CAPE BRETON HIGHLANDS

FOREWORD

The National Parks of Canada are areas of natural beauty and special interest which have been "dedicated to the people of Canada for their benefit, education, and enjoyment." Established primarily for the preservation of the unspoiled natural landscape and for the protection of the native wildlife, they are to be "maintained and made use of so as to leave them unimpaired for the enjoyment of future generations."

The discovery of hot mineral springs bubbling from the slopes of Sulphur Mountain by engineers exploring the route for Canada's first transcontinental railway led to the establishment of Canada's first national park. From this small area of ten square miles at Banff, Alberta, set apart in 1885, the national parks system has been extended until it embraces 26 separate areas totalling more than 29,000 square miles.

While a few parks have been devoted chiefly to the conservation of certain species of big game animals once threatened with extinction, others contain sites memorable in the early history of Canada. Still others have been developed for the greater convenience of park visitors to view the magnificent scenery and to relax in their enjoyment of such an inspirational and peaceful environment. From the sea-girt hills on the Atlantic Coast across the rivers and lakes of Central Canada to the alpine vistas of the Rockies and Selkirks, these national playgrounds provide ideal areas for nature study and for recreation.

It is the responsibility of the National Parks Service to administer these natural areas for the enjoyment of Canada's present and future generations. By progressive stages the parks have been made more easily accessible, wildlife scientifically managed, public services provided, and accommodation and recreational facilities expanded. A staff of experienced wardens keeps constant vigilance throughout these park areas to ensure the protection of the flora and fauna, as well as the safety and convenience of park visitors. Conservation of the forests, the flowers, and the natural wildlife is their chief concern, and the co-operation of all visitors in this important work is greatly appreciated.

In marking, preserving, and restoring sites of national historic importance the National Parks Service is advised by the Historic Sites and Monuments Board of Canada, an honorary body of recognized historians representing various parts of the country. From the Fortress of Louisbourg in Nova Scotia to Fort Prince of Wales on Hudson Bay, nine such sites are administered as National Historic Parks, and many other places of historical importance have been suitably commemorated.

Also of historical significance was the act of linking two great national parks in Alberta and Montana to be known as Waterton-Glacier International Peace Park. Commemorating the peace which has existed for over 130 years between adjoining nations, this unspoiled area of natural beauty is symbolic of the goodwill engendered by these two peoples.

A new national park is now being established in New Brunswick. Title to an area of nearly 80 square miles, mainly in Albert County, is being provided by the Provincial Government. The park lies between the Goose and Upper Salmon (Alma) Rivers and extends northward from the Bay of Fundy for a distance of about nine miles.

The National Parks of Canada are part of a great national heritage, and under careful administration will continue as a perpetual asset—undiminished by use—for all future generations.

VISITORS' GUIDE Location and Description

Cape Breton Highlands National Park is situated in the northern part of Cape Breton Island, Nova Scotia, and contains an area of about 390 square miles. It lies between the Atlantic Ocean and the Gulf of St. Lawrence and forms part of a great table-land which rises to a height of more than 1,700 feet above sea-level. In places this table-land extends to the sea in bold headlands which rise almost sheer from the water. At other points, streams running down to the sea have carved deep gorges which widen out at their lower ends to form broad valleys or "intervales" that are characteristic of the region.

Along the western shores of the park the hills rise almost precipitously from the Gulf of St. Lawrence to a height of 1,500 feet. The upper slopes are clad with forest growth, and down their steep sides tumble small amber-coloured streams. The eastern shores are also rocky, but lower in elevation, and are indented with numerous sandy coves and bays. With the exception of the plateau, which consists mainly of barren and muskeg areas, the park is covered with a typical Acadian forest. From the sea, the landscape is particularly beautiful and, in the combination of deep valleys, green slopes, and rounded summits broken here and there by rocky spires and outcroppings, is reminiscent of the Highlands of Scotland.

In the vicinity of the park, but outside its boundaries, are a number of little villages or settlements, inhabited mainly by families of Highland Scottish and French Acadian ancestry. These people, who depend mainly on the sea for their livelihood, have to a great extent retained their native languages and a rare skill in handicrafts, such as weaving and hooking rugs of native wool spun on ancient wheels. Cheticamp, on the Gulf of St. Lawrence, is the centre of the rug-hooking industry carried on by people of Acadian origin. Farther north is Pleasant Bay, and along the Atlantic Coast the main settlements are Cape North, Dingwall, Neil Harbour, and Ingonish. The island is rich in historic interest and is linked with the earliest days of exploration in the "New World". Perpetuating the memory of the Cabots, who made their first landfall on the North American Continent along the shores of Cape Breton Island, is the famous Cabot Trail encircling the park. Verrazano and Cartier passed close to the island's northern cape and the rich fishing grounds in adjacent waters attracted English, French, Spanish, and Portuguese, some of whom settled on the Island. Cape Breton Island also witnessed the rise and fall of Louisbourg, the ruins of which are among its most interesting historic places.

HOW TO REACH THE PARK

Cape Breton Island is accessible from the mainland of Nova Scotia by Highway No. 4, a paved route, or by railway. The crossing of the Strait of Canso between Mulgrave and Port Hawkesbury is made by modern ferry which operates many times daily. From Port Hawkesbury, the visitor has a choice of routes to the park. The eastern route, by way of Sydney, follows Highways Nos. 4 and 5, connecting with the Cabot Trail, and enters the park at Ingonish Beach. This route skirts the Bras d'Or Lakes, and also affords an opportunity of visiting Fortress of Louisbourg National Historic Park, which is 25 miles from Sydney. From Port Hawkesbury through Sydney the distance to Ingonish Beach is 158 miles via New Campbellton ferry and Kelly's Mountain, and 177 miles via Ross Ferry.

An interior route, over Highway No. 5, passes through Whycocomagh and joins the Cabot Trail at Baddeck. From Baddeck, the Cabot Trail may be followed northeastward to the park entrance at Ingonish Beach, or northwestward to Cheticamp and the western entrance of the park. The western route follows Highway No. 19 along the Gulf of St. Lawrence through Port Hood to Margaree Forks, where connection is made with the Cabot Trail. The park entrance north of Cheticamp is 105 miles from Port Hawkesbury by this route.

The Canadian National Railways provide a daily service from Eastern Canada to Sydney and intermediate points. The station nearest the park is Little Bras d'Or, situated about 20 miles west of Sydney by highway and about 55 miles from Ingonish Beach, the park headquarters.

A twice-weekly steamship service is provided by SS. *Aspy* between Sydney and Ingonish, Neil Harbour, Dingwall, and Bay St. Lawrence during the summer months. Steamship service is also available twice a week from Mulgrave to Cheticamp.

The park is accessible by motor bus. A daily service is operated from Halifax and intermediate points to Sydney. From Sydney daily return trips are made to Dingwall, via Ingonish. Buses also travel from Sydney around the Cabot Trail to Cheticamp on Saturdays, returning the following day.

Trans-Canada Air Lines, which connect with other air services in Canada and from the United States, operate a daily service from Moncton, N.B., to Halifax, N.S., and make twice-daily flights to Sydney. From Sydney the park may be reached by automobile, or bus service, or by charter plane. The Bras d'Or Airways provide an air service from Sydney to all principal points on Cape Breton Island at reasonable rates.

PARK ADMINISTRATION

Cape Breton Highlands National Park is administered by the National Parks Service of Canada. The local administration is carried out by a superintendent whose office and residence are situated near the park entrance at Ingonish Beach on the Atlantic Coast. Information and literature concerning the park may be obtained at the Administration Building or the Information Bureau.

The park regulations are enforced by the park warden service, assisted by the Royal Canadian Mounted Police.

REGISTRATION OF VISITORS

No fee is charged for entering the park, but visitors are requested to register for record purposes at the Park Information Bureau, which is situated at the eastern entrance near the park headquarters. This building, of stone construction with thatched roof, is patterned after the crofter type of dwelling still found in the western Highlands of Scotland.

GENERAL INFORMATION Accommodation

Accommodation in the park is provided by Keltic Lodge, a bungalow-type hotel situated on Middle Head, near Ingonish Beach, and operated by the Government of Nova Scotia. The Lodge includes a main building containing office, guest lounge, dining-room, staff dormitory, and caretaker's cabin. and 10 bungalows having from two to eight rooms each. Within easy reach are the park golf course, tennis courts, and bathing beaches. Rates range from \$7 to \$16 a day (American Plan) according to the type of accommodation. Additional hotel, bungalow cabin, and boarding-house type accommodation is available in the villages and settled communities adjacent to the park. As this accommodation is outside the park boundaries rates charged are not subject to control by the National Parks Administration. Rates vary according to the accommodation offered, the average daily rate being as follows:

Single \$2.50 per day; double \$5.00 per day (American Plan)

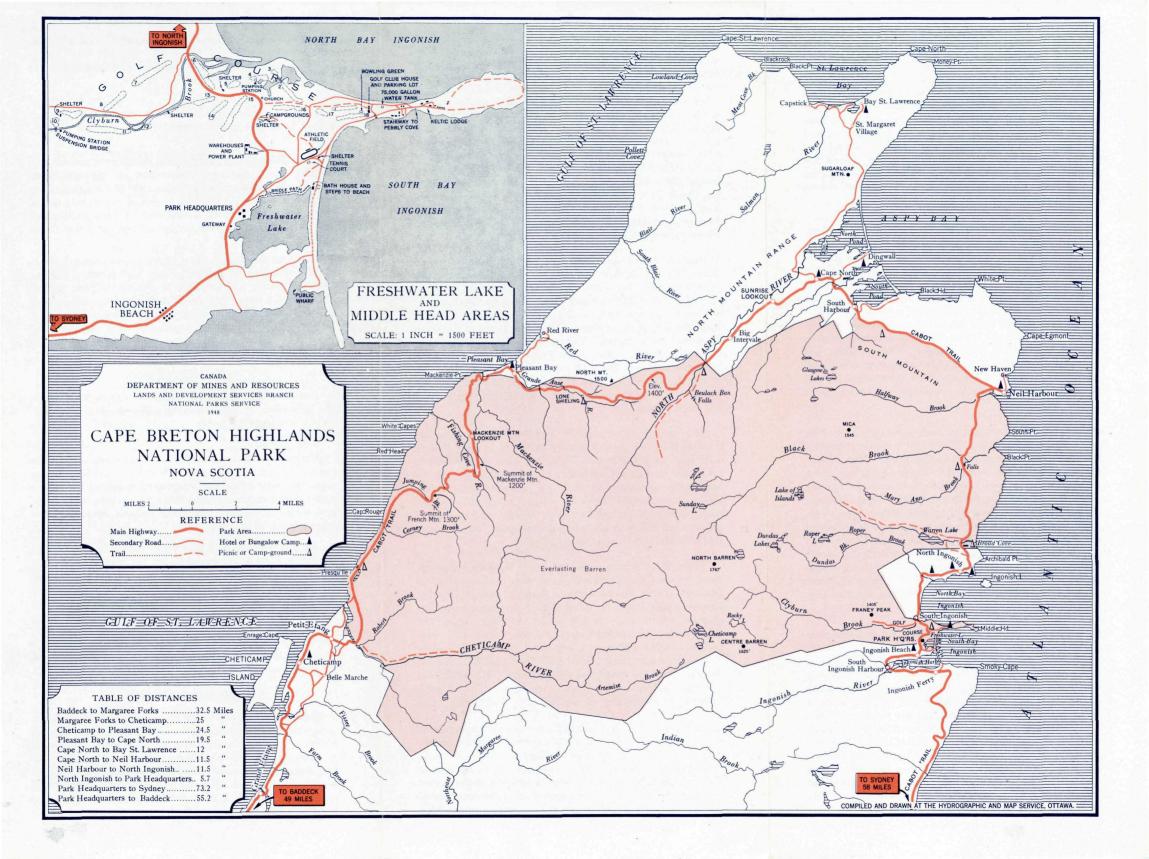
Name	Location	Description
Keltic Lodge	Ingonish Beach	56 rooms (A
Beinn Mara Lodge	Ingonish Beach	10 rooms (A
Terrydale Cabins	Ingonish Centre	5 housekeeping cabins (A
The Point	North Ingonish	22 rooms (A
The Spruces	North Ingonish	
Inverstrachie Hotel	Neil Harbour	16 rooms (A 5 rooms (A
Highland Lodge	Cape North	18 rooms (A
MacDonald's	Cape North	50 persons (A
Mountain View Inn	Pleasant Bay	32 persons (A
Red River Valley Inn	Pleasant Bay	18 persons (A
Acadian Inn	Cheticamp	12 rooms (A
Cabot Hotel	Cheticamp	5 rooms (A
Mac's Cabins	Cheticamp	4 double cabins (H
Seaside Cabins	Cheticamp	3 cabins (I
Laurie's Cabins	Cheticamp	6 cabins and 3 bedrooms

(A) Indicates American Plan (with meals).(E) Indicates European Plan (without meals).

CAMPING

Delightful picnic and camping grounds will be found in the park along the Cabot Trail. A camp-ground with kitchen shelter, tables, benches, stove, fuel, and cold spring water is available near the athletic field at Ingonish Beach, half a mile north of the park entrance. A picnic shelter situated near the bathing beach is also open to visitors. Camp-sites, or picnic grounds with camp-stoves, also will be found at Broad Cove; Mary Ann Brook; on South Mountain, six miles west of Neil Harbour; in Big Intervale, near the Aspy River; in Grand Valley, about three miles east of Pleasant Bay; and at Presqu'Ile, near Cheticamp. The Lone Shieling camp-site near the Cabot Trail in the vicinity of Pleasant Bay is patterned after the Scottish shieling, complete with stone walls and thatched roof. It has a picturesque setting and is available as a kitchen shelter. A cool, clear brook runs close by.

Permits are required for overnight camping at points where kitchen shelters are available, and may be obtained from the office of the park superintendent, or from the park officer located in the vicinity. The fees for camping permits are \$1 for ordinary tents for each period of two weeks or less. Camping permits for automobile trailers are issued at the rate of 50c for one day, \$1 for two days, and \$2 for any period over two days up to two weeks.



RECREATION

Angling.—Visitors may enjoy both fresh-water and saltwater fishing in the park and vicinity. The Cheticamp River, on the western side of the park, is noted for its Atlantic salmon, which run to good size and weight. Sea (speckled) trout are found in many of the lakes and streams of the park and provide fine sport. Among the best trout streams are Clyburn, Warren, Black, and Corney Brooks, and North Aspy, Grand Anse, Mackenzie, and Fishing Cove Rivers. Trout are also found in Warren Lake, along with silver perch, a good pan fish. Most of the small lakes on the plateau also contain fat speckled trout. Visitors are requested to consult park officers concerning seasons and catch limits.

The salt waters surrounding the park offer almost unlimited scope for fishing. The eastern coast of Cape Breton is one of the finest commercial and sport swordfishing grounds in North America. Commercial fishing for this species is carried on extensively from points adjacent to the park. Salmon, haddock, herring, halibut, cod, and mackerel are also caught. The last two species provide good sport on light tackle. Arrangements may be made to accompany deep-sea fishermen on their daily trips, and boats and small schooners may be chartered at Ingonish, Neil Harbour, Pleasant Bay, and Cheticamp. Additional information concerning boats and charges may be obtained from the Park Information Bureau. The co-operation of anglers in completing creel census cards is greatly appreciated.

Bathing.—Both salt-water and fresh-water bathing may be enjoyed at Ingonish Beach. Facing the Atlantic there is a beautiful stretch of sand extending southward from Middle Head for nearly a mile along the "barachois" or bar which separates the ocean from a small fresh-water lake. The sea water is remarkably pleasant in temperature for the latitude, and the sand, beaten hard by the surf, is free from shells. A small beach also will be found on the shore of the freshwater lake. A large dressing room where visitors may check their clothing and belongings has been constructed on the barachois. A life-guard is on duty during the swimming season. Beaches suitable for bathing also will be found at North Ingonish, Broad Cove, Neil Harbour, Dingwall, Pleasant Bay, and Cap Rouge.

Golf.—The park golf links, which commence and terminate on Middle Head, have one of the finest scenic settings in the province. Skirting the seashore for a few holes, the route of play winds up the valley of Clyburn Brook for nearly a mile between steep forested hills and, returning along the south bank of the brook, finishes within a few hundred yards of Keltic Lodge. An inlet of the sea and the rippling Clyburn afford interesting water hazards. Rustic shelters have been provided at several points, and a suspension bridge crosses the Clyburn at the 10th green. At the first tee, located within a few hundred yards of Keltic Lodge, is a club-house, with dressing rooms for men and women, where golfing equipment may be obtained. The green fee is \$1 with comparable rates for daily, weekly and seasonal periods. Hiking.-Numerous trails which have been constructed to scenic points in the park offer fine outings on foot. A short walk or climb from the Administration Building at Ingonish Beach leads to a lookout 150 feet above. From this eminence there is a magnificent view of the Atlantic, Cape Smoky, and other points. Another attractive walk less than a mile in length has been built along the north shore of the fresh-water lake to the bathing beach. From Keltic Lodge, an enjoyable hike around the eastern section of Middle Head may be made over a trail about two miles long. Excursions may also be made up the Clyburn Valley through the golf links to the suspension bridge, three miles return; to Warren Lake from a point on the Cabot Trail near North Ingonish, five miles return; up Ropers Brook from Cabot Trail, six miles return; and to Franey Mountain, four miles return. Trails also lead up the North Aspy and Cheticamp Rivers.

Motoring.—The Cabot Trail provides a spectacular drive of about 70 miles through the park vicinity. Approaching the eastern entrance, the visitor crosses Cape Smoky at an elevation of about 1,000 feet and drops down to the Ingonish settlements at sea-level. At Ingonish Ferry comes the first magnificent view of the region—the rolling sweep of Klondike Mountain, South Ingonish Harbour, and Middle Head jutting into the Atlantic to form the twin bays of Ingonish. Skirting Ingonish Harbour, the road enters the park at Ingonish Beach. Nearby are the park headquarters, and accessible by a branch road are the tennis courts, bathing beach, golf links, and Keltic Lodge.

Leaving Ingonish Beach, the route continues northward, crossing the golf links and passing the site of an early French settlement near the mouth of the Clyburn. From Clyburn bridge the road circles North Bay to North Ingonish, a thriving fishing community. From North Ingonish, rolling woodland with numerous streams is traversed to reach Neil Harbour. This is a typical east-coast village, with numerous fishing craft riding at anchor in a small rocky bay. A short side road leads to New Haven.

From Neil Harbour, a fine stretch of highway brings the visitor to the Cape North settlement. Here side roads lead to Dingwall, noted for its gypsum quarries, and to Bay St. Lawrence and Capstick, small fishing communities at the northern end of Cape Breton Island. At Cape North, the Cabot Trail turns westward up North Aspy Valley. At Sunrise Lookout in Big Intervale a wonderful view of the valley, North Mountain Range, and Aspy Bay may be enjoyed. Crossing the Aspy River, the road ascends North Mountain, traverses the height of land, and drops again to Grande Anse Valley and Pleasant Bay on the Gulf of St. Lawrence.

At Pleasant Bay, the highway enters its most spectacular stretch. Rising steadily, the route ascends Mackenzie Mountain, unfolding grand vistas of the Gulf and its rugged surfwashed shores. After crossing the summits of Mackenzie and French Mountains, the road descends Jumping Brook Valley to the sea. Skirting the Gulf for several miles, the route passes the reddish bluffs of Cap Rouge and traverses a promontory known as Presqu'Ile before turning inland through a narrow valley to the park boundary at Cheticamp River. Crossing the river, the highway leaves the park and continues on to Cheticamp and points south.

Motorists are requested to pay strict attention to highway traffic signs, to drive carefully at all times, and to see that brakes, headlights, and steering gear are in the best of condition.

Playing Fields.—An athletic field, including a quarter-mile running track, has been constructed at Ingonish Beach opposite the tennis courts and within sight of the main bathing beach. The field is available for Highland games, field sports, track meets, and softball. A large stand for the accommodation of spectators has been erected on the north side of the field.

Tennis and Bowling.—Three tennis courts, situated within a short distance of the bath-house and picnic shelter at Ingonish Beach, are available to visitors without charge. Enclosed by a strong steel fence, the courts are constructed of reddish clay, and provide an excellent hard-court surface. Racquets and balls must be supplied by those making use of the courts. A bowling green has been constructed for the pleasure of visitors.

FIRE PREVENTION

Visitors are requested to co-operate with park officers in the prevention of fires. Smoking materials should be completely extinguished before being thrown away, and then dropped only on bare soil.

Camp-fires may be kindled only at places provided for the purpose and must be extinguished before they are left. Persons using the park paths and trails unaccompanied by a park officer should acquaint themselves with the park regulations, and secure particulars concerning suitable camp-sites and other related information.

Any fire observed by a park visitor should be extinguished if possible. Fires which cannot be put out promptly should be reported at once to the nearest park officer. A fire in a national park may cause damage which cannot be replaced in a hundred years. Forest fires are among the greatest enemies of the parks. Not only are the trees in the park a joy and inspiration, but they afford sanctuary for many forms of wildlife that add beauty and interest to the area. It is virtually impossible to protect these national playgrounds without the close and constant co-operation of all who frequent them.

COMMUNICATIONS

Ingonish Beach and other points adjacent to the park have regular postal service. There is a telephone and telegraph service at Ingonish, and Cheticamp is served by telegraph. A telephone line between Pleasant Bay and Cheticamp has long distance connection. Inter-communication between park headquarters and various outposts has been established, and communication with Sydney by radiophone through Keltic Lodge is operating satisfactorily.

WILDLIFE PROTECTED

As the chief purposes of Canada's National Parks require that they be maintained in their natural state, all wildlife within their boundaries is carefully protected. For this reason hunting and the possession of firearms are strictly prohibited. As the parks are game sanctuaries, visitors must not molest any wild animals or birds on their nests. Dogs or cats are not allowed in any national park except under special permission.

FAUNA AND FLORA

Animals and Birds.—The park is a sanctuary for all forms of wildlife, and as a result of the protection afforded, wild animals and birds are increasing in numbers. Moose and woodland caribou were once very numerous in the region, but were exterminated by indiscriminate hunting prior to the establishment of the park. Whitetailed deer, however, are often observed, and black bear are increasing. Red fox, Canada lynx, rabbit, and a number of small fur-bearers are common. Beaver have been restored by the placing of several pairs in park waters near Ingonish, and, according to latest reports, they are multiplying rapidly. More recently eight moose from Elk Island National Park, Alberta, were released in the park in an effort to re-establish this lordly animal in the area.

Bird life is abundant and interesting. Bald eagles have nested in the park for centuries, and these great birds may be seen soaring in wide circles above the highest hills. Waterfowl are abundant along the coast and include Canada geese, ducks, and gulls. Spotted sandpipers are numerous along the shore, and ruffed and spruce grouse inhabit the woods of the park. Predatory birds include redtailed and marsh hawks, great horned owl, and osprey. Other birds include such species as nighthawk, belted kingfisher, hairy and downy woodpeckers, barn, bank, and cliff swallows, blue jay, American robin, American redstart, common starling, magnolia warbler, pine grosbeak, pine siskin, American goldfinch, slate-coloured junco, song sparrow, red-breasted nuthatch, raven, and crow.

Trees, Shrubs and Flowers.—The forests of Cape Breton Highlands National Park are among its most beautiful features. Balsam fir, white and black spruce, yellow birch, sugar maple, and large-toothed aspen predominate, and red oak, red maple, balsam poplar, trembling aspen, white ash, and beech are common. Also found are white birch, red spruce, hemlock, and mountain ash.

Balsam fir is prolific in some areas, and groves of wellbranched little "Christmas trees" are abundant in old clearings along the eastern coast. On the higher barrens, growths of stunted black spruce and balsam are found. Flowering shrubs and small fruits, including dogwood, pin cherry, choke cherry, hazel, cranberry, raspberry, gooseberry, and blueberry are numerous. Wild flowers grow in profusion during the summer. Meadow and swamp rose, rhodora, lambkill, Canada mayflower, rough aster, white goldenrod, violet, northern and marsh St. John's wort, purple meadowrue, bunchberry, and wintergreen are characteristic species. Many species of ferns also grow in the park. Caribou moss and lichens are found on the barrens.

NATIONAL HISTORIC PARKS IN NOVA SCOTIA

FORTRESS OF LOUISBOURG

The site of a walled city once proudly termed the "Dunkirk of America," Fortress of Louisbourg National Historic Park is one of the most noted of all historical places on the North American Continent. Situated on the Island of Cape Breton. Nova Scotia, about 25 miles from Sydney, it contains the ruins of massive fortifications erected by the French as a military and naval station for the defence of their possessions in New France.

Most of the original area of the fortified city, together with Battery Island and the site of Grand Battery, is included in the 340 acres which comprise the park. A group of old casemates or bomb-proof shelters still stand as mute relics of the last siege, and extensive excavation work has brought to light remains of walls of the citadel, barracks, chapel, governors' house, and hospital. Memorials have been erected to mark the site of the King's and Dauphin's bastions, and a fine stone museum contains a large number of exhibits and mementoes relating to the historic past. The park is accessible from the village of Louisburg, three miles distant, which is served by railway and highway from the city of Sydney.

PORT ROYAL HABITATION

Forming a link with many "first events" in Canadian history. Port Royal National Historic Park at Lower Granville, Nova Scotia, is one of the notable points of interest in the Maritime Provinces. Here on the shore of Annapolis Basin the Government of Canada has erected, on the original site, a replica of the Port Royal Habitation built in 1605 by Champlain and De Monts. Located on a good harbour, the group of buildings sheltered the first settlers in Canada, and formed the first permanent trading settlement in North America north of Spanish settlements on the Gulf of Mexico.

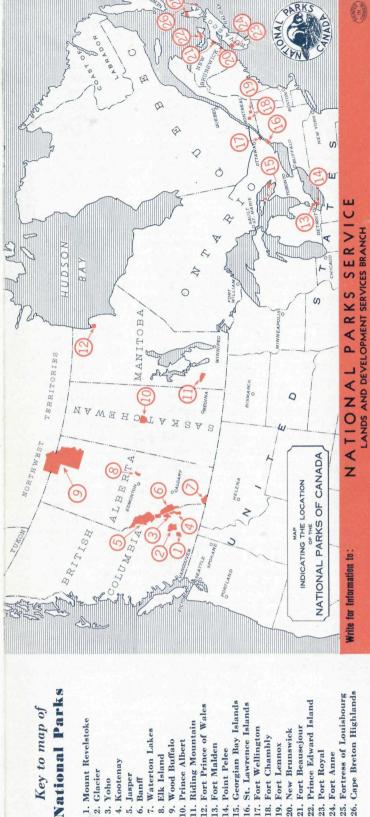
Port Royal Park is accessible by motor road from Annapolis Royal, eight miles distant on Highway No. 1, from which it is also served by the Dominion Atlantic Railway (C.P.R.).

FORT ANNE

Fort Anne National Historic Park at Annapolis Royal, Nova Scotia, occupied an important place in the early history of Canada, for around Port Royal, as it was originally known, centered the long struggle between French and English for control of Acadia. The original Port Royal Habitation was captured and burned by the English in 1613, but Acadia was returned by treaty to the French in 1632.

The present Fort Anne is the outgrowth of two French fortifications built on the present site, and later additions made by the English. A large building within the grounds, erected in 1797 during English occupation and restored in 1935, serves as the local administrative headquarters. It contains an extensive museum divided into rooms arranged in historical sequence, and a fine library. Memorials to leading figures in the history of the region have been erected on the grounds, and other points of historical interest are indicated by markers.

Annapolis Royal is accessible by Provincial Highway No. 1, and is also served by the Dominion Atlantic Railway (C.P.R.).



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