

To Reach the Park

Caribou-Munroes Island Provincial Park is located on Nova Scotia's Northumberland Shore approximately 6 km (3.7 miles) north of Pictou. Take Exit 22 off Hwy 104 and follow Hwy 106 to Caribou. The park is located 4 km east of the Northumberland Ferry terminal.



RESERVATIONS
1-888-544-3434
9:00 am to 11:00 pm AT (7 days a week)
www.novascotiaparks.ca (24 hours)

FOR ADDITIONAL INFORMATION
Parks and Recreation Division
Department of Natural Resources
RR # 1, Belmont,
Colchester County,
Nova Scotia, B0M 1C0
(902) 662-3030
www.novascotiaparks.ca

Department of Natural Resources
R.R. #4,
New Glasgow,
Nova Scotia B2H 5C7
(902) 922-4020

Caribou-Munroes Island Provincial Park
(902) 485-6134
(mid-June to mid October)



Photos courtesy Nova Scotia Department of Natural Resources and Nova Scotia Tourism, Culture and Heritage.

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Caribou-Munroes Island

Provincial Park



Caribou-Munroes Island Provincial Park invites you to experience northern Nova Scotia's unspoiled natural beauty. Conveniently located along the Sunrise Trail just a few kilometres from the Caribou-Wood Islands Ferry Terminal, the park features secluded, well-wooded sites that offer privacy in a natural setting. A scenic two-kilometre sandspit connects the mainland to a large island – a sanctuary for birds and wildlife. Hikers, beachcombers and birdwatchers alike will revel in the diverse habitats of this park, from saltwater lagoons and sheltered marshes to small, secluded barrier beaches and wooded areas. Swimmers will want to set aside time to linger in the warm waters of the Northumberland Strait.



Cultural History
The Mi'kmaq fished the waters of these shores long before French explorers visited the area in the 1660s. By the 1770s, the Northumberland Shore became home to large numbers of Scottish settlers, who established farms in the area. In fact, so many Scots made this area their home that the nearby town of Pictou became known as "The Birthplace of New Scotland." Evidence of the farms that flourished here long before the park's boundaries were drawn can still be observed. The grassy lawns that now form the picnic area were a farmer's fertile fields in the earlier part of the last century.

Natural History The sandstone cliffs that line the coast here were formed 290 million years ago when major shifts occurred in the earth's crust. Over the millennia, the constant ebb and flow of the tides and relentless shoreward winds have continued to erode the cliffs. The headlands along this region's shores, the scattered islands in the strait and the deep river valleys are remnants of the undulating folds that were formed many years ago when powerful geological forces transformed the landscape.

Today, nature continues to transform this park. Wind and waves eat away at the rock and sand is deposited to form barrier beaches and dunes, creating lagoons and salt marshes sheltered from the surf. For many years, local lobster fishermen maintained an open channel in what is now the land link connecting the mainland to Munroes Island. With time and disuse, however, the channel has filled in completely, forming an uninterrupted strand of beach that stretches all the way to Munroes Island.



Enjoy the stunning views of the Northumberland Strait.



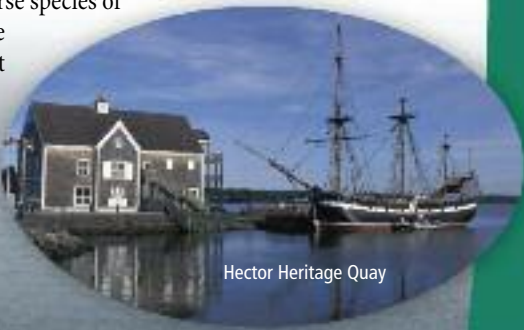
Plants and Animals

On Munroes Island, visitors can view one of the few remaining natural stands of beech in this region, while white spruce, balsam fir and maple are common throughout the park. Small mammals such as the red fox thrive on this

island sanctuary. Along the beach, vegetation such as marram grass and beach pea protect the fragile dunes. Visitors who keep a careful watch on the skies above Munroes Island may be rewarded with a sighting of a soaring bald eagle or osprey. The park is also a common nesting area for migratory shorebirds and waterfowl, such as the black duck, mergansers and the green- and blue-winged teal.

Grey seals can be spotted in the waters here, occasionally coming up on shore. At low tide, tidal pools abound and are filled with many varieties of sea life. Hermit crabs are commonly found as are shellfish and jellyfish, which migrate along the coast in large numbers. In the bay behind the beach, great blue herons can be seen swooping down with majestic seven-foot wingspans to feed in shallow pools or at the water's edge. An hour spent along the shore will reveal the busy scurry of sandpipers and the feeding habits of gulls and terns as they skim the sea, diving with grace and ease.

Trails The two-kilometre hike along the sandspit to Munroes Island – with the return trip along the lagoon side – offers visitors, young and old, the chance to visit several distinct marine and woodland habitats, populated by diverse species of plant and animal life. At the end of the point, hikers can get a close-up look at the Caribou-Wood Island Ferry, offering a spectacular view as it passes on its way to and from the nearby ferry wharf.



Hector Heritage Quay



In the tidal pools you'll get a close-up view of sea life.



Area Attractions

- The Hector Heritage Quay, located on Pictou's historic waterfront, tells the story of early Scottish settlers as they journeyed to Nova Scotia. Visit a life-size replica of the Hector, which carried early pioneers from Scotland in 1773. A tour of working carpentry and blacksmith's shops will give visitors a glimpse of 18th century life.
- The Northumberland Fisheries Museum preserves the rich sea heritage and culture of the surrounding region. Spend time visiting an authentic fishermen's bunkhouse, admire a 1930s racing boat and get acquainted with a bygone era through models, heritage photos and thousands of historic artifacts.
- Pictou Island, located six kilometres off the coast, is a picturesque day retreat ideal for walking, bicycling, picnicking and birdwatching. Foot ferry service to the island is available for a small fee on a first come; first served basis and operates throughout the summer and fall.
- Visit the Museum of Industry in nearby Stellarton to experience the fascinating story of Nova Scotia's industrial workers and the impact of industry on the region. This museum offers hands-on fun, interactive displays and electrifying exhibits.
- The DeCoste Entertainment Centre located in Pictou is one of the finest venues for the performing arts in Atlantic Canada. Summer programming features the best of Maritime singers, musicians and traditional Highland dancers.
- For information on these and other attractions please consult the Nova Scotia Doers and Dreamers Guide, visit a Visitor Information Centre or the website at www.novascotia.com



A Special Message to Park Visitors

PARK SAFETY

- Help preserve and protect this beautiful park for the enjoyment of future generations. Plants, animals and rocks are an important part of its natural heritage. Please do not damage or remove them.
- Please do not walk on the dunes. They are an important part of the area's ecology and are easily degraded by foot traffic.
- Please keep pets on a leash at all times.
- Firearms are prohibited within the park.

PERSONAL SAFETY

- Ocean currents can be unpredictable. Beaches are unsupervised and children should be watched closely in or near the water.
- Jellyfish varieties common to the Atlantic Coast may be found here at certain times of the year. Stings from their tentacles may produce redness, swelling and discomfort.
- Contact park staff for further information about the park. They want to make your visit as enjoyable as possible.

Caribou-Munroes Island Provincial Park

- P** Parking
- O** Park Office
- Washrooms and Showers
- Vault Toilets
- Picnic Area
- Walking Trail
- Swimming (Unsupervised)
- Campground (95 sites)
- Group Campsite (includes fire grills; 2 sites have kitchen shelters; group sites available by reservation)
- Walk-in sites
- Dumping Station
- Park Boundary

