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.

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**Distance chart (distances in km)**

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• 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.

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**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

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**Follow us**

*Facebook: /CBHNP*
*Twitter: /ParksCanada_NS*
*Instagram: /parks.canada*
*YouTube: /ParksCanadaAgency*

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**Emergency numbers**

Police, fire, ambulance: 911
Parks Canada visitor safety emergencies: 1-877-852-3100

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**FSC FPO**
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
- Le Buttereau
- Benjie's Lake
- Aspy
- Mica Hill
- Coastal
- Jack Pine
- Warren Lake
- 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

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!
Kwê’! Welcome 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’kmak’i as you immerse yourself in the dreams from Unimak’i.

Sweet Discovery
Hear the story of Sismonnapui’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.livelifeintents.com](http://www.livelifeintents.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.parkscanda.gc.ca](http://www.reservation.parkscanda.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 | 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          | –          | –          |               |                |             |              |             |              |                |        |               |               |            |         |

- Fire on site
- Site with no fireplace
**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

**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.

**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.

**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.

**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

**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

**Play in the park**
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 Butterseau, Le Chemin du Butterseau, 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.

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.

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

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!

Merch
Pick up your official Parks Canada merchandise at the Ingonish and Chéticamp visitor centres.
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 Cheticamp Visitor Centre as they explore Gaelic culture through song. Fridays | $5

Skyline Sunset Hike ★ A RECOGNIZED CANADIAN SIGNATURE EXPERIENCE ★
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+

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+

Reserve your tickets today: 902-224-2306
Reservations required for these programs.

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