



Cape Breton  
Highlands  
National Park

# 2015 Activity Guide

Choose Your Own Big Adventure



NATIONAL  
CONSERVATION  
PLAN



Parks  
Canada

Parcs  
Canada

Canada

## How To Reach Us

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### Cape Breton Highlands National Park

Ingonish Beach, NS  
B0C 1L0  
Canada  
Tel: 902-224-2306  
Fax: 902-285-2866  
Email: [cb.info@pc.gc.ca](mailto:cb.info@pc.gc.ca)  
[www.parksCanada.gc.ca/capebreton](http://www.parksCanada.gc.ca/capebreton)

### Campground Reservations

[www.reservation.parksCanada.gc.ca](http://www.reservation.parksCanada.gc.ca)  
1-877-737-3783

### Follow Us



### Emergency Numbers

Police, fire, ambulance: 911  
Parks Canada visitor safety emergencies: 1-877-852-3100

### CONSTRUCTION NOTICE

- Expect construction delays in Cape Breton Highlands National Park.
- We appreciate your patience as we improve our roads and bridges.
- Check with visitor centres for updates, estimated wait times and trip-planning advice.
- The park is idle-free. Please turn off engines while you wait.

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# Welcome to Cape Breton Highlands National Park

where the mountains meet the sea!

Your adventure awaits in Cape Breton Highlands National Park! Accessible to all via the famous Cabot Trail, the park protects 950 square kilometres of majestic plateaus, deeply cut river canyons and spectacular scenery.

A park pass is required from May to October for park use. For more information on fees and services, visit park facilities, call 902-224-2306, or visit [parksCanada.gc.ca/capebreton](http://parksCanada.gc.ca/capebreton).

## Top 10 Things to Do on a Whim

1. Take the "Skyline Sunset Hike" – p. 6, 14
2. Unwind at the beach – p. 10
3. Take up the "10-Hikes-in-One-Day Challenge" – p. 5
4. Try "Seeing in the Dark" – p. 6, 14
5. Go whale watching
6. Pamper yourself at the Keltic Lodge Resort and Spa
7. "Meander to Middle Head" – p. 6, 14
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9. Take a swing at the Highlands Links – p. 11
10. Picnic in a Perfect Place – p. 9



# Special Events 2015

## at a glance

## What's New in 2015!



- Roots to Boots Festival, p. 3, 7
- Ingonish Visitor Centre exhibit
- oTENTiKs, p. 8-9
- Glasgow Lakes Extension Trail, p. 4-5
- Hike a trail. Plant a tree. Save a forest! p. 3, 7, 12-13
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## Visitor Centre Hours of Operation

May 15 – June 25  
9:00 am to 5:00 pm

June 26 – Aug 30  
8:00 am to 7:00 pm (Chéticamp)  
8:00 am to 8:00 pm (Ingonish)

Aug 31 – Sept 26  
8:00 am to 6:00 pm (Chéticamp)  
9:00 am to 6:00 pm (Ingonish)

Sept 27 – Oct 18  
9:00 am to 5:00 pm

### May

23-24 Cabot Trail Relay race

### June

11-14 Roots to Boots Festival - Chéticamp  
21 Bicycle Rodeo (rain date June 28) - La Rigouèche Day Use Area

### July

1 Canada Day - Ingonish & Chéticamp  
5 Ingonish Triathlon  
6 Musique entre amis - Chéticamp Visitor Centre  
9, 12, 17, 20 Paint the Park - Chéticamp Visitor Centre  
10, 13, 18 Storytelling Through Song - Chéticamp Visitor Centre  
11, 16, 19 One Step at a Time - Chéticamp Visitor Centre  
18 Parks Day  
18 Cape Breton Highlands 3 Peaks Challenge  
18 Parks Day Picnics  
18-19 Learn To Camp - Chéticamp Campground  
19 Introduction to Geocaching - Chéticamp Visitor Centre  
20 Musique entre amis - Chéticamp Visitor Centre  
21 Coastal Life Discovery Program - Chéticamp River Estuary  
26-31 Le Festival de l'Escaouette - Chéticamp  
27-31 Eco-Kids! - Various locations - Chéticamp area  
28 Acadian Milling Frolic - Trout Brook

### August

1-2 Le Festival de l'Escaouette - Chéticamp  
3 Musique entre amis - Chéticamp Visitor Centre  
10-17 Nikani Awtiken Mi'kmaq Youth Camp  
10-14 Junior Naturalist Day Camp - Black Brook Beach  
14 Star-gazing and Meteor Showers - La Bloc  
15 Star-gazing and Meteor Showers - Black Brook Beach  
17 Coastal Life Discovery Program - Clyburn Brook Estuary  
18 Coastal Life Discovery Program - Neils Brook Estuary  
24-28 WILD Pedagogies

### September

5, 12, 19, 26 Hike a trail. Plant a tree. Save a forest! - Skyline Trail  
11-12 Ride 4 the Cure Cape Breton  
11-20 Hike the Highlands Festival

### October

9-17 Celtic Colours International Festival  
9 Hike to Mica Hill - Glasgow Lakes Extension Trail  
10 Harvest Hike / Pumpkin Carving - Salmon Pools Trail  
10 Harvest Hike / Pumpkin Carving - Warren Lake  
11 Celtic Colours Plant a Tree - Skyline Trail  
13 Celtic Colours Guided Hike - Acadian Trail  
14 Celtic Colours Guided Hike - Aspy Trail  
15 Celtic Colours Guided Hike - Franey Trail  
23-25 Huckle Buckle Festival - Ingonish

In addition to the many special events taking place in the park, park guides are out and about daily in the peak season and invite you to "Chat with us, Walk with us and Explore with us." See pages 5, 6 and 14-15 for details, or stop in to our park visitor centres. Visit [parksCanada.gc.ca/capebreton](http://parksCanada.gc.ca/capebreton), or call 902-224-2306 for more information. Schedule subject to change.

For a complete list of local festivals, music, shows and events, visit park visitor centres, [cbisland.com](http://cbisland.com), [cabottrail.travel](http://cabottrail.travel), [northerncapebreton.com](http://northerncapebreton.com) or [novascotia.com](http://novascotia.com).

# Hiking

Experience the Hiking Capital of Eastern Canada in all its glory. The park's 26 hiking trails range from easy strolls to challenging climbs with panoramic views of canyons, highlands and seacoasts.



## Wildlife Safety

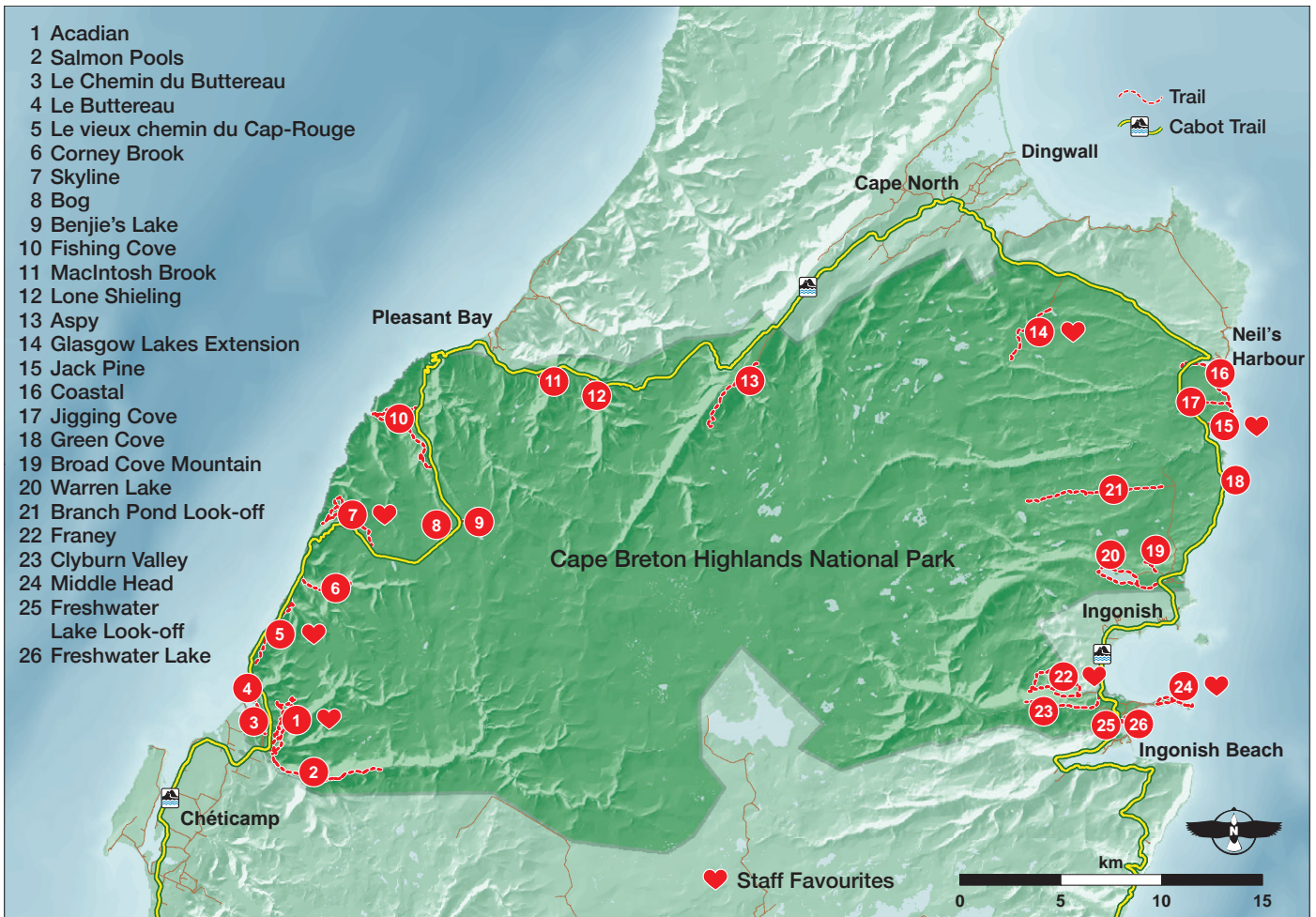
The black bear, moose and eastern coyote live here. These animals have been known to cause serious injury and even death to humans throughout their range in North America.



- Give animals plenty of space and a means of escape.
- For your safety, keep dogs on leash at all times.
- **DO NOT FEED** animals directly or indirectly (through littering). Animals that have access to food or garbage lose their fear of people.
- Keep campsites clean.



Be informed. Please pick up the "Keep it Wild, Keep it Safe" brochure at our visitor centres.



# Glasgow Lakes Extension

NEW

This breathtaking trail winds through enchanting Acadian mixed forest and stunted taiga as it climbs to the wind-swept highlands plateau. Be awestruck by stunning 360° views spanning the barrens, the dramatic Aspy fault, coastal villages far below and mountains reaching the most northern tip of Cape Breton. Continue along a narrower footpath to Mica Hill's incredible outcrops of quartz and mica.



Chat with us! Walk with us!  
Explore with us!

## Park Interpreters Out and About

- Veterans Monument viewpoint
- Skyline Trail
- Bog Trail
- Green Cove Trail
- Lakie's Head Viewpoint

...and at a rich variety of interpretive programming (p. 6, 14-15)

## The RED Chair Challenge

### Find your Red Chair moment

Connect with nature in 10 of our most treasured places. Our red chairs offer you a place to slow down, relax and enjoy the best that Cape Breton Highlands has to offer. Seek out our red chairs to enjoy majestic views, snap a photo and share your experience. Post your pics and tag our Facebook page - but please don't reveal their location! [facebook.com/CBHNP](https://www.facebook.com/CBHNP) #ShareTheChair #TimeToConnect



## Good Practice

- Hike with friends and a solid walking stick.
- If you walk alone, tell someone where you are going.
- Do not approach, disturb or feed wild animals.
- Pack in, pack out. Littering attracts wildlife, putting you and animals at risk.
- Dress appropriately – weather may change rapidly on the plateau and along the coast.
- Bring water, especially for longer trails, climbs and open barrens.
- Bring insect repellent. Black flies and mosquitoes are common all summer.
- Stay on the trails to protect fragile vegetation.
- Caution: cell phone coverage within the park is unreliable.

## Love a challenge?

### A Hearty Highlands Challenge

Hike our 26 trails in 2015 and win a topographic map. Bring a signed list with trail names and dates or photos of you on each trail to the visitor centre.

### 10-Hikes-in-One-Day Challenge

Hike 10 short trails in one day! If you walk regularly, you can do this at a leisurely pace. Bring a signed list of trails or photos of you on each trail to the visitor centre for a souvenir magnet.

#### SUGGESTED TRAILS:

- Le Buttereau
- Jack Pine
- Bog
- Green Cove
- Benjie's Lake
- Broad Cove Mountain
- MacIntosh Brook
- Freshwater Lake
- Lone Shieling
- Freshwater Lake Look-off



# Guided Adventures

## Meander to Middle Head

....and **join us for a guided hike that will take your breath away.** Be inspired by the beauty of the coastline on a 4 km guided hike along the stunning, rugged Middle Head Peninsula, home of the Keltic Lodge and Highlands Links golf course.

Daily | 10 am | 2 hours

Meet in the parking lot at Middle Head trailhead. Tickets available at park facilities. \$4.90



## Seeing in the Dark

**Explore the night in a place where it truly gets dark.** Learn tips and tricks for using your senses to peek under the cover of night. A symphony of owls, loons and toads accompanies you on this one-of-a-kind journey into the vibrant nocturnal world.

Wednesdays | 8:30 pm Jun/Jul; 8 pm Aug; 7:30 pm Sept | 2.5 hours

Not recommended for visitors under 12 years of age. Pre-registration required at campground kiosk or visitor centre. Space is limited. \$14.70



## Lantern Walk Through Time

As the darkness creeps in, listen for the haunting sounds of the night. **Step into the past and become spellbound by the tales of this place,** brought to life by the call of the loon and the crash of the waves.

Tuesdays | 9 pm Jun/Jul; 8:30 pm Aug; 8 pm Sept | 1.5-2 hours

Recommended for visitors 8 years of age and over. Pre-registration required at campground kiosk or visitor centre. Meet in the parking lot at Freshwater Lake trailhead. Space is limited. \$14.70



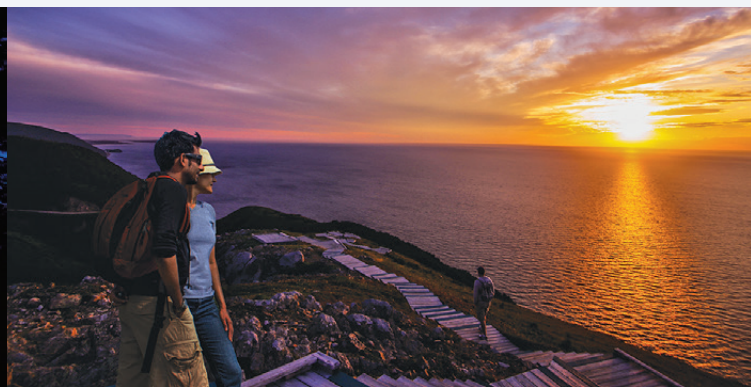
## Skyline Sunset Hike

*A recognized Canadian Signature Experience*

**Immerse yourself in the splendour of the sunset as the ocean glistens below.** A walk through the boreal forest reveals this panoramic view, often graced by bald eagles, whales and moose. Here, the mountains truly meet the sea.

Monday-Friday | 2 hours before sunset | 2.5-3 hours

Not recommended for visitors under 12 years of age. Pre-registration required at campground kiosk or visitor centre. Space is limited. \$14.70



Please refer to schedule on page 14-15 for other interpretive activities and events.

## Eco-Kids!



New this year, a drop-in day camp for youth ages 11 to 16 and their families. Explore the geology at Presqu'île's rocky beach, discover the flora and fauna along the trails in the Acadian and boreal forests and be amazed by the fascinating life in a bog. Pick up your schedule for the week at one of our visitor centres. Drop in for one session or come to all five – the choice is yours.

Monday-Friday, July 27-31 | 2-4 pm | \$7.80 per session



# Festivals 2015

Roots to Boots – June 11-14



The first annual Roots to Boots Festival will be held in the communities of Chéticamp and Louisbourg. The festival offers a unique blend of entertainment engineered to please cultural enthusiasts: storytelling, hiking, food, local-flavour concerts, songwriters' circle and late-night square dances!



Festival PARK ART – July 9-20

Kids get creative in Cape Breton Highlands National Park. The local arts and culture sector stages creative classes for kids ages 7 to 12 years in the inspirational surroundings of the national park. Youth teaching youth and exploring creativity in the visual arts, traditional dance and music.

**Paint the Park – July 9, 12, 17, 20** - Kids participate in a painting workshop led by a local youth inspired by the landscapes of Cape Breton Highlands National Park.

**Storytelling Through Song – July 10, 13, 18** - Kids learn a traditional folk song from a local youth, and the story behind the song.

**One Step at a Time – July 11, 16, 19** - Local youth teach kids a basic dance step which is used in traditional dance around Cape Breton Island.

Meet at the red chair outside the Chéticamp Visitor Centre.  
9 am - 11 am

Please refer to page 3, Special Events 2015 at a Glance, and visit [parkscanada.gc.ca/capebreton](http://parkscanada.gc.ca/capebreton) for more details.

Hike the Highlands – September 11-20

Join us for the 12th annual Hike the Highlands Festival, featuring guided hikes within and near the park, evening activities and presentations, the hiker distance award, opening and closing ceremonies, and a photo contest. Fee applicable. Registration: [hikethehighlandsfestival.com](http://hikethehighlandsfestival.com)



**Cape Breton Highlands 3 Peaks Challenge – July 18**

Teams of four members hike three peaks in one day! This year's climbs are Money Point Light, Money Point Gulch and Franey. Registration: [hikethehighlandsfestival.com](http://hikethehighlandsfestival.com)



Celtic Colours – October 9-17

Cape Breton Island is alive with music, energy and excitement during this nine-day festival. Communities around the island host concerts and events at a time when the fall leaves are at their most brilliant. [www.celtic-colours.com](http://www.celtic-colours.com)



**Celtic Colours Hikes – October 13-15**

Hike through a vibrant panorama of autumn leaves as fiddle music resonates within you. Join park staff for a guided hike associated with Celtic Colours International Festival concerts in Chéticamp, Aspy Bay and Ingonish. 10:30 am. For hike details, contact [cb.info@pc.gc.ca](mailto:cb.info@pc.gc.ca), 902-224-2306  
Oct. 13: Acadian Trail; Oct. 14: Aspy Trail; Oct. 15: Franey Trail

**Celtic Colours Plant a Tree – October 11**

As a way of giving thanks to our forests, join the park's Bring Back the Boreal! project by planting seedlings on the beautiful Skyline Trail. Learn about our boreal forest amidst the stunning landscape and enjoy some music along the trail. For hike details, contact [cb.info@pc.gc.ca](mailto:cb.info@pc.gc.ca), 902-224-2306  
Skyline Trail, 9:30 am



# Camping

With access to breathtaking hiking trails and spectacular beaches, our campsites range from remote sites with tent pads in the back country, to fully serviced RV and traditional tenting sites, to NEW hassle-free comfort camping sites. Just pick your preference and let the camping fun begin!

No gear? No problem!

**Equipped campsites** are available in Chéticamp campground for your camping convenience. These sites include a 6-person tent, sleeping pads, everything you'll need to cook outdoors and more! Just bring your bedding, provisions and sense of adventure.



Receive a 15% discount by camping 7 consecutive nights or more! Sites at Broad Cove and Chéticamp campgrounds can be reserved at [reservation.parkscanada.gc.ca](http://reservation.parkscanada.gc.ca) or by calling 1-877-737-3783.

## Camping Services

	oTENTiks	Equipped camping	Full hook-ups	Full hook-ups	Electrical	Tent sites	Tent sites	Accessible	Kitchen shelters	Drinking water	Playgrounds	Flush toilets	Showers	Ocean swimming	Trails	Group camping	Laundry	Back country	Interpretation
<b>BROAD COVE</b>	5	-	34	49	-	58	56	■	■	■	■	■	■	■	■	■			■
<b>CHÉTICAMP</b>	5	5	9	15	14	9	60	■	■	■	■	■		■	■				■
<b>INGONISH</b>	-	-	-	-	-	-	-	■	■	■	■	■	■	■	■				
<b>CORNEY BROOK</b>	-	-	-	-	-	-	20		■		■		■	■					
<b>BIG INTERVALE</b>	-	-	-	-	-	10	-		■					■					
<b>MACINTOSH BROOK</b>	-	-	-	-	-	10	-		■	■	■			■					
<b>FISHING COVE</b>	-	-	-	-	-	8	-						■	■				■	
<b>ROBERT BROOK</b> (Group Camping Only)	-	-	-	-	-	-	1		■	■	■	■		■	■				

Fireplace on site

Site with no fireplace



# oTENTiKS

Available in Broad Cove and Chéticamp campgrounds, oTENTiKS offer the ultimate hassle-free camping experience.



- ✓ Unique blend of tent and rustic cabin.
- ✓ Equipped with beds and furniture.
- ✓ Sleeps 6 people.
- ✓ Bring your bedding and cooking gear.



## Top 10 Perfect Picnic Places

Pack your picnic lunch and take advantage of our first-ever list of Perfect Picnic Places!



1. **Salmon Pools** – Venture into the spectacular Chéticamp River canyon and stop by the riverbank for your picnic.
2. **La Bloc** – Let the ocean lap at your feet as you enjoy your picnic.
3. **Le vieux chemin du Cap-Rouge** – A 5-minute climb brings you to a picturesque panorama.
4. **Fishing Cove** – A remote piece of paradise beckons you to visit and linger a while as you dine outdoors.
5. **Grande Anse** – Find a picnic table nestled in the shade of huge old-growth maples.
6. **Neils Brook** – Visit this secluded little gem and soak up the gorgeous coastal views at the estuary's edge.
7. **Black Brook South** – Watch a waterfall cascade into the ocean at one of Canada's top beaches as you enjoy your meal from a private setting by the sea.
8. **Mary Ann Falls** – The thunder of the falls will accompany your appetite at this spectacular site.
9. **Top of Franey Mountain** – Reward yourself with awesome views and a hearty snack at the end of your climb.
10. **Middle Head** – Enjoy your picnic and the stunning scenery surrounded by ocean on three sides.

## Learn to Camp July 18-19

### Chéticamp Campground

New to camping? Join us for a fun-filled night of sleeping under the stars, presented by Cape Breton Highlands National Park in partnership with Mountain Equipment Co-op. With special guests, Cape Breton Family Place Resource Centre, we'll show you how to set up a tent, make a campfire and cook outdoors. Supper and breakfast are included. Other activities will include games, learning the basics of camping and hiking, and a S'mores competition. Unwind by the campfire enjoying songs and stories – bring your instrument and join in. Check our website for fees and complete details: [parks.canada.gc.ca/capebreton](http://parks.canada.gc.ca/capebreton) Registration required: 902-562-5616.

*Celebrate Parks Day, July 18, by packing a picnic and heading out to your favourite picnic place!*





# Play in the Park

## Swimming & Beaches

The park is home to many superb beaches. Choose between salt water or fresh water, or enjoy both at one location.

**Ingonish Beach and Freshwater Lake** – Jump from salt water to fresh water with just a few steps across the barachois in between. Dogs are not permitted in the supervised area of the beach. Lifeguards on duty, ocean side, July & August.

**North Bay Beach** – For those seeking a quieter, more secluded beach experience, this long expanse of sand beach is very inviting.

**Broad Cove Beach** – Dip into the Atlantic and rinse off in the neighbouring brook by this sandy beach at the foot of Broad Cove Campground.

**Warren Lake** – Our largest lake, with resident loons and incredible mountain scenery, warms up quickly in the summer to provide an enjoyable beach adventure for the whole family.

**Black Brook Beach** – Take in the ocean views at one of our most popular beaches, bordered by a gentle waterfall on one end and intersected by a freshwater brook.

**Neil's Harbour Beach** – A natural gem with sand stretching between the Atlantic and Neils Brook Estuary, from the rugged shores of the Coastal Trail to the community of Neil's Harbour.

**La Bloc Beach** – The wharf reaching into the warm gulf waters reminds us of the Acadians who once lived near this pebbly beach on the west side of the park. Enjoy a walk along the coast, a refreshing dip and spectacular sunsets.

## Geological Gems

**Grande Falaise** – a “big cliff” with layers of history.

**Presqu'île** – a vertical fault in the water parallel to the beach separates Pillar Rock (375-million-year-old volcanic basalt) from much older shiny, metamorphic phyllite in the cliffs along the beach.

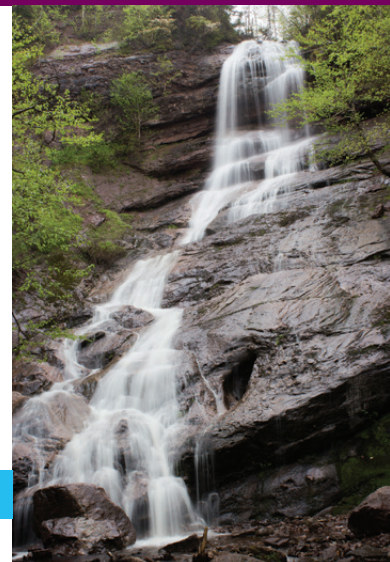
**Oldest rocks in Nova Scotia** – more than a billion-year-old Grenville gneiss and anorthosite, once part of the Canadian Shield, can be spotted along the roadside as you descend the Cabot Trail from North Mountain to Pleasant Bay.

**Aspy Fault** – the park's most spectacular fault extends 30 km from the centre of the highlands to the ocean and may be related to the Great Glen Fault in Scotland. Check out the view and exhibit on the North Mountain viewpoint.

**Green Cove** – offers ready access to spectacular granites and related cross-cutting pegmatite dykes, part of the 375-million-year-old Black Brook Granitic Suite which underlies much of the eastern part of the park.

*CAUTION - Undertow and rip currents can be very dangerous. Please exercise caution while swimming at any ocean beach, especially in turbulent waters or after a storm. Undertows at Black Brook, Broad Cove and Ingonish Beach can be particularly strong.*

In certain beach areas, pets are not permitted.



## Waterfalls

**Corney Brook Falls** can be found at the end of a 3 km walk along the Corney Brook Trail.

**MacIntosh Brook Falls** is nestled in the heart of the old-growth forest of the Grand Anse Valley at the end of a short trail.

**Beulach Ban Falls** in the Aspy Valley is the highest waterfall in the park and just a few steps from the parking area at the end of a 3 km gravel road. Follow the Aspy Trail on foot to find more waterfalls.

**Black Brook Beach's** waterfall tumbles into the Atlantic Ocean and can be viewed from the beach or Coastal Trail.

**Mary Ann Falls**, a splendid sight, with the greatest volume of all our waterfalls, rewards you after a 7 km drive up a dirt road and a short 200 m walk.



## Parks Canada Xplorers

Would you like to be a Parks Canada Xplorer? Pick up a booklet at one of our park facilities and complete a variety of fun, hands-on activities specifically designed for children ages 6 to 11 and their families. Once you have accomplished your mission, come into either visitor centre to claim your official Xplorer certificate and prize.



## Visitor Centres

**Stay connected: Wi-Fi** is now available at both park visitor centres (Chéticamp and Ingonish).

**Take a little something home:** Peruse the new official **Parks Canada merchandise** available at the Ingonish Visitor Centre and Les Amis du Plein Air Nature Bookstore.

**Les Amis du Plein Air:** This non-profit association, working in co-operation with Cape Breton Highlands National Park, promotes outdoor recreational and educational experiences and operates a **nature bookstore** in the Chéticamp Visitor Centre, offering a wide variety of books, field guides, outdoor clothing, and gift items.



## Geocaching

Take on the challenge of searching for the park's many geocaches and discovering our treasures. Begin your quest at park visitor centres, or visit [geocaching.com](http://geocaching.com).

**Eco-Cache Challenge** – 5 caches along 17 km of trails, situated throughout the park. Earn a trackable geocoin while supplies last.

**Middle Head Multi-Cache** – 5 caches hidden along the Middle Head Peninsula, an iconic park feature with a rich cultural history.

**Fishing Cove** – a traditional cache in a rolling landscape steeped in adventure and mystery.

**It's Your Fault** – discover one of the Earth's breathtaking natural processes, featured in this EarthCache. Accessible directly from the Cabot Trail. ([www.earthcache.org](http://www.earthcache.org))

**Parka's Campground Kid Cache** – learn about our native tree species at Chéticamp and Broad Cove campgrounds. A great introduction to geocaching. Stop by the Chéticamp Visitor Centre or Broad Cove Campground Kiosk to get your starter page.

## Top 5 Things for Kids to Do

1. Become a **Parks Canada Xplorer**
2. **Find Parka's Campground Kid Caches** (see Geocaching)
3. Let loose at the new **Ingonish Beach** or **Chéticamp Campground playgrounds**
4. Discover the stone shepherd's hut on the **Lone Shieling Trail**
5. Visit one of the park's visitor centres and try out the **Club Parka** activities designed for children ages 3 to 6 and their families.



## Cycling

Cycle part or all of the Cabot Trail, one of the world's top ten cycling destinations, or any of the following park trails which are suitable for cycling: Freshwater Lake, Clyburn Valley, Branch Pond Look-off, and Salmon Pools.

Several Nova Scotia-based companies offer supported rides and rentals. See [velocapebreton.ca](http://velocapebreton.ca), [velomax.ca](http://velomax.ca), [northnova.ca](http://northnova.ca), [pedalandseaadventures.com](http://pedalandseaadventures.com), [freewheeling.ca](http://freewheeling.ca), [atlanticcanadacycling.com](http://atlanticcanadacycling.com), [cabot-trail-outdoors.com](http://cabot-trail-outdoors.com), and [frameworkfitness.com](http://frameworkfitness.com) for more information.



## Golf

Conceived and constructed under the watchful eye of world-renowned designer Stanley Thompson, the Highlands Links Golf Course ranks among the top 100 worldwide and often #1 in Canada. Its unique combination of seaside and mountain holes makes it a truly outstanding golfing experience. For more information, call 1-800-441-1118, or visit [highlandlinks.com](http://highlandlinks.com).



# Bring Back the Boreal!

Parks Canada is working to restore the forest health of Cape Breton Highlands National Park.



Grass taking over.

The boreal forest ecosystem in the park is changing. In the past there was very little grass growing in the forest, but in the last 10 years grasslands have greatly increased in size, now covering 11% of the total park area. Usually trees grow to fill in the gaps, but this is not happening. Why?

In the 1970s, spruce budworm killed many trees in the park. The new trees and shrubs that started to grow were perfect food for moose. The moose feasted on the abundance of seedlings and their population in the following years grew rapidly, which meant even more young trees were gobbled up. In some areas of the park there are more than two moose per square kilometre. This is more than a healthy ecosystem can handle. On portions of North Mountain and the Skyline Trail moose have eaten most of the young trees and, instead of a new forest taking hold, grass is growing. Once grass starts to take over an area, it is difficult for anything else to grow.




The Forest Restoration Project brings together Parks Canada, the Mi'kmaq of Nova Scotia and other partners to address these issues.

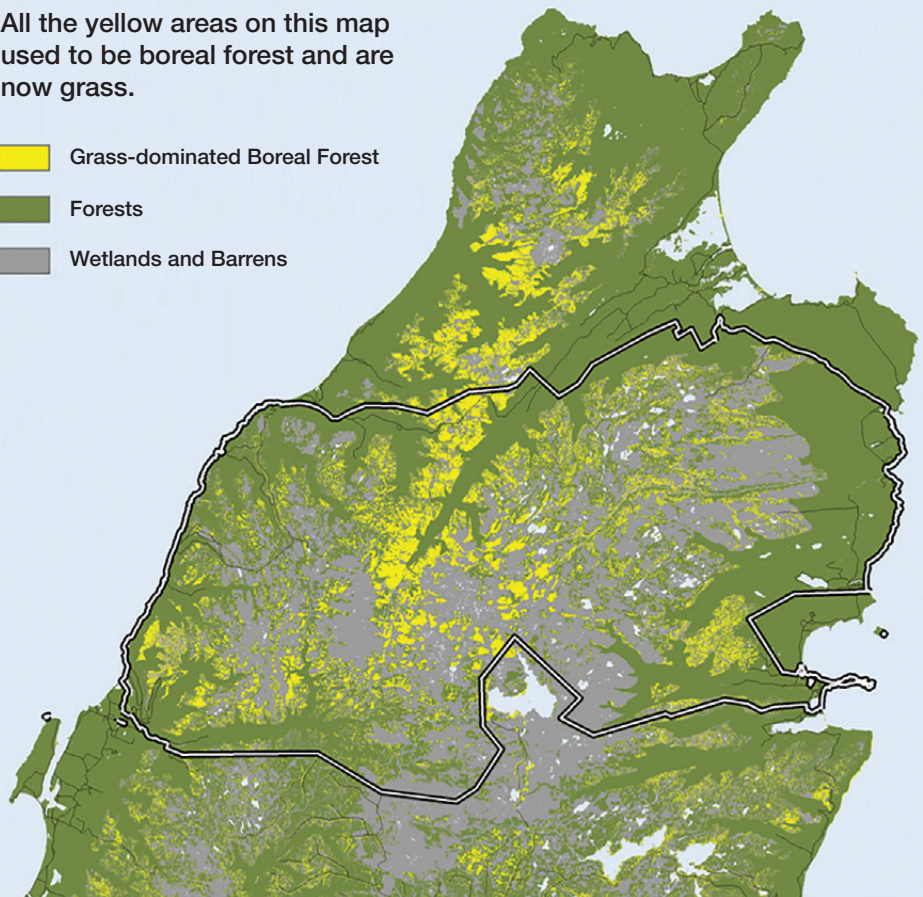
Over the next three years we will be experimenting with different ways of helping the boreal forest regenerate, including planting trees and building fences to protect them from hungry moose. These actions will bring back a portion of healthy boreal forest in Cape Breton Highlands National Park.

Want to spot which trees moose have nibbled? Here's what to look for.



All the yellow areas on this map used to be boreal forest and are now grass.

-  Grass-dominated Boreal Forest
-  Forests
-  Wetlands and Barrens



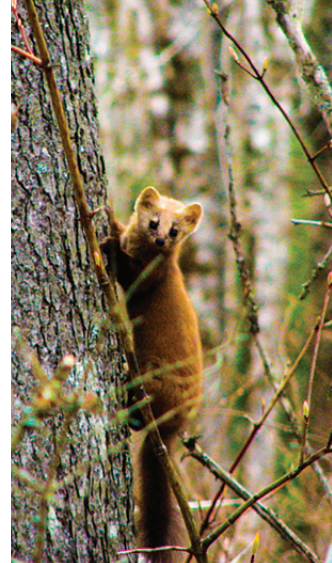
# Species at Risk

Bicknell's thrush is a threatened species in Canada. These birds build their summer homes in the dense stands of balsam fir and spruce found in the boreal forest and are struggling to find nesting sites in the open grassland.

Canada lynx and American marten are endangered in Nova Scotia. They rely on the boreal forest for shelter and food.



K. Fraser



## The Exclosure

A 5-hectare exclosure was constructed on the Skyline Trail to keep moose out and protect tiny seedlings planted inside.



## Join in!

Part of this project is about YOU getting involved. We invite you to participate in restoring Cape Breton Highlands National Park's boreal forest.

Starting this year, we'll be planting more than 50 000 seedlings on the Skyline Trail. Planting will take place in the spring and fall, when young trees are most likely to survive. Tree planting events are planned for every Saturday in September, with a special Celtic Colours planting on October 11.

To learn more, contact us at [cb.info@pc.gc.ca](mailto:cb.info@pc.gc.ca), 902-224-2306.



Helping regenerate our boreal forest one tree at a time on the Skyline Trail.



Youth from camp Nikani Awtiken collect data.

## Our Mi'kmaq Partners

UINR (Unama'ki Institute of Natural Resources) is Cape Breton's Mi'kmaq voice on natural resources and the environment; they are engaged in forestry, marine science research, species management, traditional Mi'kmaq knowledge, water quality monitoring, and environmental partnerships.

[www.uinr.ca](http://www.uinr.ca)



# Chat with us! Walk with us! Explore with us!

WEST (CHÉTICAMP AREA)		CHÉTICAMP CAMPGROUND	
√ Program included with park pass		\$ Additional fee applies	
		** Pre-registration required	
Sunday	Monday	Tuesday	Wednesday
<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 21 – Sept 20	<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 22 – Sept 21	<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 23 – Sept 15	<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 24 – Sept 16
√ <b>An Evening on the Beach</b> Broad Cove Beach 8 pm Jun 28 – Sept 6	√ <b>Interpreter's Pick</b> Broad Cove Outdoor Theatre 9 pm Jun 29 – Jul 27 8:30 pm Aug 3 – Sept 7	** \$ <b>Lantern Walk Through Time</b> Freshwater Lake 9 pm Jun 23 – Jul 28 8:30 pm Aug 4 – 25 8:00 pm Sept 1 – 15	** \$ <b>Seeing in the Dark</b> Warren Lake 8:30 pm Jun 24 – Jul 29 8 pm Aug 5 – Aug 26 7:30 pm Sept 2 – 16
√ <b>Interpreter's Pick (French)</b> Chéticamp Visitor Centre 7 pm Jun 28 – Sept 6	** \$ <b>Skyline Sunset Hike</b> Skyline Trailhead 2 hrs before sunset Jun 22 – Sept 21	** \$ <b>Skyline Sunset Hike</b> Skyline Trailhead 2 hrs before sunset Jun 23 – Sept 15	** \$ <b>Skyline Sunset Hike</b> Skyline Trailhead 2 hrs before sunset Jun 24 – Sept 16
√ <b>Interpreter's Pick</b> Chéticamp Visitor Centre 8:30 pm Jun 28 – Sept 6	In case of rain: Guided hikes will proceed if numbers permit. If need be, Outdoor Theatre and Broad Cove Beach programming will take place at the Broad Cove Activity Building.		

## An Evening on the Beach

Awaken your senses in a stellar ocean setting. Stroll and play on the beach as tales of the past spark your imagination. Then, settle in around the campfire and relax under the stars. Bring a chair or blanket. Musical instruments welcome. 2 hours

## Bring Back the Boreal!

Our boreal forest is changing and moose have a lot to do with that! Let us shed some light on what is happening with forest regeneration in the Cape Breton Highlands. 1 hour

## The Beach is Alive

See how natural forces bring Broad Cove Beach to life as it shifts and evolves. Crouch down in the sand, meet its residents and discover the key roles they play. Program geared to family audience. 1 hour

## Discovery Zone

Children of all ages and their families will discover nature and our national park through interactive, hands-on activities and lots of fun. 1 hour

## Interpreter's Pick

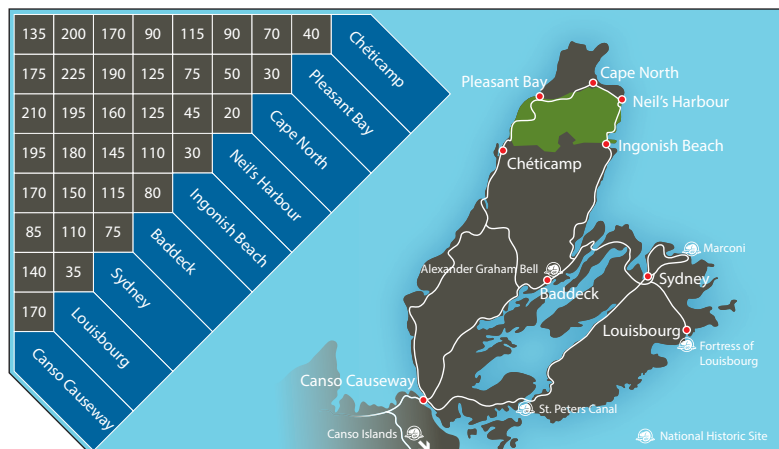
Our park guides share their favourite natural and cultural wonders. From captivating programs about the flora and fauna of the national park to nature movies and guest speakers, embark on a journey of discovery with people who have a passion for parks. Check with staff for this evening's pick. 1–2 hours

## Gaelic Milling Frolic

Join Gaelic singers Geoffrey and Rebecca-Lynne for an entertaining evening exploring the Gaelic culture through songs. The whole family will be swept away by the rhythm of this hands-on "milling frolic". 1 hour. \$5



Distance Chart  
(distances in km)



# Weekly Schedule of Guided Activities and Evening Programs

EAST (INGONISH AREA)	BROAD COVE CAMPGROUND	
Programs and activities may be cancelled due to unforeseeable circumstances including adverse weather conditions.		
Thursday	Friday	Saturday
<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 25 – Sept 17	<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 19 – Sept 18	<b>Meander to Middle Head</b> \$ Middle Head Trailhead 10 am Jun 20 – Sept 19
✓ <b>Bring Back the Boreal!</b> Broad Cove Outdoor Theatre 9 pm Jul 2 – Jul 30 8:30 pm Aug 6 – Sept 3	✓ <b>The Beach is Alive</b> Broad Cove Beach 7 pm Jun 26 – Sept 4	✓ <b>Discovery Zone</b> Broad Cove Activity Bldg 7 pm Jun 27 – Sept 5 ✓ <b>Interpreter's Pick</b> Broad Cove Outdoor Theatre 9 pm Jun 27 – Jul 25 8:30 pm Aug 1 – Sept 5
** \$ <b>Skyline Sunset Hike</b> Skyline Trailhead 2 hrs before sunset Jun 25 – Sept 17	** \$ <b>Skyline Sunset Hike</b> Skyline Trailhead 2 hrs before sunset Jun 19 – Sept 18	✓ <b>Discovery Zone</b> Cooking shelter at La Rigouèche 7 pm Jun 27– Sept 5
	\$ <b>Gaelic Milling Frolic</b> Chéticamp Visitor Centre 8 pm Jul 3 – Aug 28	✓ <b>Interpreter's Pick</b> Chéticamp Visitor Centre 8:30 pm Jun 27 – Sept 5



## SPECIAL EVENTS

Here is a taste of the many special events that will be held in the park. For a complete list of what is happening in the park, stop in at either visitor centre or visit [parksCanada.gc.ca/capebreton](http://parksCanada.gc.ca/capebreton).

**July 1 Enjoy FREE entry to all Parks Canada places.**  
**Canada Day Celebrations – Chéticamp**, 2 pm to 4 pm, Chéticamp Visitor Centre area  
 Celebrate Canada Day with live music, family activities and cake. Hosted collaboratively by La Société Saint-Pierre and Cape Breton Highlands National Park.  
**Canada Day Celebrations – Ingonish Beach**, 8 am until dark, Ingonish Beach Day Use Area (soccer field), Keltic Lodge and community locations. Cake, music and games for the whole family!  
**Junior Naturalist Day Camp**  
 August 10-14, 10 am to noon, Black Brook Beach  
 Join us for five fun-filled days of nature exploration and adventures, rain or shine. Search for animal signs, explore a jack pine forest and play awesome games.  
 Ages 7-11. Space is limited. Pre-register by calling 902-285-3004.

**Musique entre amis -**  
 Acadian and Scottish Concert  
 July 6, 20, August 3, 8 pm, Chéticamp Visitor Centre  
 Immerse yourself in an authentic cultural experience with local singer-songwriter Sylvia LeLievre and discover two of Cape Breton's vibrant cultures through songs and stories.  
 Sponsored by Les Amis du Plein Air. Donations accepted.

**Star-gazing and Meteor Showers**  
 August 14, 8 pm, La Bloc  
 August 15, 8 pm, Black Brook Beach  
 Discover the basics of astronomy and the stories behind the stars while you watch for the Perseid meteor shower. Bring binoculars and telescopes if you have them and settle in for an evening of star-gazing. For your comfort, wear warm layers and bring blankets, chairs, insect repellent and a flashlight.

**Coastal Life Discovery**  
 Ever wonder what types of creatures live in our coastal waters? Come find out! Help Parks Canada staff do important research and uncover the things that live in an estuary – a special environment where rivers mix with salt water from the ocean. Help haul in a net and find creatures such as green crabs, nine-spined stickleback, silversides, Northern pipefish and more. Dress for the weather and don't forget your rubber boots or water shoes. Visitors of all ages welcome.  
 Chéticamp River Estuary - July 21, 1 pm (Meet at Chéticamp Visitor Centre. Participants will follow guide to beach in their own vehicles.)  
 Clyburn Brook Estuary - August 17, 11 am (Meet at North Bay beach parking lot)  
 Neils Brook Estuary - August 18, 11 am (Meet at Coastal Trailhead parking lot)

**Acadian Milling Frolic**  
 July 28, 7:30 pm, Trout Brook  
 You can't beat our milling frolic! Wait – yes, you can. Beat the wool to the rhythm of traditional Acadian songs and watch the sun set over the ocean. Join in around the table or simply sing along, and we'll take you back in time for an hour or two. Hosted collaboratively by La Société Saint-Pierre and Cape Breton Highlands National Park.

# Yours to Explore!

## Parks Canada in Cape Breton, Nova Scotia

From the magic of living history to the place  
where the mountains meet the sea

 Cape Breton  
Highlands  
National Park



 Marconi  
National Historic Site



 Alexander Graham Bell  
National Historic Site



 Fortress of Louisbourg  
National Historic Site



 Canso Islands and Grassy Island Fort  
National Historic Sites



 St. Peters Canal  
National Historic Site



### Parks Canada Discovery Pass

A single pass gets you **one full year of unlimited access** to all these places...  
and nearly 100 others across the country.

Purchase yours at our participating locations: **Cape Breton Highlands National Park, Alexander Graham Bell and Fortress of Louisbourg National Historic Sites**, or online at [parkscanada.gc.ca/pass](http://parkscanada.gc.ca/pass)

