**Park Rules and Regulations**

- A camping permit is required and you must camp in designated sites.
- Your camping permit expires if your campsite is unoccupied for 48 hours.
- The backcountry is accessible only from the designated trailhead at Red Rocks.
- Occupancy is limited to one tent per pad (check with staff).
- Defacing or removal of natural features, plants, rocks, signs or structures is not permitted.
- All laws respecting alcohol are strictly enforced.
- Advertising or operation of any business is not permitted without a permit.
- Hunting, trapping and firearms are prohibited.
- Fishing is permitted, subject to regulations provided with the purchase of a Nova Scotia sport fishing licence.

**Alcohol and Cannabis-Free Period:** No alcohol or cannabis are permitted at camping parks from opening date to July 2. After this time, alcohol and smoking (including cannabis) are permitted on rented campsites only. Mid-season changes to this policy may occur if local issues arise.

**Check Out:** 1:00 pm. Please ensure your campsite is clean.

**Fires:** No open fires are permitted at backcountry campsites. Fires are only permitted in the fire grills at designated walk-in campsites at New Yarmouth. Make sure your fire is out before you leave your site or turn in for the night.

**Fireworks:** The use of fireworks is prohibited.

**Generator Use:** is permitted only between the hours of 9 am and 8 pm. If you require a generator for medical purposes, please let us know when you make a reservation, or immediately upon your arrival, if you choose to register at the park.

**Dog Owner Responsibilities:** Dogs are welcome providing they are kept on a 6 ft. (1.8 m) leash at all times. Dogs not permitted in public structures. Clean up your dog’s waste and place it in the garbage. You may be asked to leave the park if your dog is barking or disturbing others.

**Quiet time:** from 10:30 pm until sunrise. Noisy parties and rowdy behaviour are not tolerated.

**Speed limit:** 15 km.

**Visitors:** may enter the park until 10:00 pm. All guests must leave by 10:30 pm.
Cape Chignecto Provincial Park Trail Guide

Trail Rating System

- Easy: Flat to gently rolling
- Moderate: Gently rolling with short steep sections
- Difficult: Rolling with many steep sections that may continue for long periods

Emergency Helipads (Lat/Long)

A: N45 20.222 W64 54.507
B: N45 19.777 W64 56.505
C: N45 20.440 W64 56.699
D: N45 21.507 W64 56.330
E: N45 21.676 W64 54.915
F: N45 23.519 W64 55.486
G: N45 25.084 W64 55.120
H: N45 25.338 W64 54.605

Beware of high cliffs and tides. Approach cliffs only at designated look-offs.

Emergency Helipads

Squally Point

Three Sisters

Eatonville Harbour

Green Point

Seal Cove

Carey Brook

Keyhole Brook

Little Bald Rock

Cape Chignecto

Broad Cove

French lookout

Visitor Centre to Arch Gulch Cabin = 8.9km
Arch Gulch Cabin to Big Bald Rock Cabin = 13.7km
Big Bald Rock Cabin to Carey Brook Cabin = 7.5km
Carey Brook Cabin to Eatonville Bunkhouse = 8.8km
Eatonville Bunkhouse to Visitor Centre = 14.1km

Hiking Distances to Cabins

1. Red Rocks: 1.76km (5 min) one-way; Average Slope: 15%; Maximum Slope: 35%
2. Christy Viewpoint Trail: 0.90km (15 min) one-way; Average Slope: 10%; Maximum Slope: 40%
3. Fundy Ridge Trail: 2.3km (1 hr 30 min) one-way; Average Slope: 15%; Maximum Slope: 95%
4. McGahey Brook Canyon Trail: 5.5km (2 hrs) one-way; Average Slope: 8%; Maximum Slope: 40%
5. Mill Brook Canyon Trail: 4.2km (3 hrs 30 min) one-way; Average Slope: 15%; Maximum Slope: 65%
6. Refugee Cove Trail: 6.3km (5 hrs 30 min) one-way; Average Slope: 18%; Maximum Slope: 120%
7. Cape Chignecto Coastal Trail: 22.9km (3 - 4 days) return loop; Average Slope: 15%; Maximum Slope: 115%
8. Eatonville Trail: 11.4km (6 hrs 30 min) one-way; Average Slope: 10%; Maximum Slope: 40%

Hiking times are from the Visitor Centre with the exception of the Eatonville Day-Use Trails.