



Cape Breton
Highlands
National Park

2018 Visitor 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

902-224-2306

cbhnp.info@pc.gc.ca

parkscanada.gc.ca/capebreton

Campground reservations

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

Services available in
English and French.



Starting January 1, 2018,
admission to Parks Canada places
for youth 17 and under is free!
There's no better time to create
lasting memories with the whole
family.

Welcome to Cape Breton Highlands National Park

...where the mountains meet the sea!

Adventure awaits in Cape Breton Highlands National Park! The famous Cabot Trail winds through the park, which protects 950 square kilometres of majestic plateaus, 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 or entry gates.



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 programs
(p. 8-11, 13).



Your gateways to adventure...

Ingonish JUST BEACHY!

Make Ingonish your sand-filled family camping headquarters! Swimming, playing, camping, hiking, biking and even learning all come together at the newly-refreshed **Ingonish Beach Campground!** Look for a beaver on a family bike ride around **Freshwater Lake**. Grab a tasty snack at the beach canteen. Explore the natural wonders of the area with a scavenger hunt. Venture out on a **Lantern Walk Through Time** (p. 8). Join **Just Beachy!** activities every weekday at 2 pm (p. 10-11).



Whichever adventures you choose, the park is yours to explore!

Chéticamp THE SUNSET COAST

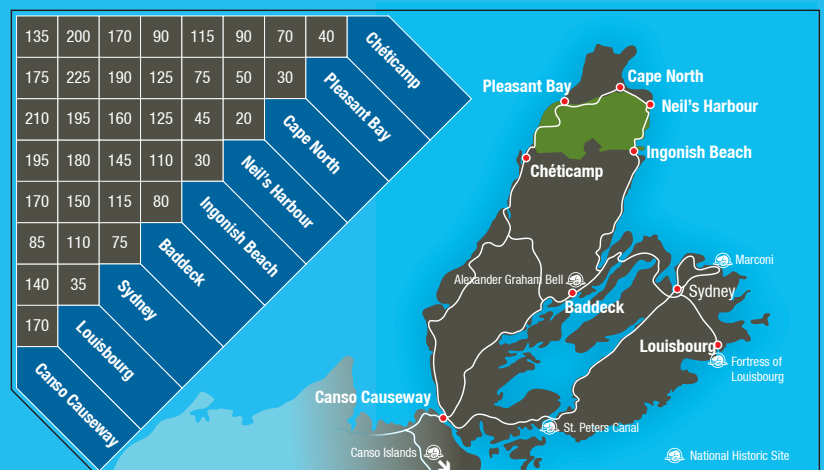
Settle in at the **Chéticamp Campground**, conveniently located right next to the visitor centre—it's the perfect home base for outdoor adventure! Take in one of the many concerts featuring Celtic, Acadian or Mi'kmaq cultures, which are regularly hosted at the visitor centre, or at Shelter C (La Rigouèche) near the playground (p. 10-11). Hike the **Salmon Pools** or **Acadian** trail, a short distance from your campsite. Experience the magic of a Cape Breton sunset at the **Skyline Sunset Hike** (p. 8). **Learn to Adventure** with one of our enthusiastic and knowledgeable interpreters (p. 9).



CONSTRUCTION NOTICE

- Expect construction delays in Cape Breton Highlands National Park.
- Check with visitor centres for the construction brochure, updates and estimated wait times.
- Idle-free: please turn off engines while you wait.
- Visit parksCanada.gc.ca/capebreton or 511.gov.ns.ca for more information

Distance chart (distances in km)



Hiking

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

If you have 15 minutes...

- Bog
- Lone Shieling
- Green Cove
- Freshwater Lake Look-off

If you have an hour...

- Le Buttereau
- MacIntosh Brook
- Jack Pine
- Broad Cove Mountain
- Freshwater Lake
- Middle Head

If you have two or three hours...

- Corney Brook
- Skyline
- Warren Lake
- Franey
- Clyburn Valley
- Middle Head

If you feel like an even longer walk...

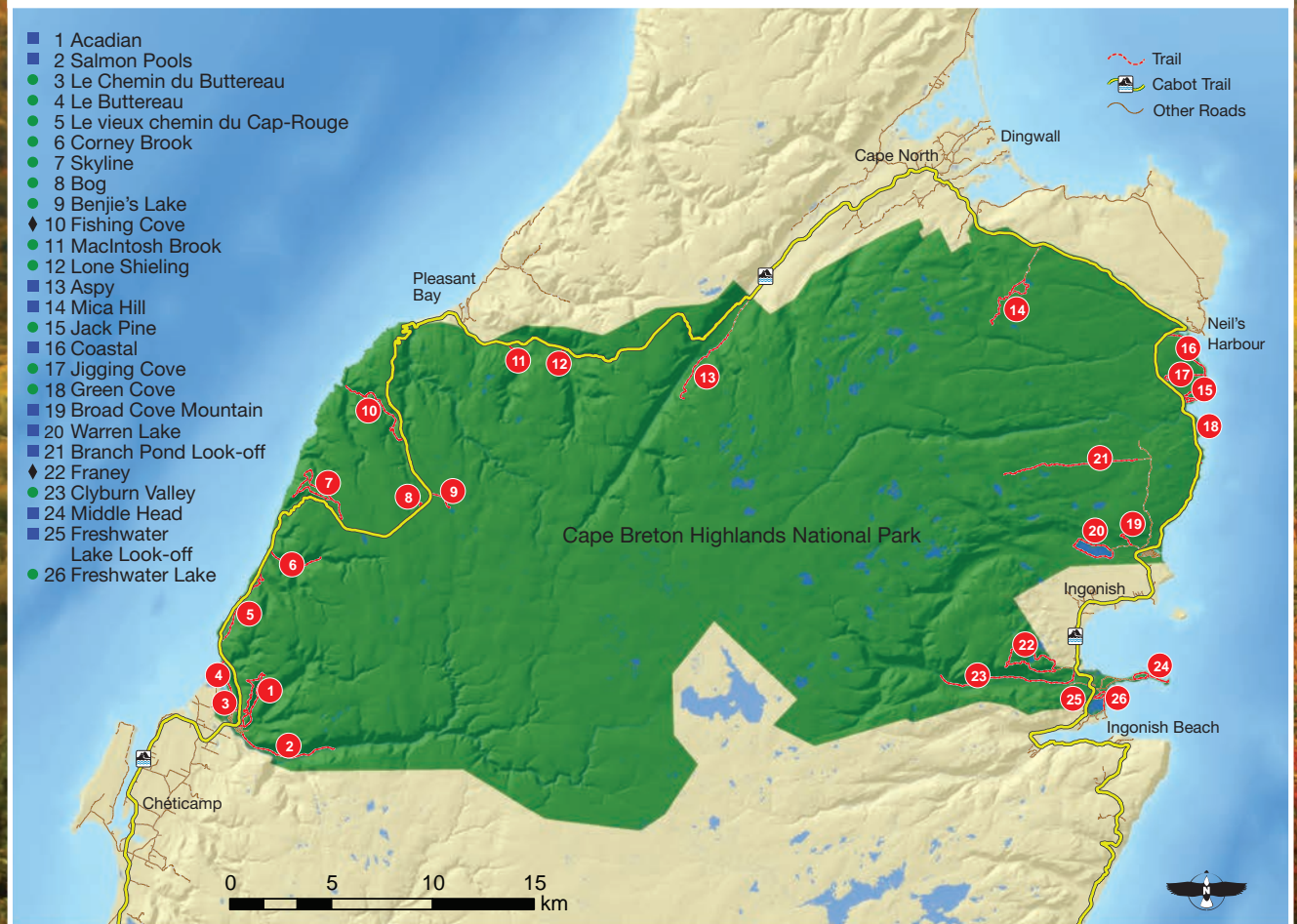
- Acadian
- Salmon Pools
- Fishing Cove
- Aspy
- Mica Hill
- Coastal

The Fishing Cove trail is the park's longest; it should take about six hours to complete. At 200 metres, Green Cove is the shortest – it only takes about 10 minutes...but you could sit and watch the waves for hours!

For more information about the hiking trails in Cape Breton Highlands National Park, consult our park map or check out our website.

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*).



Love a challenge?

A hearty Highlands challenge

Hike our 26 trails in 2018 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 ten 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. Try these ten:

- 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/CBHNP](https://www.facebook.com/CBHNP)
#ShareTheChair

Good practice

- Hike with friends and bring 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. Note that dogs are not allowed on the Skyline trail.
- **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: follow the Bare Campsite program.



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 hassle-free comfort camping.

Corney Brook Campground



Frontcountry camping sites start at \$17.60.

Receive a 15% discount by camping seven 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.



Live Life in Tents, an adventure tourism company in Margaree, Nova Scotia, supplies camping and other outdoor equipment for rent to meet your camping needs. Book your camping gear today by calling 902-452-1600 or by emailing livelifeintents@gmail.com.

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	56	■	■	■	■	■	■	■	■	■	■	■	■
Ingonish Beach	4	5	–	–	–	–	51	■	■	■	■	■	■	■	■	■	■	■	■
Corney Brook	–	–	–	–	–	–	20	■	■	■	■	■	■	■	■	■	■	■	■
MacIntosh Brook	–	–	–	–	–	10	–	■	■	■	■	■	■	■	■	■	■	■	■
Fishing Cove	–	–	–	–	–	8	–	■	■	■	■	■	■	■	■	■	■	■	■

🔥 Fireplace on site

🚫 Site with no fireplace

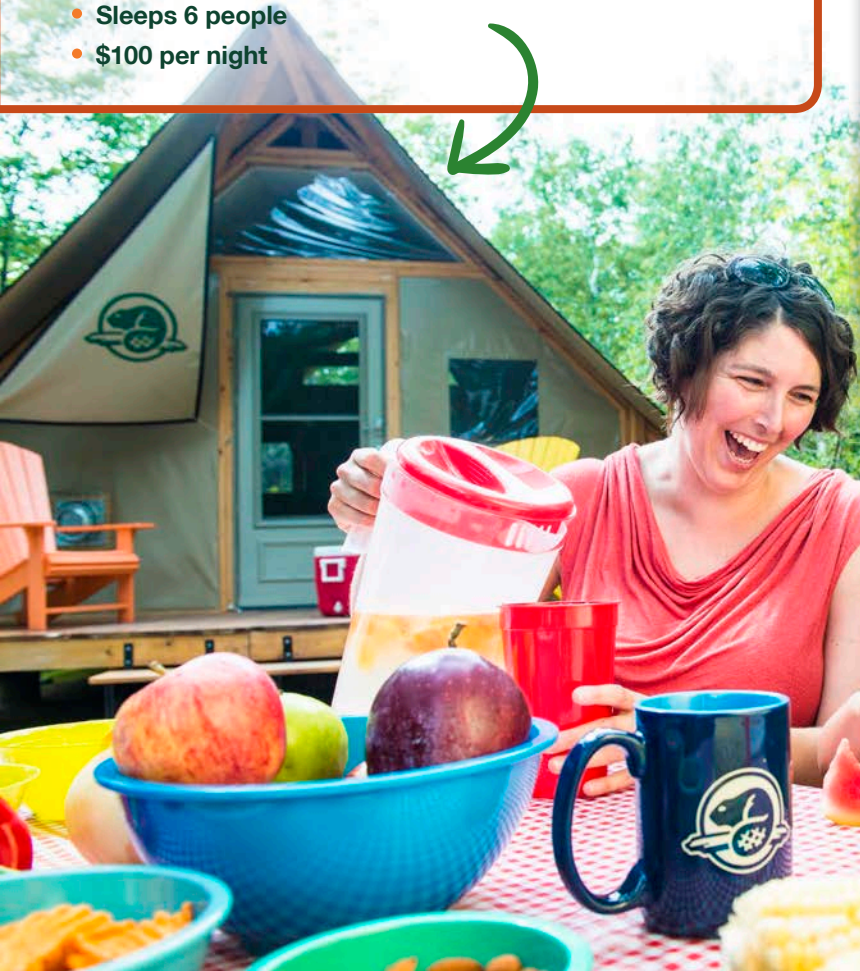
No gear? No problem! **Equipped campsites** are available in Chéticamp and Ingonish Beach campgrounds. These sites include a 6-person tent, sleeping pads, everything you'll need to cook outdoors and more! Just bring your bedding, provisions and sense of adventure. **\$70**



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 14-15

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 MEC, Live Life In Tents, and the Cape Breton Family Place Resource Centre. We'll show you how to set up a tent, make a campfire and cook outdoors. Supper and breakfast are included.

For complete details visit parkscanada.gc.ca/capebreton

Registration required: 902-224-2306

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 tales of this place, brought to life by the call of the loon and the crash of the waves.

Tuesdays, Thursdays, Saturdays

1.5 – 2 hours

July – 9:00 pm

August – 8:30 pm

September – 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 per person**

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 | 2.5 – 3 hours | 2.5 hours before sunset

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

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.

Mondays, Wednesdays, Fridays

2.5 hours

July – 8:30 pm

August – 8:00 pm

September – 7:00 pm

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

\$14.70 per person

Tickets: 902-285-2535



SKYLINE SUNRISE HIKE

Celebrate the dawning of a new day by joining us on the tip of the Skyline trail to watch the sun rise over the mountains. Special event offered on four dates. Pre-registration is required.

June 2

July 1

August 5

September 2

2.5 – 3 hours

1 hour before sunrise

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

MUSIC TO YOUR EARS at the Chéticamp Visitor Centre

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 guitars to dancers and drums.

Wednesdays | 1 hour | 8:30 pm |

\$5 per person

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.

Fridays | 1 hour | 8:00 pm |

\$5 per person



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 stories, local knowledge and more as you dine.

Wednesdays, June 27 – August 29
June & July – 6:30 pm
August – 6 pm
September – 5:30 pm

Cost: based on market price of lobster

902-224-2306

Call before 4 pm to reserve your tickets.

Cancellation deadline: 2 pm



SKYLINE PICNIC

A lunch date to remember! Savour the view as you enjoy a picturesque picnic at the end of this guided hike. Grab an official Perfect Picnic (p. 13), pack your own, or share in our local snacks as you learn about the boreal forest and these mesmerising views.

Mondays, Wednesdays, Fridays
10:00 am | \$14.70 per person

Pre-registration required.
902-224-2306

CLYBURN RIVER RIDE

Float along the banks of the Clyburn River during a lazy tubing tour while learning about this special watershed and enjoying some tasty local delights.

Sundays
3:00 pm

Price to be determined upon registration.
Pre-registration required.
902-285-2535

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, sweeping panoramic views, and cliff-bound river canyons. Learn skills that will allow you to adventure, wherever you may be.

Daily
\$29.20 half day
\$51.10 full day

Reservations and information:
902-224-2306



Weekly activities

Programs and activities may be cancelled due to unforeseeable circumstances including adverse weather conditions.

*See pages 8, 9 & 13 for more program descriptions.

 Program included with park pass  Additional fee applies  Pre-registration required

Ingonish (East Side) Questions / Reservations: 902-285-2535	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	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 Family Activities Ingonish Beach 2 pm	Just Beachy Family Activities Ingonish Beach 2 pm	Learn-to-Adventure *
	Explore Broad Cove Campground 7 pm			Just Beachy Family Activities Ingonish Beach 2 pm
	Clyburn River Ride Clyburn Day Use Area 3 pm	Seeing in the Dark Warren Lake July – 8:30 pm August – 8 pm September – 7 pm	Lantern Walk Through Time Freshwater Lake July – 9 pm August – 8:30 pm September – 7:30 pm	Seeing in the Dark Warren Lake July – 8:30 pm August – 8 pm September – 7 pm
	Broad Cove Campground Campfire (Beach) 8:30 pm	Ingonish Beach Campground Campfire 8:30 pm	Explore Ingonish Beach Campground 7 pm	Discover Broad Cove Outdoor Theatre July – 9 pm August – 8:30 pm

 Program included with park pass  Additional fee applies  Pre-registration required

Chéticamp (West Side) Questions / Reservations: 902-224-2306	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Salmon Pools Walk Salmon Pools trail 10 am	Salmon Pools Walk Salmon Pools trail 10 am	Salmon Pools Walk Salmon Pools trail 10 am	Sweet Discovery Salmon Pools trail 10 am
	Explore La Rigouèche, Chéticamp campground 7 pm	Skyline Picnic Skyline trailhead 10 am	Learn-to-Adventure	Skyline Picnic Skyline trailhead 10 am
		Learn-to-Adventure		Pjila'si Unama'ki! Chéticamp Visitor Centre 2 pm
	Chéticamp Campground Campfire Group fire pit 8:30 pm	Smudge Ceremony Chéticamp Visitor Centre 8:30 pm	Waltés La Rigouèche, Chéticamp campground 7 pm	Learn-to-Lobster Boil La Bloc June – 6:30 pm July – 6:30 pm August – 6 pm September – 5:30 pm
			Discover Chéticamp Visitor Centre 8:30 pm (French)	Live! At The Park Chéticamp Visitor Centre 8:30 pm
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	



THURSDAY	FRIDAY	SATURDAY
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
Just Beachy Family Activities Ingonish Beach 2 pm	Learn-to-Adventure *	Explore Ingonish Beach Campground 7 pm
	Just Beachy Activities Ingonish Beach 2 pm	
Explore Ingonish Beach Campground 7 pm	Explore Broad Cove Campground 7 pm	
Lantern Walk Through Time Freshwater Lake July – 9 pm August – 8:30 pm September – 7:30 pm *	Seeing in the Dark Warren Lake July – 8:30 pm August – 8 pm September – 7 pm *	Lantern Walk Through Time Freshwater Lake July – 9 pm August – 8:30 pm September – 7:30 pm *
Discover Broad Cove Outdoor Theatre July – 9 pm August – 8:30 pm	Broad Cove Campground Campfire 8:30 pm	Discover Broad Cove Outdoor Theatre July – 9 pm August – 8:30 pm

PROGRAMS A-Z

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.

Discover

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 today's pick.

1-2 hours

Explore

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**

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.

Meander to Middle Head

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

Salmon Pools Walk

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

THURSDAY	FRIDAY	SATURDAY	
Salmon Pools Walk Salmon Pools trail 10 am	Sweet Discovery Salmon Pools trail 10 am	Salmon Pools Walk Salmon Pools trail 10 am	
Learn-to-Adventure *	Skyline Picnic Skyline trailhead 10 am *		
	Pjila'si Unama'ki! Chéticamp Visitor Centre 2 pm		
Explore La Rigouèche, Chéticamp campground 7 pm	Explore La Rigouèche, Chéticamp campground 7 pm		
Sweetwater Maiden MacIntosh Brook Campground 8 pm	Gaelic Milling Frolic Chéticamp Visitor Centre 8 pm		
Discover Chéticamp Visitor Centre 8:30 pm			
Skyline Sunset Hike *			Skyline Sunset Hike *
Skyline Sunset Hike *	Skyline Sunset Hike *		Skyline Sunset Hike *

Festivals and special events

- June 2** Free entry! ParkFit
- July 1** Canada Day
- July 14-15** Learn-to Camp (see p. 7)
- July 21** BioBlitz
- August 6-10** Junior Naturalists day camp
- August 10-11** Coastal Life discovery program
- August 11-12** Stargazing and meteor showers

July 1 – Canada Day Celebrations
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!

July 21 – Bioblitz
Warren Lake
 You and your family team up with scientists around Warren Lake in Ingonish to find as many living creatures as you can. Join our experts on surveys 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.

August 6-10 – Junior Naturalists Day Camp
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.

August 10 & 11 – Coastal Life Discovery Program
August 10, 11 am, Chéticamp River estuary
 (Meet at Chéticamp Visitor Centre. Participants will follow guide to beach in their own vehicles.)

August 11, 11 am, Freshwater Lake
 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.

August 11 & 12 – Stargazing and meteor showers
August 11, 8 pm, La Bloc
August 12, 8 pm, Black Brook Beach
 Discover the basics of astronomy while you watch for the Perseids meteor shower. Bring binoculars and telescopes if you have them and settle in for an evening of stargazing. For your comfort, wear warm layers and bring blankets, chairs, insect repellent, and a flashlight.

For a complete listing of special events, please visit our website:
parksCanada.gc.ca/capebreton



Festival des racines et bottines **Roots to Boots Festival**
June 14-17
 The fourth annual **Roots to Boots Festival** will take place in the communities of Chéticamp and Louisbourg.
rootstoboostsfestival.ca
 902-224-2642

Festival de l'Escaouette
August 2-5
 Chéticamp's annual Acadian festival. Music, dance and Acadian traditions: meet us there for the party!



Celtic Colours International Festival

October 5 - 13

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. www.celtic-colours.com

Guided hikes

- October 8** Salmon Pools trail, 2 pm
- October 9** Corney Brook trail, 2 pm
- October 10** Aspy trail, 10 am
- October 11** Middle Head trail, 10 am
- October 12** Mica Hill trail, 10 am



Pumpkin carving

October 7 10 am
 La Rigouèche (Chéticamp campground) and Broad Cove campground.

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

Hike the HIGHLANDS FESTIVAL

September 14-23

Join us for the 15th 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 required.

hikethehighlandsfestival.com

Féis a' Chidsin! KitchenFest!

June 29 - July 7

in partnership with Colaisde na Gàidhlig / The Gaelic College

Campground Ceilidh

Monday, July 2 | 7 pm – Enjoy a lively ceilidh in our campground at Broad Cove!

Piper at the Skyline trail

Wednesday, July 4 | 1 pm - 3 pm
 Visit the lone piper at the Skyline trail to honour and celebrate Cape Breton's Gaelic roots.



Sharing stories: Mi'kmaw culture

Sweet Discovery

In a pristine sugar maple forest, hear the story of *Sismoqnapui Skwe'j – Sweetwater Maiden*. Based on oral history, the Sweetwater Maiden shares the Mi'kmaw story of the discovery of maple syrup, as told to Mary Louise Bernard by her mother. By bringing awareness to Mi'kmaw culture, this program recognizes the importance of our natural environment, and brings to light our relationship with trees.

Wednesdays, Fridays | Salmon Pools trail | **10 am**

Thursdays | MacIntosh Brook Campground | **8 pm**

Smudge Ceremony

Since time immemorial, many Indigenous cultures have used sacred smoke made from medicinal plants for a spiritual cleansing. It is a ceremonial way to cleanse a person, place or object of negative energies or influences. Today, elders recommend that smudge should be done in our daily lives, schools and workplace to promote healing.

Mondays

Chéticamp Visitor Centre

8:30 pm

Pjila'si Unama'ki!

Kwe'! Welcome to the Land of Fog. Learn about the Mi'kmaq and their culture, and find out what is going on in the five vibrant communities of Unama'ki.

Wednesdays, Fridays

Chéticamp Visitor Centre

2 pm

Grandmother Moon

It is said that Grandmother Moon watches over the waters of the earth. This Indigenous ceremony celebrates Grandmother Moon and women's teachings.

Chéticamp Campground

Wednesday, June 27

Sunday, July 29

Friday, August 24

Wednesday, September 26

Wednesday, October 24

Ingonish Beach Campground

Friday, June 29

Friday, July 27

Sunday, August 26

Monday, September 24

Monday, October 22

Waltzes

Learn to play the ancient Mi'kmaw game of waltzes!

Tuesdays

La Rigouèche,

Chéticamp Campground

7 pm

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: parkscanada.gc.ca/capebreton

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.

- 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 **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.
- 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.



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.

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
kelticlodge.ca




Swimming and beaches



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





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.

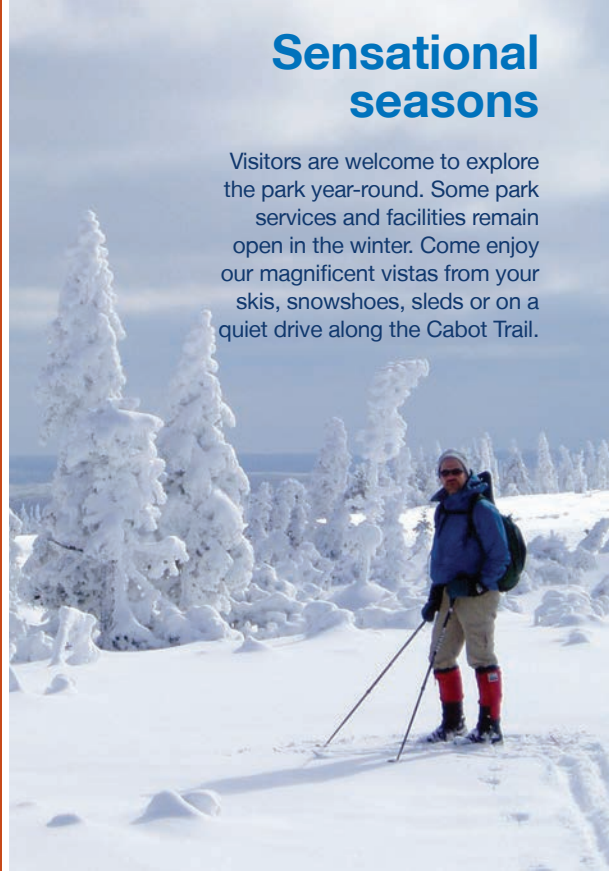
Beulach Ban Falls in the Aspy Valley is the highest waterfall in the park, situated at the end of a 3 km gravel road. Follow the Aspy trail on foot to find more waterfalls.

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.



The park is home to a variety of superb beaches. Choose between salt water or freshwater, 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 Neil's 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.



Kids' corner

The park is a great place for kids to explore the outdoors, discover the natural world and 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 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. 14)
- 3 Let loose at the **playgrounds** at the Ingonish Beach or Chéticamp campgrounds
- 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 an **Explore** activity (p.10-11)



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 your activity pack 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.

PHOTO MISSIONS



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?

Spruce budworm infestations are part of the natural cycle of the boreal forest. An outbreak in the 1970s removed 90% of forest cover in some areas.

New growth of young trees and shrubs provided the perfect food for moose.

With no major natural predator or disease in Cape Breton, the population grew to more than four times the amount a healthy balanced forest can typically support.

Since then, there has been little or no regeneration of the boreal forest.

Grasslands have taken over, changing the landscape of the park and putting species at risk.

How do we...

bring back the **BOREAL**

Parks Canada and its partners have:

- built a large, fenced enclosure on the Skyline trail
- planted almost 60,000 trees on the Skyline trail, and have begun to monitor their growth
- removed moose in a small pilot area on North Mountain to allow natural regeneration

parksCanada.gc.ca/bringbacktheboreal



Want to help?

- Contribute your photos to our research: visit Paquette Lake and follow the instructions on the interpretive panels.
- Share our **Bring Back the Boreal** videos. Visit parksCanada.gc.ca/bringbacktheboreal or search on [youtube.com/ParksCanadaAgency](https://www.youtube.com/ParksCanadaAgency)

Learn more

- Attend the **Discover** program at the Broad Cove Outdoor Theatre or the Chéticamp Visitor Centre.
- Enjoy the **Explore** program's **Forest Keepers** puppet show and other interpretive events at our campgrounds (p. 10-11).
- 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:

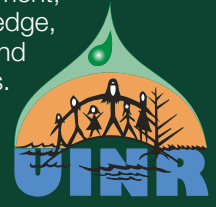
- Kick-start regeneration in our fire-associated species and ecosystems;
- Learn as much as we can about the role of fire in the park



Working together

We collaborate with **UINR (Unama'ki Institute of Natural Resources)**, which is engaged in forestry, marine science research, species management, traditional Mi'kmaw knowledge, water quality monitoring, and environmental partnerships.

www.uinr.ca



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



Cherry-faced meadowhawk

1 Spittle bug (froghopper nymph) – This jumping bug is most commonly noticed as a wad of spit made from foamed plant juices the nymph excretes for protection.

2 Ebony jewelwing – One of a number of brightly coloured damselfly species that breed in our wetlands; this one can be seen near Warren Lake. Check out the Bog and Benjie's Lake trails and see how many different kinds you can spot.

3 Cherry-faced meadowhawk – This common dragonfly, striking and large, is found throughout the park feeding on many types of biting flies, such as mosquitoes.

Top 10 insects

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

4 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.

5 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.

6 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.

7 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.

8 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.

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 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 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.

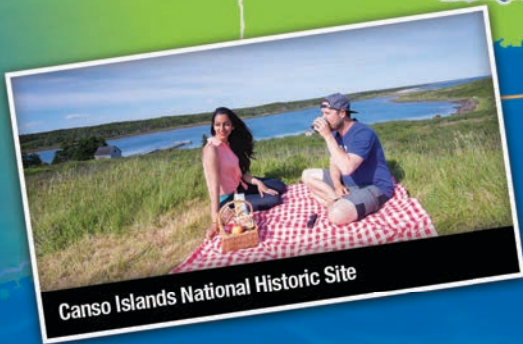
8 Gypsum cliffs – These 335-million-year-old white rocks, a relic from Cape Breton Island's time in the tropics, can be viewed from the Cabot Trail near the road leading to Dingwall.

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.

Parks Canada on Cape Breton Island and Canso NOVA SCOTIA

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