



Cape Breton  
Highlands  
National Park

# 2016 Activity Guide

Choose Your Own Big Adventure



Parks  
Canada

Parcs  
Canada

Canada

## How To Reach Us

### 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.
- Check with visitor centres for the construction brochure with updates and estimated wait times.
- Look for our **Mobile Kiosk** serving you in the nooks and crannies of the park with updates and information.
- Idle-free. Please turn off engines while you wait.



FSC FPO

# 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 plateau, deeply cut river canyons and spectacular coastal 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).

## What's New in 2016!

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### ENTRY FEES

	Daily Pass*	Seasonal Pass	Discovery Pass**
Adult (ages 17-64)	\$7.80	\$39.20	\$67.70
Senior (ages 65+)	\$6.80	\$34.30	\$57.90
Youth (ages 6-16)	\$3.90	\$19.60	\$33.30
Family/Group	\$19.60	\$98.10	\$136.40

\*Valid until 4 pm the following day.  
\*\*Annual Parks Canada Discovery Pass – Unlimited access to nearly 100 Parks Canada places across the country. Annual Passes bought in 2016 will be valid for TWO full years.

## Special Events 2016 at a glance

Month	Event	Location
<b>May</b>	28-29 Cabot Trail Relay race	
<b>June</b>	9-12 Roots to Boots Festival	Chéticamp
9	Hike a Trail. Plant a Tree. Save a Forest!	Skyline trail
18	New Geocache launch	Ingonish Beach soccer field
25	Bicycle Rodeo (Rain date Jun. 26)	La Rigouèche day use area
26	Ingonish Triathlon	
<b>July</b>	1 Canada Day	Ingonish & Chéticamp
2-8	KitchenFest!	
5	Live! At the Park – concert	Chéticamp Visitor Centre
12	Live! At the Park – concert	Chéticamp Visitor Centre
16	Parks Day Teddy Bears' Picnic	Ingonish Beach soccer field
16	Three Peaks Challenge	
16-17	Learn-to-Camp	Ingonish Beach Campground
19	Live! At the Park – concert	Chéticamp Visitor Centre
20	Coastal Life Discovery Program	Clyburn Brook estuary
21	Coastal Life Discovery Program	Chéticamp River estuary
26	Live! At the Park – concert	Chéticamp Visitor Centre
<b>August</b>	2 Live! At the Park – concert	Chéticamp Visitor Centre
3-7	Le Festival de l'Escaouette	Chéticamp
4	Acadian Milling Frolic	Chéticamp Visitor Centre
8-12	Junior Naturalist Day Camp	Black Brook Beach
8-15	Nikani Awtikien Mi'kmaq Youth Camp	
9	Live! At the Park – concert	Chéticamp Visitor Centre
12	Star-gazing and Meteor Showers	Black Brook Beach
13	Star-gazing and Meteor Showers	La Bloc
16	Live! At the Park – concert	Chéticamp Visitor Centre
18	Coastal Life Discovery Program	Neils Brook estuary
19	Coastal Life Discovery Program	Chéticamp River estuary
23	Live! At the Park – concert	Chéticamp Visitor Centre
30	Live! At the Park – concert	Chéticamp Visitor Centre
<b>September</b>	3,10,17,24 Seedling Saturdays – Hike a Trail. Plant a Tree. Save a Forest!	Skyline trail
9-18	Hike the Highlands Festival	
21	National Tree Day	
<b>October</b>	7-15 Celtic Colours International Festival	
9	Celtic Colours Pumpkin Carving	La Rigouèche
9	Celtic Colours Pumpkin Carving	Warren Lake
10	Celtic Colours Guided Hike	Corney Brook trail
11	Celtic Colours Guided Hike	Acadian trail
12	Celtic Colours Guided Hike	Mica Hill trail
13	Celtic Colours Guided Hike	Franey trail
14	Celtic Colours Guided Hike	Warren Lake trail
13-16	Huckle Buckle Festival	Ingonish

Schedule subject to change. For a complete list of local festivals, music, shows and events, visit park visitor centres, [parkscanada.gc.ca/capebreton](http://parkscanada.gc.ca/capebreton), [cbisland.com](http://cbisland.com), [cabottrail.travel](http://cabottrail.travel), [northerncapebreton.com](http://northerncapebreton.com) or [novascotia.com](http://novascotia.com).



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

### Park interpreters Out and About

- Veterans Monument viewpoint
- Skyline trail
- Bog trail
- Lone Shieling
- Green Cove
- Lakie's Head viewpoint
- Ingonish Beach

... and at a rich variety of interpretive programming (p.4-5, 22-23).

# There's More to Explore

More on page 22

## Your Park After Dark

### 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 at Warren Lake.

Monday, Wednesday, Friday, Saturday | 2.5 hours  
 Jun / Jul – 8:30 pm  
 Aug – 8 pm  
 Sept – 7 pm

Recommended for visitors 12 years of age and over. Pre-registration required at campground kiosk or visitor centre. Space is limited. \$14.70

**Tickets: 902-285-2535**

### 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.

Sunday, Tuesday, Thursday | 1.5 – 2 hours  
 Jun / Jul – 9 pm  
 Aug – 8:30 pm  
 Sept – 7:30 pm

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 **Tickets: 902-285-2535**



### 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.

Daily | 2 hours before sunset  
 2.5 – 3 hours

Recommended for visitors 12 years of age and over. Pre-registration required at campground kiosk or visitor centre. Space is limited. \$14.70

**Tickets: 902-224-2306**

## A Taste of Cape Breton

You're invited to "La Bloc Party"! Indulge in the tastes and tales of this spectacular place.

**Call before 4 pm to reserve your tickets; cancellation deadline: 2 pm. 902-224-2306**

### Learn-to-Lobster Boil

Cook, crack, and enjoy lobster fresh from the sea on a wharf steeped in history as the sun gently sets over the Gulf of St. Lawrence. Share tunes, stories, local knowledge and recipes as you dine.

Wednesdays | June 22 – August 31  
 Jun/Jul – 7 pm  
 Aug – 6:30 pm  
 \$44

### How-to-Hook a Mackerel

The sea is "flat cam." Mackerel zip through the water at lightning speeds. What's that – a tug on your line? The fire's ready, how shall we prepare it? There will be plenty of tasty tales to go around.

Thursdays July 7 – Sept 1 | Jul – 7 pm, Aug – 6:30 pm | \$22

### A Taste of l'Acadie

Roll up your sleeves, grab your graters and learn to make Acadian potato pancakes, or "crêpes au râpage," as you sing along to centuries-old traditional songs. Better try the molasses!

Mondays | July 4 – August 29  
 Jul – 7 pm  
 Aug – 6:30 pm  
 \$22



## Excursions for the Whole Family

### Eco-Capers

Explore the geology at Presqu'île's rocky beach, discover the flora and fauna of trails in the Acadian and boreal forests, investigate the fascinating life in a bog, and dip your toe in the rich marine environment. **Every weekday brings a new, hands-on adventure.** Ask for details on locations and register at the visitor centres or campground kiosks.

Monday – Friday  
 July and August – 3 pm  
 \$3.90 per session



### Les Jardins du Cap-Rouge (bilingual)

**Step back in time to turn-of-the-century Cap-Rouge** (the last century, that is). Meet a resident, perhaps even the postmaster or school mistress, who will paint a picture of life in late-1800s Acadie. Embark on a gentle guided walk to discover medicinal plants of the area and envision the gardens

that once thrived near local homesteads.

Daily | 10 am | 2 hours | \$7.30

Meet at southern entrance of le vieux chemin du Cap-Rouge.



### 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 | Included with your park pass

Meet in the parking lot at Middle Head trailhead.



# Festivals 2016



**Festival des racines et bottines**  
**Roots to Boots Festival**  
**June 9-12**

The second annual Roots to Boots Festival will take place in the communities of Chéticamp and Louisbourg.

[www.rootstoboostsfestival.ca](http://www.rootstoboostsfestival.ca)  
 902-224-2642

**Thursday, June 9**  
**10 am-2 pm** – Hike a Trail. Plant a Tree. Save a Forest! Tree planting on the Skyline trail  
**7 pm** – La Bloc kitchen party (Lobster Boil; Tickets sold in advance)

**Friday, June 10**  
**7 pm** – Sunset guided hike on the Skyline trail with a twist, and a “step”

**Saturday, June 11**  
**1 pm** – Guided hike on le vieux chemin du Cap-Rouge

**Sunday, June 12**  
**1 pm** – Guided hike on le Buttereau trail  
**9 pm** – Campfire with live music at Robert Brook Campground

**2016 Celtic COLOURS INTERNATIONAL FESTIVAL**  
 Presented by *Le Chroniqueur*

**October 7-15**  
*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**  
 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

**October 10:** Corney Brook trail  
**October 11:** Acadian trail  
**October 12:** Mica Hill trail  
**October 13:** Franey trail  
**October 14:** Warren Lake trail

## FÉIS A' CHIDSIN! KitchenFest!

**JULY 2-8, 2016**

In partnership with Colaisde na Gàidhig, the Gaelic College

**Monday, July 4** – Skyline Square Dance 1 pm-3 pm – That’s right, a square dance on the famous Skyline trail. Swing your partner 400 m above sea level, to the toe-tapping sounds of local Cape Breton music.

**Tuesday, July 5** – Campground Ceilidh – Broad Cove Campground 7 pm-9 pm – Enjoy a lively ceilidh in our campground at Broad Cove!

**Wednesday, July 6** – Piper at Lone Shielling 1 pm-3 pm – Visit the lone piper at the Lone Shielling to honour and celebrate Cape Breton’s Gaelic roots.

**Thursday, July 7** – Gaelic Song and Storytelling – 7 pm-9 pm – Gaelic speakers share stories and songs around a campfire at MacIntosh Brook.

Be on the look-out for “pop-up ceilidhs” around the park on Monday and Tuesday (July 4-5).

[www.gaeliccollege.edu/kitchenfest](http://www.gaeliccollege.edu/kitchenfest)

## Hike the HIGHLANDS FESTIVAL

## CAPE BRETON HIGHLANDS 3 PEAKS CHALLENGE

**September 9-18**

Join us for the 13th annual Hike the Highlands Festival, featuring guided hikes within and near the park, evening activities and presentations, the hiker distance award, and a photo contest. Fee applicable.

Registration: [www.hikethehighlandsfestival.com](http://www.hikethehighlandsfestival.com)

**July 16**

Teams of four members hike three peaks in one day! This year’s climbs are Franey trail, Roberts Mountain, and Acadian trail.

## Huckle Buckle Festival, Ingonish

**October 13-16**

A full roster of fun activities in and outside the park will leave memories that cling to your heart, just like the “hook and buckle” burrs of the common burdock – for which the festival is named – cling to our garments after autumn outings.

For more information and a complete schedule visit [www.hucklebuckle.ca](http://www.hucklebuckle.ca)

## More Events

### July 1 Canada Day Celebrations!

Enjoy **FREE** entry to all Parks Canada places

**Chéticamp**, 2 pm to 4 pm, Chéticamp Visitor Centre area. Live music, family activities and cake. Hosted collaboratively by La Société Saint-Pierre and Cape Breton Highlands National Park.

**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!

### Coastal Life Discovery Program

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.

*Clyburn Brook estuary | July 20 | 11 am*  
 (Meet at North Bay beach parking lot)

*Chéticamp River estuary | July 21, August 19 | 11 am*  
 (Meet at Chéticamp Visitor Centre. Participants will follow guide to beach in their own vehicles.)

*Neils Brook estuary | August 18 | 11 am*  
 (Meet at Coastal trailhead parking lot)



### Junior Naturalist Day Camp

August 8-12, 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 6-12. Space is limited. Pre-register by calling 902-285-3004.

### Acadian Milling Frolic

August 4, 7:30 pm

Chéticamp Visitor Centre

You can’t beat our milling frolic! Wait – yes, you can. Beat the wool to the rhythm of traditional Acadian songs in the setting sun. Join in around the table or simply sing along, while we take you back in time for an hour or two. Hosted collaboratively by La Société Saint-Pierre and Cape Breton Highlands National Park.

### Star-gazing and Meteor Showers

August 12, 8 pm, Black Brook Beach

August 13, 8 pm, La Bloc 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.



### Celtic Colours Pumpkin Carving

October 9, 10 am,  
 La Rigouèche and Warren Lake

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

# Hiking

The park's 26 hiking trails range from easy strolls to challenging climbs with panoramic views of canyons, highlands and seacoasts.

## Staff Picks: Top 10 Trails

- Acadian:** Breathtaking views; challenging slopes
- Franey:** Spectacular view of Clyburn Valley
- The Bog:** Unexpected beauty; fascinating discovery
- Jack Pine:** Ugly-duckling trees; stunning geology
- Skyline:** Where the mountains truly meet the sea
- Salmon Pools:** Rocky river canyon; rushing rapids
- Mica Hill:** Phenomenal views; astounding geology
- Le vieux chemin du Cap-Rouge:** Acadian history; spectacular ocean views
- Broad Cove Mountain:** Eagle's eye view of Ingonish
- Middle Head:** Inspiring rugged beauty

## Love a challenge?

### A Hearty Highlands Challenge

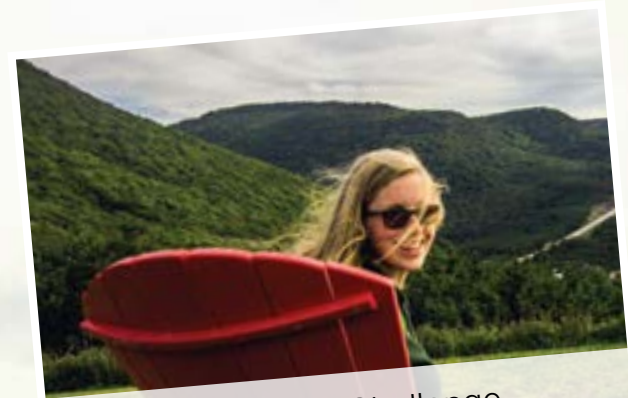
Hike our 26 trails in 2016 and win a topographic map. Bring a signed list with trail names and dates or photos of you on each trail to the visitor centre.

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

Sample 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.

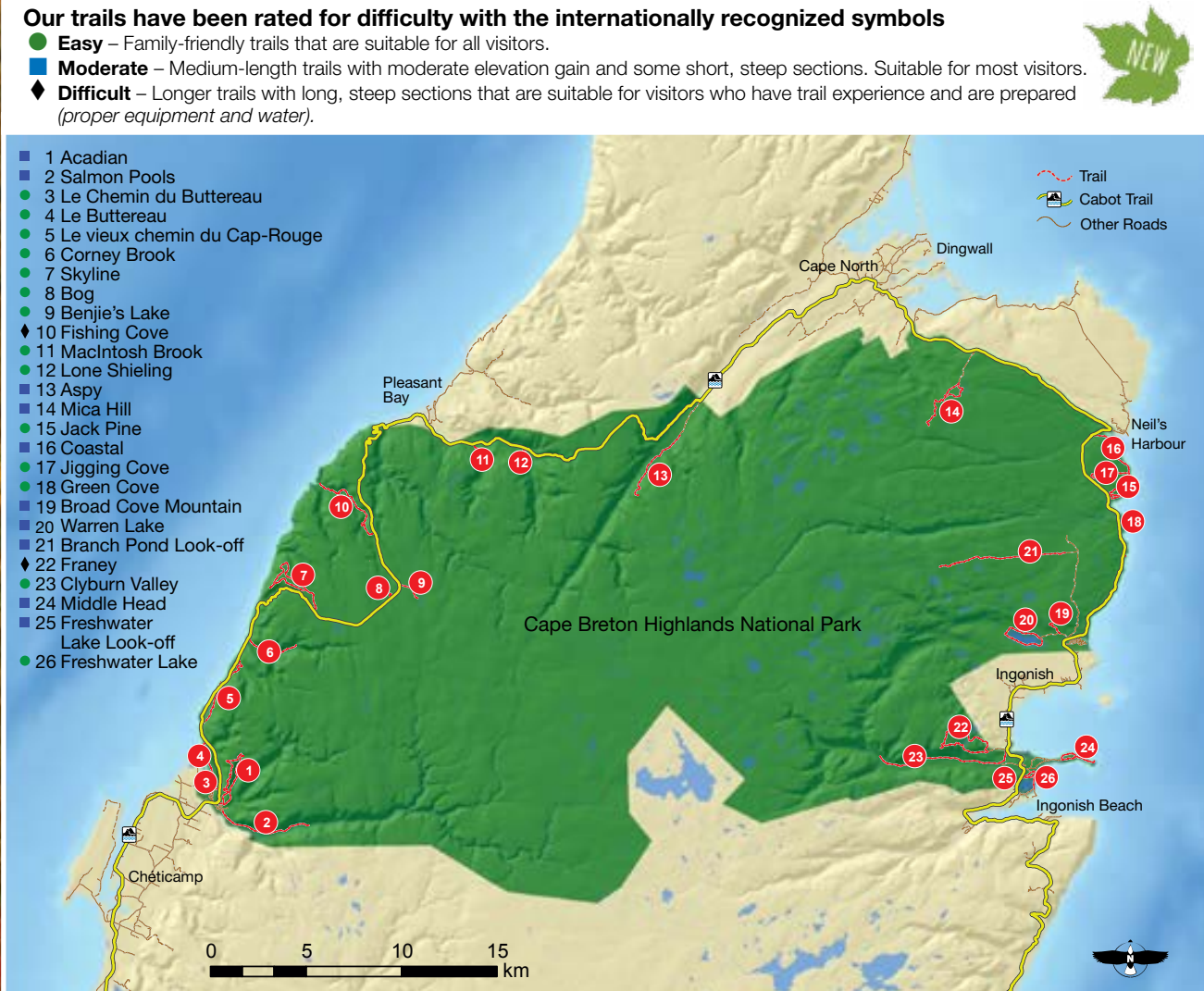
#### SUGGESTED TRAILS:

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



### The RED CHAIR Challenge

**Find your Red Chair moment**  
Connect with nature. 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 the location!  
[facebook.com/CBHP](https://www.facebook.com/CBHP)  
#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 and puts you and the 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.



## 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 and your dog's, keep it on a leash at all times.
- **DO NOT FEED** animals directly or indirectly (through littering). Animals that have access to our food or garbage lose their fear of people.
- Keep your campsite clean.



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

# Camping

Just pick your preference and let the camping fun begin! Choose from remote sites with tent pads in the backcountry, to fully serviced RV and traditional tenting sites, or NEW hassle-free comfort camping.



Corney Brook Campground

Frontcountry camping sites start at \$17.60. Receive a 15% discount by camping 7 consecutive nights or more! Ask about even greater savings if you camp for 30 nights or more. Sites at Broad Cove, Ingonish Beach and Chéticamp campgrounds can be reserved at [www.reservation.parkscanada.gc.ca](http://www.reservation.parkscanada.gc.ca) or 1-877-737-3783.



Backcountry camping at Fishing Cove.

No gear? No problem! **Equipped campsites** are available in Chéticamp and Ingonish Beach campgrounds. 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. \$70



## oTENTiKs



Twenty oTENTiKs are available throughout the park at Ingonish Beach, Broad Cove, and Chéticamp campgrounds. oTENTiKs offer the ultimate hassle-free camping experience.

- Unique blend of tent and rustic cabin
- Equipped with beds, furniture and barbeque
- Sleeps 6 people
- Bring your bedding and cooking gear and relax!
- \$100 per night

## Learn-to-Camp July 16-17 Ingonish Beach 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. We'll show you how to set up a tent, make a campfire and cook outdoors. Supper and breakfast are included.

For complete details visit: [parkscanada.gc.ca/capebreton](http://parkscanada.gc.ca/capebreton)  
Registration required: 902-285-2535

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	Backcountry	Interpretation	
Broad Cove	6	-	34	49	-	53	60	■	■	■	■	■	■	■	■	■	■	■	■	■
Chéticamp	10	5	9	15	14	10	59	■	■	■	■	■	■	■	■	■	■	■	■	■
Ingonish Beach	4	5	-	-	-	-	51	■	■	■	■	■	■	■	■	■	■	■	■	■
Corney Brook	-	-	-	-	-	-	20	■	■	■	■	■	■	■	■	■	■	■	■	■
Big Intervale	-	-	-	-	-	10	-	■	■	■	■	■	■	■	■	■	■	■	■	■
MacIntosh Brook	-	-	-	-	-	10	-	■	■	■	■	■	■	■	■	■	■	■	■	■
Fishing Cove	-	-	-	-	-	8	-	■	■	■	■	■	■	■	■	■	■	■	■	■

Fireplace on site Site with no fireplace





# Just Beachy! Welcome to Ingonish Beach Campground



Take a dip in fresh or salt water at Ingonish Beach.

## Your sand-filled family camping headquarters!

Family fun all in one at the Ingonish Beach Campground. Many of our fabulous offers around the park can be found in one convenient location. Swimming, playing, camping, hiking, biking and even learning are great anywhere in the park and at the newly refreshed Ingonish Beach Campground facility they all come together.

Share your #Just Beachy! photos:  
facebook.com/CBHNP  
twitter.com/ParksCanada\_NS

Reserve today for family camping fun!  
[www.reservation.parksCanada.gc.ca](http://www.reservation.parksCanada.gc.ca)  
1-877-737-3783



Give the new playground a whirl!

## Family Fun

- Look for beaver on a family bike ride around Freshwater Lake.
- Grab a tasty snack at the beach canteen.
- Take a hike (on one of our nearby trails).
- Discover some great reading in our tiny library.
- Play a game of tennis, soccer, or ultimate Frisbee at the courts and fields near the beach.
- Find shelter from the elements and enjoy a board game in the designated kitchen shelter.
- Seize those photo ops!

## Join your Parks Canada guide

- Meet Parka on her daily morning campground walkabout.
- Explore the natural world with a park guide (get up close and personal with fish, insects, trees, rocks and more) or participate in Parka's Fun and Games. Programs offered daily – p. 22.
- Venture out on a *Lantern Walk Through Time* – p. 4.
- Meander to Middle Head* – p. 5.
- Catch a puppet show – p. 22.



Try out the new oTENTiks or equipped campsites...



...for family camping comfort.



Gather around a campfire for songs, stories, s'mores and more.



Have a sandcastle-building competition...



Explore the natural wonders of the area with a scavenger hunt. Pick up your checklist at a visitor centre or campground kiosk.



...or play some volleyball.



Try your hand at geocaching (and help Parka find her hat) with "Parka's Campground Kid Cache".

Pick up a Just Beachy! brochure for more details.

# Your Perfect Picnic

Hassle-free picnics are here with our very own twist on "take-out." Good food, great views and perfect picnics. It's as easy as 1, 2, 3.



**Step 1:** Place your picnic order, prepared from a choice of local favourites by chefs at the Keltic Lodge;

**Step 2:** Pick up your basket;

**Step 3:** Find your perfect picnic place in Cape Breton Highlands National Park and enjoy!

Pick up your picnic menu brochure at our visitor centres or call Keltic Lodge at 1-800-565-0444

@ParksCanada\_NS Thanks for the #PerfectPicnic in the Park!



## Teddy Bears' Picnic – July 16 Parks Day

If you go down to the park today you're in for a big surprise.... Because today is the day the teddy bears have their picnic! Pack a picnic and bring your favourite teddy bear on an adventure to celebrate Parks Day. Join Parka at Ingonish Beach soccer field for fun, games and maybe even a puppet show!

If you can't make it, celebrate Parks Day by packing a picnic and heading out to your favourite picnic place!



## Top 10 Perfect Picnic Places

- 1. Ingonish Beach** – Spread a blanket in the sand or use a table by Freshwater Lake. Take a dip to work up an appetite and if you forgot dessert, indulge in a treat from the concession stand.
- 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 awhile as you dine out of doors.
- 5. Grande Anse** – Find a picnic table nestled in the shade of huge old-growth trees.
- 6. MacIntosh Brook** – Kitchen shelter, washrooms and a playground complement a peaceful trail leading to a beautiful waterfall.
- 7. Warren Lake** – Birds serenade and mountains surround this lake-side picnic paradise.
- 8. Mary Ann Falls** – A thunderous spectacle to assuage the most thunderous appetite.
- 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.

## Kids' Corner

The park is a great place for kids to explore the outdoors, discover the natural world and generally have fun!



## Parks Canada Xplorers

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

Look for our self-stamping Xploration Stations as you Xplore the park.



## Kids' Top 10

1. Become a Parks Canada Xplorer
2. Find Parka's Campground Kid Caches (see Geocaching, p. 16)
3. Let loose at the new playground in Ingonish Beach or Chéticamp Campground
4. Discover the stone crofter's hut at the Lone Shieling
5. Try the Club Parka activities (children ages 3 to 6)
6. Explore the Bog trail
7. Count the steps on Freshwater Lake Look-off trail
8. Find a **Red Chair**
9. Hit the beach
10. Join a Discovery Zone or Eco-Capers activity (p. 22-23)



## Construction delay? Time to play!

Parka sometimes has a hard time sitting still in the car, especially when it's not moving. Can you help her pass the time? Give these a try:

- Cabot Trail Scavenger Hunt.** Pick up a checklist along with colouring and activity pages at a visitor centre or the mobile kiosk.
- Seated Charades.** Using just your upper body, act out your favourite animals.
- Bird Calls.** Roll down your window and try making bird calls. Do you get an answer? Can you spot any?
- Park poem or song.** Write a poem about the park, or using a favourite tune come up with words for a song about your visit to the park. Share your creative #cartunes on our Facebook page or twitter.
- Alphabet Animals.** Think of an animal for each letter of the alphabet.
- Play I spy.**
- Parka's Photo Missions.** Download the app and complete the mission for this park. <http://www.pc.gc.ca/eng/apprend-learn/parka/app.aspx#app>



Bring in your completed activity sheets or poems to a visitor centre before you leave and collect a souvenir.





# Play in the Park

## Geocaching

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

- 1. Eco-Cache Challenge** – 5 caches along 17 km of trails, situated throughout the park. Earn a trackable geocoin while supplies last.
- 2. Middle Head Multi-Cache** – 5 caches hidden along the Middle Head Peninsula, an iconic park feature with a rich cultural history.
- 3. Fishing Cove** – a traditional cache in a rolling landscape steeped in adventure and mystery.
- 4. It's Your Fault** – discover one of Earth's breathtaking natural processes featured in this EarthCache. Accessible directly from the Cabot Trail. ([www.earthcache.org](http://www.earthcache.org))
- 5. Parka's Campground Kid Cache** – learn about our native tree species at Chéticamp, Broad Cove and Ingonish Beach campgrounds. A great introduction to geocaching. Stop by the Chéticamp Visitor Centre, Broad Cove and Ingonish Beach campground kiosks, or the Ingonish Visitor Centre to get your starter page.



**Forest Keepers Cache** – We are launching a new cache series to highlight our Conservation and Restoration program. You can discover what we are doing to maintain forest health as you tour the Cabot Trail and earn a new geocoin, unique to this cache series.

**A Collision of Tectonic Proportions** – Come stand on the site of an awe-inspiring juxtaposition of geology at our new EarthCache.



## 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.

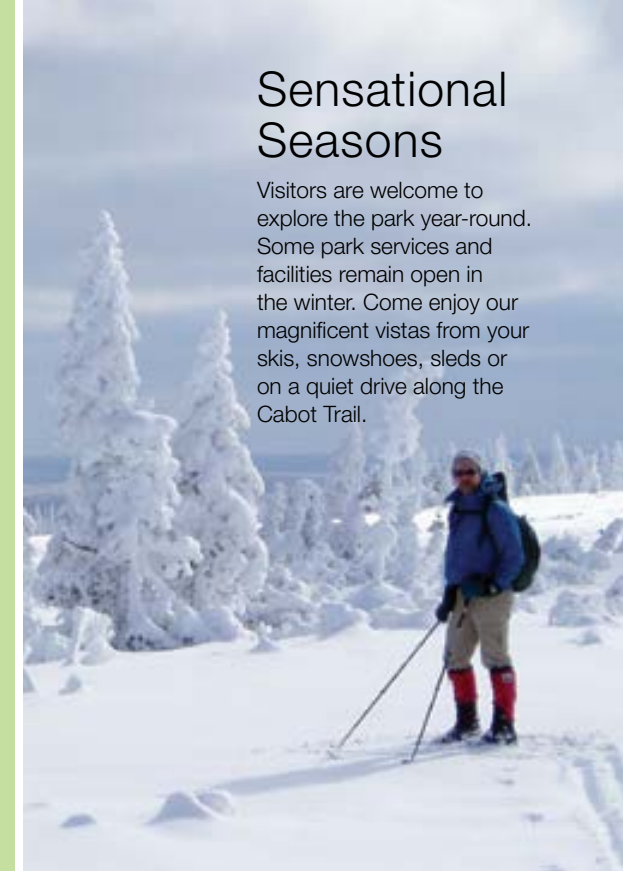
**Beulach Ban Falls** in the Aspy Valley is the highest waterfall in the park and just a few steps from the parking area at the end of a 3 km gravel road. Follow the Aspy trail on foot to find more waterfalls.

**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.

## Sensational Seasons

Visitors are welcome to explore the park year-round. Some park services and facilities remain open in the winter. Come enjoy our magnificent vistas from your skis, snowshoes, sleds or on a quiet drive along the Cabot Trail.



## Stay and Play

For golfers, the Keltic Lodge Resort and Spa and Highlands Links offer a memorable getaway. Highlands Links ranks among the top 100 courses in the world. For more information: 1-800-441-1118, [highlandslinksgolf.com](http://highlandslinksgolf.com) or [kelticlodge.ca](http://kelticlodge.ca).

## Swimming and Beaches

The park is home to a variety of 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 with just a few steps across the barrachois in between. Dogs are not permitted in the supervised area of the beach. Lifeguards on duty, ocean side, July and August.

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

**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.*

## Cycling

Cycle part or all of the Cabot Trail, one of the world's top ten cycling destinations (*Lonely Planet*).

Cycling is permitted on Salmon Pools, Le Buttereau, Le chemin du Buttereau, Le vieux chemin du Cap-Rouge, Branch Pond Look-off, Clyburn Valley, and Freshwater Lake trails. Also suitable for cycling are all secondary and campground roads.



*Nova Scotia law requires helmets on and off road*



# Conservation and Restoration

Parks Canada research shows that our forests have lost their natural balance. The health of the forests is in decline.



## Where did the trees go?



## How do we bring back the BOREAL

- Parks Canada and its partners are:
- Planting tens of thousands of trees
  - Protecting new trees in a large fenced enclosure on the Skyline trail
  - Removing moose in a small pilot area on North Mountain to allow natural regeneration
- [parksCanada.gc.ca/bringbacktheboreal](http://parksCanada.gc.ca/bringbacktheboreal)

## Learn More

- Join a guided hike at Warren Lake.
  - Attend the *Sparking New Growth* or *Bring Back the Boreal!* slideshows.
  - Enjoy the *Forest Keepers* puppet show and other interpretive events.
  - Check out the new *Forest Keepers* geocache series and earn a limited edition geocoin.
  - Stop at our Moose Xploration station at the Skyline trail
- Plant a tree on June 9 as part of the *Roots to Boots Festival*.
  - Join planting efforts during the *Seedling Saturdays* in September.
  - Contribute your photos to our research: visit Warren Lake, Paquette Lake or the Skyline and follow the instructions on the signs.
  - Post and share our *Bring Back the Boreal!* film. Look for it on [parksCanada.gc.ca/bringbacktheboreal](http://parksCanada.gc.ca/bringbacktheboreal) or on [youtube.com/user/ParksCanadaAgency](https://www.youtube.com/user/ParksCanadaAgency)



## Sparking New Growth

Species of our mixed Acadian forest, like jack pine, white pine and red oak, benefit from fire to help their seeds sprout. Even our taiga plateau may need fire to stay healthy. Decades of fire suppression have altered the natural development of forests in the park.

- Parks Canada is conducting small controlled burns to:
- Kickstart regeneration in our fire-associated species and ecosystems,
  - Learn as much as we can about the role of fire in the park



## Want to Help?

- Plant a tree on June 9 as part of the *Roots to Boots Festival*.
- Join planting efforts during the *Seedling Saturdays* in September.
- Contribute your photos to our research: visit Warren Lake, Paquette Lake or the Skyline and follow the instructions on the signs.
- Post and share our *Bring Back the Boreal!* film. Look for it on [parksCanada.gc.ca/bringbacktheboreal](http://parksCanada.gc.ca/bringbacktheboreal) or on [youtube.com/user/ParksCanadaAgency](https://www.youtube.com/user/ParksCanadaAgency)

## Working Together

We collaborate with **UINR (Unama'ki Institute of Natural Resources)**, which is 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)



Cape Breton Highlands National Park is working in partnership with **tentree** on tree planting initiatives as part of the Bring Back the Boreal Project in 2016. **tentree** is a Canadian-based clothing company that plants 10 trees for every product sold. [www.tentree.com](http://www.tentree.com)



# Visitor Centres

Even if you already have your park pass, a stop at one of our two visitor centres can enhance your visit. Friendly staff are happy to provide you with information about the park and local area. Here you can purchase your park pass, get updates, register for night hikes and learn about other exciting park programming. The visitor centres are also home base for Parks Canada Xplorers and Club Parka activities for the younger crowd.

**Chéticamp:** Big changes are underway! Come in and check out the new space. Have tea with an interpreter, fill up your travel mug with coffee, and stay connected with free Wi-Fi. The exhibits are still evolving so plan to come in again next year and see how they've progressed!

**Ingonish:** New displays and exhibits facilitate trip planning. While you're stopped, take a quick hike on one of the nearby trails.

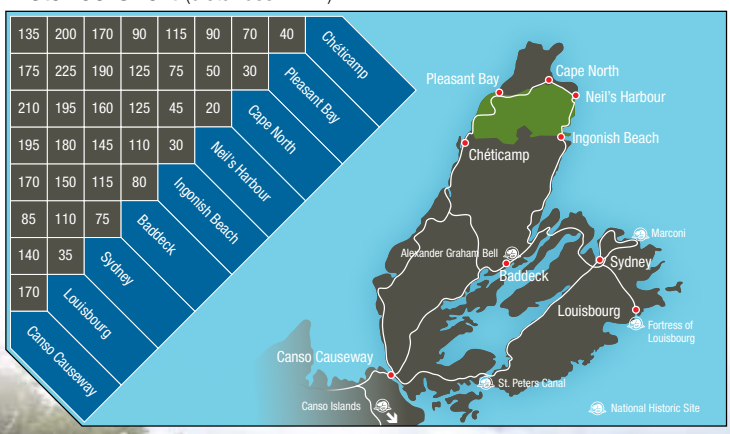


▲ Wondering where to go or what to do? Check out the interactive map in the Ingonish Visitor Centre – your tool to discover more about amenities, beaches, camping and hiking.

Take a little something home: peruse the new official Parks Canada merchandise available at the Ingonish Visitor Centre. ▼



Distance Chart (distances in km)



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



# Natural Wonders

Come explore with us and discover some of our wonders for yourself

## Top 10 Birds

No matter what time of year, you're in for a treat when it comes to birds

**1 Bald eagle** – Common and very noticeable along river valleys and seacoasts. Try the Acadian, Le Buttereau, Skyline and Broad Cove Mountain trails, or on South Mountain.

**2 Northern gannet** – Larger than gulls, adults are snow-white with jet-black wing tips. Look for their torpedo dives anywhere along the coast.

**3 Bicknell's thrush** – This discreet species at risk is more often heard than seen, though only in early summer, and is found in dense conifer stands close to barren areas. Try a trail on French Mountain.

**4 Spruce grouse** – This bird is found in the boreal forest and on the highlands plateau. Look for it on the Skyline and Mica Hill trails.

**5 Merlin** – This solitary bird of prey can be observed in abandoned fields and cutover areas in an early regrowth stage, in all forest types, and in coastal areas. Try the Coastal trail or Broad Cove Campground.

**6 Black-backed woodpecker** – You might spot this bird in the coniferous forest of the interior plateau or in river bottomlands. Try Warren Lake and Fishing Cove trails.

**7 Greater yellow legs** – Found mostly on the barrens and bogs of the plateau during the summer, this bird is common along estuaries with marshes during migration. Try Benjie's Lake, Freshwater Lake and Branch Pond Look-off trails.

**8 Boreal chickadee** – Common in the coniferous forest of the highlands plateau. Look for it on the Skyline, Benjie's Lake and Broad Cove Mountain trails.

**9 Black guillemot** – Keep an eye open for this bird's bright red legs in coastal areas with cliffs. Try Middle Head, Green Cove, Fishing Cove and Le Buttereau trails, or on Chéticamp Island. Scarce in winter.

**10 Olive-sided flycatcher** – This little bird's call – "Quick, threeee beers!" – can be heard on the highlands plateau, or around lakes, rivers, bogs, and ponds. Listen for it around French Lake, the Chéticamp River, and Broad Cove Mountain.



Bald eagle

## Top 10 Flowers

Colourful and aromatic flowers – tiny and delicate or large and showy – grace our park from early spring to late autumn

**1 Pitcher plant** – Standing water in the pitcher-shaped leaves of this insectivore drowns its prey, allowing it to acquire the nutrients lacking in the poor soils where it grows. This plant is found in abundance on the Bog trail.

**2 Indian pipe** – This unique member of the heath family lives in the dark understory, deriving its energy from the chlorophyll-producing trees above it. Clusters of this fascinating plant are seen at Middle Head and Warren Lake.



Indian pipe

**3 Bunchberry** (Canada dogwood) – A genuine variety of dogwood, this species grows low to the ground in massive colonies; the four-petal white flower blooms in the spring, resulting in a cluster of small, red berries in the late summer that are popular food for wildlife.

**4 Blue bead lily** (*Clintonia*) – These tiny, yellow blossoms grow a small, round, dark-blue fruit that is mildly toxic and tastes terrible. They grow in colonies in shady wooded areas with acid soil.

**5 Mayflower** – The provincial flower of Nova Scotia, this member of the heath family is one of the first to show its fragrant white or pink blooms in spring. It is found in shady wooded areas.

**6 Rhodora** – Another member of the heath family, its purple flowers bloom in mid-spring in our moist and acidic highland bogs and barrens.



Blue bead lily

**7 Orchids** – From dragon's mouth to lady's tresses and adder's mouth to lady slippers, we have a lovely selection of these stunning beauties across the park. Just remember, if picked they may never bloom again.

**8 Dutchman's breeches** – A wild version of bleeding heart, this native of the rich Acadian forest is propagated by ants. Its intricate flowers resemble old-fashioned men's breeches.

**9 Fireweed** – Known as a pioneer species, these tall, purple or pink spires of flowers quickly fill in disturbed sites where clearing or forest fire has opened an area to direct sun.

**10 Golden heather** – A species at risk, this tiny but hardy brilliant-yellow flower can be seen in the early summer on the rocky headland of the Skyline trail. Excessive trampling is a constant threat to its continued existence.



Lady slippers

## Top 10 Insects

Thousands of insect species inhabit the park, including these fascinating examples



Ebony jewelwing

**3 Short-tailed swallowtail** – This rare butterfly is found only in coastal headland habitats in Northern New Brunswick and Cape Breton so try the Skyline trail, where it is around most of the summer. Help the park track these butterflies by letting staff know if you do spot one and share your photos.

**4 White-spotted sawyer** – Large, long-legged with long antennae, wood-boring sawyers are beneficial players in forest health, especially post-fire succession. Parks Canada's practice of leaving dead and dying trees to lie naturally in the forest permits these essential nutrient cyclers to facilitate plant regrowth.

**5 Giant water bug** – Widely distributed in freshwater ponds and lakes and attracted to lights, this is one of the largest insects in North America. An active predator of various smaller water organisms, it can give a nasty bite if mishandled.

**6 June bug** – Everyone's favourite late-spring visitor! This large beetle of the scarab family, clumsier in flight than on land, often blunders around lights in great numbers.

**7 Polyphemus moth** – One of our largest moths, this silk moth is associated with various hardwood trees. Look for a showier but less common member of the same family, the luna moth.

**8 Cherry-faced meadowhawk** – This common dragonfly, striking and large, is found throughout the park feeding on many types of biting flies, such as mosquitoes. Larvae breathe through gills in their rectum, and can rapidly propel themselves by suddenly expelling water through the anus.

**9 Bumblebee** – Essential in propagating many of our plants, this small fuzzy bee is one of a number of important pollinators in the park.

**10 Boreal firefly** – Able to produce light without heat, this small flying beetle captures the imagination of visitors of all ages. Around from late May to early July, fireflies live close to water and feed mainly on slugs and snails. If you can't find them in the day, enjoy an evening stroll by the water and look for their little flashes of light.



Polyphemus moth

## Top 10 Geological Gems

**1 Grande Falaise** – A "big cliff" with layers of history.

**2 Presqu'île** – A pair of vertical faults in the water parallel to the beach separate Pillar Rock (375-million-year-old volcanic basalt) from the much older shiny, metamorphic phyllite in the cliffs along the beach and the much younger sedimentary layers of Presqu'île.

**3 Cap Rouge viewpoint** – The ornamental wall contains nice examples of the varied metamorphic and granitic rocks that form the western Cape Breton Highlands.

**4 Boar's Back** – A narrow ridge between French and MacKenzie mountains with steep drops on either side crosses two valleys formed largely by river erosion during the melting of glaciers after the last Ice Age.

**5 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.

**6 Aspy Fault** – The park's most spectacular fault extends 40 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.

**7 Beulach Ban Falls** – A great place to take a close look at sedimentary rocks made from sediments eroded from what were then the highlands and deposited in rivers 350 million years ago.

**8 Gypsum cliffs** – These 335-million-year-old white rocks, a relic from Cape Breton Island's time in the tropics, can be viewed from the Cabot Trail near the road leading to Dingwall.

**9 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.

**10 Middle Head Peninsula** – Consisting of 560-million-year-old diorite intruded by 495-million-year-old granite, this narrow peninsula was formed by glaciers and the sea over the course of millions of years.

Programs and activities are subject to change and weather-dependent. Check with park staff for updates.

✓ Program included with park pass    \$ Additional fee applies    \* Pre-registration required

# Weekly Activities



## Interpreter's Pick

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

## An Evening on the Beach

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

## Campground Campfire

Campers, join us around the group campfire to share stories, songs and more in our larger campgrounds. A park guide will engage the group for the first hour; stay and connect with fellow campers into the evening.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ingonish (East Side)</b> Questions / Reservations 902-285-2535	<b>Meander to Middle Head</b>   Middle Head Trailhead <b>DAILY   10 am</b> ✓						
	<b>Just Beachy Activities</b> ✓ Ingonish Beach Campground   3 pm	<b>Lake Safari</b> ✓ Freshwater Lake   2 pm – 4 pm	<b>Following Fire</b> ✓ Warren Lake   5 pm	<b>Puppet Show</b> ✓ Freshwater Lake   3 pm		<b>Lake Safari</b> ✓ Freshwater Lake   2 pm – 4 pm	<b>Puppet Show</b> ✓ Freshwater Lake   3 pm
	<b>Lantern Walk Through Time</b> \$ * Freshwater Lake 9:00 pm Jun – Jul 8:30 pm Aug   7:30 pm Sept	<b>Seeing in the Dark</b> \$ * Warren Lake 8:30 pm Jun – Jul 8:00 pm Aug   7:00 pm Sept	<b>Lantern Walk Through Time</b> \$ * Freshwater Lake 9:00 pm Jun – Jul 8:30 pm Aug   7:30 pm Sept	<b>Seeing in the Dark</b> \$ * Warren Lake 8:30 pm Jun – Jul 8:00 pm Aug   7:00 pm Sept	<b>Lantern Walk Through Time</b> \$ * Freshwater Lake 9:00 pm Jun – Jul 8:30 pm Aug   7:30 pm Sept	<b>Seeing in the Dark</b> \$ * Warren Lake 8:30 pm Jun – Jul 8:00 pm Aug   7:00 pm Sept	<b>Seeing in the Dark</b> \$ * Warren Lake 8:30 pm Jun – Jul 8:00 pm Aug   7:00 pm Sept
<b>The Beach Is Alive</b> ✓ Broad Cove Beach 7 pm	<b>Interpreter's Pick</b> ✓ Broad Cove Outdoor Theatre 9 pm July 8:30 pm August	<b>Bring Back the Boreal!</b> ✓ Broad Cove Outdoor Theatre 9 pm July 8:30 pm August	<b>Broad Cove Campground Campfire</b> ✓ Group fire pit 8 pm	<b>Sparking New Growth</b> ✓ Broad Cove Outdoor Theatre 9 pm July 8:30 pm August	<b>An Evening on the Beach</b> ✓ Broad Cove Beach 8 pm	<b>Discovery Zone</b> ✓ Broad Cove Activity Building   7 pm  <b>Interpreter's Pick</b> ✓ Broad Cove Outdoor Theatre 9 pm July   8:30 pm August	
<b>Eco-Capers</b>   Locations vary around the park. Pick up the weekly schedule and tickets at the visitor centres or campground kiosks. <b>WEEKDAYS   3 pm</b> \$							<b>Ingonish Beach Campground Campfire</b> ✓ Group fire pit   8 pm
<b>Chéticamp (West Side)</b> Questions / Reservations 902-224-2306	<b>Les Jardins du Cap-Rouge</b>   South entrance to le vieux chemin du Cap-Rouge trail <b>DAILY   10 am</b> \$						
	<b>Tea Talks</b> ✓ Chéticamp Visitor Centre 9 am – 11 am	<b>A Taste of l'Acadie</b> \$ * La Bloc 7 pm	<b>Rétablir la forêt boréale!</b> ✓ (French) Cooking shelter B   7 pm	<b>Learn-to-Lobster Boil</b> \$ * La Bloc 7 pm	<b>How-to-Hook a Mackerel</b> \$ * La Bloc 7 pm	<b>Gaelic Milling Frolic</b> \$ Chéticamp Visitor Centre 8 pm	<b>Tea Talks</b> ✓ Chéticamp Visitor Centre   9 am – 11 am  <b>Discovery Zone</b> ✓ La Rigouèche   7 pm
	<b>Chéticamp Campground Campfire</b> ✓ Group fire pit   8 pm	<b>Interpreter's Pick</b> ✓ Chéticamp Visitor Centre 8:30 pm	<b>Live! At the Park</b> ✓ Chéticamp Visitor Centre 8:30 pm	<b>Interpreter's Pick</b> ✓ Chéticamp Visitor Centre 8:30 pm	<b>Interpreter's Pick</b> ✓ Chéticamp Visitor Centre 8:30 pm		<b>Bring Back the Boreal!</b> ✓ Chéticamp Visitor Centre   8:30 pm
<b>Skyline Sunset Hike</b>   Skyline trailhead <b>DAILY   2 hrs before sunset</b> \$ *							

## Early-Bird Expedition

The early birds get the worm on these casual, early morning walks with a park guide. Scheduling and topics vary – check at visitor centres and campground kiosks for outing information.

## Tea Talks

Steeped conversation. Join a park guide or special guest in our new Chéticamp Visitor Centre foyer to chat over a cup of morning tea. Themes will vary, the welcome will always be warm.

## The Beach is Alive

See how natural forces bring Broad Cove beach to life as it shifts and evolves. 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



## Lake Safari

Come face to face with a variety of amazing aquatic creatures and find out what the park is doing to keep this freshwater ecosystem healthy.

## Puppet Show

Something is happening deep in the forests of Cape Breton Highlands. What does that mean for a thrush, a marten and a lynx? Join the "Forest Keepers" as they try to solve the mystery. 45 min.



## 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

## Sparking New Growth

Come discover what we are learning about how fire actually helps keep a forest healthy. 1 hour

## Following Fire

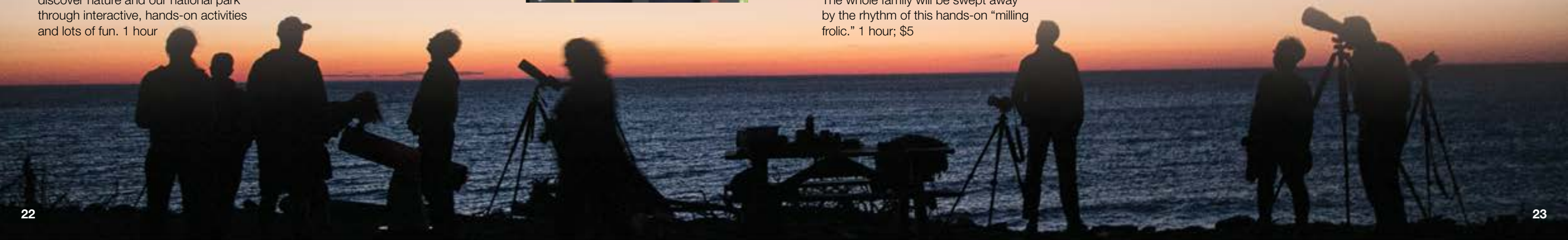
Fire is an essential part of our forest ecosystems. Come explore a fire-associated pine-oak forest and find out how burning the forest can help it grow. 2 hours

## Gaelic Milling Frolic

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

## Live! At the Park

The Chéticamp Visitor Centre comes to life with a variety of special guests from around the island. Drawing on the many talents and cultures of Cape Breton, each week will be a new experience, from fiddles and pipes to dancers and drums.

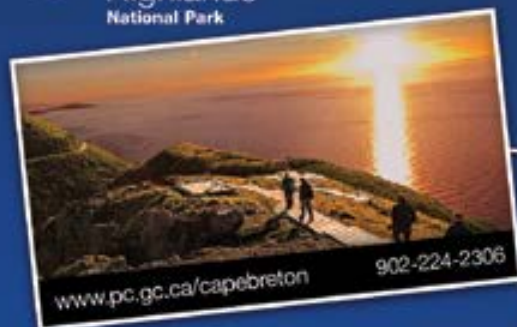


# Yours to Explore!

## 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. Peter's Canal  
National Historic Site



### Parks Canada Discovery Pass

A 2016 annual pass gets you **TWO full years of unlimited access** to all these places...  
and nearly 100 others across the country.

Purchase yours at 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)

