Guide to the Atlantic Provinces
Introduction
Visitors to Canada's Atlantic provinces will find a warm welcome in one of the most beautiful and interesting parts of our country.

This guide describes briefly each of the seven national parks, 19 national historic parks and sites and the St. Peters Canal, all of which are operated by Parks Canada for the education, benefit and enjoyment of all Canadians.

The Parliament of Canada has set aside these places to be preserved for all time as reminders of the great beauty of our land and the achievements of its founders.

More detailed information on any of the parks or sites described in this guide may be obtained by writing to:
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Parks Canada
Atlantic Region
Historic Properties
Upper Water Street
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Port Royal Habitation National Historic Park
National Parks and National Historic Parks and Sites in the Atlantic Provinces:

1 St. Andrews Blockhouse
2 Carleton Martello Tower
3 Fundy National Park
4 Fort Beausejour
5 Kouchibouguac National Park
6 Fort Edward
7 Grand Pré
8 Fort Anne
9 Port Royal
10 Kejimkujik National Park
11 Historic Properties
12 Halifax Citadel
13 Prince of Wales Martello Tower
14 York Redoubt
15 Fortress of Louisbourg
16 Alexander Graham Bell National Historic Park
17 St. Peters Canal
18 Cape Breton Highlands National Park
19 Fort Amherst
20 Province House
21 Prince Edward Island National Park
22 Gros Morne National Park
23 Port au Choix
24 L'Anse aux Meadows
25 Terra Nova National Park
26 Signal Hill
27 Cape Spear Lighthouse
28 Castle Hill
1 St. Andrews Blockhouse
National Historic Site
St. Andrews, New Brunswick,
99 km west of Saint John.
When war broke out in 1812, the people
of St. Andrews feared an American
attack on their isolated town. Batteries
were constructed at the east and west
points of the community to guard
against seaward attack, while a third
was built above the town at Joe's Point.
A blockhouse was built behind each of
the 12 coastal batteries in New Bruns­
wick, including the three of St. Andrews.
The West Point Blockhouse is the only
surviving example of these fortifications.
The blockhouse was declared a
national historic site in the early 1960's.

Today after restoration work, the two-
storey wooden building looks much as
it did in the early 19th century.
Guides and interpretive displays
explain the role of the blockhouse and
its history.
St. Andrews Blockhouse is open
from May 15th through September 10th.

2 Carleton Martello Tower
National Historic Site
Saint John, New Brunswick.
Overlooking the western end of Saint
John Harbour, Carleton Martello Tower
offers an outstanding view of the city
and the sea.
Except for a rooftop addition that
served as the harbour's fire control
centre in World War Two, the outside
of the 9 m tower looks much as it did
when it guarded Saint John more than
165 years ago. Inside, historic relics
from the 1800’s are displayed on the
barrack floor. The upper floor houses
objects that recount the tower’s history.
A cadet, dressed in the period costume
of the 104th Regiment of Foot, greets
visitors to this historic site.
The Carleton Martello Tower is
open from June 1st to September 30th.
Fundy National Park

80 km south of Moncton.

Fundy National Park features the highest tides in the world, rugged coastal landscape and unlimited hiking opportunities.

The Bay of Fundy’s tides rise and fall twice a day and reach a maximum height of sixteen metres. Stroll along the tidal flats at Alma, Point Wolfe or Herring Cove during low tide and discover barnacles, sea anemones and periwinkles hiding under rocks. Motor boats aren’t allowed in the park but you can rent a rowboat or canoe at Bennett Lake.

Explore Fundy by hiking along more than 80 km of trails that criss-cross the park. There is an arts and crafts school with a variety of courses for all ages, including basket-weaving and glass-painting for children and copper jewellery-making and wood crafts for grown-ups.

And there’s much, much more. Other facilities include a heated salt-water swimming pool, a nine-hole golf course, tennis courts and a lawn-bowling green.

Fundy has five campgrounds which have a range of facilities to accommodate tents and recreational vehicles.

A number of motels and chalets are operated in the park and the village of Alma offers the visitor a full range of services, such as hotels, restaurants, stores and gas stations.

Fundy National Park is open year-round.
4 Fort Beauséjour
National Historic Park
Aulac, New Brunswick,
40 km south of Moncton.
The French built Fort Beauséjour in 1751 hoping the fort would serve to defend French territories near the Bay of Fundy.

The British succeeded in capturing the fort in June 1755, and renamed it Fort Cumberland. The fort was finally abandoned in 1833.

By the turn of the 20th century, most of the buildings had decayed, leaving only the pentagon-shaped outline formed by the earthworks, sections of walls and one of the casemates.

In recent years, extensive archaeology has unearthed the remains of many of the fort's original features. The system of entrenchments raised by the British after they captured the fort is located north of the fort. A modern interpretive display helps to tell the story of the fort's past.

Fort Beauséjour is open from April 1st to November 30th.

5 Kouchibouguac National Park
55 km north of Moncton.
Kouchibouguac National Park features fine sand beaches and dunes, which stretch for 25 km along Northumberland Strait, as well as many rivers and lagoons.

Visitors can enjoy supervised swimming at Kellys Beach. Hiking trails follow the rivers and wind through the forests. Enjoy fishing for trout or bass or try your hand at clam digging.

Roadside picnic sites are established at scenic points. An active interpretive program will help you enjoy and understand the park environment. In the winter, cross-country skiing and snowshoeing are popular.

The main campground at Kouchibouguac Sud accepts both tents and recreational vehicles and is equipped with washroom buildings, a playing area and a kitchen shelter. Primitive campgrounds are available to backpackers and canoe-campers. Youth organizations may reserve the Fontaine group tenting area which can accommodate 150 persons.

Kouchibouguac National Park is open year-round.
6 Fort Edward National Historic Site
Windsor, Nova Scotia,
76 km west of Halifax.
Situated on a hill overlooking the Avon and Windsor rivers, Fort Edward served as an important British base in Nova Scotia. Built in 1750, the fort safeguarded the British overland route to Halifax and helped to establish a strong British presence in the Piziquid area, one of the major Acadian settlements.

Originally the fort consisted of a blockhouse, barracks, officers' quarters and storehouses. The blockhouse and the outlines of a ditch are all that remain of the original fort.

The fort's history is described in an interpretive display. Fort Edward is open from June 1st through Labour Day.

7 Grand Pré National Historic Park
100 km northwest of Halifax, Nova Scotia.
The Acadians of Grand Pré came to the Minas Basin of Nova Scotia from Port Royal in the 1670's.

In 1713 Acadia was ceded to the British. When war with France broke out in 1755, the British declared that those Acadians who refused to take an oath of allegiance to the British Crown would be expelled.

About 2000 Acadians were deported from Grand Pré in 1755. Families were separated and dispersed to other British territories. However, many returned and their descendants live today in parts of what was once Acadia.

A stone church stands as a memorial to the Acadian culture and contains a number of displays. There is a bronze statue of Evangeline, the fictional heroine of Longfellow's poem.

Grand Pré is open from April 1st to November 30th.

8 Fort Anne National Historic Park
Annapolis Royal, Nova Scotia,
201 km west of Halifax.
Fort Anne was built by the French between 1702 and 1708 to protect the settlement of Port Royal a few miles to the west. It also served as the first seat of European government in Nova Scotia.

Fort Anne was designed primarily to guard the town against naval attack. Its batteries were concentrated on the rivers, leaving the landward approach vulnerable to assault.
Although the earthwork defences have survived, only the powder magazine in the southwest bastion and the storehouse in the northwest bastion remain of the original buildings. A reconstruction of the officers’ quarters contains exhibits on the natural history of the area.

Fort Anne is one of the most picturesque parks in Canada. Located in the centre of Annapolis Royal, it offers a sweeping view of the beautiful Annapolis Basin.

Fort Anne is open from April 1st to October 31st.

9 Port Royal Habitation
National Historic Park
Port Royal, Nova Scotia, 210 km west of Halifax.

In 1604 a group of colonists, led by Sieur de Monts and accompanied by explorer Samuel de Champlain, set out from France to develop the lucrative fur trade in the new world. In 1605, de Monts fashioned the settlement of Port Royal, one of the first European settlements in the new world.

Two years later the entire community returned to France. In 1610, Baron de Poultrincourt brought over a group of settlers who re-occupied the colony. Three years later, a band of Virginian raiders plundered Port Royal and burned down the buildings.

The Port Royal Habitation was reconstructed in 1938-39 using local materials and based on descriptions and drawings by Champlain and Les-carbot and an archaeological survey of the original foundations. The exterior of the habitation, with its steeply inclined roofs, tall stone chimneys, a few small windows and restricted access, resembles a fort. Inside, the atmosphere of 17th century Port Royal is recreated in the sparsely furnished quarters of an early French settlement.

Port Royal Habitation is open from April 1st to October 31st.

10 Kejimkujik National Park
175 km southwest of Halifax.

Kejimkujik National Park is a gently-rolling landscape with numerous lakes interconnected by smooth-flowing rivers. Lying in the western part of Nova Scotia about midway between Annapolis Royal and Digby, Kejimkujik is accessible by car or canoe. Highway 8 meets the entrance road to the park just south of Maitland Bridge.

Kejimkujik is designed to offer visitors a wilderness experience. There are scenic viewpoints and picnic grounds, beaches and facilities for canoeing and hiking. Visitors can rent a canoe or boat. The park has a system of canoe routes and hiking trails that can provide many hours or days of enjoyment.

Thirty-seven primitive campsites are located along these routes and trails to bring the camper into close contact with the backwoods atmosphere of the park.

For a good introduction to the park, visit the exhibit centre and enjoy a guided walk along a nature trail or a river tour or an interpretive canoe paddle.
Fully-serviced campgrounds are located at Jeremys Bay and Jakes Landing.

A group campground at Jim Charles Point can accommodate four groups, to a maximum of 100 people, and there is a good beach close by.

For those who enjoy winter sports such as cross-country skiing and snowshoeing, a winter campground is operated at Jakes Landing.

Kejimkujik is open year-round.

11 Historic Properties
Upper Water Street, Halifax.

The texture of the early 19th century Halifax waterfront has been recreated through a unique effort by Parks Canada, the City of Halifax and private industry. A group of historically and architecturally valuable buildings has been restored and returned to useful purposes as shops, restaurants, boutiques and office complexes, including the Atlantic Regional Office of Parks Canada. The summer berthing place of the schooner Bluenose II, Historic Properties also houses information centres for Parks Canada, the Province of Nova Scotia and the City of Halifax.
Halifax Citadel National Historic Park

Halifax, Nova Scotia.

The massive defences of the Halifax Citadel offer one of the best surviving examples of 19th century fortifications in Canada. The present fort, completed in 1856, is the fourth and most extensive structure to be erected on this site overlooking Halifax and the harbour.

Construction of the present citadel began in 1928. During World War One, it served as a detention camp for prisoners of war, a signal post and a radio station. In World War Two, anti-aircraft guns and searchlights were installed. None of its defences was ever tested by enemy attack.

Today, Citadel Hill crowns the city of Halifax and offers visitors a sweeping view of the city and harbour. Within its walls can be found a superb collection of military uniforms and weapons, contained in display areas operated by the Nova Scotia Museum and the Army Museum.

Although most of the massive stone fortress has been kept in good repair, major restoration work will take place in the next few years.

The Halifax Citadel is open year-round.
13 Prince of Wales Martello Tower
National Historic Site
Halifax, Nova Scotia
The Prince of Wales Martello Tower, built in 1796-97, was the first tower of its kind in North America. It was considered the prototype of a new system of coastal defences then being designed by British military engineers.

Today, the tower stands largely enclosed by the forest amid the quiet surroundings of Point Pleasant Park. Both first and second storeys as well as the terreplein (the upper surface where the guns are mounted) are open to the public. Exhibits describe the tower's history, architectural features and its importance as a defence.

Prince of Wales Martello Tower is open from June 1st to September 30th.

14 York Redoubt National Historic Site
6 km from downtown Halifax, Nova Scotia.
York Redoubt first served as a defensive post when Major General James Ogilvie established a two gun battery there in 1793. The battery was enlarged to eight guns in 1796 by Prince Edward, Duke of Kent. Two years later a Martello tower was built, its walls measuring 9 m high and 1 m thick.

Between the 1860's and the end of the 19th century, York Redoubt's fortifications were expanded and strengthened. During this period Halifax grew to become one of the most heavily-guarded naval bases in the British Empire.

York Redoubt served as a training ground for Canadian troops during World War One, and as a Fortress Command Post and co-ordinating centre for Halifax defences during World War Two. It was a terminus for the anti-submarine net spanning Halifax Harbour.
The French began to build the Fortress of Louisbourg in 1720. For the next 25 years the town flourished as a fishing port and trade centre. Louisbourg was an impressive and in many ways extravagant settlement, renowned as a centre of commerce. However, its glory was short-lived. In 1745 an army of New England volunteers with British naval support attacked and captured the fortress. In 1748 it was returned to the French by a peace treaty but was recaptured in 1758 by the British who destroyed its fortifications to prevent a French return.

Louisbourg was declared a national historic site in 1928 and a national historic park in 1940. Today about one-fifth of the original fortress stands rebuilt to its appearance prior to the siege of 1745 as the result of a reconstruction project started in 1961. Men, women and children dressed in period costume add the final touch of realism to this remarkable reconstruction.

Visitors travel by bus to the Dauphin Gate from the modern visitor reception centre where a slide show and exhibits introduce them to the park. An interpretive display in the King's Bastion barracks portrays Louisbourg's past and present.

Visitors can buy bread made to an 18th century recipe or sit down to an 18th century-style meal at the Hotel de la Marine restaurant located inside the fortress. Reproductions of period articles such as pewter mugs, plates and spoons can be bought from a shop in the park.

Overnight accommodation is available in the town of Louisbourg and in Sydney, 35 km from the park.

The Fortress of Louisbourg is open from May 15th to October 15th. An admission fee is charged.
16 Alexander Graham Bell
National Historic Park
75 km west of Sydney, Nova Scotia.
Alexander Graham Bell, inventor, teacher and researcher, is most famous for inventing the telephone. He also made important contributions in the fields of medicine, aeronautics, marine engineering and genetics. His long list of achievements include suggesting the use of radium in the treatment of cancer, inventing the surgical probe and designing a hydrofoil in collaboration with F. W. (Casey) Baldwin.

Bell was born in Edinburgh, Scotland in 1847. His family emigrated to Canada when he was a boy and settled in Brantford, Ontario. In 1871 Bell left to teach in Boston and eventually became an American citizen. However, while visiting Baddeck with his family in 1885, Bell was so captivated with the beauty of Cape Breton Island that he later built a summer estate there called Beinn Bhreagh. Here Bell conducted many experiments and produced a number of inventions.

Some of the items on display in the Bell complex are models of early telephones, kites, aeronautical equipment and a vacuum jacket, forerunner of the iron lung. The remains of the Bell-Baldwin HD-4 hydrofoil are set up in a special hall with a full-scale replica beside it. The HD-4 set a world speed record of 114 km/h in 1919.

Alexander Graham Bell National Historic Park is open year-round.

17 St. Peters Canal
50 km northeast of Port Hawkesbury.
Commanding the isthmus between the ocean and the Bras d’Or Lakes, St. Peters has been a centre of Cape Breton’s fishing industry since Nicolas Denys established the first European settlement in 1653 and had always been considered an ideal site for fortifications. Denys and his French successors erected small forts, and signs can still be seen of Fort Dorchester erected by the British on the east side of St. Peters in 1793-1794.

Construction of the canal across the narrow isthmus began in 1854 following the traces of a French portage. After a suspension of construction from 1856 to 1865 it was finally completed in 1869, and enlarged in 1876-1880, and again in 1912-1918.
The canal consists of four gates used in pairs according to the prevailing tides. It takes about 15 minutes for small craft to pass through the canal which is 14.6 metres wide with a draft of 5.5 metres. When craft with a mast height over 6.3 metres pass through, the swing bridge must be opened and lockage time is extended to about 45 minutes. Today, it is primarily used by pleasure craft, and visitors can take advantage of picnic grounds and camping sites in a nearby provincial park.

Under normal circumstances, St. Peters Canal is open from the beginning of April until the end of November, depending on ice conditions.

18 Cape Breton Highlands National Park
Cape Breton Highlands National Park encloses an area of 951 km² stretched across the northern part of Cape Breton Island. The 303 km Cabot Trail, which runs along three sides of the park, offers the main route through the park.

Some of the hiking trails lead to good fishing lakes in the park’s interior while others follow the scenic shoreline. There is a bathhouse and supervised swimming at Ingonish Beach. Visitors can also enjoy unsupervised swimming at many other beaches throughout the park.

Cape Breton Highlands National Park is a fisherman’s paradise for Atlantic salmon and eastern brook trout. The deep-sea fisherman interested in bluefin tuna can charter a local Cape Island fishing boat with an experienced skipper.

Bring your golf clubs. The Highlands Golf Link is one of the best 18-hole courses in Canada.

There are six fully-serviced campgrounds in the park. Cape Breton Highlands National Park is open year-round. There are snowshoe and cross-country ski trails for winter visitors.

19 Fort Amherst National Historic Park
16 km east of Charlottetown, Prince Edward Island.
Located in Fort Amherst National Historic Park are Port La Joye, the old French capital of Prince Edward Island, and Fort Amherst, built by the British after they conquered the island in 1758.
In 1720 about 300 settlers on board French ships, sailed into what is now Charlottetown harbour. At a site on the southwestern shore, Port La Joye, a fishing and farming community was founded. It was the first permanent settlement on the island.

The British captured Port La Joye in 1758. Fort Amherst was built but it quickly fell to ruin after 1763 when peace returned. Nothing remains of the fort except for the earthworks. However, an appreciation of the fort's history can be gained by viewing the displays on the site. The grounds afford a picturesque view of the countryside and the harbour.

Fort Amherst is open from April 1st to November 30th.

20 Province House National Historic Site
Charlottetown, Prince Edward Island.
Birthplace of Confederation and the seat of the provincial legislature since 1847, Province House stands as an important historic landmark in Charlottetown.

In 1864, eight delegates from Upper and Lower Canada met here with representatives from the three maritime colonies of New Brunswick, Nova Scotia and Prince Edward Island to discuss proposals for the union of the colonies.

Although the interior has undergone extensive renovation, the Confederation Chamber where the Fathers of Confederation met, has been preserved much as it was in 1864, complete with the original table and chairs. The history of Province House is related by guides and through displays on the main floor. Restoration work may restrict access to some sections of the building.

Province House is open to visitors year-round.

21 Prince Edward Island National Park
25 km north of Charlottetown.
Prince Edward Island National Park occupies a forty-kilometre strip along the northern coast of the island and includes some of the finest saltwater beaches in Canada.

Try fishing for eastern brook trout. You can also catch sea trout, white perch and smelt. Charter a boat from a local fisherman and go deep-sea fishing or just cruise.

Tennis buffs will find courts at Dalvay, Brackley and Cavendish. Golfers can try the driving range at Dalvay and the famous “Green Gables” 18-hole golf course at Cavendish. There are also a number of picnic grounds and playgrounds in the park and a lawn-bowling green at Dalvay. Cross-country ski trails and snowshoe trails are located in the eastern section of the park near Long Pond.
You can stay at one of the three full-service campgrounds in the park. Organized groups can reserve the Brackley group campground through the park superintendent.

Commercial accommodation is available in the park at the Dalvay-by-the-Sea Hotel and other hotel and motel accommodations are located near the park.

The park is open year-round.

22 Gros Morne National Park
Gros Morne National Park is a scenic mixture of mountains, lakes, fjords and bays on the Gulf of St. Lawrence. Located 90 km northeast of Corner Brook on Highway 430, the park is an ideal holiday retreat for the outdoor enthusiast. Regular passenger flights operate into Deer Lake, 72 km southeast of the park.

There are many well-marked trails for hikers. A demanding but satisfying experience is a hike on the James Callaghan Trail which leads to the base of Gros Morne mountain, a climb of about one kilometre up rough shale and rock that is rewarded by a magnificent view of the national park and out to the Gulf of St. Lawrence. The round trip takes about seven hours.

You can charter a local fishing boat and see the rugged coastline of Bonne Bay and the Gulf of St. Lawrence and, at the same time, try your hand at jigging for the famous Newfoundland cod.
There are fine sandy beaches at Shallow Bay and Western Brook for those who enjoy a cool refreshing swim in 10-15°C salt water. Visitors can also go on a commercial boat tour of Western Brook Pond and take in spectacular fjord views.

There is a fully-serviced campground at Berry Hill and other designated camping areas elsewhere in the park.

Gros Morne National Park is open year-round.

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23 Port au Choix National Historic Park
250 km north of Corner Brook, Newfoundland.

The small Newfoundland fishing village of Port au Choix is the site of a burial ground of the Maritime Archaic Indians who inhabited the Newfoundland and Labrador coasts more than 5000 years ago.

In 1962, three Maritime Archaic Indian cemeteries containing the remains of 100 individuals and numerous artifacts were discovered at Port au Choix. Many of the graves contained hunting weapons such as harpoons, lances, stone-tipped darts and snares.

Artifacts are on display in the visitor interpretation centre. Port au Choix is open from June 1st through Labour Day.
24 L'Anse aux Meadows
National Historic Park
400 km north of Corner Brook,
Newfoundland.

A grassy plain of turf at the northernmost tip of Newfoundland's Great Northern Peninsula is the site of the oldest known European settlement in the new world. Beneath a number of grass-covered mounds, archaeologists have discovered the only authenticated remains of a Viking period Norse settlement in North America.

Digging has uncovered the remains of six houses, a smithy, sauna and cooking pits. The design and features of the excavated houses and the items found in them such as a spinning whorl, a bronze pin and a stone lamp, attest to the settlement's Norse origins.

Radio-carbon dating of bone, charcoal and turf indicate that a Norse settlement was established here around the year 1000.

The lifestyle of the Norse settlers is depicted in the visitor interpretation centre, where exhibits display reproductions of collected artifacts.

Picnicking and camping facilities are located at Pistolet Bay and commercial accommodation is available at St. Anthony, 48 km from the park.

L'Anse aux Meadows is open from June 1st through Labour Day.

25 Terra Nova National Park
Terra Nova National Park lies along the Trans-Canada Highway, 78 km south of Gander on Bonavista Bay.

One of the best ways to explore the park is on foot on one of the hiking or nature trails. When it gets warm, you can join other park visitors for a swim at the supervised swimming area at Sandy Pond. Also, bring your bike along or rent one when you come — cycling is a great way to see Terra Nova National Park.

If you bring a boat, you can launch it at Salton's wharf in Newman Sound or at the east end of the causeway in Alexander Bay. You can enjoy canoeing on freshwater ponds or motor-boating on saltwater inlets. If you don't own a canoe, you can rent one when you get here. The fishing is excellent at Terra Nova.

You can pitch a tent or park your recreational vehicle in the Newman Sound and Alexander Bay campgrounds. The South West Arm campground is available to organized groups by prior reservation. Primitive campgrounds are located at South Broad Cove, Dunphy's Pond and on Oldford's Island.
Facilities in the park include a grocery store, restaurant, laundromat and housekeeping cabins. Other accommodations and facilities are available in nearby communities.

Terra Nova is open year-round. Come enjoy winter camping, skiing or snowshoeing.

26 Signal Hill National Historic Park
St. John’s, Newfoundland.
Guarding the entrance to the city and harbour of St. John’s, Signal Hill was the site of the last battle of the Seven Years War in North America, fought on September 18, 1762.

Europeans began to frequent St. John’s in the early 1500’s. The hill was used as a lookout and later as a signal station. The guns of the Queen’s Battery, dating back to 1796 overlook the harbour channel, while close by stand the remains of a British barracks, powder magazine, platforms and parapet.

In 1901, Guglielmo Marconi chose this site for the first transatlantic transmission of signals by wireless telegraph. Cabot Tower, built between 1897 and 1900 to commemorate Queen Victoria’s Diamond Jubilee and the 400th anniversary of John Cabot’s voyage to the new world, served as a signal station until 1958.

Displays and audio-visual presentations in the visitor interpretation centre describe the history of Signal Hill. Signal Hill is open year-round.
27 Cape Spear Lighthouse National Historic Park
16 km south of St. John's, Newfoundland.
Perched at the easternmost point of North America, Cape Spear is one of the oldest surviving lighthouses in Canada. It served as a beacon for the harbour from 1836 to 1955.

Today a modern tower has replaced the old lighthouse but the lighting apparatus, transferred to the new tower in 1955, is still in use. The old lighthouse is undergoing restoration and is not yet open to the public. However, visitors can view the exterior of the square, two-storey structure and are free to explore the grounds which contain two gun emplacements from the Second World War, a modern lighthouse and a residence.

Cape Spear lighthouse is open to the public from June 1st through Labour Day.

28 Castle Hill National Historic Park
120 km southwest of St. John's, Newfoundland.
In the mid-1600's the French court, looking for a major base for its Newfoundland fishing fleets, selected a small fishing village called Plaisance. It had an excellent harbour, a broad beach for drying cod and a convenient supply of fresh water.

The site was also flanked by a prominent hill which later served as the location of important defences for the town. The main defence, Fort Royal, had massive walls built of rubble.

When Plaisance was ceded to the British under the terms of the Treaty of Utrecht in 1713, the town was renamed Placentia and the hill on which the fort stood became Castle Hill.

Castle Hill's strategic value can be best appreciated by walking among the ruins and observing its commanding position overlooking the town, the bay and the countryside. Picnic facilities and walking trails connect the various fortifications in the park. Inside Fort Royal, are the remains of barracks, a powder magazine, guard rooms, a blockhouse and an early hearth.

Castle Hill is open from June 1st to October 31st.