



# Grand Manan Trails Newsletter 2016

Trails update: 2016

*by Bob Stone*

Where has the time gone? Another summer of hiking has come to an end. The trails, less frequently walked now during hunting season, will soon once again have some activity before the snows and ice arrive. Judging from the number of trails booklets sold this year, about 450 in total, and the emails or letters asking for information about the trails, it has been a busy year.

The newsletter is a little late in arriving, as Judy and I travelled to Ireland in September, at a time when we would normally be gathering material for this publication. We are especially grateful to Nadine McInnis and Jessica Bradford for their fascinating contributions. Nadine and her husband Tim have been trail adopters for a number of years in the "at large" category, but when there was concern about not having specific trail adopters for White Head, they quickly volunteered, as it is one of their favourite hikes. In addition to being a hiker, Nadine is a very successful published author. In fact, last month, she was awarded the Ottawa Book award in the English fiction category for her most recent book of poetry "Delirium for Solo Harp". Her article in this issue highlights White Head. Jessica has been the Communications Coordinator for the Nature Trust of New Brunswick. When she contacted me for information about hiking the back of the island, Judy and I offered to drive her and her friend to the far end of the island for the beginning of their hike. When she offered to pay us for our time, never missing an opportunity, we suggested that payment could be an article describing their experiences, along with some photos. The result of that request is the article printed here. Jessica has since resigned her position and has return to university for further studies.

As you know, the trails are changing year by year. As an example, in last year's newsletter, we printed a photo of a second "Hole in the Wall", at Red Point just around the corner when you start to walk the beach at low tide towards the Anchorage. I reprint last year's photo, and the same location this year.

Enjoy the newsletter, and happy hiking.





## **White Head Island Trail Update: Long Point Lighthouse to Gull Cove by Nadine McInnis**

Anyone who has visited White Head Island probably knows beautiful Sandy Cove, with its arcing smooth beach punctuated by jagged rocks in all kinds of fantastic shapes. This is a wonderful place to spend an afternoon just watching the tide come in a long way on its shallow gradual slope. The inevitable mist that rises from the wet sand makes the distant lighthouse at Long Point particularly picturesque. But your ramblings don't need to stop there. An interesting and varied trail runs along this side of the island all the way from the lighthouse to the dirt road near Gull Cove at the far end of the island.



We had enjoyed this route several times as part of our annual walk around the whole island, but found that in places the trail was hard to follow. As with many interior places on Grand Manan and White Head, ATV trails intersect and shoot off in all directions, defying mud and boggy sections. Hikers tend to prefer to hug the coastline where at all possible, something that was hard to do confidently on White Head Island where existing markers had thinned over the years. Winter storms had taken a toll on some of the older trees that had sported red markers.



So when one of the residents of White Head Island called the Trail Association to ask if anyone was available to work on the trail, we thought we would adopt one of our favourite spots and make it a little easier for others to enjoy the less travelled back of the island.





The first task was to flag the route with tape tied on branches. We didn't start our flagging until close to the end of the beaches. It is easy to find the route from the ferry by taking the roads as close as one can get to the lighthouse. Then it's a simple matter to follow along a clearly visible series of beaches, one to the next.

At the end of the beaches, we started carefully flagging the trail, and clearing deadfall away in places where the trail was almost

completely obscured. One loops inland in places, but the trail returns to the coastline, eventually bringing you to the bluffs where a bench was placed years ago, along with a Canadian flag. This is a great spot to enjoy watching the fishing boats return from the grey zone and dulsers at work in season. We've also frequently seen porpoises in this area. Kent Island is just across the water. (If you're a night owl and staying in one of the guesthouses on the island, put on a headlamp and make your way to the Canadian flag at this point on the trail. Turn out your light and wait: you'll be rewarded with the swooping laughter of hundreds of Leach's Storm Petrels leaving their burrows on Kent Island for a night of feeding and fishing).

The trail follows along grassy knolls, rocky outcrops and loops into the woods, where it is boggy in places but easy enough to negotiate with a good pair of hiking boots. Then it opens once again to Langmaid Cove, a deeply cut cove of small round stones of exceptional colour. This section of the trail, from the bluffs to Langmaid Cove, was the area that was most confusing and poorly



marked, with many ATV trails offering too many different directions, and few of them keeping you closer to the shoreline. From the far end of this cove, it's an easy walk along a wide inland trail that brings you to a dirt road. Follow this road to the main dirt road, turn right and you'll emerge at Gull Cove. If you walk the trail in one direction, it takes about an hour, two hours if you retrace your steps to return to your vehicle.



After flagging, we returned a few weeks later to nail markers and a few signs in place, walking the trail from the opposite end near Gull Cove to make sure that everything was visible from both directions. Then a large group gathered together for one of the regular Monday morning hikes to check for any areas that needed additional work.

depending on whether or not you backtrack - grassy low bluffs, beach, inland bog and rocky shoreline, with little elevation- this is a lovely way to spend an afternoon.

If you like to cross a variety of island landscapes, in just an hour or two,

The island community lost one of its most dedicated members this year and the Friends of Grand Manan Trails one of its greatest supporters. Sheldon Cook served the community he loved in many ways, as a teacher, a counsellor and as a member of the group who worked on restoring the heritage trails in the early nineties. He and Shirley maintained the trail to Bradford Pond and Hay Point and, with Maude and Gerald Hunter, carried the first picnic table, in pieces, to Hay Point. Sheldon also put benches at special viewpoints along that route. One of his lasting contributions to the hikers was the construction of Millan Bridge, named for his oldest grandson, at the crossing above Spring Rocks. His



passion for the island and its history was evident in the fascinating stories he recounted when he had an interested audience. One of Allison Naves' benches, dedicated to Sheldon, has been placed at the foot of the Cooks' lane with a view of Deep Cove. Shirley hopes that many people will make use of it. Thank-you, Shirley for your generous hospitality in memory of a wonderful person.





## 44 beautiful and rugged kilometres in 48 hours

by *Jessica Bradford*

I visited the island for the first time in September 2013 and fell in love with it before even stepping off the ferry. I can still vividly remember the pink and purple hues of the sunset mixing perfectly with a calm Fundy, while watching harbour porpoises and seals, as we made our way past Swallowtail Lighthouse to arrive at North Head. I was hooked. Since then, I've had the pleasure of visiting Grand Manan another four times. Each time, I have experienced the island in many different ways, including

scuba diving and snorkelling off the coast, cycling, attending the Summers End Folk Festival, and, most recently, hiking the coastal trail.



Only within the past two years have I started delving into the world of multi-day hiking and camping trips, starting with a portion of the Fundy Footpath from St. Martins, NB and then completing the full Cape Chignecto trail, 51 km loop, in Nova Scotia. Doing the Grand Manan coastal trail has been on my list and, finally, over the long weekend in May 2016, I was able to do it. We left from Blacks Harbour on the 9:30 am ferry to arrive in Grand Manan around 11 am. Walking on the ferry with everything on your back you need to be able to survive outdoors over the days to follow was an incredibly liberating feeling. We were kindly picked up at the ferry terminal by Judy Stone who drove us to the trailhead at Southwest

Head. The sun was shining and of course we started off incredibly enthusiastic, stopping to take lots of photos and take in the coastal scenery quite often before settling in to the trail. In chatting with Bob Stone with the Friends of Grand Manan Trails Association, we learned that the trail had recently been maintained almost entirely except a small portion of it. This was quite apparent, as we seamlessly followed the clearly marked Red Trail.







For the first night, we camped just before Little Dark Harbour at a site overlooking the sea cliff. It was a windy night, but the ocean breeze was welcomed as it flowed through the tent.

Before setting off that morning, we enjoyed the cliff views with our morning coffee. A highlight of the second day on the trail was certainly looking out over Dark Harbour's unique pond and surrounding community. Emerging from the trail later that evening to arrive at The Whistle was



another standout moment. We made camp that night just in time to beat a downpour. Something amazing happened as we were huddled inside our tent for the night escaping the wind and rain. We noticed a bright orange glow outside. We peeked out of the tent to investigate and, sure enough, it was the sun setting from across the Bay. It was a strange phenomenon to be under a dark cloud in the midst of torrential rain, as the warmest, brightest red sun stares at you from afar. It was the kind of moment that you can't capture on camera, but will stay with you for a very, very long time.

We thankfully stayed dry overnight despite the storm and got on the trail that day around 8 am. Though this section of the trail was more familiar to us, we had never hiked the entire stretch from Thomas B. Munro Memorial Seashore at Ashburton Head to Whale Cove. We



Unfortunately had to rush it a bit to make sure we could catch the ferry in time, but still gave ourselves a few chances to appreciate the landscape and the amazing footpath that allows us access to these incredible places. We even got to encounter the peregrine falcon while passing along Seven Days Work Cliff to Whale Cove. We could see the approaching

11:30 am ferry and decided to make the call to get off the trail at Whale Cove and head back on the road to the catch the ferry in time.



When back on the ferry and looking at the GPS track of our journey, we learned that we had travelled 44 kilometres within a 48-hour time period. In that 48 hours, we hugged the coast the entire time and there were endless opportunities to gaze out over the sea cliffs. That was one thing that stuck out about the Grand Manan coastal trail— it is ocean view pretty well the entire trek. Comparatively, other similar trails such as the Fundy Footpath and Cape Chignecto traverse coastal forest with select view points along the way. This trip allowed us to get to know the island a little better and fall even more in love with it. Thank you to all who work on maintaining the trail system for all to enjoy. I will certainly be recommending this adventure to many people I encounter in the future.



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A note from two hikers, August 2016

To Friends of Grand Manan Trails:

We have very much enjoyed our time on your magical island. From the moment we arrived and into our first day (on the Monday hikers' walk to Little Dark Harbour), we felt welcomed. We took advantage of several hikes described in your guide, and each one seemed to offer something special, and often, spectacular. Here is a little something to show our appreciation.

*Editor's note: About 85% of our budget is spent on our maintenance in the spring, 10% on our newsletter, and the remaining funds on any additional maintenance or necessities. Contributions such as the one received with this letter cover more than 70% of our annual budget, with our annual fundraising dinner covering most of the other 30%, thanks to the generosity of Laura Buckley at Whale Cove Cottages, who funds the entire event. Your contributions are VERY important in helping us keep the trails in the best possible condition.*



### Grand Manan Trails Adopters, 2016

Net Point - Joanne and Mike Ingalls and family  
Hole in the Wall to Whale Cove- Marilyn and Peter Cronk  
Whale Cove to Eel Brook Beach- Adele Peacock, Janice and Allison Naves, Walter Schenkel and Deborah Harrison,  
Whistle Rd. (Blue Trail) to Eel Brook Falls (Red)- Alexis Phillips and John Edwards  
Ashburton Head to the Whistle- Bill and Liz Edgar, John Ritchie,  
The Whistle to Indian Beach- Susan Price  
Tatton's Corner to Money Cove (Yellow Trail)- Marilyn and Peter Cronk  
Above Dark Harbour- Megan Greenlaw and Pam Cronk  
Dark Harbour to Western Head- Debbie Charters  
Bradford Cove to Bradford Pond- Cecilia Bowden, Peter Hoffman  
Bradford Pond to South West Head- Rick Cook  
South West Head to Lower Flock of Sheep- Maude Hunter, Susan Ballantyne, Ken Bird, John and Dianna Bastable  
Lower Flock of Sheep to Frames' property- Alec and Dyanne Frame  
Frames' property to end of trail- Janice and Ed David  
Ross Island- Linda Kling  
White Head: Nadine McInnis and Tim Fairbairn  
At large: Joel Frantzman, Philman Green, John Ritchie  
Overall trails maintenance- Anne Mitchell and Jessie James  
Markers- Susan Price  
Signs- Carmen Roberts  
Driftwood Collection- Kay Toma  
Newsletter-Judy and Bob Stone

Abramson, Ben & Vertfeuille, Jan  
Anderson, Samantha and Scott  
Anderson, Russell  
Ballantyne, Susan & Bird, Ken  
Bartlett, Paula & Tom  
Beachfront Cottages  
Bierdrzycki, Henry & Evans, Valerie  
Brewer, Gene & Karen  
Buckley, Laura  
Campbell, Mary Lou  
Capper Patrick  
Cecelski, Richard & Sandie  
Chamberlain, Joan  
Chudleigh, Anne  
Cohen, Carl  
Cook, Rick  
Cook, Shirley  
Dathan, Wendy  
David, Ed and Janice  
Davis, Debbie  
Deming, Alison

### Donations received Oct. 1, 2015 to Nov. 1, 2016

Duchin, Linda  
Frantzman, Joel  
Hancock, Greg & Ann  
Hawkins, Mary  
Home Hardware, Allison Ingalls  
Hunter, Maude  
James, Anne & Jessie  
Keays, Glenn & Sharon  
Landry, Jackie  
Martin, Richelle  
McCready, Chris & O'Keefe, Erin  
Meehan, Lynn  
Nelson, Lynne and Paul  
Ryan, Jody

Shaffelburg, Hilda  
Shepherd, Neal  
Shoemaker, Helen  
Small, Kay  
Stevens, John and Sue  
Thompson, Colleen  
Turner, Mel and Sandy  
Vetterlein, Sue  
Wallace, Doreen  
Wheeler, Roy & Kathy

**Total \$3778**  
**Thank you**

Friends of Grand Manan Trails is completely self-supporting, through the sale of the trails booklets, an annual fundraising dinner, and donations. If you would like to support the trails financially, please make out your cheque to "Friends of Grand Manan Trails", and send to Bob Stone, 51 Red Point Rd., Grand Manan NB, E5G4J1. All contributions are gratefully received, and put to good use.