

# WELCOME TO *Antigonish*

**Population:** Approximately 21,129

**Distance From Halifax Airport:** 1 hour 45 minutes

**Municipality/Ties & Communities:** Town of Antigonish,  
Municipality of the County of Antigonish, Paqtnkek  
Mi'kmaw Nation

**Hospital(s):** St. Martha's Regional Hospital

**Transportation:** Antigonish Community Transit, Antigonish  
Active Transportation Corridor

**Accommodations:** Maritime Inn, Microtel, Claymore Inn

**3 Food Highlights:** The Wheel, The BrownStone, The TownHouse

**3 Get Active Highlights:** Landing Trail, StFX Athletic Facilities,  
The Keppoch

**Summer Must-Do:** Antigonish Highland Games, Provincial  
Beach Lounging, Paddling in Antigonish harbour

**Winter Highlight:** Cross-country skiing and Snowshoeing



## COMMUNITY CONNECT

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## HELPING HEALTHCARE ANTIGONISH

**About Us:** We work to attract, integrate and retain health care workers through community engagement. We are funded by the Town of Antigonish, the Municipality of the County of Antigonish and the St. Martha's Regional Hospital Foundation. The Community Navigator works directly with physicians and behind the scenes to address issues impacting physician retention.

