

Hiking Summit 2020

Hike Details

June 5 to 7, 2020, Cheticamp

The Summit program may change as the program evolves.

You must register for the Summit online in order to attend these hikes. There are limits on the number of people who may attend some hikes. Some hikes are offered multiple times - please refer to the Summit Program for dates and times of hikes. Registration for hikes is on a first come, first served basis when you register for the Summit online. If you do not receive a registration confirmation email, please contact Hike NS.

Most hikes are family-friendly and families are expected to attend hikes together. Parents and caregivers are responsible for their children on all hikes, including judging their child's ability to do a hike.

Parking is limited at most sites. Most sites do not have bathroom facilities (descriptions below indicate if one is available). Further details on most trails can be found at www.pc.gc.ca/en/pn-np/ns/cbreton/activ/randonnee-hiking.

Please bring your own snacks, although you can pick up free power bars and apples at the snack station in the Summit registration area. Hike NS will not provide single-serve water bottles for those going on hikes. Instead, we'll provide a water bottle fill station in the Summit registration area. If you want bottled water, you can get them in the vending machines on site.

Ticks: Spring is tick season, so please come prepared – <https://novascotia.ca/ticksafety/>

Dogs: Sorry, but to ensure that everyone is comfortable and experiences enjoyable hikes, dogs are not allowed on the Summit's guided group hikes.

Everyone will meet at the Arena one half hour before each hike and proceed from there.

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ACADIAN



Hike Length: approximately 8.4 km (return)

Hiking Time: 3 – 4 hours (return)

Trail Rating: Moderate

Trail Type: Loop trail

Trail Notes: The Acadian Trail is a fairly moderate hike both up and down. Climb 365 metres above sea level for panoramic views of the Acadian Coastline, the Cheticamp River Valley and the Park's highland interior. Watch how the forest changes as you climb steadily to the top. You will pass through the Acadian Forest type trees which include ash, red maple, mountain maple, beech and oak. Softwoods like white spruce and balsam fir are also mixed in with the hardwoods.

BENJIE'S LAKE



Hike Length: approximately 3 km (return)

Hiking Time: 1.5 hours (return)

Trail Rating: Easy

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: At Benjie's Lake, you walk through wet barrens and evergreen forests that are typical of the highland plateau. Watch for big moose tracks throughout this trail. Their droppings tell you how common they are in this region. Many people have reported seeing moose in Benjie's Lake almost any time – day or night. This is a level trail – suitable for all skill levels.

BLUEBERRY MOUNTAIN/CAP ROUGE



Hike Length: approximately 7.8 km (return)

Hiking Time: 3 hours (return)

Trail Rating: Moderate

Trail Type: Not a loop – you will follow the same trail on the way back

Trail Notes: Blueberry Mountain is one of the nicest unmarked trails in Cape Breton Highlands National Park. You will hike along the Canadian Brook (which you will be crossing). For part of this trail, you will see evidence that you are on the old Cabot Trail Road (there are several old telephone posts along the way). You will wind along through varying forests. The look off from the peak is spectacular and offers a full 360 degree view of the surrounding areas – a perfect spot for a picnic or snack! Although it is an almost 400 metre climb, there are no steep hills (one short incline with a gradually incline through the entire trail). It is a relatively easy trail. There are few stream crossings that require some minor skills – waterproof hiking boots are suggested.

BUTTEREAU



Hike Length: approximately 1.6 km (return)

Hiking Time: 35 – 40 minutes (return)

Trail Rating: Easy

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: The self-guiding trail explores mixed Acadian forest, old fields and foundation ruins on a "buttereau" (small hill) overlooking the Chéticamp River and Gulf of St. Lawrence. Wildflowers, trees and shrubs have invaded these pastures that were once tilled by the Acadian pioneers, making an ideal spot for birds and small mammals. Plaques commemorate former Acadian homesteads.

CHEMIN de L'ABIME



Hike Length: approximately 8.3 km (return)

Hiking Time: 2 hours (return)

Trail Rating: Easy

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: This trail follows an old prospectors road built in the 1890's along the Cheticamp River (opposite the Salmon Pool Trail). The trail passes along a rock quarry where Le Montagne Noire drops into the Cheticamp River Valley – offering great views of the upper Cheticamp River Valley. Keep going up this road to a small detour to visit the Lower Faribault river falls, then back up to the main trail to reach the destination point which is the wooden bridge that crosses the Faribault River. Return via the same route. This is a nice easy hike that offers different views of the Cheticamp River Valley.

CHETICAMP ISLAND



Hike Length: approximately 1 km

Hiking Time: 30 minutes

Trail Rating: Easy

Trail Type: Loop

Trail Notes: This is much more a pleasant beautiful sunset walk than a full-on hike. Drive to the parking area at the end of the paved road just above the old harbour. From there walk and explore (we suggest counterclockwise) eventually working your way back to your vehicles after sunset. Experience migratory seabirds and view their nesting colony in the cliffs. Watch for whales, seals and other marine life. American Bald Eagles as well as Great Blue Herons nest and

feed nearby. The terrain is mostly grassy field with exposed rock near the shore. Photo opportunities and 360 degree vistas of the sky, ocean, horizon and mountains are everywhere. It's easy to spend 30 minutes or 3 hours. Please be extra careful near the edges of the cliffs.



CORNEY BROOK

Hike Length: approximately 6.5 km (return)

Hiking Time: 2 hours (return)

Trail Rating: Easy

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: Local Acadians know this trail as “La Riviere à Lazare”. Following a meandering brook through a hardwood forest to a waterfall that marks the end of the trail. Keep watch out for wildlife – a variety of birds, snowshoe hare or even moose are known to frequent this area. This trail is relatively easy, fairly flat and well-shaded in the summer. You can hear the babbling brook for most of this hike.

GORDON'S CAMP



Hike Length: approximately 9.5 km (return)

Hiking Time: 3 to 3.5 hours (return)

Trail Rating: Difficult

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: This trail starts off at the old Snowmobile Clubhouse and follows the well maintained 104 Snowmobile trail to the camp turnoff. The camp is perched on the edge of the mountain overlooking the village of Cheticamp which provides excellent views of Cheticamp, Cheticamp Island and Cape Breton Highlands National Park – if the weather cooperates, you can also see Quebec’s Iles de la Madeleine on the Northwest Horizon.

GYPSUM MINE



Hike Length: approximately 2.6 km (return)

Hiking Time: 1/2 hours (return)

Trail Rating: Easy

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: The Cheticamp Gypsum Mine was in operation from 1908 to 1939. Today it has become a very popular hiking and ATV trail that has a unique swimming hole. The water in the lake is of unknown depths and has a sheer drop-off mere feet from the shore. This trail follows the old railway line from Cheticamp Harbour to the base of the mountain – just below the former mine’s location. Being an old rail line, this trail is wide and flat with only small hills. There are sheer walls of gypsum and some sides of the man-made lake.

POWELL'S LOOP



Hike Length: approximately 9.25 km (return)

Hiking Time: 3.5 hours (return)

Trail Rating: Difficult

Trail Type: Loop

Trail Notes: This trail starts above le Grand Lac as we follow a logging road and will climb 80 meters to a nice view that overlooks the lake and Grand Etang. It will then drop into a valley before climbing 300 meters in 3.5 km to the top of the mountain - great panoramic views along the way with a small waterfall near the trail. Once on the plateau, the trail goes to a camp then will follow a small brook into the valley (where a group of English settlers called the Powells had a farm in the mid 1800s) to join up with the Acadian ATV trail – farm brook falls is within .75 km from this junction but will require some river walking. The trail then continues south back to the parking area.

SALMON POOL



Hike Length: approximately 7.8 km (return)

Hiking Time: 2.5 hours (return)

Trail Rating: Moderate

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: This relatively level trail follows the Cheticamp River upstream. The first pool is approximately 3.6 km up the Cheticamp River. The trail narrows and continues to Chance Pool

where polished, exposed bedrock makes it a great location for a picnic. Walk on through the forest and along the river, past gravel bars, interspersed with rapids and deeper pools for another 1 km and the trail ends. Watch for Atlantic salmon in the deeper pools (people might be fly fishing at this point) and listen for barred owls at dusk.

SKYLINE



Hike Length: approximately 6.5 km (return)

Hiking Time: 1.5 - 3 hours (return)

Trail Rating: Easy

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: This hiking trail lies on the western side of the Cabot Trail (near the summit of French Mountain). This trail is well-known for its scenic views. A dramatic headland cliff overlooks the rugged coast from the end of this trail. You can enjoy the eagle's view of the Cabot Trail as it winds its way down the mountain. Watch for whales in the Gulf of St. Lawrence from the viewing decks. Moose, bald eagles, bear and numerous boreal birds live in this habitat.

SQUIRREL MOUNTAIN



Hike Length: approximately 3.5 to 4 km (return)

Hiking Time: 1.5 to 2 hours (return)

Trail Rating: Difficult

Trail Type: Not a loop – you will be following the same trail on the way back

Trail Notes: The height of this trail is 1,306 feet. It is located on the west coast of Cape Breton Island, just east of Grand Etang Harbour. Access is via a dirt road that reaches a pass just southeast of the summit. The summit offers an amazing view of Grand Etang, Cheticamp, Belle Cote, Cheticamp Island and Cape Breton Highlands National Park. It is a one hour hike to the top and less time for coming down. It was originally a four-wheeler trail which has been abandoned in favour of a more accessible route, with very rough sections along the way. It is a steep climb but the incredible views on the top make the trek up worth it. This hike is for avid hikers who can handle steep climbs with rough terrain. This hike requires a good pair of hiking boots and we would recommend hiking sticks.

TOWER ROAD



Hike Length: approximately 5.45 km (return)

Hiking Time: 2.5 hours (return)

Trail Rating: Difficult

Trail Type: Loop

Trail Notes: You will be hiking on a trail with a steady ascent to the first look-off at “La Montagne Nue – Bald Mountain) where villagers used to cut hay in the 1940’s. Then you will climb to the top, where you can see three provinces – Nova Scotia, Prince Edward Island and Quebec (Iles de la Madeleine). The trail then goes by a rock quarry where rock is being hauled to the National Park for its rebuilding (there are also 7 windmills located in this area). The trail then follows a well-maintained gravel road to the large CBC tower, then goes downhill with a short detour to the internet tower that overlooks Cheticamp. Follow the road back to the parking area. The trail climbs to 265 meters, then flattens out for 1 km to Tower Road, then it is all downhill to the parking lot.

VIEUX CHEMIN DE CAP ROUGE



Hike Length: approximately 8.8 km (return)

Hiking Time: 2 to 3 hours (return)

Trail Rating: Easy

Trail Type: Not a loop – you will follow the same trail on the way back

Trail Notes: Following the route of the old Cabot Trail, this hike offers views of the shoreline along the entire length of this trail. Traces of Acadian history abound, with the remains of an old school, foundations from the former residents' houses and the old wharf at "La Bloc" are all visible at various points on the journey. An exhibit at the look-off provides further information on the families who lived there at one time. This trail was the link between Cheticamp and Pleasant Bay. You might be able to view the harvesters as they lift their lobster traps.