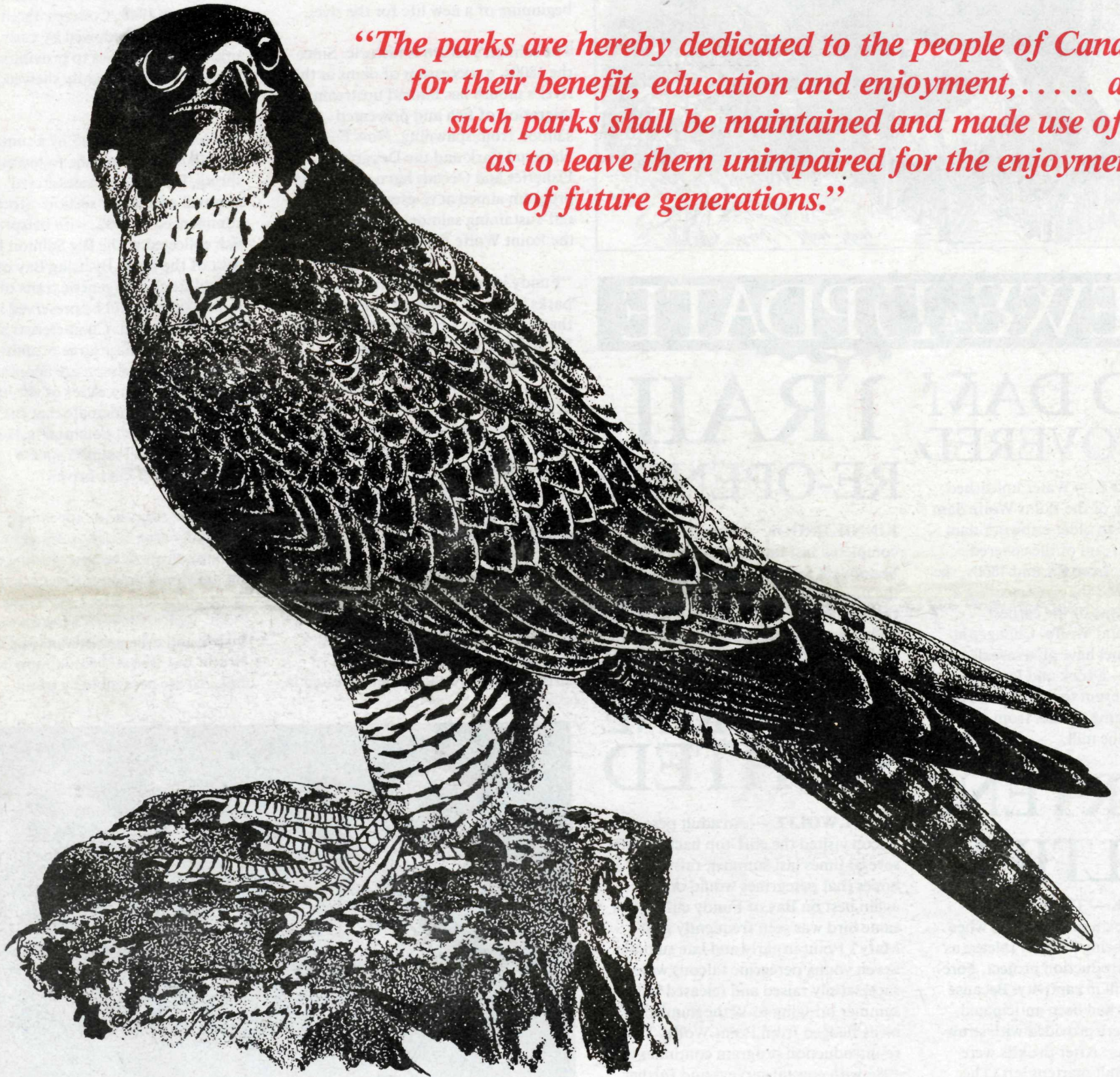
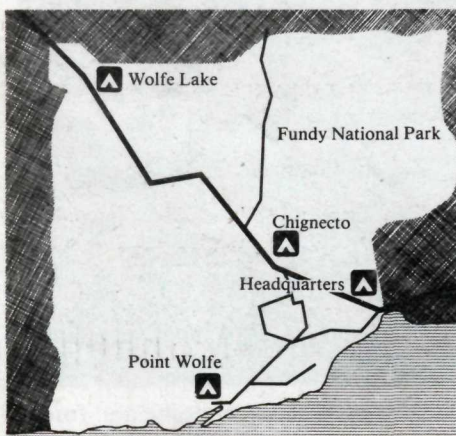


SALT AND FIR

A user's guide to Fundy National Park - Summer, 1986

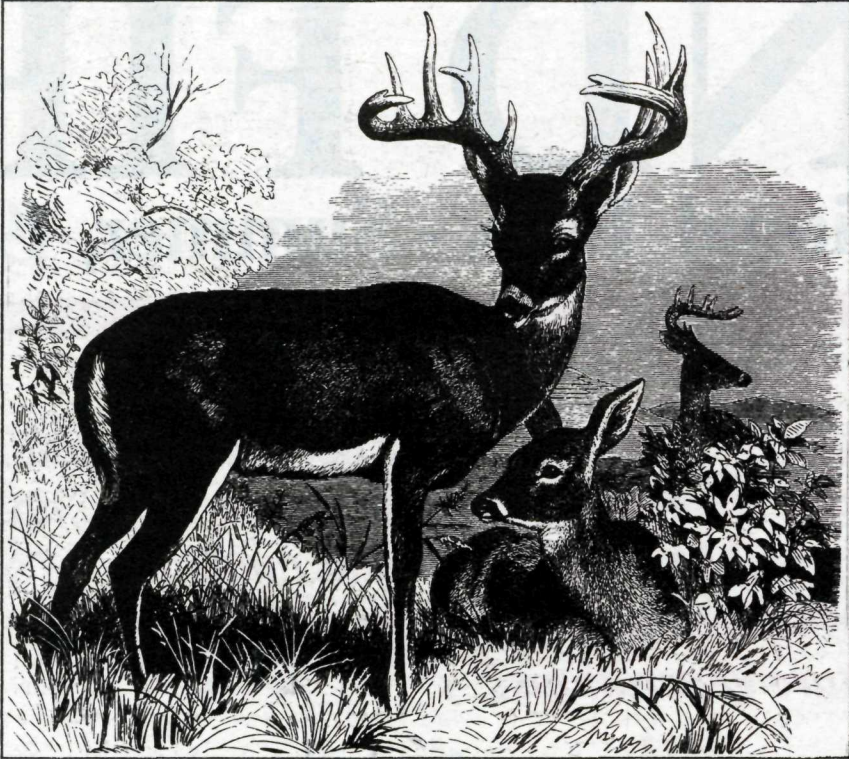


“The parks are hereby dedicated to the people of Canada for their benefit, education and enjoyment, and such parks shall be maintained and made use of so as to leave them unimpaired for the enjoyment of future generations.”



Welcome to Fundy National Park, a special place set aside in 1948 to preserve part of Canada's natural and cultural heritage. The 206 square kilometre park is a sample of the upper Bay of Fundy shoreline with its spectacular tides and moist, coastal forest of spruce and fir. Back from the shore, the land rises to a rolling plateau, cut by deep valleys and fast-flowing streams. This guide has been created to help you plan your activities in the park. We hope that you enjoy your stay.

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CELEBRATING THE SALMON'S RETURN

Atlantic salmon have come back to the Point Wolfe River. Last fall, over 200 grilse, salmon which had spent one year in salt water, entered the river. The end of their journey marked the beginning of a new life for the river.

The salmon's return is historic. Since the 1800s, a succession of dams at the river's mouth has limited upstream migration of fish and prevented salmon from spawning. Now Fundy National Park and the Department of Fisheries and Oceans have completed a program aimed at re-establishing a self-sustaining salmon population in the Point Wolfe River.

lumber than in fish, the mill owners resisted the construction of a fishway, polluted the estuary with sawdust, and jammed the river with log drives. Fundy National Park inherited the problem in 1948. Concern about the dam was overshadowed by early park priorities, and plans to provide salmon passage were repeatedly shelved until the 1980s.

The dam was breached by a tunnel in the fall of 1984, but the following spring, ice damage necessitated removal of a larger section. Stocking commenced in 1982, with offspring of fish collected at the Big Salmon River, west of the park. By using Bay of Fundy stock, the genetic traits of Fundy salmon will be preserved in the Point Wolfe fish. Characteristics such as fall runs and the large proportion of grilse to adult salmon are adaptations to the small rocky rivers of the bay. Park officials anticipate that the run may reach its full potential in 1988, with about 1500 salmon spread throughout 23 km of river.

From late August to November, especially after a rain, salmon move into the rivers. The best viewing pools on the Upper Salmon River are the Bathtub and the Black Hole. On the Point Wolfe, the pool beneath the bridge and others upstream by Foster Brook and Rattail held salmon last fall. All are accessible by trail.

"Fundy is one of only four national parks in North America, and possibly the world, that can provide a sanctuary for Atlantic salmon within its boundaries," said Duane West, chief park warden. "Making the Point Wolfe River whole again symbolized everything that a national park should stand for: restoring and preserving natural populations and providing park visitors with the opportunity to view and understand an unforgettable wildlife spectacle."

Atlantic salmon spend their youth in freshwater, then feed at sea for a year or more before returning to their home river to spawn. For over a century, logging practices at Point Wolfe disrupted this cycle. More interested in

NEWS UPDATE

OLD DAM UNCOVERED

POINT WOLFE — Water unleashed by the opening of the Point Wolfe dam has excavated an older cribwork dam lying just upstream of the covered bridge. Dating from the mid-1800s, the old dam spanned the river creating a mill pond for one of the earliest sawmills at Point Wolfe. Changes in the river channel have also revealed a boom island — a rock and log pier designed to prevent the rush of ice and logs during spring freshet from crashing into the mill.

TRAIL RE-OPENED

KINNIE BROOK — Work was completed last fall on new stairs and boardwalk leading into the valley of the disappearing stream. For those times when the valley floor is flooded, a platform with benches has been provided at the trail's end.

MARTENS MULTIPLY

MILE BROOK — The marten population took a jump in 1985 when three females being held for release as part of a re-introduction project, bore young while still in captivity. Because this possibility had been anticipated, all the cages were provided with straw-lined nest boxes. After the kits were weaned, the adult martens left. The young moved out into the forest too but returned periodically to the cages where food was left all summer. By mid-winter, their tracks and runways assured wardens that most had made the transition to the wild. Winter tracking also indicates that the released adults have established territories in suitable habitat throughout the park. Martens disappeared from southern New Brunswick about 1900, because of intensive trapping for their beautiful sable fur and clearing of the mature coniferous forest.

PEREGRINE SIGHTED

POINT WOLFE — An adult peregrine falcon visited the cliff-top hacking site several times last summer, raising hopes that peregrines would once again nest on Bay of Fundy cliffs. The same bird was seen frequently near Mary's Point in early and late summer. Seven young peregrine falcons were successfully raised and released last summer bringing to 19 the number of birds fledged from Point Wolfe. The re-introduction program continues in 1986 with coastal surveys and further releases. A public telescope has been provided at a viewpoint across from the release site.

WILD ENOUGH FOR LOONS?

WOLFE LAKE — Since trout stocking was discontinued in 1981, decreased traffic around Wolfe Lake in the Spring has encouraged loons to stay at the lake all summer rather than leaving for quieter lakes further north. Their morning and evening calls have given park staff hope that a pair may nest in future.



American marten, extirpated from southern New Brunswick by trapping and forest clearing, have been re-introduced to the park.



LENDING A HELPING HAND

Volunteers contributed over 5000 hours in 1985 to projects and activities on behalf of Fundy National Park. From acting as campground hosts to appearing in costume in parades, from preparing a children's book to drawing maps and signs for ski trails, more than 30 volunteers enriched the park with their knowledge, enthusiasm and skills.

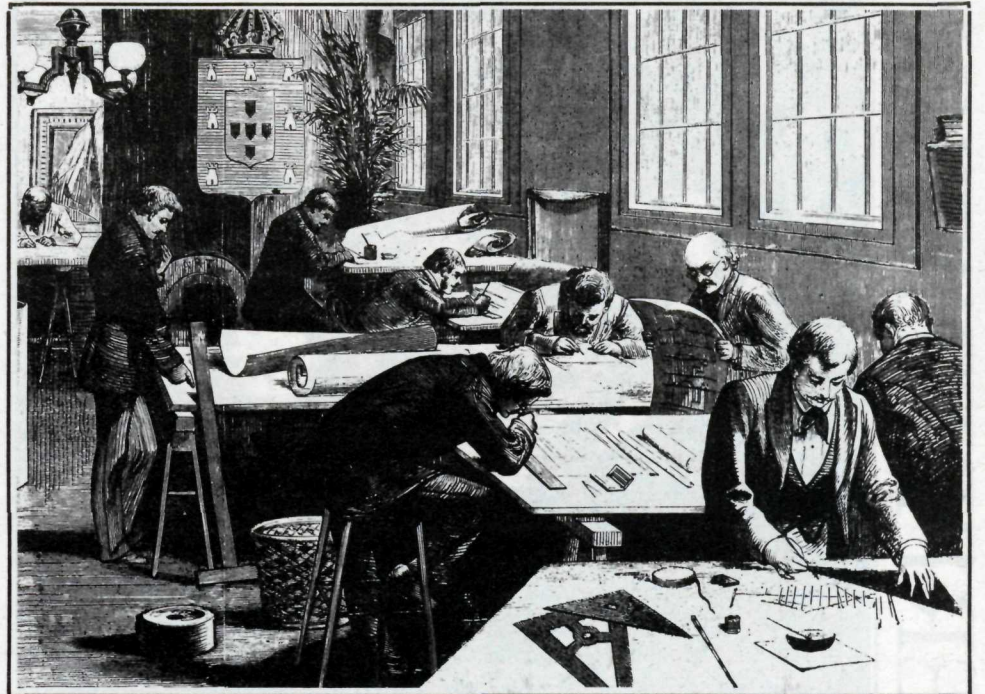
Fundy's volunteers come in all ages and from diverse backgrounds. The youngest was an eight-year old schoolgirl from Alma, the oldest a retired engineer and his wife from Ontario. Others have included naturalists, photographers, writers, business students, biologists, housewives, and park staff.

"Through my work with the park's co-operating association (the Fundy

Guild), I've learned a lot about publishing that I'm able to use in my work as a writer," said volunteer Michael Burzynski. Although volunteers may acquire job skills, most agree that their reward comes from working at something that they enjoy.

Notwithstanding the personal satisfaction, Environment Canada, Parks has instituted a system of recognition for its volunteers — a lapel pin with changeable tags for 50 to 1500 hours of service, and for 2000 hours, a gold pin.

"There is an immense pool of creative energy and talent outside the park and I encourage individuals and organizations to come forward with their ideas," said Mart Johanson, park superintendent.



PUBLIC INVOLVED IN PLANNING

The team preparing a management plan for Fundy National Park is inviting public input for the park's long-term protection and management. Throughout the summer, Open Houses at the Assembly Hall will provide an opportunity for visitors to obtain information and to make suggestions.

Last summer and fall, in the first stage of public participation, the public commented on the types of decisions to be made in the management plan. People offered ideas about improving the quality of visitor experience: providing better orientation and information services, retaining and expanding the interpretive programs, maintaining open landscapes and views particularly in the Headquarters area, and replacing worn-out facilities. There were also comments pertaining to the protection and conservation of natural and cultural resources, providing additional short looped trails, and developing a winter

recreational program.

Over the winter, the team has analysed information about park resources, the people who use the park, and local and regional concerns. Included in the analysis were the comments received from the public. The plan concepts and proposals presently being developed by the planning team are based on this analysis, the policy for national parks, and the characteristics of Fundy's resources.

In the fall, conceptual proposals will be made available to interested individuals or groups. Open Houses will be held in regional communities to provide opportunities to meet with the planning team and Superintendent. In the meantime, to obtain more information or to add your name to the mailing list, visit the Assembly Hall during the advertised times for Open Houses this summer, or write to: The Superintendent, Fundy National Park, Box 40, Alma, N.B. E0A 1B0



TRAIL LINKS PAST AND PRESENT

At Point Wolfe, a new trail through the coastal spruce forest provides easy access to the cove and sandy bar. A 10 minute walk connects the parking lot to the beach. This 0.3 km trail of small bridges, boardwalk, and stairs was constructed during the winter by a local firm.

"We were concerned about all the paths that radiated from the parking lot, and the erosion caused because people were confused about the proper route to the beach," said Duane West, chief park warden. "This provided the impetus to look at the whole area — next we'll be addressing the poor layout of the parking lot, as well as a trail-link to the covered bridge," he said.

"Several outstanding features, both natural and historic, are present at Point Wolfe. I think the work that's being done will really help to bring out those features by providing better views along safer, less environmentally-damaging routes," said Mr. West.

The trail winds down from a viewpoint through tall spruce trees, giving glimpses of the narrow cove that lies ahead. From a platform at the end of

the trail, visitors can survey the river and the tidal-flats sheltered between towering cliffs. On the left, the hard line of the sandstone ridge ends in a bold point carved by freezing water and salt spray over millennia. On the right, the forest seems to hug the hillside, the graceful sweep of spruce branches repeating endlessly until the forest changes to birch high on the ridge. Like a funnel, the cove channels a salty sea-breeze.

At high tide, the cove is flooded and only the bar with its driftwood and beach grass is uncovered. At low tide, you can wander by the river or along the cliffs. In the estuary below an old logging dam, remains of lumber-shipping wharves are slowly being eroded by water and buried in sediment. High in the cliffs by the mouth of the cove, a small pit marks one of the sites explored by prospectors for gold, copper, and silver ores at the turn of the century. Upriver, the Point Wolfe covered bridge spans a rocky gorge, a reminder of times when travel was much slower and the cove provided the village of Point Wolfe a more important transportation link than did the road.



A telescope across from the peregrine release site allows visitors to observe the fledgling birds.



ENJOYING FUNDY WITH YOUR CHILD

The following suggestions are just a few of the activities that you might try:

- Walk on Alma Beach as the tide is rising and let the water slowly follow you up the beach.
- Swim in the salt water pool, or splash in a waterfall.
- Walk the Devil's Half Acre trail in the fog or at dusk.
- Look at stars through the telescope at Herring Cove.
- Count spiderwebs in the morning dew.
- Watch dragonflies darting about the edge of MacLaren Pond.
- Hold a slug and feel it crawl across your hand.
- Pack a lunch and go for an all-day hike.
- Watch the bumblebees pollinating the flowers in the Headquarters flowerbeds.
- Listen to the wind in the tops of the trees on Shaded Maples trail.
- Smell the new-mown hay smell of Hay-scented fern in the sunny clearings along Maple Grove Road.
- Fly a kite in the grassy bowl at Headquarters.
- Watch bats catching insects around the streetlights at night.
- Write down your feelings or observations in a journal or notebook, or in a letter to a friend or relative.
- Feel the difference between the prickly needles of a spruce tree and the softer needles of a fir.
- Explore Kinnie Brook valley and figure out when and why the stream sometimes disappears.
- Watch the swallows feeding their young under the eaves of the Administration building or in the kitchen shelters. Watch the young learn to fly.
- Spot a peregrine falcon through the telescope at Point Wolfe.
- Listen to a colony of barnacles on the beach snapping and popping when a shadow passes over them.
- Join an interpreter on a guided beachwalk.
- Go boating at Bennett Lake, maybe late in the day when the beavers are active at the far end of the lake.



FUNDY BOOKSHELF

Are you looking for.....

- a guided tour of all there is to see and do?
A Guide to Fundy National Park. 128 pages, \$8.95. Available at Wolfe Lake and Alma Beach information centres, Point Wolfe campground and local stores.
- a beautifully illustrated review of the bay and its life?
Fundy, Bay of the Giant Tides. 32 pages, \$6.95. Available at the above locations.
- an activity and coloring book for school-aged children?
Fundy National Park Funbook. 32 pages, \$3.00. Available at the above locations.
- an up-to-date topographic map with hiking trail profiles?
Fundy National Park Trail Guide.
- at park information centres and Point Wolfe campground.
- basic information about the tides?
Tides of Fundy. 25¢ folder available at information centres and Point Wolfe campground.
- a brief history of the Point Wolfe area and its lumbering days?
Timber, the Story of Point Wolfe. Free booklet available at Point Wolfe covered bridge.
- the story of shipbuilding in Alma?
From Tall Trees to Wooden Ships. Free folder available at Alma Beach exhibit.
- a field guide to plants, animals, rocks, or the seashore?
Over 80 titles including Audubon, Peterson, Sierra Club, and Golden guides available at the Fundy Guild bookstores in the Wolfe Lake and Alma Beach information centres.

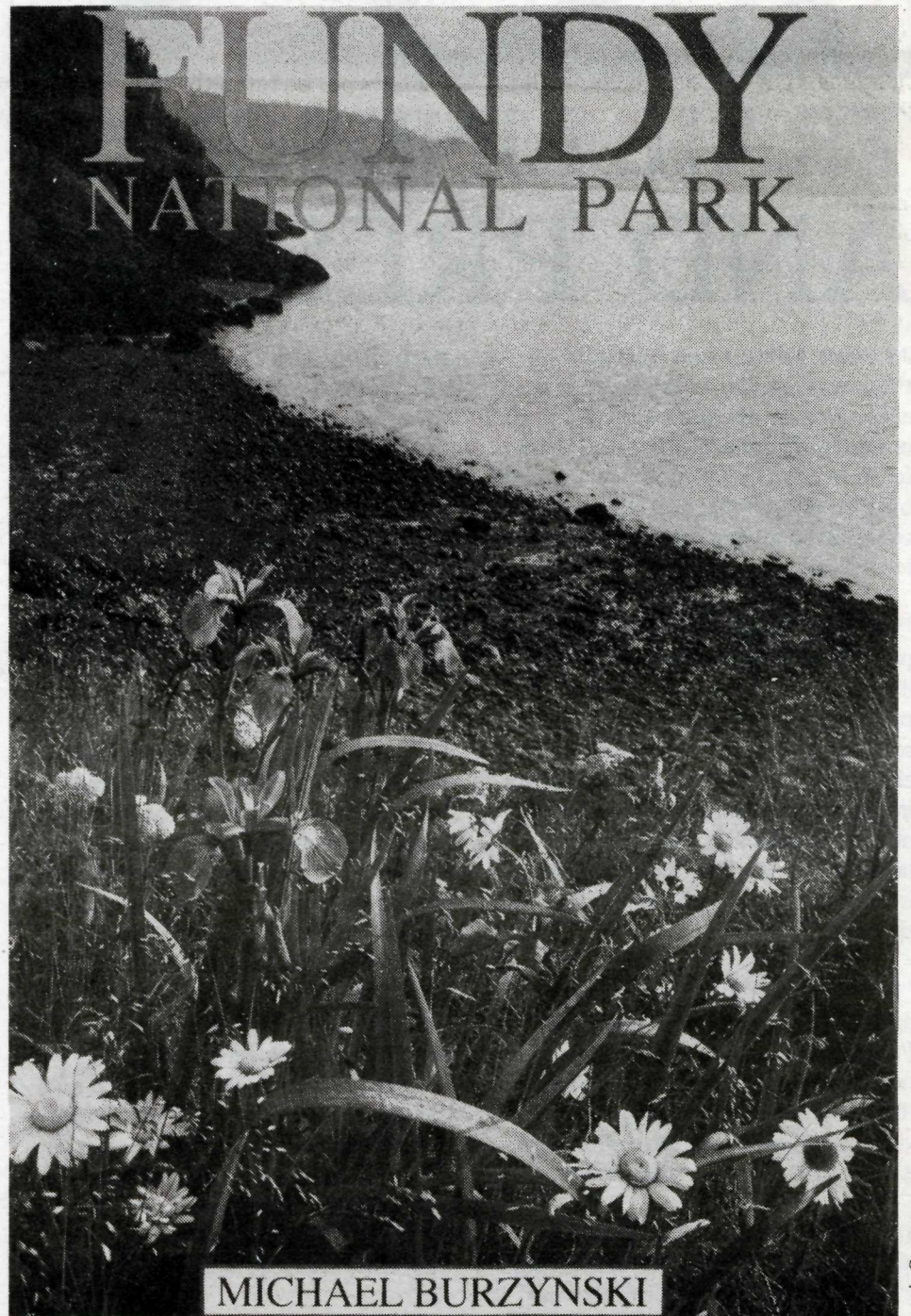
GUIDING YOURSELF

Self-guiding trails and interpretive signs highlight and help you to understand the heritage that Fundy holds in trust for all Canadians. While you explore an area at your own pace, you can learn about the natural and historical resources of the park.

An exhibit with a telescope at Herring Cove will introduce you to Fundy's coastline — the rocks, the tides and the marine life. East Branch, Caribou Plain, and Shaded Maples trails reflect the different habitats of the Acadian forest along the Fundy coast. Dickson Falls trail offers just a taste of the

water-carved valleys that slice through the Caledonia Highlands, while Devil's Half Acre is a reminder that Fundy's geology is dynamic.

At Point Wolfe, a telescope and interpretive signs focus on the peregrine falcon reintroduction program. Down by the old dam, a sign explains how salmon are returning to the river and a booklet tells of the old-time lumbering activity at Point Wolfe village. At Alma Beach, an exhibit and a short slide program recall the days of shipbuilding.



MICHAEL BURZYNSKI

Jamie Steeves

The new guidebook *A Guide to Fundy National Park* is available at information centres and local stores.

INTERPRETATION OFFERS PROGRAMS FOR ALL AGES

From late June until mid-October, Fundy National Park offers free interpretive services to help you enjoy the special character, past and present, of the Fundy coast. Strolling with an interpreter or relaxing under a night sky at the outdoor theatre, you can be personally introduced to the sweep of the giant tides, or the hardy creatures of the intertidal zone. The rocks under your feet, the signs of oldtime living, and the fog-bathed coastal forest have stories that interpreters will unravel for you.

A schedule of events is posted on bulletin boards and is available at information and campground kiosks. The regular events are described below:

Intertidal walks are given daily in July and August at Herring Cove or Alma Beach. In 1½ hours, you can explore the bottom of the sea, watch the tide rise, and glimpse a world of unusual creatures. Distance walked is one km or less.

Evening Programs. Every night at dusk the lights dim at Headquarters outdoor theatre, and with slides, music or drama, the interpreter takes you on a journey through the park or into the past. About one hour in length. If the night is chilly, a coat or a blanket will allow you to enjoy the talk more. Insect repellent is sometimes recommended.

Campfire programs feature songs, folklore and demonstrations shared around a cheery blaze at the Micmac fire circle just off the Hastings Road (in the fall, in the Headquarters campground). Campfires begin at 8:30 pm in July and August, at 8:00 pm in September.

Bring your best singing voice, a musical instrument if you have one, a flashlight, and a mug for something warm.

Kidstuff involves children five to twelve years old in games, explorations, drama, art, and their very own evening program on Friday night at the outdoor theatre. Carrying the message, "Play gently in the national park so that it will be here to enjoy in future years", events last one hour, out-of-doors, at locations near the main campgrounds.

Coffee Campfires. Sunday mornings, the coffee is on by 10 at the fireplace beside Site 31 in Headquarters campground. You can drop by with a mug, and enjoy a visit with park staff and other travellers. Non-campers are welcome, just park in the Assembly Hall parking lot and follow the trail through the woods.

Roving Interpreters bring portable exhibits to you. The topics are as varied as the park itself — and you can ask all the questions you want. Come over and say hello when you see us — you might get to shake hands with a lobster or taste Maritime dulse.

Special events vary from history walks to owl prowls to salmon-watching. Watch for these in the weekly schedules posted on the bulletin boards.

Special requests. If you are bringing an organized group to the park and wish the services of a naturalist for a guided event or talk, please contact the chief park interpreter. Orientation talks for bus tours are available at the information centres. To make arrangements for these services call (506) 887-2000.



Michael Burzynski

A grassy headland along the Coastal trail provides a scenic rest spot.

TIDE WATCHING

All tides are not equal, even in the Bay of Fundy. Although there are two high and two low tides each day, on some days the water will rise higher on the shore at high tide and fall lower at low tide than on other days. This fluctuation is predictable and is due to the changing relative positions of the earth, sun and moon.

The phases of the moon influence tide height, generally causing one or two periods of higher than average tides each month, called spring tides. These tides also fall lower than usual. The varying distance between the moon and the earth also influences the tide, and may increase or decrease the effect of a spring tide. More information is contained in the Tides of Fundy folder available for 25¢ from the Fundy Guild at the information centres.

At Fundy National Park, average high tide is 10.2 metres (33.5 ft), average low tide is 1.5 metres (4.8 ft), both measured above Chart Datum, a reference level used on hydrographic charts and below which the tide rarely falls. The average tidal range is the difference between the two heights, ie. 8.7 metres (28.5 ft).

The predicted times and heights of spring tides for the summer and fall of 1986 are:

June 23	1:00 am	10.9 m
June 23	7:15 am	0.6 m
June 23	1:30 pm	10.1 m
July 23	1:35 am	10.8 m
July 23	8:00 am	0.7 m
July 23	2:10 pm	10.2 m
Aug. 7	7:35 am	1.3 m
Aug. 8	1:55 am	10.2 m
Aug. 10	3:40 pm	10.1 m
Aug. 21	1:20 am	10.8 m
Aug. 21	7:40 am	0.7 m
Aug. 21	1:50 pm	10.4 m
Sept. 6	1:25 am	10.4 m
Sept. 6	7:45 am	1.1 m
Sept. 7	2:30 pm	10.5 m
Sept. 19	1:00 am	10.7 m
Sept. 19	7:15 am	0.9 m
Sept. 19	1:25 pm	10.5 m
Oct. 4	6:55 pm	1.0 m
Oct. 5	1:00 am	10.3 m
Oct. 5	1:20 pm	10.7 m
Oct. 17	6:30 pm	1.0 m
Oct. 18	12:40 am	10.5 m
Oct. 18	12:55 pm	10.6 m



RAIN OR SHINE

Guided walks are not cancelled due to weather conditions and are conducted according to schedule. Why not join us for a refreshing walk in the rain?

In bad weather, evening programs move indoors to the Assembly Hall where it is warm and dry. Watch for special daytime rainy day programs also in the Assembly Hall.

Evening programs start at:
 9:30 pm in June and July
 9:00 pm in early August
 8:30 pm in late August and early September.
 8:00 pm in mid-September and October.



Jamie Steeves

Kidstuff program uses games, art, drama, and short walks to explore the natural world.



A Walk in the Park

Park trails are grouped into three categories: day-use, front country and back country.

Day-use trails are short and do not climb any major hills. Walking time varies from 15 minutes to two hours.

Front country trails include medium-length routes (5 to 10 km) or short trails with major hills. Hiking time is 2 to 4 hours so we suggest that you carry a snack and be prepared for a change in weather conditions.

Back country trails include longer hikes or short trails over difficult terrain. Those with steep hills will take more time than their distance suggests. You should pack a map, a first-aid kit, extra clothing, insect repellent and snacking food. Primitive campsites are provided on four trails, but campers must register in advance at information centres or at Point Wolfe campground kiosk.

Advance planning will ensure that you enjoy a safe and comfortable hike.

Fundy's weather is variable, especially along the coast, so a sweater and a windbreaker are good insurance.

Footwear with good traction and support is recommended, such as running shoes or light-weight boots. Heavy lug-soled boots are not necessary and not recommended since they chew up the shallow soil.

Think of the trails as corridors through park wilderness which must be kept clean. Plan to carry out any food or packaging that you carry in. For toilet needs, move 15 to 20 metres off the trail and poke toilet paper into the ground where it can decompose out of sight. Tenting or making fires along the trails is prohibited.

Please note that the time suggested for each trail is the average hiking time and includes only brief stops. Swimming, photography, bird-watching or any other pleasurable ways of spending time will stretch a hike out proportionally. On long linear trails you might arrange to leave a vehicle at one end of the trail and start from the other end.

A topographic map with trail profiles can be bought at campground and information kiosks.



The tides and intertidal life are explored on daily beach walks.

COASTAL VIEWS

Name	Difficulty	Length	Hiking Time	Highlights
Herring Cove	day-use	0.5 km loop	20 min.	access to Herring Cove beach, return via stairs and old beach road on south side of cove
Point Wolfe	day-use	0.3 km (one way)	10 min.	access to Point Wolfe beach via boardwalk and stairs through coastal red spruce forest
Devil's Half Acre	day-use	1.1 km loop	30 min.	split rocks, moss-covered gulleys, twisting boardwalk, interpretive signs
Matthews Head	day-use	3 km return	1 1/2 hours	old wagon road, former homestead with rock foundations, grassy headland
Coppermine	day-use	4.4 km loop	2-2 1/2 hours	small footbridges over mossy brooks, cool shaded forest, old mine site, splendid panorama of Fundy coast
Coastal	front country	3.3 km Headquarters to Herring Cove, 6 km Herring Cove to Point Wolfe (one way)	4 1/2-5 hours (one way)	sea cliffs and vistas of the bay, access to the beach at Herring Cove, ridge-top view of rolling hills, Matthews Head, Squaws Cap sea stack, fern glades and lush coastal forest
Goose River	back country	7.9 km one way	2-2 1/2 hours	old cart track with roadside wildflowers, hints of former settlement, wide sand bar at Goose River sheltering a small salt marsh, rugged cliffs at river mouth

WATERFALLS

Dickson Falls	day-use	1.0 km loop	30 min.	mossy falls, sparkling brook, forest regenerating after budworm, interpretive signs
Third Vault Falls	front country	7.4 km return	3-3 1/2 hours	tallest waterfall (16m) in the park, invigorating pool at its base, mist-bathed rock amphitheatre
Laverty Falls	back country	2.5 km to the river (another 2.6 km to Shepody Road)	1-1 1/2 hours (another 1-1 1/2 hrs to Shepody Rd)	wide curtain waterfall, hardwood forest on the slope mixing with conifers near the brook and out to Shepody Road

RIVER VALLEYS

Kinnie Brook	front country	2.8 km return	1 1/2 hours	steep-walled stream valley, disappearing stream, lush vegetation on floodplain
Foster Brook	front country	3.8 km return	2-2 1/2 hours	Atlantic salmon restored to Point Wolfe River, wide cobble bar and floodplain, trail through shaded forest
Upper Salmon River	connector	2.6 km Laverty to Moosehorn 1.8 km Moosehorn to Forks 4.1 km Forks to Black Hole	1 hour 1 hour 1 1/2-2 hours	from alder-lined floodplain to steep valley walls, the trail passes the remains of logging dams, water-carved gorge with spectacular potholes and chutes, salmon pools and rapids
Moosehorn	back country	2.2 km (one way)	1-1 1/2 hours	named after a loggers' portage, trail-side stream plunges to the river, smooth riverbank rocks, potholes
The Forks	back country	3.4 km (one way)	1 1/2-2 hours	confluence of the Broad River — with its deep pools and scoured banks, and the Fortyfive river — with its beckoning canyon and Matchfactory falls upstream
Black Hole	back country	5.5 km (one way)	1 1/2-2 hours	old road overarched by hardwoods; at the river, Atlantic salmon rest in the Black Hole before moving upstream to spawn
Rattail	back country	5.4 km to the river (another 1.4 km to Marven Lake Trail)	2-2 1/2 hours (another 45 min. to Marven Lake trail)	old farmstead with panoramic view of the bay, trail traces a loggers' path down to boulder-strewn shallows of the Point Wolfe River, ford 100 m upstream, steep climb to Marven Lake trail through old growth red spruce forest
Bennett Brook	back country	6 km to the river (another 1.7 km to Marven Lake trail)	1 1/2-2 hours (another hour to Marven Lake trail)	trail along upper edge of brook valley, spectacular view from bluff 150 m above Point Wolfe River, lower part of brook characterized by falls, rapids and gorge, ford 50 m upstream, rocky climb to Marven Lake trail with glimpses of the river valleys far below.

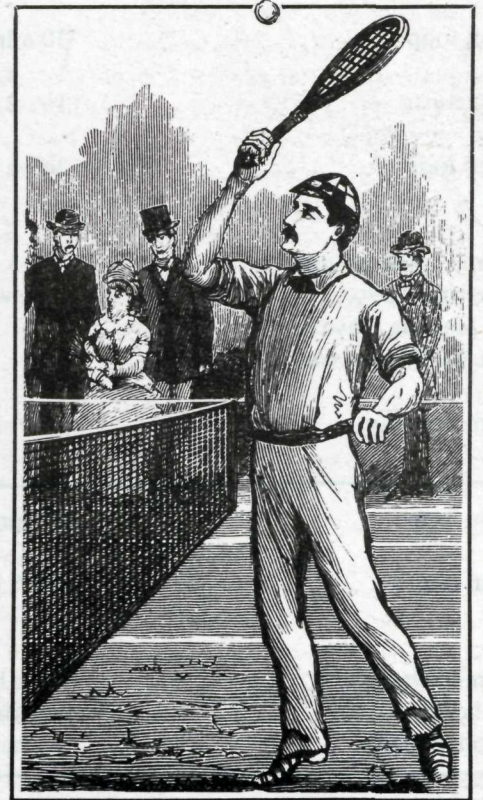
FOREST LIFE


Shaded Maples	day-use	0.5 km loop	15-30 min.	young hardwood forest, quartz outcrops, large variety of ferns carpeting the forest floor, interpretive pamphlet
Caribou Plain	day-use	3.4 km loop	1-1 1/2 hours	raised peat bog, boardwalk through evergreen and hardwood forest, interpretive signs
East Branch	front country	5.6 km loop	2-2 1/2 hours	stands reminiscent of the original forest, relics of the lumbering era; log yard, logging dam and hauling road to the river
Whitetail	front country	3.4 km Chignecto to Headquarters, 3.3 km Headquarters to Herring Cove, 1.9 km Herring Cove to Point Wolfe Road, 3.4 km Point Wolfe Rd. to Chignecto	4 1/2-5 hours for complete loop	prime area for seeing deer, views of the bay from Coastal trail, forest panorama between Herring Cove and Point Wolfe Road, beaver colony in Dickson Brook Valley


LAKESIDES

Tracey Lake	back country	4.1 km Bennett to Tracey Lake, 2.8 km Tracey to Laverty Lake	1 1/2 hours Bennett to Tracey, 1 hour Tracey to Laverty	links four small lakes in coniferous woods, home to moose, beaver, black spruce and pitcher plants
Marven Lake	back country	8 km one way	2-2 1/2 hours	leads to Marven and Chambers Lakes, wilderness lakes, shallow and dark with acids from their boggy edges, home to brook trout, bullfrogs, moose and beaver


THINGS TO DO




Boating  Park lakes are open to non-motorized craft. Canoes and rowboats may be rented at Bennett Lake for \$3.00/hour.

Golfing  Fundy National Park 9-hole golf course
Open May 16 - October 13
Green fees: one round \$6.50
 one day 12.00
 four days 36.00
Weekly and season permits available.
Golf clubs and pull carts for rent at the Pro Shop.

Lawn Bowling
Located beside the Clubhouse Restaurant
Open May 16 - October 13, weather and green conditions permitting.
Bowling equipment for rent at the Pro shop at \$1.00/hour.

Playground  A large playground of swings, slide and round-about is located in Headquarters area near the restaurant and tennis courts.


Picnic Areas  The following have dry toilets and picnic tables: Bennett Lake offers swimming, boat rentals, fishing and proximity to two hiking trails.


Herring Cove has enclosed shelters, barbecue grills, three hiking trails nearby, an exhibit with telescope, and a beach.


Kinnie Brook on route 114 has fireplaces and a short trail.


Point Wolfe overlooks the river and covered bridge, and has fireplaces, a playground, interpretive signs, and three trails nearby.

You can picnic anywhere providing that you carry out what you bring in, park safely, and do not disrupt the area.

Swimming  Supervised salt water pool heated to 22°C (72°F)
Open June 21 - September 1, 11 am to 7 pm
The last admission is at 6:30 pm
Fees: adults \$1.75
 children (16 and under) 1.00
Complimentary pass for campers.
Weekly and season passes available, also swimsuit and towel rental.
Unsupervised swimming beaches at Bennett Lake and Wolfe Lake.
Salt water swimming in the Bay of Fundy is best at Waterside or Dennis Beach, 12 km east of the park along route 915.

Tennis  Three paved courts in the Headquarters area, beside the Clubhouse Restaurant.
Open from May 16 to October 13.
Rackets and balls for rent at the Pro Shop for \$1.50/hour.

Fishing  A National Parks fishing permit is required. Available for \$10.00 at campground and information kiosks.
Brook trout season: May 17 to September 14, possession limit of 10.
Atlantic salmon: July 12 to October 15, daily limit of one, total limit of five per year in all Atlantic parks. Catch must be tagged with Parks tags and registered. Only artificial fly angling is allowed on the Upper Salmon River.
The Point Wolfe River, including Bennett Brook up the lower falls, is closed to fishing.

Hiking  There are more than 100 km of trails in the park ranging from half hour strolls to three or four-day backpacking routes. See page 6 for descriptions.

Scenic Drives
Maple Grove and Hastings Road — one-way gravel roads forming a loop. Maple Grove Road winds up a steep hillside through overarching maples to the spruce-covered plateau. Clearings along the Hastings Road mark the farms of the area's settlers. As the road drops toward the coast, a panoramic view of the Bay of Fundy unfolds. Drive slowly and look for white-tailed deer among the trees. Not recommended for trailers or campers.

Laverty Road — A trip over gently rolling hills through the heart of Fundy's forest. You might stroll down to Laverty Lake where pitcher plants grow along the boggy shore, and moose sometimes feed in the evening. A wonderful drive in late October when fall colours are at their best. Return to route 114 via the Fortyfive Road, which crosses a covered bridge, or via the Old Shepody, the "immigrants' road", one of the oldest roads in the province.

Facilities for the Handicapped
In all campgrounds and picnic areas, there are picnic tables and toilets accessible to people in wheelchairs. From the Point Wolfe Road, the Headquarters outdoor theatre can be reached with assistance.

SALT WATER POOL GIVES SWIMMERS A LIFT

It is no longer the only salt water swimming pool in eastern Canada, but it is still the closest that most people will come to swimming in the Bay of Fundy. The pool was a novelty in 1950 when Fundy was officially opened, and it is still an unusual experience to plunge into its crystal clear, pleasantly warm, salty water.

"Water is pumped from the bay, its temperature is boosted to 22°C (72°F), the characteristic red silt is filtered out, then chlorine is added as the water leaves the filters," explains Buzz Crowston, chief of visitor services. "Water quality is high because the combination of chlorine, and moderate temperature discourages algal growth. If the temperature was much higher",

he said, "lush growths of algae and bacteria would cloud the water."

Fundy's camping fee includes complimentary use of the pool. Lifeguards are on duty from 11 am to 7 pm daily, and swimsuits and towels may be rented at the pool. Novice swimmers will find that salt water gives them an extra lift. Because it is denser than freshwater, sea water provides extra buoyancy.

If you want to try the real thing, local experts suggest a sunny afternoon when the tide is high. The rising water picks up heat from the sun-warmed beach — they say. Just for the record, the average surface temperature of the bay in summer is 14°C (57°F).

FUNDY'S OTHER SEASONS- BEAUTIFUL!

In the Fall

Until Thanksgiving (Oct. 13), Headquarters campground and the chalets are open. Park interpreters present evening programs or campfires nightly. The flies are gone and so are the crowds. It is an excellent time to see wildlife — birds are flocking for their southward migration, deer congregate by the old apple trees to munch on fallen apples, Atlantic salmon school into the rivers and lie quietly in pools before spawning. Autumn colours slowly spread across the hardwood ridges, and by mid-October Maple Grove and Laverty Road are aflame with reds, oranges and yellows.

As leaves cascade to the ground, and night-time temperatures drop to freezing, hoar frost outlines each grass blade, bare twig and dying fern. Autumn's crisp sunny days are a refreshing excuse for the season's last strolls in the woods.

Winter

Snow first falls in late November, and

by Christmas, there is usually enough for skiing. Groomed tracks are set on 50 km of loop trails. Maps and markers outline the route, and shelters are stocked with firewood. Snowshoers can follow unbeaten paths to discover signs of the birds and animals that remain active all winter. There are great tobogganing hills in the Headquarters area, and the ice on MacLaren Pond makes a fine skating rink. Local bed-and-breakfasts offer cozy accommodations and a pot of soup is always on in the coffee shop in Alma. The park's winter folder contains more information.

Spring

In late March and April, patches of bare ground entice herds of deer to feed in the open. Waves of migratory birds return, and each day new species appear, feeding voraciously after the long flight north. In mid-May, spring flowers sprout beneath the trees on sunny hillsides and along the rivers. June, with its late-spring flowers, long days and scarce biting insects is another wonderful time for hiking.

DEAR ANNIE



Dear Annie,
I have heard that the tide comes in as a giant wave, sweeping away everything in its path. My husband wants me to go for a walk on Alma Beach. Should I go? Ima Frayed

Dear Ima,
Yes, as long as you go at low tide. At Alma Beach the tide rises about 9 metres in 6 hours (2.5 cm or 1 inch each minute), flooding a kilometre of gravel flats. There is no giant wave. All three park beaches offer interesting views. Particularly impressive are the cliffs at Point Wolfe, the sea caves at Herring Cove, and the lobster boats at Alma. Don't get carried away though, check a tide-table.

Dear Annie,
I heard that Fundy got destroyed by spruce budworm. If so, why are there so many young trees along the roadside? Were they planted? Intrigued.

Dear Intrigued,
You can't believe everything that you hear. Trees spring up from seeds in the soil wherever there is enough light and moisture. Roadsides and old fields are good seedbeds for small conifers. In the forest the same thing is happening. The spruce budworm, a native forest caterpillar, fed heavily on the old balsam fir and red spruce forest in the '60s and '70s. Many trees died as a result. In the newly-created clearings, young trees are sprouting up and providing abundant food for deer and other animals.

Dear Annie,
My friends will never believe me when I tell them about the tides! I want to show them photographs of the beach at both high and low tide, but each day the tides seem to be at a different time. How do I find out when to take the shots? Camera-Happy

Dear Happy,
Because tides are measured on a lunar day of 24 hrs 50 min, rather than the 24 hour solar day, the time separating a high tide from a low tide is about 6 1/4 hours. Schedules of each day's high and low tides are posted on all bulletin boards and are available at campgrounds and information centres.

Dear Annie,
I say that coyotes are going to eat all the deer in the park and my neighbour says I'm nuts. Who's right?

Dear Nuts,
Fundy's open fields and dense stands of young trees provide plenty of food to sustain a large deer population. The deer are healthy and many fawns are born each summer, but since New Brunswick is the Far North as far as deer are concerned, our winters are hard on them.

Coyotes have just moved into the province during the last 20 years. They live in small family groups, each pack requiring a large territory and defending it against other coyotes. In the park area, the population seems to stay at about 25 animals. Studies in the park and elsewhere have found that in summer, coyotes eat berries, grass, mice, hare, insects and other small animals. In winter, when food is scarce and the deer are weak from stress, starvation and predation by coyotes combine to cull the deer herd. When coyotes eat deer, more food is left for the remaining deer, which then reproduce more successfully in the summer, and the deer population remains stable.

Dear Annie,
In all the cartoons, the bear always ends up with the picnic basket. Do they really do that? What are my chances of seeing a bear in Fundy? Sloppy Joe

Dear Sloppy,
We have only a handful of black bears (if you can imagine that) in Fundy. They are timid and stay away from people and campgrounds most of the time. If you leave food outside or even worse, inside your tent, you are inviting trouble. Store your food inside your car and you will get a better night's rest. By the way, most noises outside in the dark are not bears. Most of them are raccoons trying to act like bears. For more information, ask for the folder "You are in Bear Country" at the campground entrance.



Roger Smith

The well-maintained greens and fairways of Fundy's 9-hole golf course attract golfers and deer.



Michael Burzynski

In winter, a 50 km network of groomed trails provides the most scenic cross-country skiing in the Maritimes.



EXPLORING ALBERT COUNTY

Outside the park, the rolling hills and sculptured coastline of Albert County offer scenic drives and pleasant rambles. On the side roads, covered bridges, hidden beaches, fine bird-watching or a peek into the past await you. Here are some suggestions for short trips.

Near Albert, 24 km east of the park: Shepody National Wildlife Area — includes Mary's Point, where flocks of migrating shorebirds feed in late July and August and a trail leads to a quiet viewing area; Germantown marshes, with waterfowl habitat projects and a 7 km hiking trail running through the uplands bordering the marsh; and New Horton marshes.

Harvey tidal dam — like the old Acadian dykes (aboiteaux), the dam lets freshwater drain out, but prevents saltwater from running into the Shepody River and flooding the former marsh.

Community pasture — 1,000 acres of reclaimed land, formerly salt marsh. Watch for northern harriers (marsh hawks) hunting over the fields.

Route 915, east of the park:
Dennis Beach — miles of sand and soft cliffs.
Red Head — sea stack and rock alcoves.
Waterside marsh — watch for great blue herons fishing in the pools.
Cape Enrage — lighthouse and

headland visible from the park. Just below it, a surf-pounded beach with wave-washed cobbles and tons of driftwood.

Hopewell Cape, 40 km east of the park:
Museum-in-a-gaol — history with a touch of the macabre. Great rainy day exploring.
Hopewell Rocks — pillars, caves and arches, the work of the giant tides. Try to see them at both high and low tide.

Near Hillsborough, 52 km east of the park:
Sea captains' houses — with widow's walks and captain's watches.
Albert Mines — mine tailings of the

unique mineral, albertite, used in the gas lamps of the last century, and gypsum quarries, source of alabaster and plaster of paris.
Salem and Hillsborough Railroad — steam train rides through the countryside, also dining car excursions.
William Henry Steeves house — home of a father of Confederation.

North of the park, about 35 km:
Pollett River — miles of rapids, a rocky gorge and a roadside view.
Elgin hills — maple groves, blueberry barrens and pastoral scenery.



ANIMAL WATCHING

moose remote lakes, at dawn or dusk.
deer roadsides, old fields, golf course at dusk.
beaver Bennett Lake, Wolfe Lake, especially the far end.
salmon Point Wolfe River, Black Hole on Upper Salmon River in late August and September.
coyotes sometimes heard calling in the evening in the area of Wolfe Lake and East Branch trail, also beyond Micmac group tenting area.
peregrine falcons Point Wolfe
shorebirds Marys Point (east of the park) late July and August, Upper Salmon River estuary.

boreal birds Caribou Plain trail
warblers Coppermine trail, Foster Brook trail
seabirds common eiders, loons, along the coast in summer. Other seabirds extremely rare.
marine mammals harbour porpoises and seals seen infrequently in summer.

FOR THE RECORD

average daytime temperature:

(Headquarters)
summer 16°C (61°F)
winter -6°C (21°F)

largest mammal:
moose 455 kg (1000 lb.)

smallest mammal:
pygmy shrew 3 g (1/10 oz.)

most common trees:
red spruce, balsam fir, yellow birch and sugar maple

A PARK FOR TOMORROW

National parks are meant to be enjoyed by today's citizens, while they are being preserved for our descendants. You can help. All plants, animals, rocks, shells, and artifacts must be left undisturbed. Photographs, drawings or fond memories don't rob the park of its treasures the way that collecting does.

Leave the park the way that you would like to find it on your next visit. Dispose of food wrappers, drink containers and bottle tops in the garbage cans provided. To discourage littering, accept responsibility for picking up small pieces of litter left by someone else.

Feeding, touching or molesting wild animals is not permitted. This applies to all animals — birds, squirrels, deer, raccoons, groundhogs or any others. Man's snacks cause animals to become accustomed to undependable food sources. Park animals are wild animals and they survive on wild food year round.

You may bring your pets, but dogs must be kept on leashes, within vehicles or otherwise physically restrained at all times.

Campfires are only permitted in the fireplaces or grills provided. Charcoal barbecues may be used, but please dump your coals in the fireplaces or garbage containers. Dispose of waste food in the garbage and dump wash water down the sink or toilet.

Stay on established paths and stairways so as not to kill plants. Respect the layout of the campsites — by parking in the designated spot, camping in the provided space, and leaving the picnic table where tree roots and small plants won't be trampled.

Wise use of park resources today means that you and future generations will be able to enjoy the same experience in future years.



In late summer and fall, migrating shorebirds such as plovers and sandpipers feed in the upper Bay of Fundy mudflats before flying on to Central America.



Dennis Beach, a nearly-deserted sand beach east of the park on route 915, stretches for three kilometres.

Michael Burzynski

Michael Burzynski

WHERE TO CAMP

	Chignecto, route 114 4 km from Alma June 20- Sept 1	Headquarters, 1/2 km from Alma May 16- Oct 13	Point Wolfe 10 km from Alma June 13- Sept 1	Wolfe Lake, Route 114 20 km from Alma May 16- Oct 13	Micmac group tenting Point Wolfe Rd., 3 km from Alma Year round by reservation	Backcountry Year round by reservation
Unserviced sites (dry toilets)				32	3	14
Serviced sites (flush toilets)	244	123	181			
Electrical hook-ups	56					
Winter camping (no hook-ups)		•				
3-way hook-ups		29				
Fireplaces	•				•	•
Dumping station	•	•				
Shelters & wood stoves	•	•	•	•	•	
Playground	•	•	•			
Laundry			•			
Showers	•	•	•			

Fees

	per night	4 nights	7 nights
Wolfe Lake	5.00	15.00	25.00
Point Wolfe	6.00	18.00	30.00
Chignecto (serviced)	6.00	18.00	30.00
Chignecto (electrical)	8.75	26.25	43.75
HQ (serviced)	8.00	24.00	40.00
HQ (hook-ups)	12.00	36.00	60.00
Group tenting	1.00/person		

INFORMATION

Whether your visit is for an hour, a day or a week, our staff can help you plan your activities so that you get the most out of your visit.

Headquarters Information

Open May 16-October 13
 May-June 20: 10 a.m. to 6 p.m.
 June 21-September 1: 8 a.m. to 10 p.m.
 September and October: 10 a.m. to 6 p.m.

Wolfe Lake Information

Open May 16 to May 19
 Reopens June 13-September 11
 8 a.m. to 10 p.m.

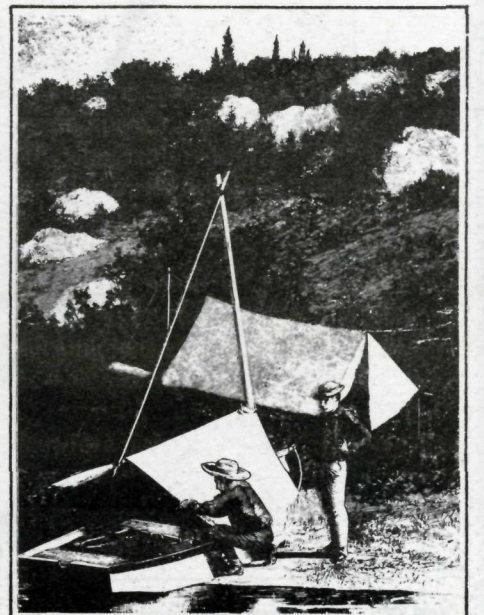
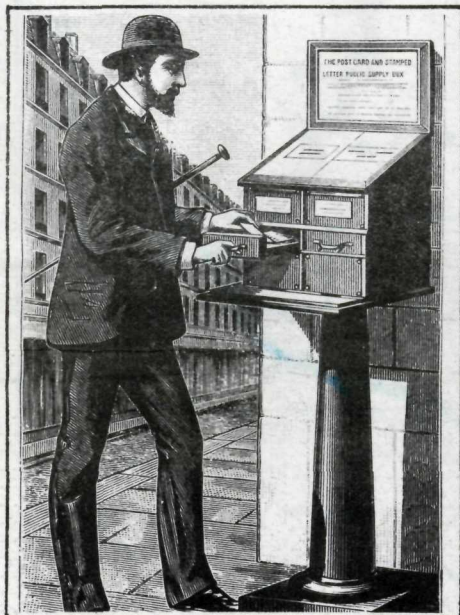
Information also available at the Administration Building, Headquarters area or phone (506) 887-2000.

Backcountry camping

There are a total of 14 campsites at Goose River, Marven Lake, Rattail Brook, Broad River, and Tracey Lake. Please register at Point Wolfe campground or at the information centres.

First come, First served

Campsites are allocated on a first come, first served basis. Visitors may place their name on a waiting list and attend a roll call the following day if space is unavailable in the fully-serviced sites in Headquarters campground.



SERVICES AND ACCOMMODATIONS

Food and Drink

In the park:
 Clubhouse Dining Room and Coffee Shop, summer

In Alma

Bake Shop, Main St., summer
 Fundy Family Restaurant, Main St., summer
 Fundy Take-Out, Fundy View Drive, summer
 Harbour View Market and Lunch Bar, Main St., all year
 Lobster Shop, Ocean Drive, May-December
 MacDonald's Self-Service groceries and snack bar, Main St., all year
 N.B. Liquor Commission, 3 km east of the park, route 114, all year
 Parkland Dining Room and Take-Out, Main St., summer
 Shepody Lounge, in Parkland Hotel, summer

Lodging

In the park:
 Fundy Park Chalets, 887-2808, housekeeping units

Caledonia Highlands Inn, 887-2930, housekeeping units

In Alma

Alpine Motor Inn, 887-2052, some housekeeping units
 Burns' Central Motel, 887-2909, some housekeeping units
 Dixon's Motel and Cottages, 887-2684, mostly housekeeping units
 Fundy Family Motel, 887-2050
 Parkland Motel, 887-2313

Bed and Breakfast, all year:

Babbling Brook, Riverside, 882-2079
 Bogle's, Hopewell Hill, 882-2821
 Broadleaf Farm, Hopewell Hill, 882-2349
 Dutch Treat Farm, Hopewell Hill, 882-2552
 Florentine Manor, Albert, 882-2271

Gifts and Souvenirs

Alpine Gift Shop, Main Street
 Cleveland Place, Main Street
 Fundy Craft Store, in the park
 Granny Nook, in Harbour View Market

Books

Fundy Arts and Crafts, Main Street
 Fundy Guild, in park information centres

Gas Stations

Esso
 Irving, summer
 Shell, all year

Post office, Main Street

Medical Services

Nearest hospital in Albert, 24 km east of the park, 882-2750
 First Aid facilities available at information and campground kiosks
 Veterinary service in Sussex and in the Moncton-Riverview area

Sunday Religious Services

St. Stephen's United Church, Main St., 11 a.m.
 United Baptist Church, Main St., 9:45 a.m.
 Roman Catholic Mass, Park Assembly Hall, 11 a.m. (July and August)

Transportation

Nearest bus and rail terminals in Moncton and Sussex, nearest air terminals in Moncton and Saint John

Bank

Bank of Nova Scotia, in Albert, all year

Laundromat

Adjacent to Parkland Hotel, Main St., summer
 Point Wolfe Campground, summer

Family Hairstyling

Fundy Clippers, Activity Centre, 887-2301

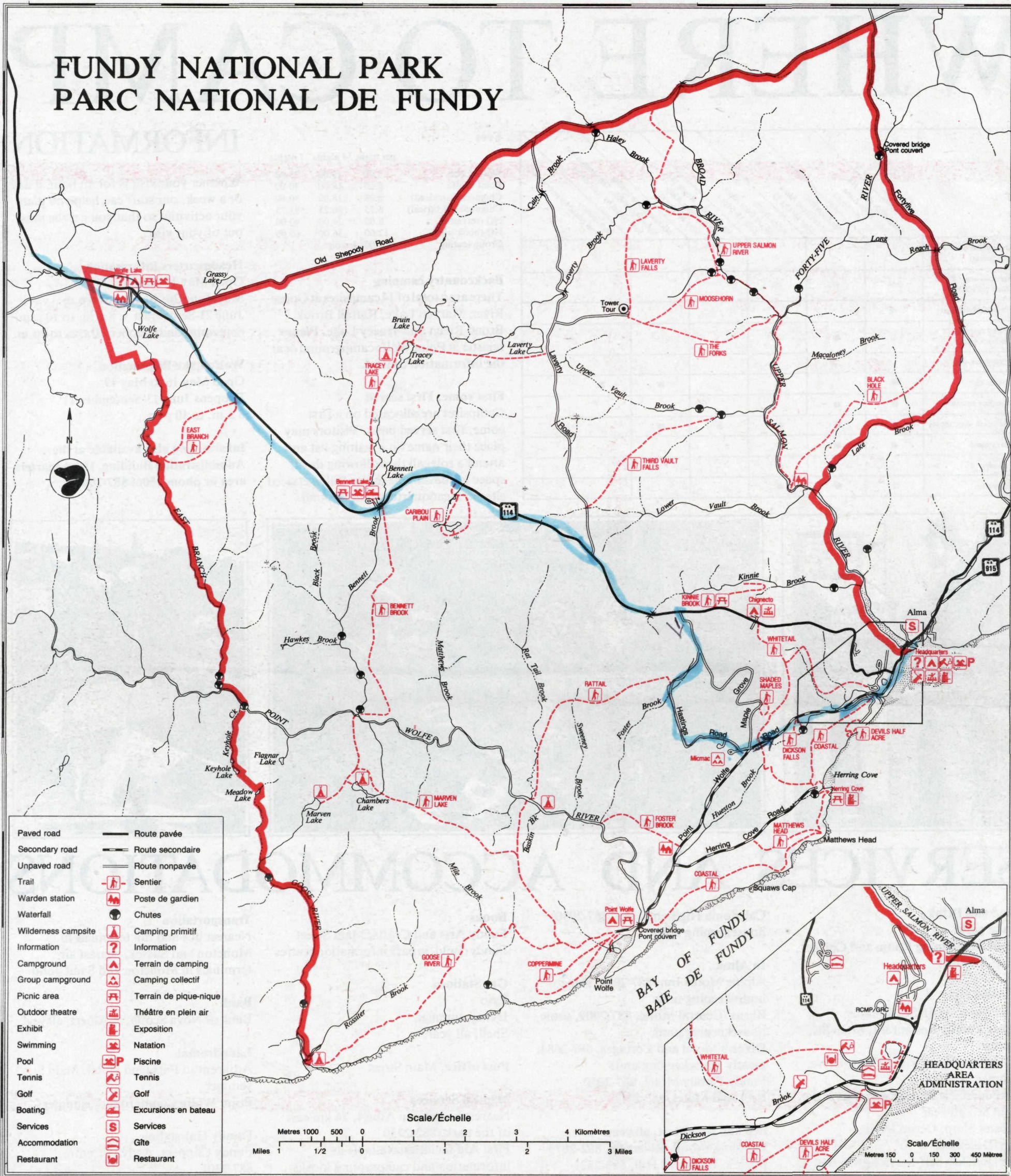
R.C.M.P.

Summer detachment in Park Headquarters area, 887-2971

Recreation in Alma

Activity Centre, Main St. Please check at the centre for schedule
 Adventure playground at the school
 Roller skating at the outdoor rink.
 Skates for rent.

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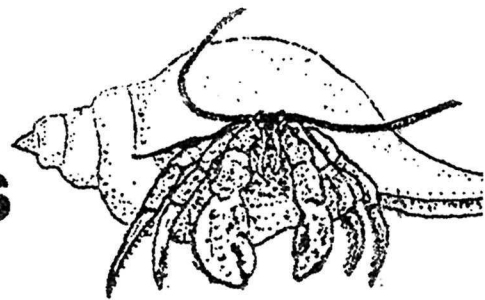
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Canada

Salt and Fir has been created to help you plan your activities and enjoy your stay in Fundy National Park. We welcome your comments and suggestions. Please write to: Fundy National Park, Box 40, Alma, N.B., E0A 1B0
Written by Anne Marceau
Design Michael Murray

TIDE SCHEDULE

L'HORAIRE DES MAREES



H - high tide / marée haute

L - low tide / marée basse

MAY/MAI 1987

1. H 0235 L 0855 H 1500 L 2110	9. L 0300 H 0905 L 1520 H 2135	17. H 0305 L 0930 H 1545 L 2155	25. L 0500 H 1115 L 1720 H 2330
2. H 0315 L 0935 H 1545 L 2145	10. L 0350 H 0955 L 1610 H 2220	18. H 0400 L 1030 H 1645 L 2255	26. L 0550 H 1200 L 1805
3. H 0355 L 1015 H 1625 L 2235	11. L 0435 H 1045 L 1655 H 2305	19. H 0515 L 1135 H 1750 L 2400	27. H 0010 L 0630 H 1240 L 1850
4. H 0440 L 1100 H 1710 L 2320	12. L 0525 H 1130 L 1740 H 2350	20. H 0610 L 1240 H 1855	28. H 0055 L 0710 H 1320 L 1925
5. H 0530 L 1150 H 1805	13. L 0610 H 1215 L 1825	21. L 0110 H 0720 L 1345 H 2000	29. H 0130 L 0745 H 1400 L 2005
6. L 0010 H 0625 L 1245 H 1900	14. H 0035 L 0655 H 1300 L 1915	22. L 0215 H 0830 L 1445 H 2100	30. H 0210 L 0830 H 1435 L 2045
7. L 0105 H 0720 L 1340 H 1955	15. H 0120 L 0745 H 1355 L 2005	23. L 0315 H 0930 L 1545 H 2155	31. H 0250 L 0915 H 1515 L 2120
8. L 0205 H 0815 L 1435 H 2045	16. H 0210 L 0835 H 1445 L 2055	24. L 0410 H 1025 L 1635 H 2245	

To predict the approximate time of arrival of the tidal bore at Moncton, subtract 1 hour and 38 minutes from the time of high water each day.

For low tide at Hopewell Rocks, add 27 minutes.

Pour prédire l'heure approximative de l'heure de mascaret à Moncton, on soustrait 1 heure et 38 minutes de l'heure de la plaine mer chaque jour.

Pour prédire l'heure approximative de la marée basse à Hopewell Rocks, on ajoute 27 minutes.

