

	A	B	C	D
1	Date:	Location/Activity:	Time:	Details:
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3	July 25 - Monday	Meet in Cheticamp	12:00 p.m.	At local restaurant - to be determined (TBD)
4		Gypsum Mine Quarry Trail	1:30 p.m.	2.6km return hike. Karst topography. Rated easy.
5		Check into accommodations-Cheticamp	5:00	TBD - suggestions will be made for all levels - hotel/ motel. B&B, cabins. If anyone is pulling a camper or prefers to tent, there is a very large campground north of Cheticamp near Park entrance.
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10	July 26 - Tuesday	Le Vieux Chemin du Cap Rouge	8:30 a.m.	Day Hike: 9 km return. Trail follows old road. Gentle climbs, mixed forest, streams, small falls, historical remains. Rated easy.
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13		<i>*Alternative to above</i>	<i>8:30 a.m.</i>	<i>4.6km return linear trail through Acadian forest with access to coastal floodplain. Some short climbs but rated easy.</i>
14		<i>Le Chemin du Buttereau</i>		
15				
16		<i>OR - Le Buttereau</i>	<i>8:30 a.m.</i>	<i>1.6km loop trail through Acadian forest, abandoned field now grown over with wildflowers and shrubs. Similar to above but no access down to floodplain.</i>
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19		<i>Corney Brook campground</i>	<i>12:00 p.m.</i>	<i>Option for those hiking alternate trails can meet here for lunch. Picnic tables, washroom facilities, nice overlook to Gulf of St. Lawrence where pilot whales and moose are often seen. Across Cabot Trail from Corney Brook Trailhead.</i>
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24		<i>Corney Brook - CBHNP</i>	<i>1:30 p.m.</i>	<i>6.6km return. Trail follows narrow gorge through Acadian forest. Nice mix of flora. Rated moderate due to trail bed conditions - rocks, tree roots.</i>
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27		Return to Cheticamp for night.		
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29	July 27 - Wednesday	Bog Trail - CBHNP	8:30 a.m.	Short boardwalk trail. Significant plant material along a mere 410m of trail. Boreal and taiga forest. Easy. Although this is a very short distance to travel, experience has taught that one can spend a very long time examining the impressive variety of flora.
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34		French Lake Parking Area	12:00 p.m.	Lunch stop. Although it may not sound great, the
35				parking area here overlooks a shallow lake where
36				moose often browse. Water lillies in season.
37		Benji's Lake trail	1:30 p.m.	3km return on a level trail through boreal forest
38				with a small lake at trail end. Walking is easy but
39				trailbed can be rough in places (rocks and small
40				stones and some potentially muddy sections,
41				depending on weather.
42		Return to Cheticamp for night.		
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44	July 28 - Thursday	Early morning travel to Dingwall	8:30 a.m.	Day hike: Beulach Ban Falls - 9.17km return. Moderate,
45				level trail with climbing, some rough sections.
46				Hardwood old-growth forest with rare forest floor plants.
47				Lunch on the trail. May hike beyond trail end into meadows.
48		<i>Alternate hikes:</i>	<i>8:30 a.m.</i>	<i>MacIntosh Brook - 1.7km hike through mature hard-</i>
49		<i>At your leisure:</i>		<i>wood forest alongside brook with waterfalls at end of</i>
50				<i>trail. Level with some rough sections of trailbed.</i>
51				<i>Rated easy.</i>
52			12:00 p.m.	<i>Lone Sheiling - only .6km long, this is a little gem of a</i>
53				<i>trail in a slice of one of the largest old growth forests</i>
54				<i>in Nova Scotia. Huge sugar maples dated to 350 years</i>
55				<i>are pure magic, beneath which is found a variety of</i>
56				<i>shade-tolerant fora. Bonus is the crofter's hut replica.</i>
57				<i>Again, trail is rate easy but sections are rocky and</i>
58				<i>tree roots are exposed.</i>
59		<i>For those doing alternate hikes:</i>	2:30 p.m.	<i>At your leisure, drive into Beulach Ban Falls trail to</i>
60				<i>visit and explore around fall which is very near to</i>
61				<i>the parking area.</i>
62		Check in at Markland Cottages in Dingwall		
63				
64	July 29 - Friday	All day hike:	8:30 a.m.	Mica Hill - 7.9km trail through Acadian forest to taiga
65				on summit. Moderate skill level with gradual but
66				consistent incline. Worth the climb! Also, significant

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67				opportunities for exploration around Paquette
68				Lake where we will park. Lunch wherever the mood
69				takes you!
70		<i>*Alternative hike at White Point.</i>	<i>8:30 a.m.</i>	<i>5.7km trail through thick spruce forest onto open</i>
71		<i>Coastal Headland trail</i>		<i>headland. Rated easy to moderate for distance.</i>
72				<i>Lunch when and wherever you like.</i>
73		Return to Markland for explor-		
74		ation of beach and dunes		
75				
76	July 30 - Saturday	Travel to Ingonish		
77		Hike at Warren Lake	8:30 a.m.	4.7 looped trail with small beach and picnic area for
78				lunch and relaxation. Acadian forest habitat with
79				some wet sections. In addition to wild flora, birding
80				here is excellent.
81				Falls accessible by road.
82		Mary Ann Falls		Short trail down to viewing platform for waterdalls
83				enthusiasts. Nice sidetrip after hike.
84		Check-in in Ingonish TBD		
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86	July 31 - Sunday	<i>Alternate Day Hike:</i>	<i>6:30 a.m.</i>	<i>Hike along Clyburn Brook well past end of trail up to Two</i>
87				<i>Island Lake. Look for rare birch species. Carry lunch.</i>
88				<i>Very difficult, involves bushwacking and may not be successfu</i>
89		Middle Head	8:30 a.m.	3.8km loop trail through typical coastal spruce forest
90				to seabird colony at tip of headland. Return along
91				northern section for good variety of flora. Some steep
92				climbs, roots and rocks. Rated moderate.
93		<i>Alternate hike: Clyburn Valley Trail</i>	<i>8:30 a.m.</i>	<i>8.5 km return. Level and easy, this trail follows</i>
94				<i>Clyburn Brook bordering hardwood forest. Abandoned</i>
95				<i>gold mine, meadows and stunning views.</i>
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97		*POSSIBLE FAREWELL DINNER		
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99		Overnight in Ingonish		

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102	<i>Return home</i>			
103	OR Continuing on to:	Louisbourg		For anyone wishing to take advantage of travelling all
104				the way to Cape Breton, there is the option of
105				continuing on to Louisbourg and exploring the area
106				for 2 days.
107				
108	August 1 - Monday	Travel to Louisbourg and upon		Explore Fortress of Louisbourg, a fully animated
109		arrival:		historical site and its grounds. Bogs and barrens
110				surround the Fortress and are easily accessible by
111				road.
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113		Afternoon checkin at cabins/hotel TBD		
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115	August 2 - Tuesday	Louisbourg Lighthouse trail	8:30 a.m.	A 2km hike, with the option of travelling farther but
116				on less well-maintained trailbed, the trail runs
117				parallel to the coast. Rated moderate to difficult
118				due to trailbed conditions and some wet sections,
119				this trail offers tough wind- and salt-tolerant plant
120				material.
121			OR:	Continue exploring Fortress area.
122		Simon's Point trail	P.M.	A short (800m) trail through forested wetland habitat
123				to a coastal headland carpeted in Arctostaphylos and
124				a variety of other salt- and wind- tolerant flora.
125				*Continuing all access road beyond Simon's Point Trail,
126				there is a large bog adjacent to access road between
127				the Fortress and Kennington Cove that begs to be
128				explored. Extreme caution! This is a bog!
129				
130	Aug. 3 - Wednesday	Gooseberry Cove	8:30 a.m.	7.4 km return trail through typical coastal forest.
131				Steep and rough, this trail is considered moderate
132				to difficult. An abundance of berry producers - cloud-,

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133				fox, blue-, and others are found here. Great tidal
134				pools when tide is out.
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136		Wild Cove trail	OR:	3.2 return trail near Gooseberry Cove trail. Similar
137				plant material, steep descent, etc. Shorter, this
138				trail is offered as an alternative to the longer
139				Gooseberry trail.
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141		Main a Dieu Beach	OR:	1km crescent beach with nice dune behind sandy
142				beach. Small wetland areas as well. Many look-offs
143				with benches and picnic tables.
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145	<i>August 2 - Tuesday</i>	<i>Scaterie Island</i>	<i>OR:</i>	<i>Scaterie Island is a small nature preserve just off the</i>
146	<i>and/or</i>			<i>coast at Main a Dieu, a short drive from Louisbourg.</i>
147	<i>Aug. 3 - Wednesday</i>			<i>Attached to this spread sheet is information from the</i>
148				<i>Nova Scotia's Dept. of the Environment website.</i>
149				<i>Preliminary arrangements have been made regarding</i>
150				<i>boat travel to and from the Island, approx. 45 minutes</i>
151				<i>each way. Also, permission has been given by the</i>
152				<i>Department of Environment's local office for us to</i>
153				<i>explore the island which doesn't allow camping and</i>
154				<i>adheres to a strict Leave No Trace policy.</i>
155				<i>The Island is used by locals so there are some rough</i>
156				<i>trails to follow and the tidal pools exposed at low tide</i>
157				<i>offer excellent exploration opportunities.</i>
158				<i>Boat travel costs have been given at \$50.00/per person</i>
159				<i>per day.</i>
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162				***Members can choose which areas and days works
163				best for them. Members to make their own sleeping
164				arrangements but recommendations will be provided
165				for each destination.
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168				And, regardless of when we end this amazing trip, it
169				would be really lovely to have a farewell dinner.
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171				Some of the Must Haves:
172				Insect repellent
173				Bag or folding chair for on site lunches and relaxation
174				Sun hat
175				Rain gear
176				Suitable footwear - wet and dry
177				Sunscreen
178				Layered clothing for sudden weather changes
179				Binoculars
180				Camera with extra batteries
181				Sun glasses
182				Small day pack