

## *Day 5 – Cabot Trail to Cape Breton Highlands – July 9<sup>th</sup>*

Breakfast at the Baddeck Resort was quite hearty. Sheri had a ham and cheese omelet while I had eggs benedict. After a good jolt of coffee we were ready and anxious to hit the trail. The Cabot Trail to the Cape Breton Highlands and back.



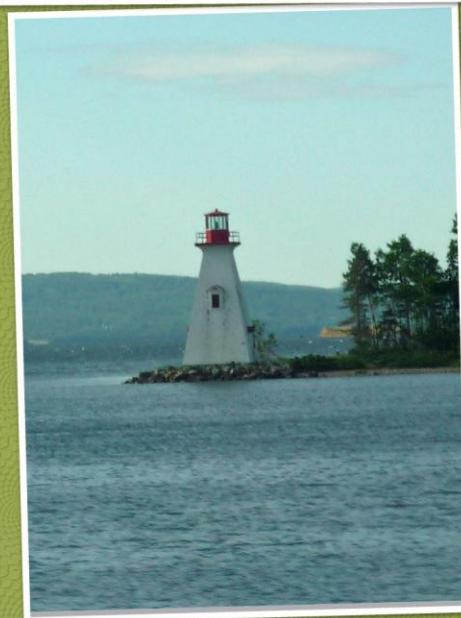
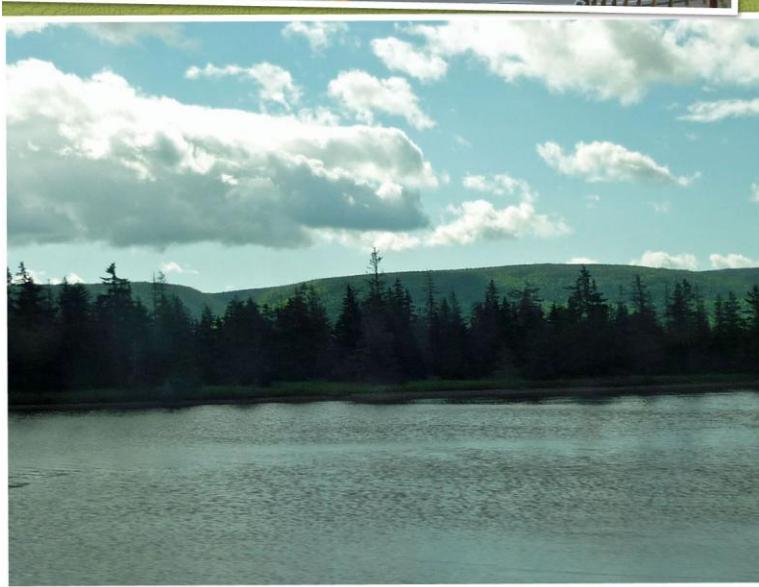
The Englishtown Ferry was a short ride. The ferry was about 2 feet shorter than the crossing. It took longer to load than it did to cross. Nice clouds though.



The Cabot Trail Baddeck to Cape Breton Highlands National Park and back.



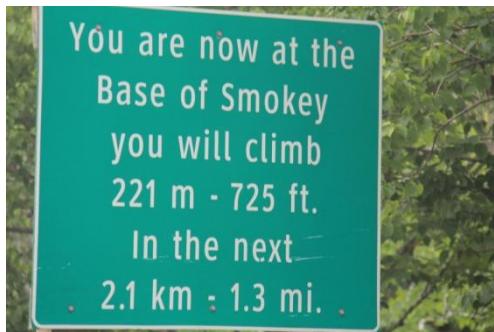
## Scenery on the Way to Wreck Cove



Wreck Cove had a quaint general store. The small space held a supply of goods to meet most everyday needs. The bathrooms were clean and coffee even better. The undercover picnic area beside the store also held a most unique piece of driftwood.

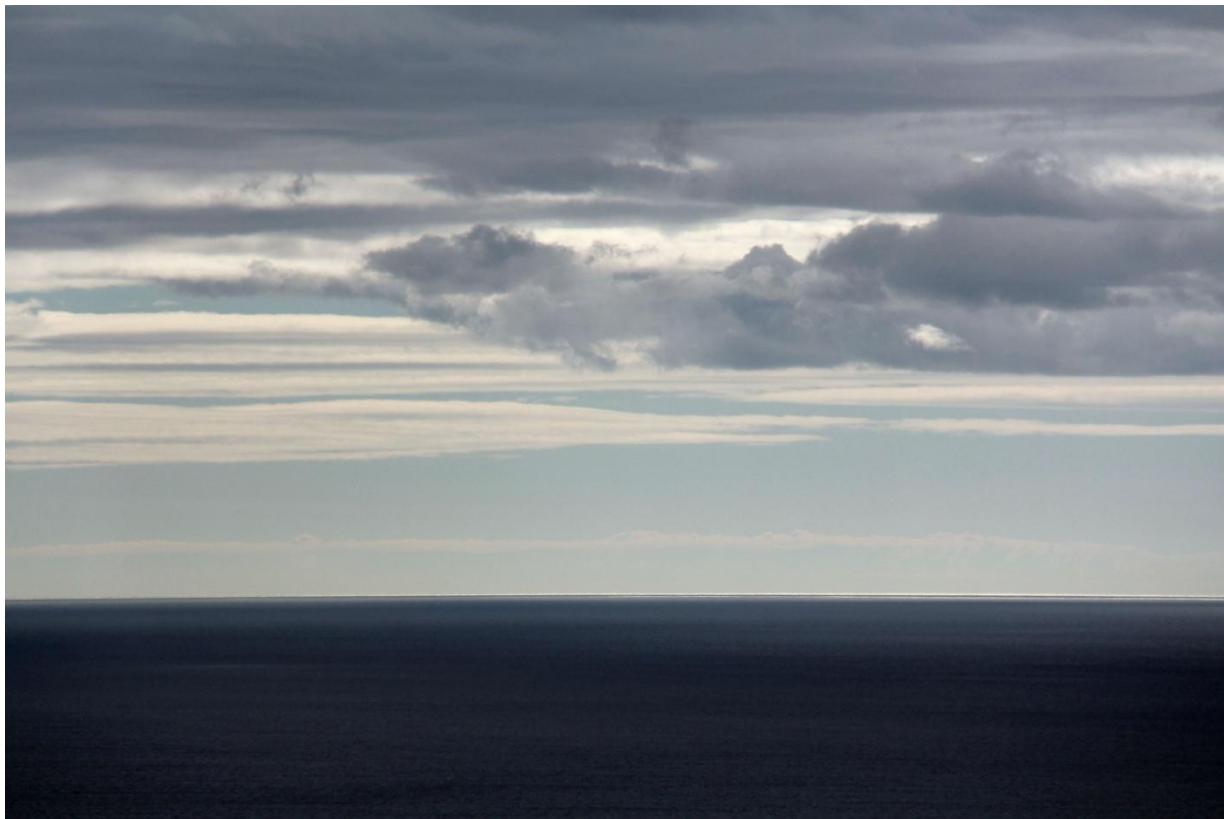


On Top of Old Smokey - Bob was starting to get a bit antsy. He gripped the steering wheel tight, steely eyes staring at the road ahead. A bead of sweat trickled down the side of his head. He pulled into a pull out (Irony) to let the traffic by – He apologized but we have to open the windows, turn the heat up high and drop the chevy minivan into first gear – We're going up Smokey. We're heading up the hill at 50 clicks



the motor is a screaming, the tranny is whining, Bob leaned forward hands grasping at the wheel so hard I think he was squeezing rubber out between his knuckles. Teeth clenched, white hair flapping in the breeze like grannies towels on a clothes line – I think we can, I think we can – By God we made to

the top and nothing blown. The carbon nicely blown out of the motor - All sanity returns for a quiet and, windows closed, air conditioner blasting, comfortable continuation of Cabot Trail tour.



One Incredible Seascape – Between Rain and Sunny Periods

Around almost every corner of the winding road we were met with unique scenery.



Ingonish (Wikipedia) lies at the eastern entrance to Cape Breton Highlands National Park. Ingonish was one of the first areas settled on Cape Breton Island, and is home to the Keltic Lodge resort, downhill skiing at Cape Smokey, and a public golf course, the Highlands Links. The beaches are stunning.



## The Cabot Trail

[www.cabottrail.travel](http://www.cabottrail.travel)



**Top Things to Do in Ingonish**

- \* Go for a stroll along Ingonish beach or play in the waves.
- \* Feast on fresh seafood at local restaurants.
- \* Thrill to the sights of whales with Keltic Express Zodiac Adventures or the life of lobster fishermen by boat.
- \* Golf the #1 public course in Canada at the Highlands Links Golf Course.
- \* Kayak the Ingonish estuary.
- \* Delight in the sounds of live Cape Breton music at the Keltic Lodge, the Glengorm Beach Resort or other local venues.
- \* Enjoy the paintings of local artist Christopher Gorey, at Lynn's Craft Shop and Art Gallery
- \* Luxuriate in a spa treatment at Keltic Lodge Resort and Spa.
- \* Hike the many spectacular inland and seacoast trails of Cape Breton Highlands National Park.
- \* Savour the spectacular view from Cape Smokey Provincial Park

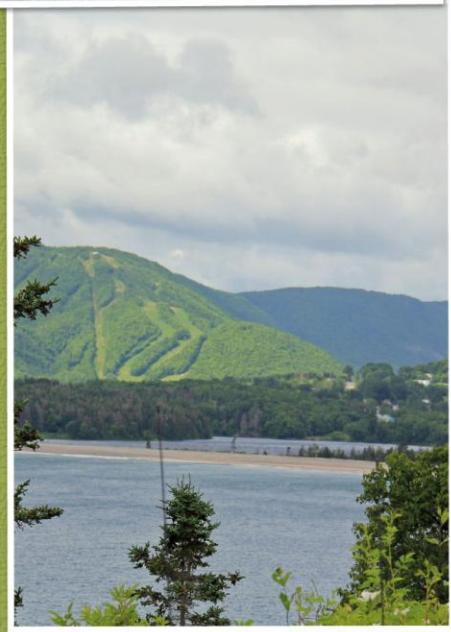
**À faire et à voir**

- \* Sautez dans les vagues ou allez vous balader le long de la plage d'Ingonish.
- \* Délectez-vous de fruits de mer frais dans les restaurants de l'endroit.
- \* Tressaillez à la vue des baleines ou découvrez la vie des pêcheurs de homard à bord d'une embarcation de Keltic Express Zodiac Adventures.
- \* Élancez-vous au meilleur terrain de golf public du Canada au Highlands Links.
- \* Faites du kayak sur l'estuaire d'Ingonish.
- \* Laissez-vous charmer par le son des musiciens du Cap-Breton au Keltic Lodge, au Glengorm Beach Resort et sur d'autres scènes de la région.
- \* Appréciez les œuvres du peintre de la région, Christopher Gorey, à la boutique d'artisanat et galerie d'art Lynn's Craft Shop and Art Gallery.
- \* Prélassez-vous dans une cure thermale au Keltic Lodge Spa.
- \* Faites une randonnée pédestre sur les fabuleux sentiers terrestres et côtiers du parc national du Canada des Hautes-Terres-du-Cap-Breton.
- \* Jouissez des panoramas spectaculaires du parc provincial de Cape Smokey.

**Ingonish**

**NOVA SCOTIA**

Province of Nova Scotia  
Cap Breton Highlands National Park



The Keltic Lodge is a Cape Breton wonder. Set on a highland overlooking the Atlantic Ocean. The Lodge has been welcoming guests since 1940. The grounds are welcoming with the clean landscape and fresh air. Whether it be dining, enjoying a spa

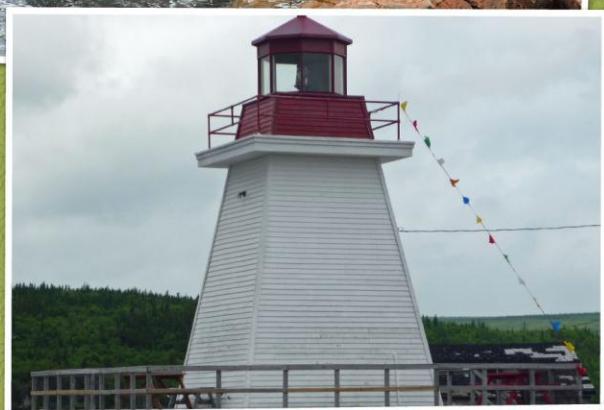


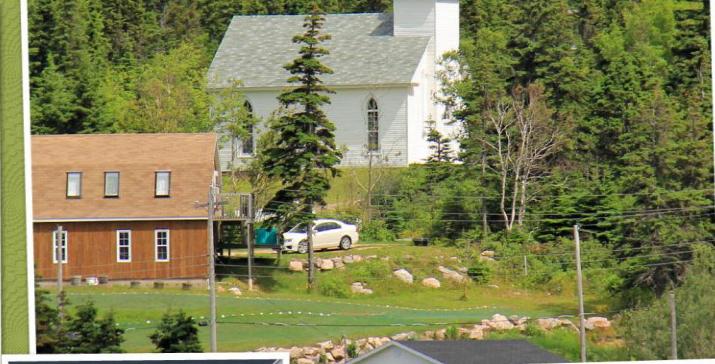
Vacationing on the grounds or playing a round of golf, the Keltic Lodge has it all.



Neil's Harbor is a small fishing village in Northern Cape Breton Island. It is located just south of the Cape Breton Highlands National Park near Dingwall.





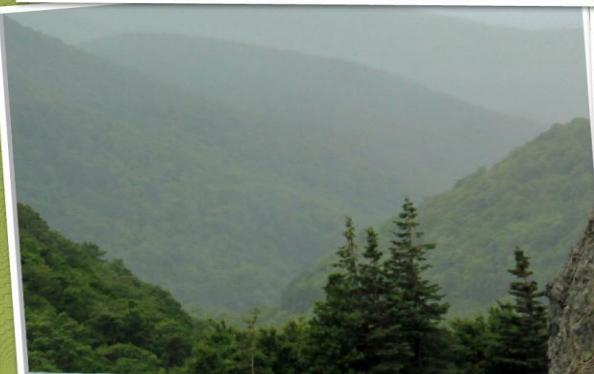
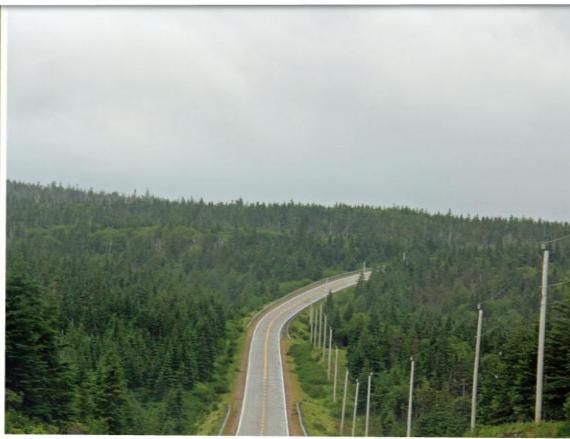


Cabot's Landing Provincial Park (Wikipedia) is a picnic and beach park on the shore of Aspy Bay in the community of Sugarloaf, north of the Cabot Trail on Cape Breton Island. It is believed by some sources that John Cabot (Giovanni Caboto) landed at Aspy Bay in 1497 along the mile long sandy red beaches. Cabot's Landing Provincial Park has a National Historic Site cairn and bust commemorating the landfall.



Cape Breton Highlands National Park (Wikipedia) is located on Northern Cape Breton Island in the province of Nova Scotia. One-third of the Cabot Trail passes through the park featuring spectacular ocean and mountain views. At the western entrance of the park is the Acadian village of Chéticamp on the Gulf of Saint Lawrence and a park information centre. On the eastern side of the park are the beaches at Ingonish on the Atlantic Ocean. In between are mountains, valleys, forests, waterfalls, rocky coastlines and a tundra-like plateau known as the Cape Breton Highlands. The park's forested areas include Acadian forest of mixed deciduous trees and conifers, mainly found at lower elevations and Boreal forest found on the plateau and uplands.





Lone Shieling – The Crofters Cabin. Crofters (Tenant Farmers) grazed livestock on the hills. A shieling offered shelter for the crofter and often some of the livestock. The openings could be closed with sods during a storm.





Pleasant Bay is not without interesting history. The first settlers in Pleasant Bay were in 1828 - John MacLean, and Donald Mackintosh from the Isle of Skye, Scotland. They were joined by other Scottish and Irish immigrants who claimed most of the coastal lowlands. The first land grants were given to Edward Timmons and John Hinkley in 1856. Extra ordinary events at sea were to include - 1874 was the "Year of the Flour", in which barrels of flour washed ashore - 1875 was the "Year of the Butter", in which a thousand pounds of butter, in tins, floated in with the tide - lastly 1931 perhaps the most talked of, was the "Year of the Rum", when dozens of barrels of contraband rum from a capsized ship made their way to the shore... unbroken. Fishing is the main livelihood.





Welcome to the Mid-Trail Motel and Inn, located in the community of Pleasant Bay at the half way point of the Cabot Trail. It was a charming location that offered pleasant scenery and country charm. Sheri had bowl of split pea soup and I had a bowl of fish chowder, both were quite tasty.

While at the restaurant I met a seasoned old time fisherman near the bathroom:

He asked me “Yer not from here boy”.

I replied “No Sir”.

To which the fisherman said “Where’s ye be from den boy”.

Rod “From a small community in Northern British Columbia – Chetwynd”

Fisherman “Aye I news you weren’t from around here boy, yous look different. izat your missus over der.”

Rod “Yes sir that’s my wife Sheri and I’m Rod – We’re visiting Nova Scotia to celebrate 35 years together”.

Fisherman “Aye dats a good long time – Have you seen dem whales yet while yur in der area”.

Excitedly I answered “Oh yes we saw a number of them at the Canso Causeway”.

Fisherman “How bigs was they”

Me “Big – I don’t know maybe 25 feet”.

Fisherman “What colors was they”.

Rod “Black maybe dark brown”.

Fisherman “Did they have white on their bellies”.

Rod “I’m not sure, they never got out of the water high enough”.

Fisherman “Dem aren’t whales, den is Pilot Whales, nuttin more than big porpuses”.

With that the conversation ended and we went our separate ways.









Chéticamp (Wikipedia) was a fishing station used during the summer months by Charles Robin, a merchant from the island of Jersey, and is considered one of the Acadian capitals of the world. In the years following the Great Expulsion, many Acadians came to this area. Settlement was formally established in 1785 by a grant of land to the 14 original settlers. Chéticamp is at the entrance of the Cape Breton Highlands National Park.



## Cheticamp to Margaree Harbor to Baddeck – The Scenery Continues



Alexander Graham Bell National Historic Site interpretive center is worth the visit. You get to see an insight into the kind of person Alexander Graham Bell was. From his work with the hearing impaired to communication devices, his tireless work ethic and desire to succeed is inspirational. Interactive stations for children give hands on experience at some of the experiments he worked such as flight designs with kites. His experimental craft often broke the silence on the Bras d'Or Lake when the engines throttled up and the watercrafts skimmed across the lake. His estate house as it stands today.



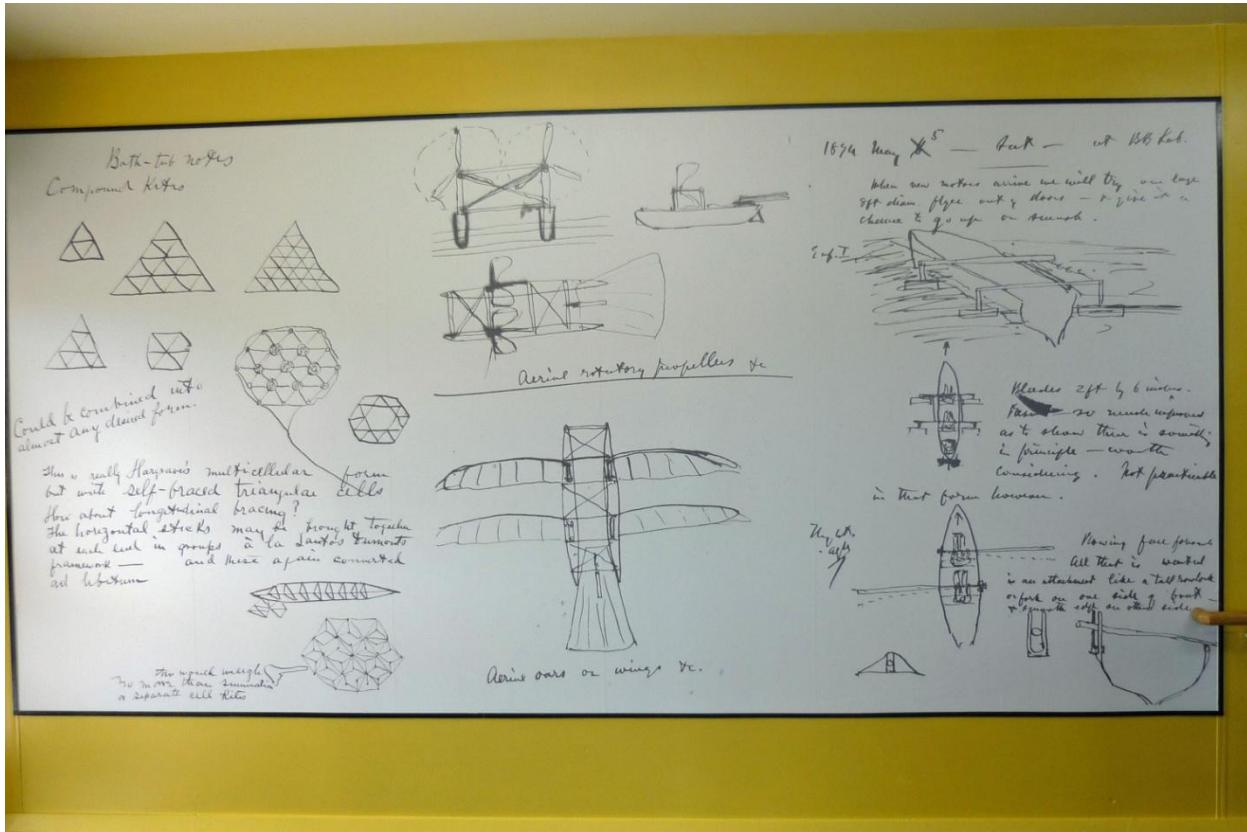
**H**ydrofoil craft never really caught on during Casey Baldwin's lifetime. In the 1950s, with new technology, hydrofoils made a comeback. The Canadian Defence Research Board took up the work begun by Bell and Baldwin. Their first prototypes used the foil system that Baldwin had developed over 40 years before.

In 1968 Canada launched a state-of-the art hydrofoil warship which reached speeds exceeding 105 kph. It was called the *Bras d'Or*, in honour of the Bell-Baldwin experiments on Bras d'Or Lake in Cape Breton.

Above: Launched in 1950, the experimental prototype Massawippi marked the beginning of Canada's modern hydrofoil program. Note the Baldwin-type foils and the designator KC-B.

National Archives of Canada





## Baddeck Boardwalk Tour and Photos with Alex and Bessie



To cap the evening off Sheri and I had a pre supper cocktail at the Baddeck Resort Pub.

For supper we shared a bottle of wine – Sheri dined on an Atlantic Salmon Filet while I feasted on Halibut Steak. We lingered over dinner and wine for over 2 hours, a perfect end to a perfect day. Tomorrow begins another adventure.

