



Cape Breton
Highlands
National Park

2019 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

pc.cbinfo.pc@canada.ca

parkscanada.gc.ca/capebreton

Campground reservations

reservation.parkscanada.gc.ca

1-877-737-3783

Follow us



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/ParksCanada_NS



/parks.canada



/ParksCanadaAgency

Emergency numbers

Police, fire, ambulance: 911

Parks Canada visitor safety

emergencies: 1-877-852-3100

CONSTRUCTION NOTICE

- Expect construction delays in Cape Breton Highlands National Park.
- Check with visitor centres for the construction brochure, 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.

FSC FPO

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 unceded Mi'kmaq territory showcasing majestic plateaus, deeply cut river canyons and spectacular coastal scenery.

A park pass is required for use of all services and facilities in the national park. Revenues are used to maintain and improve park services.

Daily entrance fees

Family/group	\$15.70
Adult:	\$7.80
Senior:	\$6.80
Youth (17 & under):	free

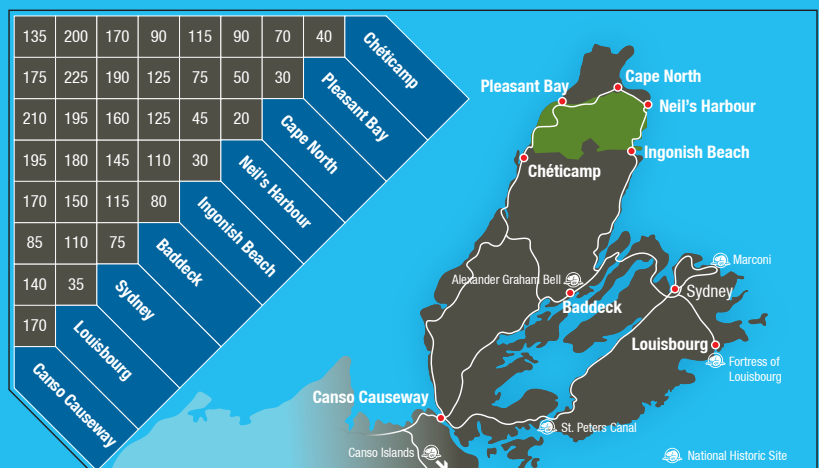
Discovery Pass

Family/group	\$136.40
Adult:	\$67.70
Senior:	\$57.90

Pays for itself in as little as 6 days. Ask at our visitor centres for details.
Not for commercial use.



Distance chart (distances in km)



We are a hiking park! Our 26 hiking trails range from easy strolls to challenging climbs with panoramic views of canyons, highlands and seacoasts. Pick up your park map and let the hiking begin.

Helpful hints

Parking is limited at the trailheads for Franey, Middle Head and Skyline. Plan ahead for early morning or evening hiking to assure a parking spot.

Looking to avoid the crowds?

Try these quieter but equally stunning trails:

- Acadian
- Aspy
- Jack Pine
- Le Buttereau
- Mica Hill
- Warren Lake
- Benjie's Lake
- Coastal
- Clyburn Valley

A hearty Highlands challenge

Hike our 26 trails in 2019 and receive a topographic map!

10-hikes-in-one-day challenge

Sample ten short trails in one day!

Ask for details at our visitor centres or visit our website.

Good practice

- Hike with friends and bring a solid walking stick.
- If you walk alone, tell someone where you are going.
- 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.
- Long sleeved shirts and long pants can protect against ticks which may carry disease.
- For your safety, do not approach, disturb or feed wildlife. Wild animals can be unpredictable. Give them space.

Skyline trail

To complete upgrades, this trail will be closed for a short period in spring and fall. Check for updates at our visitor centres or on our website.



Stay on the boardwalk!

It is against the *Canada National Parks Act* to enter restricted areas on the fragile Skyline headland.



The red chair challenge

Find your red chair moment

Connect with nature. Seek out our 8 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
#ShareTheChair



Festivals and special events

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 13-16

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

rootstoboostsfestival.ca
902-224-2642

Junior Naturalist Day Camp

Black Brook Beach

July 8 - 12 | 10 a.m. - noon | Ages 6-12

Register by calling **902-285-3304**
or email pc.interpcb.pc@pc.gc.ca



June 31 - July 4

in partnership with

Colaiste na Gàidhlig / The Gaelic College

Campground Ceilidh

Monday, July 1 | 8 p.m.

Enjoy a lively ceilidh in our
campground at Broad Cove

Piper in the Park

Wednesday, July 3 | 1 p.m. - 3 p.m.

Visit the piper at the Ingonish Visitor
Centre to honour and celebrate
Cape Breton's Gaelic roots
www.gaeliccollege.edu/kitchenfest



Festival de l'Escaouette

July 31 - August 4

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

[f / FestivalDeLEscaouette](https://www.facebook.com/FestivalDeLEscaouette)



September 13-22

Join us for the 16th annual
Hike the Highlands Festival

hikethehighlandsfestival.com
For information and registration

Huckle Buckle Festival

October 18 - 19

Visit Ingonish for fun this fall!
For a complete schedule visit
www.hucklebuckle.ca

Celtic Colours International Festival
October 11 - 19 www.celtic-colours.com



Guided hikes – for hike details contact:
pc.cbinfo.pc@canada.ca or call 902-224-2306

October 14
October 15
October 16
October 17
October 18

Acadian trail, 10 a.m.
Corney Brook trail, 10 a.m.
Aspy trail, 10 a.m.
Franeys trail, 10 a.m.
Mica Hill trail, 10 a.m.

Pumpkin carving
October 7 10 a.m.

Fun for the whole family at
La Rigouèche (Chéticamp
campground) and Broad
Cove campground

Sharing stories: Mi'kmaw culture

For dates and times, pick up a copy of the weekly program schedule.

Smudge

Since time immemorial, many Indigenous cultures have
used **sacred smoke** made from medicinal plants for
spiritual cleansing. It is a ceremonial way to cleanse a
person, place or object of negative energies or influences.

Pjila'si Unama'ki!

Kwe't Welcme to the Land of Fog.

Learn about the Mi'kmaq and their culture,
and find out about visitor experiences in
the five vibrant communities of Unama'ki.

Wiklatmu'j - The Little People of the Forest

Discover the little people of Mi'kmaq'i as you immerse
yourself in the dreams from Unimak'i.

Sweet Discovery

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.

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.

Waltes

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



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 like oTENTiks or Equipped Camping.

Need gear?
Visit www.livelifetents.com

Front country 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.



Camping services	oTENTiks	Equipped camping	Full hook-ups	Full hook-ups	Electrical	Tent sites	Tent sites	Accessible	Kitchen shelters	Drinking water	Playgrounds	Flush toilets	Pit privies	Showers	Ocean swimming	Trails	Group camping	Interpretation	Backcountry	Laundry
Broad Cove	6	—	34	49	—	53	60	■	■	■	■	■	■	■	■	■	■	■	■	■
Chéticamp	10	5	9	15	14	10	56	■	■	■	■	■	■	■	■	■	■	■	■	■
Ingonish Beach	4	5	—	—	—	—	51	■	■	■	■	■	■	■	■	■	■	■	■	■
Corney Brook	—	—	—	—	—	—	22	■	■	■	■	■	■	■	■	■	■	■	■	■
MacIntosh Brook	—	—	—	—	—	10	—	■	■	■	■	■	■	■	■	■	■	■	■	■
Big Intervale	—	—	—	—	—	5	—	■	■	■	■	■	■	■	■	■	■	■	■	■
Fishing Cove	—	—	—	—	—	8	—	■	■	■	■	■	■	■	■	■	■	■	■	■

Fireplace on site

Site with no fireplace

Play in the park

Interpretive programs

Park interpreters are out and about delivering a wide range of activities from pop-up roves and regularly scheduled programs to special events and individually tailored outings.

Check out www.parkscanada.gc.ca/capebreton for details and pick up our weekly schedule at park visitor centres.



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. Always check winter road conditions at 511.gov.ns.ca



Swimming and beaches

We are a coastal park - come discover our beaches

Ingonish Beach and Freshwater Lake

Salt and fresh water with a barrachois in between. Lifeguards on duty, ocean side, July and August. Dogs are not permitted in the supervised area of the beach.

North Bay Beach

Quieter, more secluded with a long expanse of sandy beach.

Broad Cove Beach

Sandy beach at the foot of Broad Cove campground.

Warren Lake

Large shallow sandy-shored lake, great for families.

Black Brook Beach

Sandy beach split in two by a freshwater brook.

Neil's Harbour Beach

Sand stretching from the Coastal trail to Neil's Harbour.

La Bloc Beach

Former wharf along a pebbly beach.



Geocaching

Take up the challenge of searching for the park's many geocaches. Begin your quest at a park visitor centre or visit: geocaching.com.

- Three multi-caches and one traditional cache
- Two earth caches www.earthcache.org
- **Parka's Kid Caches** at three of our campgrounds

Perfect picnics

Hassle-free picnics are here with our very own twist on "take-out." 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



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.



Stay and play

The Keltic Lodge Resort and Spa and Highlands Links offer a memorable getaway. Highlands Links ranks among the top 100 golf courses in the world.

For more information:
1-800-441-1118
kelticlodge.ca



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 Buttreau, Le Chemin du Buttreau, Le Vieux chemin du Cap-Rouge, Branch Pond Look-off, Clyburn Valley, and Freshwater Lake trails. All secondary and campground roads are also suitable for cycling.



Nova Scotia law requires helmets on and off road.



Kids' Activities

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



Join Club Parka!
Pick up an activity book or download the app to try Parka's Photo Missions

PHOTO MISSIONS

XPLORERS
PARKS CANADA

Pick up the fun, hands-on activity booklet at one of our visitor centres.

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!

Waterfalls

Corney Brook Falls can be found at the end of a 3 km walk along the Corney Brook trail.

MacIntosh Brook Falls is at the end of a short trail in the old-growth forest of the Grand Anse Valley.

Beulach Ban Falls is the highest waterfall in the park, 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 has the greatest volume of all our waterfalls, found after a 7 km drive up a dirt road and a short 200 m walk.



Merch

Pick up your official Parks Canada merchandise at the Ingonish and Chéticamp visitor centres.



There's more to explore

For more details, pick up a copy of the weekly program schedule or visit www.parksCanada.gc.ca/capebreton

Skyline Sunset Hike

Immerse yourself in the splendour of the sunset as the ocean glistens below.

Daily | \$14.70

Recommended for visitors 12+.



Lantern Walk Through Time


Step into the past and become spellbound by tales of this place.

Freshwater Lake | Tuesdays, Thursdays, Saturdays
\$14.70

Recommended for visitors 8+.



Reserve your
tickets today:
902-224-2306

 Reservations required for these programs.

Seeing in the Dark

Explore the night in a place where it truly gets dark.

Warren Lake | Mondays,
Wednesdays, Fridays | \$14.70
Recommended for visitors 12+.



Salmon Tales and Tubes

Take a lazy tubing tour on the Clyburn River while learning about this protected species. Saturdays | \$29.40

Seaside Square Set

Learn about local square dance traditions, and try it out to live fiddle music at Ingonish Beach. Sundays | \$14.70

Learn-to-Lobster Boil

Cook and enjoy fresh lobster on a beach steeped in history as the sun sets over the Gulf of St. Lawrence. Sundays & Wednesdays | \$ based on market price of lobster

Go Wild! CHOOSE YOUR OWN ADVENTURE

Choose your own guided adventure to discover the park's secrets. pc.interpcb.pc@canada.ca | \$29.20 half day | \$51.10 full day

Live! At the Park

The Chéticamp Visitor Centre comes to life with a variety of special guests from around the island. Wednesdays | \$5

Gaelic Milling Frolic

Join Gaelic singers Geoffrey and Rebecca-Lynne at the Chéticamp Visitor Centre as they explore Gaelic culture through song. Fridays | \$5

