



Cape Breton
Highlands
National Park

2017 Activity Guide

Choose Your Own Big Adventure



Parks
Canada

Parcs
Canada

Canada

How To Reach Us






Cape Breton Highlands National Park

Ingonish Beach, Nova Scotia
Canada B0C 1L0

Tel: 902-224-2306
Email: cb.info@pc.gc.ca
www.parksCanada.gc.ca/capebreton

Campground Reservations
www.reservation.parksCanada.gc.ca
1-877-737-3783

Follow Us

-  CBHNP
-  ParksCanada
-  ParksCanada_NS
-  parks.canada
-  ParksCanadaAgency

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 at the Skyline Trail.
- 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.

Enjoy your visit; don't forget to pick up a wildlife safety brochure at our visitor centres, entry gates or the mobile kiosk.



CANADA 150

Discover Parks Canada!

2017 marks the 150th anniversary of Canadian Confederation and we invite you to celebrate with Parks Canada! Take advantage of free admission to national parks, national historic sites and national marine conservation areas for the entire year.

Get curious about Canada's unique natural treasures, hear stories about Indigenous cultures, learn to camp and paddle and celebrate the centennial of Canada's national historic sites with us. Find adventure, fun for the whole family or a short break from the everyday in more than 200 special places across the country.

Special Events 2017

at a glance



May

27-28 Cabot Trail Relay Race

June

3	International Trails Day guided hike	Franey trail
4	International Trails Day guided hike	Mica Hill trail
3,10,17,24	Seedling Saturdays – Hike a Trail. Plant a Tree. Save a Forest!	Skyline trail
15-18	Roots to Boots Festival	Chéticamp
24	Festival of Stewards	MacIntosh Brook Campground
24	Bicycle Rodeo (Rain date Jun. 25)	La Rigouèche Day Use Area

July

1	Canada Day	Ingonish & Chéticamp
1-7	KitchenFest!	
5	Live! At the Park – concert	Chéticamp Visitor Centre
12	Live! At the Park – concert	Chéticamp Visitor Centre
15	Parks Day	
15	Three Peaks Challenge	
15-16	Learn-to-Camp	Ingonish Beach Campground
19	Live! At the Park – concert	Chéticamp Visitor Centre
26	Live! At the Park – concert	Chéticamp Visitor Centre

August

2	Live! At the Park – concert	Chéticamp Visitor Centre
2-6	Le Festival de l'Escaouette	Chéticamp
7-11	Junior Naturalist Day Camp	Black Brook Beach
9	Live! At the Park – concert	Chéticamp Visitor Centre
11	Coastal Life Discovery Program	Chéticamp River estuary
12-13	BioBlitz	Freshwater Lake
12	Coastal Life Discovery Program	Freshwater Lake
12	Star-gazing and Meteor Showers	La Bloc
13	Star-gazing and Meteor Showers	Black Brook Beach
16	Live! At the Park – concert	Chéticamp Visitor Centre
23	Live! At the Park – concert	Chéticamp Visitor Centre
30	Live! At the Park – concert	Chéticamp Visitor Centre

September

2, 9, 16, 23, 30	Seedling Saturdays – Hike a Trail. Plant a Tree. Save a Forest!	Skyline trail
8-17	Hike the Highlands Festival	
27	National Tree Day	

October

6-14	Celtic Colours International Festival	
8	Celtic Colours Pumpkin Carving	La Rigouèche Day Use Area
8	Celtic Colours Pumpkin Carving	Broad Cove Campground
9	Celtic Colours Guided Hike	Salmon Pools trail
10	Celtic Colours Guided Hike	Corney Brook trail
11	Celtic Colours Guided Hike	Aspy trail
12	Celtic Colours Guided Hike	Middle Head trail
13	Celtic Colours Guided Hike	Mica Hill trail

Schedule subject to change. For a complete list of local festivals, music, shows and events, visit park visitor centres, parksCanada.gc.ca/capebreton, cbisland.com, cabottrail.travel, northerncapebreton.com or 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

YOUR PARK AFTER DARK

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.

Tuesday, Friday, and Saturday | 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



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.

Sunday, Monday,
Wednesday, Thursday | 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



LEARN-TO-LOBSTER BOIL

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

Wednesdays, June 21 – August 30

June/July – 6:30 pm, August – 6 pm

\$44 /person

Call before 4 pm to reserve your tickets.
Cancellation deadline - 2 pm 902-224-2306.



More on page 22!

FREE EXCURSIONS FOR THE WHOLE FAMILY



Salmon Pools Walk

Follow the path of the Cheticamp River Valley, set out by long ago glaciers along the cliff-bound river pools, where Atlantic salmon come to spawn.

Daily | 10 am | Meet at the Salmon Pools trailhead

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

LEARN-TO-ADVENTURE

Grab a compass (we'll lend you one); pack your sack (we'll tell you what to bring); and follow us into the back country! Awaken your senses as you explore remote waterfalls, tranquil lakes, swooping panoramic views, and cliff-bound river canyons. Learn skills that will allow you adventure wherever you may be.

Tuesday - Sunday
\$29.20 half day, \$51.10 full day

Reservations and information:
902-224-2306 or 902-224-4226



Festivals 2017

Festival des racines et bottines
Roots to Boots Festival

FREE June 15-18

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

www.rootstoboostsfestival.ca
902-224-2642

Thursday, June 15
10 am – Guided hike on the Salmon Pools trail

Friday, June 16
10 am – Learn-to-Adventure guided hike and picnic on le buttereau à Pépin

10 am – Guided hike on the Salmon pools trail

Saturday, June 17
10 am - 2 pm – Hike a Trail. Plant a Tree. Save a Forest! Tree planting on the Skyline trail.

1 pm – Guided hike on the Corney Brook trail

Sunday, June 18
10 am – Guided hike on the Salmon Pools trail

9 pm – Campfire with live music at the Grande Falaise picnic area

2017 Celtic COLOURS INTERNATIONAL FESTIVAL

FREE October 6-14

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

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.

For hike details, contact cb.info@pc.gc.ca, 902-224-2306

October 9: Salmon Pool trail, 2 pm
October 10: Corney Brook trail, 2 pm
October 11: Aspy trail, 10 am
October 12: Middle Head trail, 10 am
October 13: Mica Hill trail, 10 am



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!



FREE

Celtic Colours Pumpkin Carving
October 8 | 10 am
La Rigouèche and Broad Cove Campground

Festival of Stewards
June 24 | 1 pm - 6 pm
MacIntosh Brook Campground

Featuring contemporary artist Ursula Johnson with local collaborators in a feast and participatory performance called *(re)al-location* as a part of the national project *LandMarks2017/Repères2017*. www.landmarks2017.ca

FREE

Junior Naturalist Day Camp
August 7-11, 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.

Bioblitz
August 12-13 | Freshwater Lake

Make a real difference. Spend time outside. Connect with nature. You and your family team up with scientists around Freshwater Lake in Ingonish to find as many living creatures as you can. Join our experts on surveys, lake safaris and other fun activities to learn about biodiversity in the Park. An opportunity to see wild creatures up close and support the protection of this special place.

FREE

Star-gazing and Meteor Showers
August 12, 8 pm | La Bloc Beach – August 13, 8 pm | Black Brook Beach

Discover the basics of astronomy 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.

FREE

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. Dress for the weather and don't forget your rubber boots or water shoes. Visitors of all ages welcome.

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

Freshwater Lake | August 12 | 11 am

KitchenFest!

FÉIS A' CHIDSIN! • JULY 1-7, 2017

FREE In partnership with Colaisde na Gàidhig, the Gaelic College

Campground Ceilidh
Monday, July 3 | 7 pm - 9 pm
Enjoy a lively ceilidh in our campground at Broad Cove!

Piper at Lone Shieling
Wednesday, July 5 | 1 pm - 3 pm
Visit the lone piper at the Lone Shieling to honour and celebrate Cape Breton's Gaelic roots.

Pop-up ceilidhs
Be on the look-out for "pop-up ceilidhs" around the park between July 2nd and 7th.

Hike the HIGHLANDS FESTIVAL

CAPE BRETON HIGHLANDS 3 PEAKS CHALLENGE

September 8-17
Join us for the 14th 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.

July 15
Teams of four members hike three peaks in one day! This year's climbs are Aspy trail, Tenerife trail, and Coastal trail.

Registration: www.hikethehighlandsfestival.com

FREE

Festival de l'Escaouette
August 2-6 | Chéticamp

Chéticamp's annual Acadian festival. Music, dance and Acadian traditions. Meet us there for the party!

LEARN-TO-ADVENTURE
August 3rd & 5th
Join a park guide for a hike up la montagne à Jérôme. You'll discover the traces of the early Acadian settlers of Cap Rouge and learn about their lives.



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 2017 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!

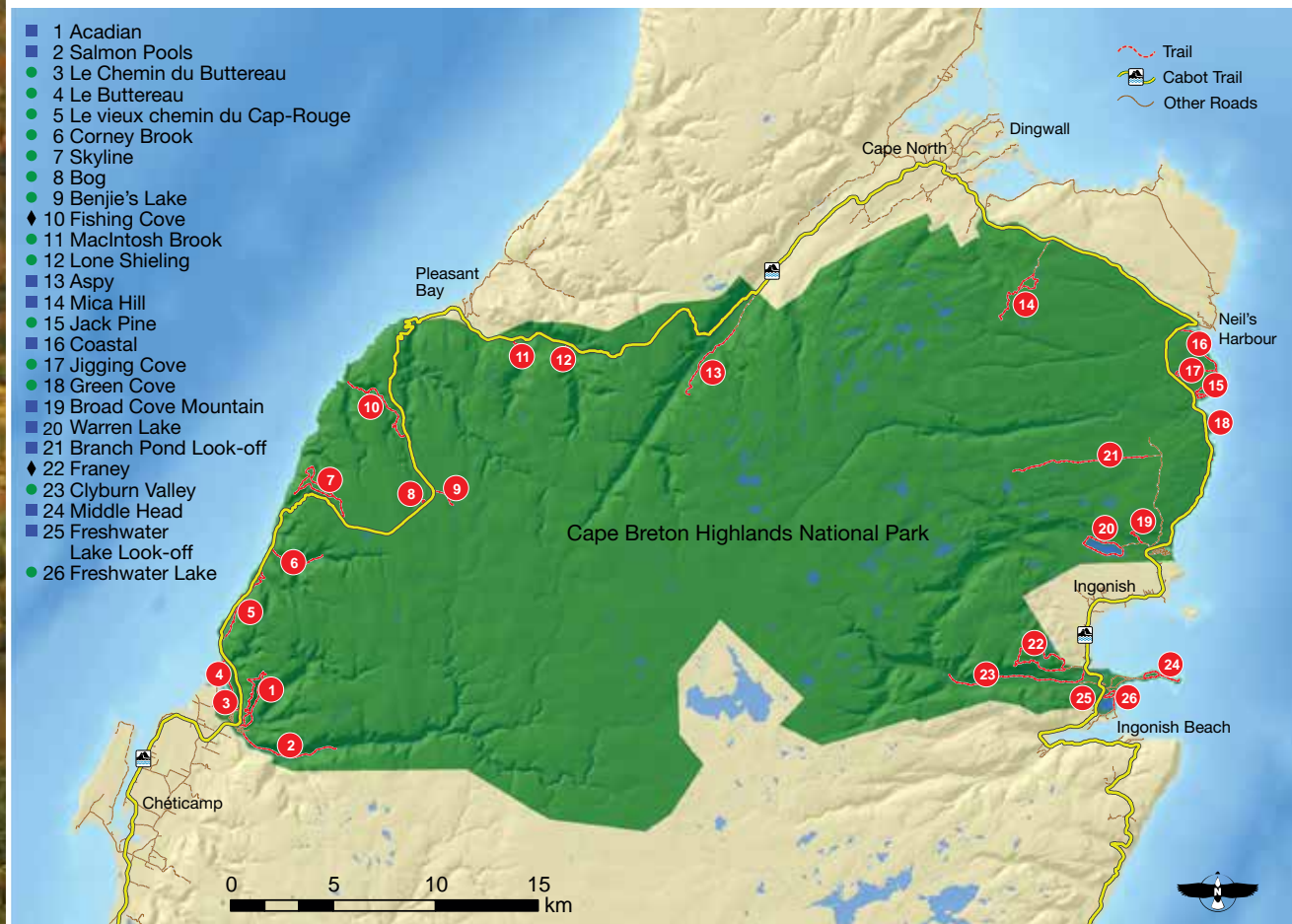
facebook.com/CBHP
#ShareTheChair #TimeToConnect

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.

Our trails have been rated for difficulty with the internationally recognized symbols

- **Easy** – Family-friendly trails that are suitable for all visitors.
- **Moderate** – Medium-length trails with moderate elevation gain and some short, steep sections. Suitable for most visitors.
- ◆ **Difficult** – Longer trails with long, steep sections that are suitable for visitors who have trail experience and are prepared (proper equipment and water).



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! Sites at Broad Cove, Ingonish Beach and Chéticamp campgrounds can be reserved at www.reservation.parkscanada.gc.ca or 1-877-737-3783.



Cocoon at Ingonish Beach Campground, \$70. Call 902-285-2535 to reserve.

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**
- **Bring your bedding, cooking gear and charcoal, and relax!**
- **Sleeps 6 people**
- **\$100 per night**



Learn-to-Camp

July 15-16

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
Registration required: 902-224-2306

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



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
 1-877-737-3783

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.
- ◆ Explore the natural wonders of the area with a scavenger hunt. Pick up your checklist at a visitor centre or campground kiosk.
- ◆ 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. 4.
- ◆ Join in Just Beachy activities every afternoon – p. 23.



Relax with your family at Ingonish Beach.



Give the new playground a whirl!



Take a dip in fresh or salt water.



Try out the new oTENTiks or equipped campsites.



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



Have a sandcastle-building competition...



Play a game of tennis, soccer, or ultimate Frisbee at the courts and fields near the beach.



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



...or play some volleyball.

Pick up a **Just Beachy!** brochure for more details.

Perfect Picnics

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 favourites from local restaurants.

Step 2: Pick up your meal.

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

To place your order, grab a picnic menu brochure at our visitor centres or check out our website for more details.



Discover our Hidden Picnic Gems

Benjie's Lake

This peaceful location is great for birding, spotting moose. An ideal wading ground for kids

Big Intervale

Tucked at the bottom of North Mountain, on the banks of the Aspy River, enjoy a respite in your drive.

Broad Cove Mountain

The steep but short climb will whet your appetite for photos as well as lunch.

Cap-Rouge Look-off

Take some time to savour your lunch along with the view of rocky coast laid out before you.

Mica Hill

Picnic on a pure quartz boulder in a sea of glittering mica.

Salmon Pools

Stop for a picnic by one of the deep pools where Atlantic Salmon gather.

Le Vieux chemin du Cap-Rouge

A 5-minute climb brings you to a picturesque panorama, perfect for a picnic.

Mary Ann Falls

You can settle at the bottom of this impressive falls or view it from above.

Neil's Harbour Beach/Coastal Trail

This serene sandy beach is perfect for swimming, spotting shorebirds and enjoying a quiet picnic.

Warren Lake

Birds serenade and mountains surround this picnic paradise.

Kids' Corner

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



XPLORERS

PARKS CANADA

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 Ten

- 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



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>



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.

- 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.
- Forest Keepers Cache** – This cache series highlights 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.
- 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.



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)

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 & 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, highlandlinks.com or 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.



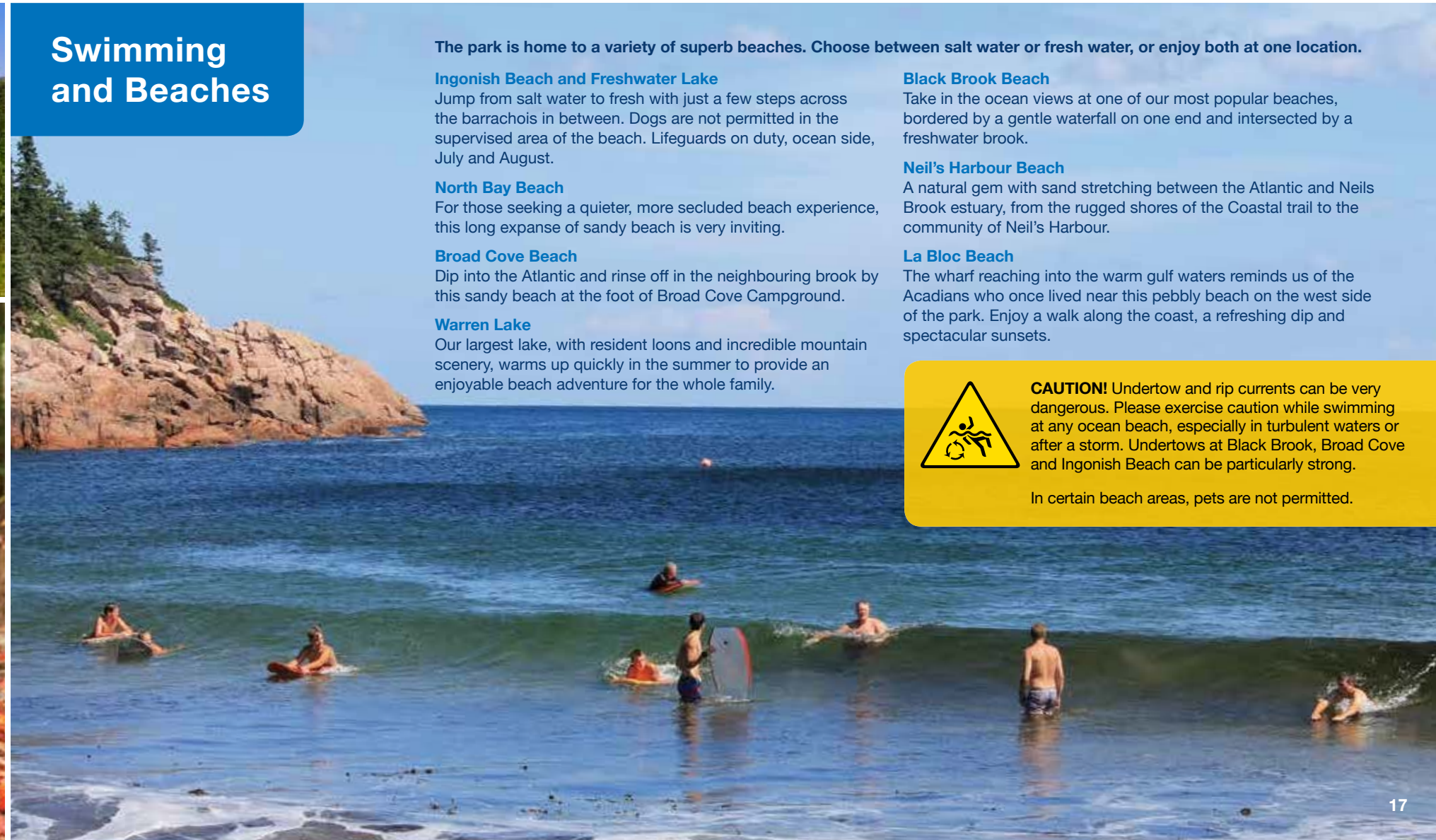
CAUTION! Undertow and rip currents can be very dangerous. Please exercise caution while swimming at any ocean beach, especially in turbulent waters or after a storm. Undertows at Black Brook, Broad Cove and Ingonish Beach can be particularly strong.

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 (42,000 so far)
 - 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
- visit: parksCanada.gc.ca/bringbacktheboreal



Want to Help?

- Join planting efforts during the *Seedling Saturdays* in June and 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!* videos. Look for it on parksCanada.gc.ca/bringbacktheboreal or on [youtube.com/user/ParksCanadaAgency](https://www.youtube.com/user/ParksCanadaAgency)

Learn More

- Join the *Following Fire* 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.

Sparking New Growth

Species of trees in 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 prescribed fires to:

- Kickstart regeneration in our fire-associated species and ecosystems,
- Learn as much as we can about the role of fire in the park



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



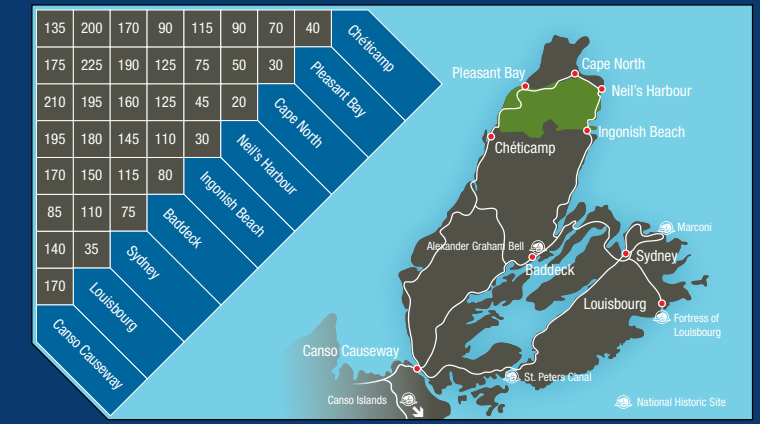
Cape Breton Highlands National Park is working in partnership with **tentree** on tree planting initiatives as part of the Bring Back the Boreal Project in 2017. **tentree** is a Canadian-based clothing company that plants 10 trees for every product sold. www.tentree.com

Visitor Centres

Even if you already have your free **Canada 150 Discovery Pass**, a stop at one of our two visitor centres can enhance your visit:

- Get park map and trip planning assistance
- Learn about local area
- Register for night hikes and other programs
- Tea with an interpreter
- Wifi
- Clean washrooms
- Le Nique nature bookstore (with coffee!)
- Parks Canada merchandise
- Club Parka
- Parks Canada Xplorers Program
- Nearby hiking trails

Distance Chart (distances in km)



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



Les Amis du Plein Air is a non-profit association working in co-operation with Cape Breton Highlands National Park. It operates **Le Nique**, a nature bookstore in the Cheticamp 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.



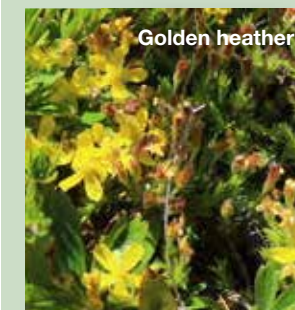
Bald eagle

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.



Golden heather

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.



Rhodora

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.



Coral Root Orchid

Top 10 Insects

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



Cherry-faced meadowhawk

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.

Weekly Activities

Programs and activities may be cancelled due to unforeseeable circumstances including adverse weather conditions.
*See pages 4-5 for more program descriptions.



Free with Discovery Pass Additional fee applies Pre-registration required

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ingonish (East Side) Questions / Reservations: 902-285-2535	Meander to Middle Head Middle Head Trailhead 10 am	Meander to Middle Head Middle Head Trailhead 10 am	Meander to Middle Head Middle Head Trailhead 10 am	Meander to Middle Head Middle Head Trailhead 10 am	Meander to Middle Head Middle Head Trailhead 10 am	Meander to Middle Head Middle Head Trailhead 10 am	Meander to Middle Head Middle Head Trailhead 10 am
	Learn-to-Adventure *	Just Beachy Activities Ingonish Beach Afternoon	Following Fire Warren Lake 5 pm	Learn-to-Adventure *	Just Beachy Activities Ingonish Beach Afternoon	Learn-to-Adventure *	Just Beachy Activities Ingonish Beach Afternoon
	Just Beachy Activities Ingonish Beach Afternoon	The Beach is Alive Broad Cove Beach 7 pm	Just Beachy Activities Ingonish Beach Afternoon	Just Beachy Activities Ingonish Beach Afternoon			
	Seeing in the Dark Warren Lake 8:30 pm June – July 8:00 pm August 7:30 pm September *	Seeing in the Dark Warren Lake 8:30 pm June – July 8:00 pm August 7:30 pm September *	Lantern Walk Through Time Freshwater Lake 9:00 pm June – July 8:30 pm August *	Seeing in the Dark Warren Lake 8:30 pm June – July 8:00 pm August 7:30 pm September *	Seeing in the Dark Warren Lake 8:30 pm June – July 8:00 pm August 7:30 pm September *	Lantern Walk Through Time Freshwater Lake 9:00 pm June – July 8:30 pm August *	Lantern Walk Through Time Freshwater Lake 9:00 pm June – July 8:30 pm August *
	Broad Cove Campground Campfire 8:30 pm	Ingonish Campground Campfire 8:30 pm	Sparking New Growth Broad Cove Outdoor Theatre 9 pm July 8:30 pm August	Interpreter's Pick Broad Cove Outdoor Theatre 9 pm July 8:30 pm August	Evening on the Beach Broad Cove Beach 8 pm	Bring Back the Boreal Broad Cove Outdoor Theatre 9 pm July 8:30 pm August	Interpreter's Pick Broad Cove Outdoor Theatre 9 pm July 8:30 pm August

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**

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**

Just Beachy Activities
Join in afternoon fun and games at Ingonish Beach. Park guides will lead activities such as lake safaris, puppet shows, beach bingo, sandcastle building and more.

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. **1 hour, \$5**

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

Tea Talks
Steeped conversation. Join a park guide or special guest in our Chéticamp Visitor Centre foyer to chat over a cup of 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**

Free with Discovery Pass Additional fee applies Pre-registration required

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Chéticamp (West Side) Questions / Reservations: 902-224-2306	Salmon Pool Walk Salmon Pools trail 10 am	Salmon Pool Walk Salmon Pools trail 10 am	Salmon Pool Walk Salmon Pools trail 10 am	Salmon Pool Walk Salmon Pools trail 10 am	Salmon Pool Walk Salmon Pools trail 10 am	Salmon Pool Walk Salmon Pools trail 10 am	Salmon Pool Walk Salmon Pools trail 10 am
	Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm	Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm	Learn-to-Adventure *	Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm	Learn-to-Adventure *	Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm	Learn-to-Adventure *
			Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm	Learn-to-Lobster Boil La Bloc 6:30 pm June – July 6 pm August *	Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm	Discovery Zone Cooking shelter at La Rigoueche 7 pm	Tea Talks Chéticamp Visitor Centre 2 pm - 4 pm
	Campground Campfire Group fire pit 8:30 pm	Acadian Kitchen Party Cooking shelter at La Rigoueche 7 pm	Interpreter's Pick Chéticamp Visitor Centre 8:30 pm (French)	Live! At The Park Chéticamp Visitor Centre 8:30 pm	Bring Back the Boreal Chéticamp Visitor Centre 8:30 pm	Gaelic Milling Frolic Chéticamp Visitor Centre 8:00 pm	Interpreter's Pick Chéticamp Visitor Centre 8:30 pm (English)
	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *	Skyline Sunset Hike Skyline Trailhead 2 hours before sunset *

PROGRAMS A-Z

Acadian Kitchen Party
Join us for a song, a tale, a step or a bite of food. We'd love to have you for the party, it's an Acadian tradition! **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**

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**

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.

Discovery Zone
Children of all ages and their families will discover nature and our natural park through interactive, hands-on activities and lots of fun. **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**

Yours to Explore! Parks Canada in Cape Breton, Nova Scotia

 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



This is the year to make your **Parks Canada** dream a reality!

Celebrate the 150th anniversary of Confederation with free entry in 2017 at all national parks, national historic sites, and national marine conservation areas across the country operated by Parks Canada.

Show your **Discovery Pass** or pick up a **FREE** one upon arrival to enjoy Parks Canada places and chances to win exciting prizes. Fees apply for camping and special programs.

