodations: Contact the Cumberland Regional Healthcare Foundation and/or the Cumberland Regional Community Navigator for assistance.

Food Highlights: Portlander Jamaican Restaurant, Al Chehade Middle East Cuisine, Sarsoza's Filipino Cuisine, Smile Sushi.

Activity Highlights: YMCA of Cumberland, municipal walking/bike trails, local beach public parks, golf & curling club, stadium, tennis/basketball courts, splashpads, skatepark and yearly community events.

Community Connect

Amy Menzies
Community Navigator
Town of Amherst
Cell: 902-694-0831
Email: amenzies@amherst.ca

About us: The Community Navigator program was created and is funded by community stakeholders with the goal of recruiting and retaining physicians. Our Community Navigator Team connects with visiting medical students to ensure they have enjoyable elective experiences in our beautiful seaside community and supports our newcomer residents and physicians in navigating settlement and family supports. We showcase the many benefits of practicing in North West Nova Scotia by offering affordable student housing, assisting with site visits, hosting private and public events for medical learners and physicians, attending conferences, and advertising. Lastly, and perhaps most importantly, we strive to support our current physicians in maintaining rewarding careers with fantastic life/work balance.

Amherst NOVA SCOTIA #seewhywelove it amherst.ca