

# Couchsurfers & Backpackers



Alternative Cheap-o Mini Guide for  
Halifax, Nova Scotia  
2010

## **Entertainment**

The Coast Magazine (FREE Weekly Indie Entertainment Guide available Every Thursday around Halifax)

Bus Stop Theater – 2203 Gottingen Street –Great Indie Plays for under \$15 (902) 422-7786)

## **Zen / Relaxation / Beauty**

The Shambhala Centre (1084 Tower Rd 420-1118 – Free Meditation sessions Wednesdays @ 19:00hrs)

ICT Northumberland College (Brunswick Street –5th Floor – Student Massage Therapy for \$27 75mins)

Concepts School of Cosmetology (3660 Commission Street 492-2444 Hair cuts, massage, pedicures, body treatments, facials..by students)

Moksha Yoga (Dresden Row off Spring Garden Rd): 1hr hot yoga classe every Friday from 20:30:-21:30hrs for \$5 (Karma Class)

LuluLemon (5486 Spring Garden Road): Free Sunday Yoga classes from 10:30-11:30hrs (free snacks afterwards)

## **Thrift & Discount Stores**

The Army Store (2660 Agricola Street -454-4330)

Dressed in Time (5670 Spring Garden Road – 463-3444 -Vintage Clothing)

Dollarama (Halifax Shopping Centre) – dollar store items

Salvation Army (5280 Green Street -425-7684)

Frenchy's (6054 Almon Street - 444-3434)

## **GLBTQ Establishments / Stores**

Menz Bar (2180 Gottingen Street (Upper Level) -446-6969) – Older mostly male crowd

Reflections Cabaret (5184 Sackville Street -422-2957) – Mixed younger crowd

Seadogs Bath House (Men Only – 2199 Gottingen Street-444-3647)

Venus Envy (Bookstore/Adult Toys 1598 Barrington Street -422-0004)

## **Fun Stuff to Do**

Anchor Archive Zine Library (5684 Roberts Street – Tuesdays 18:00-21:00hrs & Sundays 14:00-17:00hrs)

Brewery Farmers Market (1496 Lower Water Street Saturdays from 08:00-13:00hrs)

Halifax Ghost Walk (July to October -\$10 -466-1060)

McNab's Island (Return Ferry from Fisherman's Cove is \$10 – 465-4563)

McNabs Island is about 5 km long and up to 1.5 km wide, its 400 ha (1000 acres) present a combination of historical, natural resources and outstanding recreational and educational opportunities. It is about 25 minutes by tour boat from downtown Halifax, or 5 minutes from Eastern Passage. <http://www.mcnabsisland.ca>

## **View of the Halifax Harbour for Cheap**

For just \$2.25 you can ride the ferry from Halifax Harbourfront to Dartmouth. If you stay on you can come back without paying another fare. Really nice view of Halifax Harbour if you go on the roof of the ferry! Ferry Terminal is located right behind the building where Perks Coffee is on Lower Water street. When you pay for the ferry, take a transfer which will be useful for 90mins so you can even get off for an hour and get back on for free if you spend under an hour on the other side. Same goes for the bus anywhere in the city!

### **Free Bus Tour Around Halifax**

Brought to you by the Downtown Halifax Business Commission, Fred (free rides everywhere downtown) is Halifax's FREE shuttle service operating in the downtown area during the summer months. (July to October. Services Specially Marked tops Only, on a 40 minute frequency. 10:30–17:30 , 7 days a week.

#### Stops:

Pier 21 Museum Entrance . Marginal Rd . Lower Water St . Water Street Terminal . Water St . Marriott Harbourfront Hotel . Casino driveway to stop . Upper Water Street . Barrington St . Spring Garden Rd . Brunswick St . Sackville St . Citadel Hill . Sackville St . South Park St . Spring Garden Rd . Barrington St . Hollis St . Terminal Rd . Marginal Rd . Pier 21 Museum entrance

If you have any questions about this service, please contact the Downtown Halifax Business Commission at #423-6658, or visit their website at [www.downtownhalifax.ns.ca](http://www.downtownhalifax.ns.ca)

### **Year Round Budget Accommodations**

Halifax Backpackers (2193 Gottingen Street 431-3170 \$20 for a dorm bed -\$57 private room)

Halifax International Hostel (1253 Barrington Street 422-3863 -\$25 dorm/member \$30 non-member)

Fountain View Guest House (2138 Robie Street 422-4169 -\$25 single shared bath/ \$38 double shared bath)

Airbnb.com (Worldwide affordable accommodations with locals)

### **FREE ACCOMMODATIONS WORLDWIDE**



Couchsurfing.com is a worldwide network for making connections between travelers and the local communities they visit. I've hosted a number of people through this. Very Awesome. Free to join:  
[www.couchsurfing.com](http://www.couchsurfing.com)

### **Free Food**

#### Food Not Bombs

(Tasty Vegan eats prepared from salvaged food -Every Sunday in front of the North End Library @ 13:00hrs & Wed. in front of Spring Garden Library @ 17:00hrs)

Fancy Lebanese Bakery (2573 Agricola Street)

(Free Pita on random days/nights on the side of the building)

Hope Cottage - 2435 Brunswick Street (Mon-Fri 5-6pm) (more for homeless but I have known backpackers who have eaten there)

## **Inexpensive Yummy Food**

If you are from a big city you might be shocked at the higher restaurant prices in Halifax for food. You can still get some decent deals around though, here are a few:

### Ardmore Tearoom

(6499 Quinpool Road – 423-7523 – Old fashioned family style diner)

### Good Food Emporium

(2179 Gottingen Street – 08:00–19:00hrs weekdays but kitchen closes at 4pm & 10:00–14:00hrs for brunch Sat /Sun = Homemade food! Best Sandwiches!)

Caribbean Twist – 3080 Gottingen Street – Inexpensive Jamaican Food. Veggie/Vegan options too.

Ko-Doraku Sushi (Spring Garden Place – 5670 Spring Garden Rd) – Inexpensive Sushi lunch combos from 11–4 Mon–Sat.

### Halifax Brewery Farmer's Market

(Halifax Seaport at Pier 22 – Anything and everything fresh and local! Saturdays 08:00–13:00hrs)

### Mary's Place Cafe

(2752 Robie Street & 5982 Spring Garden – Best place for inexpensive breakfasts. Big Portions. Vegan: \$7.99tx incl with LOTS Of dish options)

Ray's Falafel (Scotia Square @ Duke/Barrington 11am–6pm Mon–Sat) – Voted Best Falafel in Halifax (\$3.50!)

### Rani's Curry & Roti Shop

5280 Green Street – 404-3440 (yummy Rotis start at \$6.25 – Lots of great curries to choose from)

### Shiraz Persian Restaurant

(1240 Hollis Street – 3–4 tables! Great cozy spot)

### Willman's Fish & Chips

(5644 Kane Street; 454-0929 –\$4.95 1 piece fish/chips)

### Burrito Jax

5215 Blowers Street – 406-0088 – Great burritos, mostly take out, Lots to choose from, open very late on weekends, delivery available)

Robie Foods – 3087 Robie Street 454-7814 –Great Chinese food for cheap. Restaurant isn't appealing but food is great. Order take out or eat in and enjoy the old fashioned run-down decor.

Food court in Scotia Square on Duke Street downtown, you can get rice & curry veggies for \$3.25incl tax, A Korean meal for \$5, Chinese food for under \$5 & lots of other inexpensive dishes there!)

## **Best Coffee Places** (*Organic Fair Trade*)

AlterEgos (2193 Gottingen street – Cozy Café located inside backpackers hostel)

Coburg Coffee House (6085 Coburg Rd – Mostly University crowd)

Java Blend (6027 North St. –Coffee roasted on premises!)

Just Us Organic Cafe (5896 Spring Garden Rd & 1678 Barrington Street)

Steve-o-Renos (1536 Brunswick Street & Booth @ 2854 Robie Street)

The Smiling Goat Organic Espresso Bar (1551 South Park Street)

Uncommon Grounds (local chain) (1030 South Park St)

Two if by Sea Cafe (66 Ochterloney St) – Take the ferry to Dartmouth & walk 5 mins up Ochterloney. BEST BAKED GOODS & Amazing coffee.

## **Public Places to Wander/Swim**

### Point Pleasant Park

Point Pleasant Park is one of Halifax Regional Municipality's great civic spaces. It is the largest forested park on the Halifax peninsula and offers fine views of the Atlantic Ocean. Point Pleasant Park is located at 5178 Point Pleasant Park Drive on the southern tip of Halifax Peninsula. The park is about 2.5 kilometers (1.5 miles) from downtown Halifax.

### Public Gardens (South Park/Spring Garden) – Closed in Winter

Officially opened in 1867 The Halifax Public Gardens have survived for more than a century. Thanks to a series of talented and dedicated superintendents they have been little altered and still retain much of their original Victorian character.

### Chocolate Lake (Off Purcell's Cove Road – Take a swim, just a bus ride away!)

Crystal Crescent Beach (East Bull Point Road in Sambro, NS about a 20min drive from Halifax)

### Self Guided Walking Tour

If you go to the tourist office on the waterfront, pick up one of the Halifax Visitors Guides and follow the self guided walking tour downtown, a few of my visitors told me it is fantastic!

## **Stores you wouldn't normally find listed in a Tourist Guide**

Sweet Leaf Smoke Shop – For all your growing & smoking needs (3132 Isleville Street –454-6646)

Mary Jane's Smoke Shop – For all your smoking needs (1549 Grafton Street –492-8653)

Night Magic Store – Put a little sexy in your life with adult toys & sexy clothing! (5268 Sackville Street 420-9309)

Venus Envy – GLBT Bookstore & Adult toy store, workshops are also held here (1598 Barrington 422-0004)

Little Mysteries Books (Books, tools, stones and stuff for all your “witchy” needs”

## **Alternative Radio Stations**

### CKDU – 97.5FM

(Dalhousie Campus Radio)

### Tourist Radio – 97.9FM

(Broadcasts 15-minute “loops” of weather, bridge reports, road reports, airport arrivals and departures, coming events, Maritime trivia, and commentary.)

## **Reference Guide**

Provincial Area Code: (902)

Bus ticket price: \$2.25 or 10 tickets for \$18

Emergency: Dial 911 (free)

Calling outside North America (dial 011-(country code) + (Area code without the 0) + number

Calling Cards: You can usually find calling cards in small corner stores (depanneurs) around town. Grocery stores have them as well but the rates are slightly higher. Or buy online at [www.ontariophonecards.com](http://www.ontariophonecards.com)

## **WiFi Spots**

There are lots of WiFi spots around Halifax, primarily in cafes: Starbucks & Uncommon Grounds, Second Cup, Alter Egos (you can use their computers), The Paper Chase, & of course the Halifax Public Libraries on Spring Garden & Gottingen Street locations.

Please feel free to e-mail me with any comments, feedback or listings: [goddessfreya@gmail.com](mailto:goddessfreya@gmail.com)