



Canoe Trips
in the
Maritime
Provinces

CANOE TRIPS

IN THE

MARITIME PROVINCES



Canoes on White Sands Lake

Department of the Interior
CANADA

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OTTAWA 1930

TEN COMMANDMENTS FOR CANOEISTS

Build your camp fires small, close to the water's edge on a spot from which the leaves and moss have been scraped away. Drown it with water when leaving, and stir the ashes with a stick to make sure no live coals are left.

Leave your campsite clean. Bury all rubbish, bottles and cans. Never throw glass or tins in the water where others may bathe.

Learn how to swim, and first aid methods.

Do not sit or lie on bare ground.

Never run a rapid without first making sure that it can be done with safety. Examine it carefully for logs, boulders and other obstructions. Two canoes should not run a rapid at the same time.

Do not make your packs too heavy; about 40 pounds is a good average.

Avoid crossing large lakes or rivers in rough weather.

Make camp before dark. Erecting a tent, or preparing a meal by firelight is not easy.

Learn how to prepare simple meals over a campfire.

Unless familiar with wilderness travel never attempt a trip through uninhabited country without competent guides. Charts of the route, and good maps of the surrounding country are essentials.



MARITIME PROVINCES CANOE TRIPS

Here stands the forest, guarding in its fastness tranquil lakes whose waters are lapped by graceful deer and ungainly moose. Many of the finny brotherhood lie somnolent in the depths, or dart like silver arrows over the shallows or through the weeds, ever ready to speed after a promising lure. Train or automobile brings one to its portals, but he who would travel further into the wonderland must leave the noisy vehicles of the world behind and glide silently along in his canoe.

Of great variety are the water trails of the Maritime provinces, and a difficult task it would be to attempt to describe them all. Some of the enjoyable routes have been charted and are briefly described on the following pages. The time needed to complete each cruise has been given approximately as it is seldom that two parties travel at the same speed. One party, unable to throw off the influence of modern living conditions, will hurry over a route giving slight attention to the amenities of camp life. The next party may at once come under the thrall of the woods life and will idle along, enjoying the scenery, taking pictures, testing the pools and reaping the utmost benefit and pleasure of outdoor life. The time given would be too short for this company but more than sufficient for the speedier ones.

Detailed descriptions of a number of trips with accompanying charts have been prepared or are in course of preparation by the National Development Bureau for the convenience of the tourist. *Those for which detailed descriptions have been issued at date of publication are marked with an asterisk, thus *.*

The descriptions have been compiled from information secured from reliable sources and are believed to be correct. Rapids and the condition of portages vary decidedly in the various seasons of the year. Development operations, fires, and other causes contribute their share to alter the conditions of a route from season to season. Taking these factors into consideration, it is impossible to guarantee these descriptions as correct beyond the essential details.

* * * *

For the canoeist wishing to cruise on uncharted waters there are many routes not included in this list. There are also trips of comparatively short distances leading to beautiful lakes, abounding in fish, and well studded with islands providing excellent camp spots beneath the pines, where one's allotted time may be spent in cruising in the immediate vicinity.

NOVA SCOTIA

The canoe routes of this province which is on the eastern seaboard, offer many enjoyable trips through the lake regions for which it is famous. The Dartmouth and Ponthook lakes, lake Rossignol, Bras d'Or, and others in every section, issue their challenge to the fisherman and give solitude and restful quiet to the seeker of a holiday away from the cares of city life.

SHANNON RIVER BRIDGE TO MEDWAY*

Sixty miles—Five days

The first portion of this trip leads through the lake region of Queens and Annapolis counties, traversing many small lakes connected by short portages. The latter part of the route follows the Medway river down to tidewater. The splendid opportunities this trip affords for enjoying the fishing and game in the district are added charms to the scenery en route, which varies from that of civilization to wilderness.

SHANNON RIVER TO LIVERPOOL*

Eighty-two miles—Seven days

The preceding route is followed for some distance, and then the traveller turns westward through a chain of lakes over to beautiful lake Rossignol and thence down the Liverpool river to the town of that name. The famous "Indian Gardens" is but one of the many interesting spots passed on the way. Salmon and trout with duck and other game in season make the trip attractive to the sportsman as well as to one seeking only a restful holiday.

SHANNON RIVER BRIDGE, ROUND TRIP*

One hundred and seven miles—Nine days

Following the course described in the preceding trip as far as lake Rossignol and then turning north along the Liverpool river, this route leads through lake Kejimkujik, a former hunting ground of the Mic Mac Indians, and a chain of smaller lakes, then rejoins the upper Medway river and returns to the starting point.

HALIFAX TO TRURO*
Seventy-four miles—Six days

Through the picturesque Dartmouth lakes, noble Shubenacadie (or Grand) lake, the Subenacadie river, and then a run through the tidal waters of Cobequid bay, are the various experiences awaiting the canoeist undertaking this trip. Excellent fishing can be expected along the route and scenic beauties abound.

SOUTH MILFORD TO JORDAN FALLS
Seventy-five miles—Seven days

Cruising down many lakes and streams through a timbered wilderness, with excellent fishing along the way, this route leads to Jordan Falls where the railroad is reached.

ROSEWAY RIVER
One hundred miles—Ten days

The start is made from South Milford and traverses many beautiful lakes and streams to the Tobeatic lakes, where a portage is made over to the Roseway river which is followed down to the sea. Excellent fishing can be enjoyed. The trip ends at the interesting old town of Shelburne.

SOUTH MILFORD TO YARMOUTH
One hundred and twenty-five miles—Ten days

Leaving the Milford lake region the route passes into the waters of Sissibo river and then into the upper reaches of the Tuskett river and down this fine stream to the sea near Yarmouth. It is an excellent but by no means easy trip, affording a variety of experiences.

TRURO TO MUSQUODOBOIT HARBOUR
Sixty-five miles—Six days

An interesting trip can be made down the Salmon river to Cobequid bay and along the Shubenacadie and up the Gay river until it becomes too shallow, when teams are employed to make the 20-mile "carry" to Elderbank on the Musquodoboit river. The latter river is then followed down to salt water and the journey ended at Musquodoboit Harbour.



White Sands Fishing Waters

HUBBARD'S COVE TO WINDSOR*

Forty miles—Three days

For a short cruise the run from St. Margaret Bay to the Avon river is one offering many pleasant possibilities. A chain of small lakes are traversed after leaving the Cove, then the long narrow Ponhook lakes give welcome with their rippling waters and usher one into the St. Croix river which is followed along its many windings to the junction with the Avon.

ST. PETERS TO STRATHLORNE*

One hundred and five miles—Six days

For those who desire lake paddling, a trip through the picturesque Bras d'Or lakes will meet the requirements of the most exacting. Fishing and scenery, combined with many points of interest that call for attention, help to make it attractive. The Bras d'Or (Arm of Gold) lakes is a magnificent sheet of water about 45 miles in length and 20 miles at its widest. The scenery varies from Alpine grandeur to peaceful glades and entrancing waterscapes.

PRINCE EDWARD ISLAND

The canoeist will find conditions in Prince Edward Island different from those of any of the other provinces. No extended trips are available, but in their stead will be found delightful cruises on tidal inlets, short streams, and rivers where the joys of camping and canoeing can be indulged in in sufficient measure to satisfy the urge for out-door living. These short trips give one the certainty of locating a good site for a camp, where fresh eggs, butter and vegetables can be secured from nearby farms. Luxuries such as these are usually denied to the wilderness traveller.



Queen of a Quiet Bay

Aquatic and woodland plants add interest to Canadian canoe trails where rare and unique specimens arouse the curiosity of even those not botanically inclined. Stately elms, lofty pines, shivering aspens and the ever beautiful white birches are met as old friends. Lichens, mosses and fungi are there in great variety and enjoyment is added to the pleasures of a cruise by a study of these, also the ferns and foliage plants that line the banks.

NEW BRUNSWICK

The water trails of New Brunswick range from turbulent streams to peacefully flowing rivers and tree-encircled lakes. Many of the routes are through game-haunted regions, where the waters hide finny warriors ready to engage the angler in contest and test both his skill and his tackle.

PLASTER ROCK TO BATHURST*

One hundred and thirty-nine miles—Twelve days

Paddling up the Tobique river through a country dotted with small farming districts and lumbering settlements, the headwaters are reached and the divide crossed to the Nipisiguit river. This river runs through a well timbered, big-game country, and along its course are many rapids, furnishing sufficient excitement and sport to satisfy the desires of the so called "white water" canoeist. The general contour of the picturesque country traversed is rugged and mountainous, with peaks rising from 2,000 to 2,700 feet above sea level. These rivers are famous for their salmon and trout, while the Tobique region is one of the favourite haunts of the moose.

The trip ends on the famous Chaleur bay at Bathurst, a thriving town with many manufacturing and lumbering industries.

UPSALQUITCH RIVER*

One hundred and forty miles—Twelve days

Following the preceding route up the Tobique river and over the divide into Nipisiguit lake, the river is traversed to Portage brook, where a turn northward leads to the portage into Upsalquitch lake, the source of the Upsalquitch river. Shortly after leaving the lake a series of beautiful cascades is encountered, falling over 400 feet in a distance of less than two miles. Traversing a portion of New Brunswick famed for its plenitude of sport for the hunter and angler, this trip would be an excellent change.

MADAWASKA AND TOULADI RIVERS

One hundred and forty miles—Twelve days

The paddler venturing up the Madawaska river through Temiscouta lake and on along the Touladi river is assured of an excellent outing. The route offers a variety of scenery and sport, and the last portage will be made with regret.

JUNIPER TO NEWCASTLE*

One hundred and twenty miles—Ten days

Travelling along the southwest Miramichi river, through the centre of New Brunswick, the canoeist will be presented with a panorama of green wooded hills and flats, interspersed with high granite bluffs, which in places rise sheer from the water's edge. Salmon and trout are plentiful and many famous pools are passed on the way, while a number of excellent trout streams flow into the river. The water is fast at several places and calls for skill in handling a canoe. A short distance from the main river are the Fall Brook falls and the Fall Brook cascade, which are among the scenic marvels of New Brunswick. Numerous and excellent camp sites are located along the route inviting the voyager to pitch his tent and sojourn in sylvan solitude.

RESTIGOUCHE RIVER

One hundred and twenty-five miles—Twelve days

Detraining at Matapedia the canoeist launches his craft on one of the finest salmon rivers in the world, and a cruise along its course will long be remembered. The route leads through a wild, mountainous country, and many opportunities are presented for photographing game and picturesque scenes. Nearing the headwaters of the Restigouche a turn is made at the mouth of the Wagan river and the canoeist proceeds up this river to the Grand river, and thence to the St. John.

CAINS RIVER

One hundred and fifteen miles—Seven days

Absence of portages, ideal camp sites, excellent trout and early salmon fishing, are some of the inducements held out by this route. The canoeing is unexcelled right from Bantalor down the river to its junction with the Miramichi river near Howard.

GRAND FALLS TO SAINT JOHN*

Two hundred and three miles—Seven days

This portion of the St. John river flows through a level, rich farming country, and along its course are many islands which will provide ideal camp sites for the cruiser. All along the way are numerous places where one can easily restock a depleted larder.

The mighty Grand falls at the start of the trip are well worth viewing as the waters rush down a six-foot incline, before tumbling over a precipice, and fall with a thunderous roar into a chasm whose rocky walls tower to a height of from 100 to 250 feet. This is the only obstruction to navigation on the river above Saint John.



Meeting of the Waters

MAGAGUADAVIC RIVER

Sixty miles—Five days

After exploring Magaguadavic lake the canoe is pointed for the outlet where a short portage has to be made into the river, which is followed past many fine fishing pools through the heart of the big-game country. The first portion of the trip is through a wild country, heavily timbered in places, while other parts are level meadows with dead waters where the lily pads afford succulent tidbits for the lordly moose. Half way down the river the Piskahegan district is passed and several farmhouses are located along the river bank where one may purchase supplies. The journey ends near lake Utopia at St. George; many fine lakes can be explored in this vicinity.

ST. CROIX AND EEL RIVER

Sixty-five miles—Five days

After the beautiful Chiputneticook lakes with their splendid beaches, coves and points, this route leads through Grand lake by Monument stream, Eel lake and Eel river down to Meductic on the St. John river. The fishing along the way and in the tributary streams is good, while the scenery has only to be seen to be appreciated.

LAKE STREAM AND SALMON RIVER

Eighty miles—Six days

Following the windings of Lake Stream and Salmon river through excellent scenery and with assurance of splendid fishing, the canoeist eventually reaches the town of Chipman, a few miles distant from the head of Grand lake. Grand lake, with its many arms and bays, can be traversed a distance of 25 miles to Gagetown on the St. John river.

CANAAN RIVER

Seventy-two miles—Six days

The first thirty miles of the Canaan River trip are along the northern boundary of the game refuge and affords the nature-lover wonderful opportunities for studying wild life and securing photographs of the denizens of the forest in their native haunts. Salmon, trout, pickerel and perch can be caught as one goes along, and in the hunting season moose, deer and bear present possibilities to the sportsman. After passing Cole island, the river expands into Washademoak lake and is traversed for twenty-five miles down to Hampstead on the St. John river.

KENEBCASIS RIVER

Seventy miles—Six days

The canoeist on the Kenebecasis river is never many miles from civilization, as a railway line parallels his route from the head of the river down to Saint John. Flowing through a fertile valley the river passes many prosperous farms and towns and the last twenty-five miles are on the waters of Kenebecasis bay. Salmon and trout furnish sport for the angler.

CANOE CRUISE OUTFIT

The ideal canoe outfit is light and compact, and these features are usually attained by avoiding duplicate articles and non-essentials when selecting its various parts. The following suggested outfit, an adaptation of ones used by canoeists who have covered many miles of Canadian water trails, may be altered to suit the needs of each party and the character of the trip undertaken. The outfit as listed is seemingly a large one, but by making a careful selection of each article the whole can be packed in a surprisingly small space and should not be excessive in weight.

Dunnage bags and pack sacks are best for packing and make for easier portaging. Boxes and loose bundles are troublesome on a long carry.

CAMP OUTFIT

- | | |
|----------------------------|---|
| 1 Canoe—Not under 16 feet. | 1 Tent—7' by 7', preferably silk-water and mosquito proof. |
| 3 Paddles. | 1 Ground Cloth. |
| 2 Kneeling Cushions. | 1 Camera and Films. |
| 2 Tracking Ropes. | 1 Mosquito netting and dope. |
| 1 Axe. | Map of route (keep in section of auto or bicycle inner tube, tied securely at both ends). |
| 1 Candle Lantern. | |
| 4-6 Blankets. | |
| 2 Flannelette Sheets. | |

COOK OUTFIT

(For two persons)

- | | |
|---|-------------------------|
| 1 Coffee Pot. | 2 Knives. |
| 3 Saucepans or Pails and covers to fit. | 2 Forks. |
| 1 Frying Pan. | 1 Large Knife and Fork. |
| 1 Can Opener. | 2 Tins of Matches. |
| 3 Plates. | 2 Candles. |
| 2 Cups (Granite). | 1 Bar Laundry Soap. |
| 2 Deep Saucers or Small Bowls. | 1 Dish Cloth. |
| 3 Tea Spoons. | 1 Dish Towel. |
| 2 Dessert Spoons. | 1 Large Cooking Spoon. |

FIRST AID KIT

Bandages, Adhesive, Ointment, Quinine Capsules or other personal remedies.

REPAIR KIT

Can Marine Glue.
Canvas Patches.
Few Tacks and Nails.

Coil Fine Wire.
Twine.

SEWING KIT

Needles—Large and Small.
Thread and Yarn.

Buttons, Safety Pins.
Small Scissors.

FOOD SUPPLIES

(Two persons for five days)

This list will bear modification according to the locality selected for the trip, and individual tastes. For a longer trip increase the quantities accordingly and add dry beans, cured meats, etc.

5 Loaves Bread.	1 lb. Cornmeal.
1 lb. Butter.	2 lbs. Flour.
1 lb. Lard or Cooking Oil.	$\frac{1}{4}$ lb. Baking Powder.
1 lb. Oatmeal or Rolled Oats	1 Jar Honey or Jam.
$\frac{3}{4}$ lb. Coffee.	1 pkge. Pancake Flour.
$\frac{1}{4}$ lb. Tea.	1 tin Maple Syrup.
3 lbs. Sugar.	$\frac{3}{4}$ lb. Salt.
5 Small Cans Condensed Milk.	1 Small Tin of Pepper.
1 Bottle Pickles.	6 Soup Tablets.
1 lb. Rice.	$\frac{1}{4}$ Peck Potatoes.
1 lb. Dried Apples, Peaches or Apricots.	2 Tins Sardines.
1 lb. Prunes.	2 Small Cans Beans.
2 lbs. Bacon.	$\frac{1}{2}$ lb. Raisins.

Waterproof provision bags should be used for all foods and these safely packed in waterproof dunnage bags as an added precaution.

PERSONAL EQUIPMENT

1 Felt Hat.	3 Handkerchiefs.
1 Sweater or Mackinaw.	1 Pocket Knife.
1 Rubber Sheet or Poncho.	1 Waterproof Match Safe.
1 Pair Duck Trousers.	1 Compass.
1 Pair Wool Trousers.	Shaving Brush and Soap, Razor,
1 Wool Army Shirt.	Comb and Brush, Talcum, Mir-
1 Khaki Shirt.	ror, etc.
1 Suit Light Underwear.	1 Bar Toilet Soap (floating).
1 Suit Wool Underwear.	2 Towels.
2 Pairs Heavy Socks.	Fishing Rod and Tackle.
1 Pair Leather Boots.	Tobacco, Pipe and Cigars.
1 Pair Canvas Shoes, rubber soles.	

The above outfit should be duplicated by every member of the party—part to be worn and the balance packed in waterproof dunnage bags.

All dunnage bags should be packed so that the most used articles are on top, and in loading the canoe the cook outfit and provisions should be easy of access without disturbing the rest of the duffle when stopping for lunch.

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This booklet is one of a series of four which have been issued by the National Development Bureau, Department of the Interior, Ottawa. Should you not find on the preceding pages a trip to suit your choice or convenience a copy of any of the other booklets will be sent on request. The titles of the booklets in the complete series are as follows:—

Canoe Trips in the Maritime Provinces.

Canoe Trips in Quebec.

Canoe Trips in Ontario.

Canoe Trips in Western Canada.

PRINTED BY
F. A. ACLAND, KING'S PRINTER
OTTAWA, CANADA