

HIKING IN CAPE BRETON

Once again the Chebucto Hiking Club is organizing four days of hiking. These hikes will take place in Cape Breton around the Mabou/Chéticamp areas. The hikes are scheduled so that there is ample time to enjoy the cultural and other activities in the area.

WALKING SCHEDULE

30 SEPTEMBER 2010 - 3:00 p.m.
SKYLINE TRAIL

7 Kms. - Rating 2B

MEETING POINT: Skyline Trail parking lot at the top of French Mountain, CB Highlands National Park.

The Skyline Trail is the most popular trail in the Cape Breton Highlands National Park. It features an extensive boardwalk system that protects the natural terrain. The 7 km hiking path leads to a look-off that offers one of the most spectacular ocean views in North America. From the end of this trail, you can look down on the majestic mountain forests of the Cabot Trail winding toward the sea or turn your head and catch a glimpse of whales playing in the Gulf of St. Lawrence.

1 OCTOBER 2010 - 10:00 a.m.
ACADIAN TRAIL

10 Kms. - Rating 4C

MEETING POINT: CB Highlands National Park Visitor Center Parking Lot in Chéticamp.

Climb 365 metres above the Chéticamp River for panoramic views of the Acadian coastline, the Chéticamp river valley and the Park's highland interior. Benches along the way let you rest periodically and enjoy the scenery. Watch how the forest changes as you climb steadily to the top and be on the lookout for black bear and moose.

**BRING A LUNCH AND LOTS OF WATER.
WE WILL HAVE LUNCH IN THE PARK
BEFORE DOING OUR AFTERNOON WALK.**

1 OCTOBER 2010 - 2:00 p.m.
SALMON POOLS TRAIL

10 Kms. - Rating 3C

MEETING POINT: CB Highlands National Park Visitor Center Parking Lot in Chéticamp.

This trail follows the bottom of the Chéticamp River canyon with cliffs almost 400 metres (1300 ft.) high towering above. The First Pool is about 3.6 km up the Chéticamp River. The trail narrows and continues to Chance Pool where polished exposed bedrock makes a great location for a picnic. At the Second Pool the trail narrows to the Third Pool which marks the end of the trail. Watch for Atlantic salmon in the deeper pools.

2 OCTOBER 2010 - 10:00 a.m.
FISHING COVE TRAIL

16 Kms. - Rating: 4D

MEETING POINT: The well-marked trailhead is located between Chéticamp and Pleasant Bay, on the Cabot Trail at the top of MacKenzie Mountain.

From the parking area the trail descends over 300m (1000 ft) and follows the Fishing Cove River roughly 8kms to the ocean.

The end of this trail opens onto expansive fields at the mouth of the river... once the site of a lobster cannery, long since abandoned. There are still signs of old foundations and equipment.

This is one of the most beautiful coves in Cape Breton with breathtaking sunsets. It is not uncommon to view whales outside the cove or moose strolling across the fields.

BRING A LUNCH AND LOTS OF WATER

3 OCTOBER 2010 - 10:00 a.m.
MABOU HIGHLANDS TRAIL

10 Kms - Rating 3C
16 Kms - Rating 5D

WALK LEADERS: Isaac & Jackie MacEachen

MEETING POINT: In Mabou turn right on the Mabou Harbour Road. After 4-5 kms look for a dirt road on the right. Follow this road as it winds through the Mabou highlands, past Mabou mines and MacDonald's Glen to the bridge over Mill Brook. Park here or at the trailhead just past the bridge.

The community has constructed an excellent trail system throughout the Mabou highlands (there is a map of the trail network at the trailhead). Several of the trails follow the coastline and up along the highlands, affording spectacular views. Probably the best view is from Beinn Bhorach.

There will be a choice of 10 kms or 16 kms. While more scenic and more challenging, the 16km hike is not recommended for people with pets or who are not comfortable with heights.

BRING A LUNCH AND LOTS OF WATER

All walks are free and open to all!



(view from Mabou Highlands Trail look-off)

ACCOMMODATIONS

WHALE COVE COTTAGES (CHIMNEY CORNER)
1-866-388-2202
1-902-235-2202

DUCK COVE INN (MARGAREE HARBOUR)
1-800-565-9993
1-902-235-2658
reservations@duckcoveinn.com

ISLAND SUNSET RESORT AND SPA (BELLE COTE)
1-866-515-2900
1-902-235-2669

There are also numerous other places to stay in the area, i.e. B&Bs, motels, and cabins. There are numerous accommodations in Chéticamp for those of you who may prefer to stay there.

SOCIAL EVENTS

On Thursday evening meet at the leader's cottage in Whale Cove for a wine and cheese social event. The "Skitter Sisters" have another surprise in store!!!

Plans have been made for a group dinner to be held at 7:00 p.m. on Saturday, 2 October 2010, at the **Island Sunset Resort** in Belle Cote. The menu will include a three course dinner (Caesar Salad, Charbroiled Chicken with wild mushroom sauce, Crème Brulé, and tea or coffee). **Cost is \$35.00 per person, payable in advance.** (This includes tax and tip.) A cash bar will be available. Please make cheques payable to the Chebucto Hiking Club. Complete the attached form and return with payment to:

Chebucto Hiking Club
P.O. Box 26018, Portland Street Market R.P.O.
Dartmouth, NS B2W 6P3

**PLEASE NOTE THAT CLOSING DATE FOR
DINNER REGISTRATION IS
12 September 2010**

ADDITIONAL INFORMATION

Enjoy Acadian culture & hospitality at Le Gabriel Restaurant & Lounge in Chéticamp. On Saturday afternoons there are always local fiddle players and occasional step dancing. Give it a try - if you're not too tired from hiking!

A daily ENTRANCE FEE will be required for those walks that take place within Cape Breton Highlands National Park.

Don't forget to pack lots of water and a lunch each day.

WALK LEADERS

For further information or if you have any questions, please do not hesitate to contact the walk leaders:

Shanna Balogh
(902) 826-9384
shanna.balogh@dal.ca

or

Marlene Connors
(902) 832-5446

marlene.connors@ns.sympatico.ca



(A view of the Chéticamp River along the trail)

CHEBUCTO HIKING CLUB



Kincaid



(Salmon Pools Trail)

TREKK OR TREAT!

COME HIKE ON OUR ISLAND

Cape Breton

30 Sept. - 3 October 2010