

Connecting Albert County

August 2020



Albert County Community Health Centre: Update

In compliance with Public Health restrictions due to the COVID-19 pandemic, **appointments are required for all visits.**

Lab and specimen collection services at Horizon's Albert County Community Health Centre in Riverside-Albert are by appointment only from 8:00-11:30am Monday through Thursday. Call 882-3100 to book an appointment.

Lab and specimen collection services at Horizon's Hillsborough Satellite Office, 2807 Main Street, Hillsborough, are by appointment only from 8:30-11:30am every Tuesday and Thursday. Call 882-3100 to book an appointment.

All **nursing services** such as: dressing changes, suture / staple removal, IV antibiotics, injections, ECG's, Holter Monitoring, 24-hr Blood Pressure Monitoring, etc., are by appointment only. Have your Health Care Provider fax requisition to the Albert County Community Health Centre @ 882-3101.



Above: Phyllis Hudson and John Ross

Appointments with our Health care providers may be in-person, virtually or by phone. If you are scheduled for an appointment at the Health Centre, please arrive no earlier than 15 minutes prior to your appointment. Wear a community mask if you have one. COVID-19 screening questions will be asked upon your arrival at the front entrance.

Other services such as X-Ray and Physio have resumed by appointment only. Please call the Health Centre if you have any questions or concerns.

Keep safe!

The Albert County Community Health Centre was recently presented with a beautiful wood carving entitled "Crooked Creek Rainbow Trout" from artist John Ross.

John has been carving and competing in local and national competitions for more than 30 years. He does not sell his work; instead, he prefers to give his carvings to deserving people, organizations and other worthwhile causes. All of his work is original and made with a simple pine base and a driftwood mount. (Most of the driftwood was found on the beaches of Albert County.) The eyes of his creations are made of glass; everything else is made of wood, often basswood.

The carving donation is on display in the lobby of the Health Centre. Thank you to John Ross for this lovely donation.

Albert County Community Health Centre (882-3100)

Contributed by Phyllis Hudson, Facility Administrator, Albert County Community Health Centre.

Our August 2020 issue is short and sweet!

Given the wealth of content in the Rising Tides, Trails & Tunes issue, we decided to focus on news and events.

We'll be back in September with a full issue with articles about the people, places and history of rural Albert County.

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Subscribe to Connecting Albert County at ConnectingAlbertCounty.org/e-magazine and receive a link to our monthly digital publication by email.

Shepody Food Bank Update

By Lynne Greenblatt

Shepody Food Bank would like to express its deepest appreciation and thanks to its community supporters who have stepped up to the plate during the COVID-19 pandemic. There are too many supporters to mention (coming from Alma to Hillsborough). Because of their generosity, the food bank has been able to help many individuals and families in need during these trying times. Shepody Food Bank would also like to thank Hopewell Rocks, its long-time supporter, for its continuing generosity. We urge you to visit this iconic park and celebrate our community.

We are pleased to report that with additional support from the Federal Government, Food Banks Canada, the Honourable Frank McKenna, McCain Foods and J.D. Irving, Limited and Food Depot Alimentaire, we have been able to fill our food boxes with increased amounts of much-needed nutritious items such as meats, eggs, milk, cheese and fresh produce, in addition to the staples that we always provide. We are also taking part in the "After the Bell" program sponsored by Food Banks Canada. This program provides healthy, pre-packaged snacks for school-aged children who have no access to school-provided meals at this time. We encourage families in need to visit us and take advantage of this program. We are located at the Albert County Community Health Centre in Riverside-Albert and are open from 1pm-3pm every Wednesday.

We are also always in need of volunteers, the backbone of our operation. If you have a few hours to give, we would love to hear from you. You can reach us through our Facebook page, [Facebook.com/TheShepodyFoodBank](https://www.facebook.com/TheShepodyFoodBank), by email at shepodyfoodbank@gmail.com, or by phone at 506-882-2323.

Old Church Farmers' Market in Hillsborough

Drop in for a hot cup of Buddha Bear Coffee and peruse the wares of our local vendors. Maybe you are in need of some meat for your BBQ this weekend, jam and a fresh loaf of bread, a gift for a special someone, maple syrup, or even a tub of Sussex Ice Cream to enjoy at the picnic table. Try your hand at Jim's steel tongue drum. There's bound to be something to spark your interest.

Come out, shop local, minimize your food miles, and don't forget your reusable shopping bags. See you at the market!

The Old Church Farmers' Market 2807 Main St., Hillsborough

www.facebook.com/The-Old-Church-Farmers-Market-110454250674986/

Saturdays from 9am to 2pm

Connecting Albert County ~Community Calendar

Check out the Connecting Albert County online community calendar at [ConnectingAlbertCounty.org/calendar](https://www.connectingalbertcounty.org/calendar). Check the calendar regularly as new events are added throughout the month. We encourage organizations and local businesses to post events on the calendar. Just click on "Submit an Event" or email info@ConnectingAlbertCounty.org regarding weekly or biweekly events. Our focus is events held in rural Albert County.

Hillsborough Public Library

Hours of Operation

(note these have changed since March)

Tuesday 3-6pm Wednesday 1-4pm

Thursday 1-4pm Friday 1-4pm

Closed Sunday, Monday & Saturday

2849 Main St., Hillsborough, 734-3722
Hillsborough.PublicLibrary@gnb.ca

Your library experience will be different than you are used to. What to expect when visiting your library:

→ Maximum Capacity. There is a limit on the number of patrons inside at a time. Please be patient as you wait your turn.

→ Face Masks. We encourage you to wear a community face mask while visiting your library.

→ Physical Distancing. Let's protect each other's space and maintain a two-metre distance.

→ Limited Library Hours. This library is operating on reduced hours.

→ Returned items. Returned items will remain on your account during a 72-hour quarantine period. All returned items are to be placed in the outside book return.

→ Grab n' Go. We encourage people to make their visit as brief as possible: 10-15 minutes.

→ No Computer Usage. Computer stations are not available for use.

Hungry for a good book but don't have time to stop by the library? Get in touch! Write down your reading list. Call us at 734-3722 or email hillsborough.publiclibrary@gnb.ca. We'll contact you when your order is ready.

We also encourage you to keep using our online services at www.gnb.ca/publiclibraries.

Contributed by Victoria Stroud-Arsenault

Community Calendar

Tuesday, August 4

Chipoudy Communities Revitalization Committee (CCRC) AGM

6:30pm at the Riverside-Albert Recreation Centre, 9 Bicentennial Rd. The CCRC Mission is "To encourage and inspire sustainable economic and healthy social environments, facilitate networking, attract new residents and businesses and to fully utilize our current wealth of resourceful people." All community members are welcome to attend and to share ideas of how we can improve the social and economic well-being of our communities.

Saturday to Sunday, August 8-16 Rising Tides, Trails & Tunes See pages 4-7.

Saturday, August 8
Old Church Farmers' Market.
9am-2pm. See page 2.

175th Birthday Bash
Albert County Museum. See page 8.

Thursday, August 13
Online Royalty Tea. See page 8.

Saturday, August 15
Old Church Farmers' Market.
9am-2pm. See page 2.

Sunday, August 16
Fun at the Farm
12pm. Fundy Farm: Local Harvest, 3578 Rte. 114, Edgetts Landing. Free admission. A show from artistic friends of the farmers. Live music with Steve Arsenault and Friends. Farm-fresh hodgepodge and cold brew for sale. Guided tours through gardens and permaculture areas; an edible medicinal plant walk with Cory the Backyard Herbalist; a mini-hike in the woods on the 'old' Old Great Road with Tosh Taylor; and more!

Friday-Saturday, August 21-22
An Evening in the Parlour.
Albert County Museum. See p. 9.

Saturday, August 22
Old Church Farmers' Market
Wednesday-Thursday, August 26-27
Mobile EcoDepot
Noon-8pm. Kiwanis Parking Lot, 47 Legion St., Hillsborough. Drop off batteries, paint, furniture, etc. See eco360.ca/mobile-eco-depot-program.

Saturday, August 29
Old Church Farmers' Market
SAVE THE DATE: September 17
Bennett and Albert County Health Care (BACH) Foundation AGM
7pm. Albert County Community Health Centre, Riverside-Albert. Speaker: Linda Carey, Executive Director of the Riverview Boys & Girls.

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MP, Fundy Royal

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Here For You

Keep up to date on
News & Events
in Fundy Royal

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www.RobMoore.ca

Rising Tides Trails and Tunes

Sentiers et mélodies de la Marée montante

August 8 -16 août, 2020

Rising Tides, Trails and Tunes is a showcase of East Coast talent and creativity offered in the extraordinary setting of Fundy National Park and surrounding communities. From August 8th to 16th, experience a unique blend of hikes, bikes, workshops, culinary adventures, art and music. This family friendly event immerses visitors in cultural experiences celebrating nature and community – in small group settings and virtually!



Community celebrations August 8th to 14th, will be intimate gatherings of 50 people or less. Registration will be through Eventbrite and provincial guidelines for physical distancing will be implemented.

Due to physical distancing measures, Fundy National Park performances, taking place August 15th and 16th, will be virtual experiences only for all to enjoy via streaming and live broadcast.

Thanks to our partners:



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PROGRAM AT A GLANCE

Community Programming

Virtual Show from Fundy National Park

Due to physical distancing measures, Fundy National Park performances, taking place August 15th and 16th, will be virtual experiences only for all to enjoy via streaming and live broadcast

Saturday, August 8th: **Albert County Turns 175!**

Local favourite musicians will be performing live!
Albert County Museum
Hopewell Cape, NB • 2 p.m. – 6 p.m.

Sunday, August 9th: **Trails & Tunes with Hikes & Bikes!**

Hike with Deb Carr, bike with Mountain Bike Atlantic, and music with Paul Toner
White Rock Recreation Centre and Garden Party
Hillsborough, NB • 2 p.m. – 5 p.m.

Monday, August 10th: **Jampan & Wabi-Sabi in Albert County**

Featuring Jim Kitts and Kieran Delaney
Elgin Country Kitchen and General Store
Elgin, NB • 6 p.m. – 8 p.m.

Monday August 10th: **Trails, Ales & Tunes**

Outdoor Elements & Sussex Ale Works
Sussex, NB • 6 p.m. - 8 p.m.

Tuesday, August 11th: **Crooked Creek Funky Folk Outdoor Evening**

Hike with Paul Gaudet and music with Isaac Blewett & Friends
Crooked Creek Trail & Painted Haus
Riverside-Albert, NB • 6 p.m. – 8 p.m.

Wednesday, August 12th: **Tipsy Tales Jam Night hosted by Shane & Mars**

Tipsy Tales Restaurant
Alma, NB • 8 'till late

Thursday, August 13th: **Sea Caves, Street Bands and Shipyards**

Hike with Redrock Adventures and music by Montgomery Street Band!
St. Martins Amphitheatre
St. Martins, NB • 6 p.m. – 8p.m.

Friday, August 14th: **In the Spirit of Molly Kool**

An eclectic celebration of female artists:
Karen Stentafor, Laura Lamey and Sara Liptay
Outpost Alma
Alma, NB • Noon – 7 p.m.

Sunday, August 16th: **Art at the Farm & Hodge Podge**

Fundy Farms - local harvest 3578 Rte 114
Hillsborough, NB • 12 p.m. – 4 p.m.

Saturday, August 15th: **Virtual Performances featuring:**

Mo Kenney, Christine Melanson, Émilie Turmel,
Kayla Geltzler and Brent Mason

A special SongWriters Circle with:
Mo Kenny, Christine Melanson, Kendra Gale
and Paul Toner hosted by Brent Mason

Sunday, August 16th: **Virtual Performances featuring:**

Mi' kmaq Legends, Saint John Quartet,
and Hypochondriacs

**FOLLOW US AT @RISINGTIDEFESTIVAL FOR MORE DETAILS AND ANNOUNCEMENTS
ON HOW TO RESERVE TICKETS FOR COMMUNITY SHOWS ON EVENTBRITE!**



EVENT DESCRIPTIONS

Saturday, August 8th: Albert County Turns 175!

Local favourite musicians will be performing live!
Albert County Museum, Hopewell Cape, NB
2 p.m. - 6 p.m.

The Albert County Historical Society will be showcasing local talent including several of the best musicians in New Brunswick featuring: Fundy Ceilidh, the Douthwrights, Todd Geldart and special performances by Paul Toner and the Nelson Duo. A highlight will be performances of original compositions written about Albert County! This event will be taking place at the Albert County Museum on the grounds in front of the Exhibition Hall. Admission is free and tickets will be available through www.albertcountymuseum.com. A special online version of the concert will be aired on August 8th.
Follow us at: [Facebook.com/AlbertCountyMuseum](https://www.facebook.com/AlbertCountyMuseum).

This kick off to Rising Tides Trails and Tunes is part of the AC175 Celebrations which shares the stories of the Land, Sea and People of Albert County, who helped Canada become a nation, created CBC radio, helped win WWI, formed one of the of nation's beloved National Parks and live near the world's highest tides. AC175 is presented by our fabulous partners, Albert County Historical Society!

Sunday, August 9th: Trails & Tunes with Hikes & Bikes!

Hike with Deb Carr, bike with Mountain Bike Atlantic, and music with Paul Toner
White Rock Recreation Centre and Garden Party, Hillsborough, NB
2 p.m. - 5 p.m.

Join local author Deborah Carr for a leisurely hike through Hillsborough's beautiful White Rock Recreation Area trails and learn about the unique landscape and history of this 'Amazing Place' as recognized by the UNESCO designated Fundy Biosphere Reserve! Mountain Bike Atlantic & Codiac Cycling will also be on site to chat about the awesome trail system and lead a ride!

Participants will then be invited back to meet up for a Rising Tides Trails and Tunes Garden Party hosted by a local couple in the beautiful village of Hillsborough!

Monday, August 10th: Jampan & Wabi-Sabi in Albert County

Featuring Jim Kitts and Kieran Delaney
Elgin Country Kitchen and General Store, Elgin, NB
6 p.m. - 8 p.m.

Enjoy a fabulous meal in Elgin's newest foodie hotspot and take in the eclectic sounds of Jim Kitts and his Russian Rav Vast B Kurd tongue drum. View the wabi-sabi influenced photography of Kieran Delaney and have a physically distanced chat with him about rural landscapes and finding a new way of seeing these places we call home.

Monday August 10th: Trails, Ales & Tunes

Outdoor Elements & Sussex Ale Works
Sussex NB
6 p.m. - 8 p.m.

Join us for a leisurely pedal through the Sussex Nature trail along the river. We will begin the ride at Outdoor Elements and finish with a cold beverage and live music at Sussex Ale Works. Bikes are available for rent, please call Outdoor Elements ahead to reserve.



EVENT DESCRIPTIONS

Tuesday, August 11th: Crooked Creek Funky Folk Outdoor Evening

Hike with Paul Gaudet and music with Isaac Blewett & Friends
Crooked Creek Trail & Painted Haus, Riverside-Albert NB
6 p.m. – 8 p.m.

Hike along with Paul from the Moncton Outdoor Enthusiasts Club to take in the sites, sounds and history of Crooked Creek lookout and area. The hike will take us back to the Painted Haus Art Café in the village for the delightfully fun and funky Isaac, Blewett and Friends!

Wednesday, August 12th: Tippy Tales Jam Night hosted by Shane & Mars

Tippy Tales Restaurant, Alma NB
8 'till late

A special treat for Rising Tides Trails and Tunes! Shane Douthwright and Marcel Duplessis have been playing music together for a couple decades behind hidden doors of house jams. These two musicians have performed on countless stages with bluegrass and country bands for many years. Shane is a two time winner of male vocalist of the year at the Eastern Canadian Bluegrass Music Awards. Marcel is known by most musicians in the Maritimes as a premier bass player and vocalist. Get ready for original songs, stories and some jamming with local and visiting talent on the Tippy Tales jam stage in Alma, NB!

Thursday, August 13th: Sea Caves, Street Bands and Shipyards

Hike with Redrock Adventures and music by Montgomery Street Band!
St. Martins Amphitheatre, St. Martins, NB
6 p.m. – 8p.m.

Everything you thought you knew about St. Martins but didn't!
Join Mike Carpenter from Red Rock Adventures on a harbour stroll through the heart of one of our region's most charming villages. Then, gather at the amphitheatre (yes, St. Martins has one!) for the blazing tempos & dynamic energy of the Montgomery Street Band!

Friday, August 14th: In the Spirit of Molly Kool


An eclectic celebration of female artists: Karen Stentafor, Laura Lamey and Sara Liptay
Outpost Alma, Alma NB
Noon – 7 p.m.

Join us at Outpost Alma on August 14th for a Rising Tide Festival community event!! In the Spirit of Molly Kool, the Friends of Fundy are so happy to be showcasing the talents of three female artists! An art exhibit of Laura Lamey's work will be on view, highlighting her new body of work. A pop-up Photomatic Tintype studio by Karen Stentafor will take place, limited space available. The Photomatic experience allows you to have your portrait taken, developed on traditional materials and leave with an original image documenting yourself in beautiful Alma. A musical accompaniment by Sara Liptay will complete this afternoon experience!

Sunday, August 16th: Art at the Farm & Hodge Podge

Fundy Farms - local harvest 3578 Rte 114, Hillsborough NB
12 p.m. – 4 p.m.

Join Fundy Farms for a fun, friendly and relaxing afternoon. Admission is free. Our artistic friends will be offering their pieces, live music with Steve Arsenault and friends, farm fresh Hodge Podge and Rescue Coffee Cold Brew available for purchase, guided tour through the gardens and permaculture areas, edible medicinal plant walk with Cory the Backyard Herbalist, mini woods hike on the 'old' Old Great Road with Tosh Taylor and MORE! Bring your friends, family, sunscreen, cameras, bug-spray and water bottle, we're going to have a fun day!



Celebrate 175 Years of the Land, the Sea & the People of Albert County, NB



Over the course of 2020, we are telling the stories of every community in Albert County, which includes Riverview and hugs the shores of the Petitcodiac River to the Bay of Fundy. Albert County features some of the most iconic treasures in New Brunswick, such as the beautiful Fundy National Park, Hopewell Rocks, Cape Enrage, and inland areas stretching beyond Caledonia Mountain in all directions. This celebration is presented by the Albert County Historical Society, Government of Canada, Province of New Brunswick and the Hopewell Rocks.

Our rich history will be told in various ways, including a special Albert County 175 Exhibit on display at the Albert County Museum, which will be open daily 9:30-5:30 from June 6th to September 30th for self-guided tours on our 6-acre site (open as conditions allow following physical distancing protocols).

Digital means of storytelling will be used, including "Photo-A-Day," an AC175 Podcast, "Home Schooling" history reading lessons, social media platforms and videos. We are also working with publications, such as *Connecting Albert County* and other media outlets including tv, radio, newspapers and magazines, bringing the story of Albert County to you!

You may have received the special Albert County 175 Souvenir Booklet in your mailbox! We sent copies to every household in Albert County, all 15,000 of them according to Canada Post! An additional 5,000 copies were printed and extra copies are available at the Albert County Museum (by donation). If you did not receive a copy or have a request for several copies for your community group, school or business, please let us know and we will make arrangements to provide copies. Call us during business hours at 734-2003 or drop by the Albert County Museum from 9:30 to 5:30 daily to the end of September.

Albert County 175 Collectors Pins! Only 500 will be available. These are made in New Brunswick by Aitkens Pewter! Priced at only \$25, you will receive a one-of-a-kind lapel pin featuring the beautiful AC175 logo, a membership to the Albert County Historical Society, a season's pass to the Albert County Museum for both the 2020 and 2021 seasons, a copy of the Souvenir Magazine and an entry into the draw for the Albert County Prize Package. The proceeds go towards supporting the work of the Historical Society and AC175 programming. Purchase yours at the museum while supplies last. You can also purchase this online at www.albertcountymuseum.com/AC175Pin.

AC175 Barn Quilt In honour of the Annual Quilt Show & Sale and the new Barn Quilt Trail that we will be working on in the coming years, we have designed and painted a special AC175 Barn Quilt. Visit the Albert County Museum to see this beautiful barn quilt featuring the iconic scenes of our county!

Enter to win at AC175.ca! We are drawing for an Albert County Prize Package! There are three ways to enter.

- 1) Visit our website and fill out a prize ballot.
- 2) Enter a photo or story, and your name will go into the draw.
- 3) Visit the Albert County Museum and a prize ballot will be given for every paid admission.

Special Dates During Albert County 175

Saturday, August 8 - 175th Birthday Bash. This is the big day, Albert County turns 175!

We will showcase local talent including several of the best musicians in New Brunswick. A highlight will be the performance of an original composition written about Albert County. This event will take place from 1:30-6:00pm at the Albert County Museum on the grounds in front of the Exhibition Hall.

Admission is free and tickets will be available through www.albertcountymuseum.com. Space is limited due to social distancing and a maximum crowd size to ensure public safety will be honoured.

A special on-line version of the concert will air August 8th; follow [Facebook.com/AlbertCountyMuseum](https://www.facebook.com/AlbertCountyMuseum).

Thursday, August 13 - 10th Annual Royalty Tea.

This High Tea is very British. The 2020 focus is Prince Albert and Queen Victoria.

In 1845, Queen Victoria signed the proclamation making this a county and naming it after the love of her life Albert. Enjoy this from the comfort of your home during our Zoom high tea! Learn the story of Victoria and Albert and how their love for each other shaped our future.

August 21 & 22 – An Evening in the Parlour. An evening of music and historical drama will take place in a lamp-lit Victorian parlour in the Court House. The script will be based on actual events and community news of the time period in Albert County. Details to be announced.

Saturday, October 17 - 1845 Albert County Dinner. What were people eating here in 1845? You might be surprised! We will share information on a traditional meal including menu items found in 1845 with heritage meats, vegetables, desserts and drinks. Special menus will be shared online; details to follow.

Wednesday, November 11 - Flag Lowering at Sunrise at the Hopewell Cape Square as part of the region's Remembrance Day events. The ceremony will be held at the Bennett Monument beside the Albert County Cannons. Show your respect for our veterans and join us (physical distancing of course).

December 28-30 - Photo Show AC175 Finale Event. A showcase of photos taken by residents of Albert County showcasing life from 1845 to 2020. Participate by sending your photos from years past and your love for our community today! The photos will be collected and added to the Albert County Museum's permanent collection. The Photo Show will feature some of the best entries; prizes will be awarded in 3 categories: Historic, Albert County Today, and Youth Photos (18 and under). What a great way to celebrate the year! Details to follow.

This celebration is presented by the Albert County Historical Society and is supported by the Governments of Canada and New Brunswick, Hopewell Rocks, Albert County Tourism Association, Albert County Chamber of Commerce, Friends of Fundy, Bayview Chalets & Motel, Connecting Albert County, Ponderosa Pines Campground, Town of Riverview, Villages of Hillsborough, Alma and Riverside-Albert, and Broadleaf Guest Ranch.

Learn more at AC175.ca and at [Facebook/albert-countymuseum](https://www.facebook.com/albert-countymuseum), or call 734-2003 or email ac175@albertcountymuseum.com.



**ALBERT¹⁷⁵
COUNTY**
1845-2020

**New Brunswick's
Albert County is
celebrating its
175th Anniversary
and we want you to
join us – 2020 will
be our...
best year ever!**

Learn more at www.AC175.ca

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Connecting Albert County: Special Issue 2020

Exploring Our Trails



Make It a White Rock Day

By Jennifer McGrath

In his diary, Lewis Carroll famously referred to days of special significance as “white stone days.” The day my five-year-old self moved from the city to a rambling, rented farmhouse in a hilltop meadow in Hillsborough—that was a white stone day. The day I moved *back* to Hillsborough, some forty-odd years and a fresh start later...also a white stone day.

Then again, in Albert County, *every* day is a white stone day. Literally. The hills that surround my house are full of gypsum, that chalky rock used in plaster and drywall. The dirt roads and paths are white with it. The brooks and streams are lined with it. The knolls and bluffs wear skirts of white scree.

As kids, the white rocks were a pervasive part of our daily adventures. We would scratch them from the earth while pretending to excavate dinosaur bones, pirate bones or giants’ bones. Bicycle baskets and wind-breaker pockets were filled with the whitest of the white rocks, which were then used to build dams in ditches for corraling tadpoles, or for scratching hopscotch patterns on driveways. Sometimes the rocks would scratch back. Our skinned knees and elbows (proudly displaying badges of derring-do) more often than not featured ground-in flakes of gypsum.

The Hillsborough hills with abandoned gypsum mines, overgrown quarries, hidden meadows, sinkholes, caves, gullies and streams—all cloaked within a storybook forest—were the ultimate playground. With bikes and dogs, on foot and on horseback, we ranged along dirt roads, grassed-in wagon tracks, footpaths and barely-there game trails. If we stumbled across a new trail, we followed it. Naturally. (I mean, that’s what trails are for, right?)

I grew up. Went to school. Moved to the opposite coast. I explored trails and forests very different from the ones I’d grown up with. I saw amazing landscapes and breathtaking coastlines. And I missed my white hills.

(Continued on page 12.)

Friends of Fundy is proud to support Connecting Albert County's special issue, Exploring Our Trails.

Trails:
For Our Health.
For Our Environment.
For Our Economy.



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Connecting Albert County

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Our Mission:

Building connections and fostering pride of place and culture in rural Albert County by publishing in print & online. Connecting Albert County Inc. is a registered non-profit organization.

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To advertise, submit articles or letters, email [info@](mailto:info@ConnectingAlbertCounty.org)

ConnectingAlbertCounty.org or mail CAC, 8 Forestdale Road Riverside-Albert, NB E4H 3Y7

Letters and articles may be edited. Statements in our publication and website do not necessarily reflect the views and opinions of Connecting Albert County's volunteers and staff.

We recommend people take safety precautions when going out on trails and follow the advice of medical professionals.

Use trails at your own risk.

Subscribe to our free monthly e-publication (and see past issues) at www.ConnectingAlbertCounty.org/e-magazine

Editor's Corner: A Walk in the Woods

Exploring the woods, meadows and beaches of Albert County brings me joy and peace, as well as improved mental and physical health.

I must admit that, in many ways, I am and have always been, terrible at sticking to the trail. As a child, when my family went cross-country skiing during the long Manitoba winters, I constantly created pile-ups of skiers. Every time I saw animal tracks, scat or anything interesting (and I find the natural world to be full of amazing sights), I would stop or veer off the trail. Whoever was behind me would often end up on my skis or falling.

I still stop constantly. The sound of a grouse drumming, the wonderfully earthy sweet smell of woods in the autumn, the meandering path of a periwinkle, a cluster of bouncing snow fleas in the hoofprint of a moose, the sparkle of waves: every time I go outside, I experience something wondrous.

In *Exploring Our Trails*, writers share their personal stories about how trail use has influenced their lives. We use the term 'trail use' to refer to the non-motorized use of wild areas. This includes fat biking in Fundy National Park, strolling along an isolated beach, a weeklong backpacking trip, and even bushwhacking—finding your own path.

Bushwhacking, of course, should only be done with the permission of the landowner, and this brings up another issue. This publication focuses on the use of 'sanctioned' trails—paths where there are agreements and insurance in place with the land owners.

We made an exception, however, for the article about Shepody Mountain. The article was included to highlight the point that sometimes we need to actively protect our wild spaces. Given the success of the community response (much of the land will be designated as protected), we may see sanctioned trails on the mountain in the future.

In Albert County and surrounding areas, we can walk along beaches, hike to waterfalls or stroll along dykes built hundreds of years ago. We are so fortunate in rural Albert County to be able to safely explore so many wild areas.

Our appreciation and gratitude for such spaces can create positive ripples. As I started to cherish the beautiful places in Albert County and surrounding areas, I felt a growing sense of stewardship. Whether it's picking up garbage while on a beach walk or lobbying the government to ban logging in a sensitive ecosystem, we all need to protect the wild areas around us.

Producing this special issue has not been a 'walk in the woods.' So much has changed since we started working on it last fall. COVID-19 has created many challenges (lack of maps and articles due to staff working at home; cancellation of ads; uncertainty about when trails would open, etc.). Even at the time of publication, not all trails are open and there's a chance that certain trails might be closed again. However, the lockdown also strengthened our resolve to share the wonderful stories and valuable information contained in these pages. I hope the voices of experienced trail users will inspire more people to get outside, explore new areas and help protect our environment. Let's share the simple pleasures of being in touch with nature.

This special issue is made possible with the generous support of Friends of Fundy; the Fundy ULTRA Community Trail Micro-Grant; NB Tourism, Heritage and Culture-Sports; and our loyal advertisers and supporters, particularly the Bennett and Albert County Health Care (BACH) Foundation.



Janet Wallace, Coordinator/Editor of Connecting Albert County

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Image on previous page is by Marc Leger.

("White Rock" Continued from page 10.)

Whoever said you can't go home again, clearly was not from Albert County. The white rock hills have welcomed me back with all the ruffled warmth of an unmade bed. Not surprisingly, in the years since I've been gone, there have been some changes. A dirt track where we rode our bikes is now a street with houses. There's a golf course. The trails in the hills have been mapped and named (including one named *Viagra?! Um, okay...*). There are many new trails, routes and loops too, courtesy of the dedicated efforts of volunteers and local cycling groups.



So I find myself exploring the same old hills with fresh eyes, their comfortable familiarity mixed with the promise of new discoveries and adventures. And every day is a white stone day.

Which is, of course, how I know that I'm finally home.

White Rock Recreation Area: Year-Round Fun

No matter what the season, the White Rock Recreation Area offers outdoor adventure opportunities for every activity level. Whether you enjoy a relaxed ramble, an exhilarating

scramble, or an adrenaline-pumping mountain bike run, you're sure to find a path that's just right for you.

Walking, Hiking & Trail

Running The trail system includes a variety of trail types including dirt roads, wide trails and woodland paths of varying levels of difficulty and elevation. Take the family for a leisurely country ramble or lace up for a challenging cross-country run. Some trails, like *Roots*, have a black diamond rating (for mountain biking) and feature steep inclines, sudden changes in elevation, sharp twists and turns, and precarious footing (it's called *Roots* for a reason!), so check the legend on your [trail map](#) to ascertain the difficulty and length of your chosen route. (Tip: Take a photo of the Trail Map at the Area entrance.)

Mountain Biking The White Rock Recreation Area has been described as one of the best places to mountain bike in New Brunswick. The trails are maintained by the [Codiac Cycling Club](#). Check trail conditions and ratings on the [Trailforks](#) app.

Fat Biking & Snowshoeing No need to hibernate: winter is one of the best times to explore the White Rock Recreation Area. Groomed trails make it ideal for snowshoeing and fat biking. The snowy beauty of this place is dazzling; don't forget your camera!

Orienteering Diverse terrain, varying elevations and unique topographical features combined with an extensive trail network to make the White Rock Recreation Area a world-class orienteering venue. Whether you're a beginner or a seasoned pro, test your navigational skills on a course at your level. Check with [Orienteering New Brunswick](#) for clinics and details about their annual [Mastodon](#) run.

Geocaching Explore with a purpose. Get the kids involved in an outdoor



treasure hunt. Use GPS to discover caches hidden along trails. (Hint: you might find something around the [Mastodon](#) site.)

Nature Watching Name that flora and fauna! Grab your camera, binoculars and field guides. The White Rock Recreation Area is rich in wildlife, birds and foliage. How many can you spot and identify?

White Rock Recreation Area

What: Multi-use, shared trail system

Where: Golf Club Road, Hillsborough

Parking: Yes **Cost:** Free

Trail type: Cross-country/mixed forest/varied terrain; Groomed

Distinctive Features: Wooded, hilly terrain featuring white gypsum deposits, sinkholes, streams, lagoons, gullies and abandoned quarries

Number of trails: 57 **Total**

Distance: Approx. 40 km

Difficulty: Easy to very challenging

Dog-friendly: Yes. Please bring a leash and pick up after your pooch

Popular activities: Mountain biking, fat biking, orienteering, hiking, snowshoeing, trail running

Motorized Vehicles: Restricted access. ATVs, dirt bikes permitted on designated trail sections

Jennifer McGrath is a national award-winning children's author. All of her books are set in, or inspired by, Albert County.



One, Two, Three, Hiking When They're Wee

Images & story by Jennifer Shelby



Taking kids for a hike is a reckless act of bravery and/or foolishness. Your choice. Tantrums and meltdowns a kilometre into the woods are no one's idea of communing with nature. Last summer my kids were two and seven, ages heavy with whining and parental resistance. They've taught me that, instead of trying to get the kids to hike like adults, I need to hike like a kid or I'm going to walk out of the woods with nerves more frayed than when I started.

While a backpack can set a hike apart from something as everyday as walking in the woods behind the house, a backpack on a hot day can be hard on little kids. I leave the choice to the kids, but I make sure that if they do take a backpack, nothing goes in there that has any weight to it. Their water bottles go into my pack, and they can't take anything that won't fit into my pack if they get tired of wearing their backpacks. The rock collection my toddler insists on taking everywhere she goes? I sneak it out of her backpack when she's not looking. She's never noticed, yet.

My seven-year-old is old enough to make her own choices, but my toddler needs thick pants like jeans to protect her knees when she inevitably stumbles on uneven terrain and exposed roots. Likewise, a lightweight, long-sleeved shirt is her best defense against bug bites and UV rays when the bug spray and sunscreen start wearing off.

Next comes my personal hiking hack: a small picnic. Nothing elaborate, just a few simple eats in reusable containers. Any friction I meet getting out of the vehicle or starting down the trail can always be mitigated by a picnic.

The responsibility of finding the best picnic spot falls to my seven-year-old and, in all honesty, her choice is usually

half a breath from the start of our hike. It's too soon for a break, but we stop because we're hiking like kids, not adults.

We sit in nature out of sight of cars and civilization, have something to eat, and get comfortable. It eases the kids' tension of leaving their toys, electronics and routine behind. They chew on something, kick at the duff, wander off to see if they can climb that tree over there, and mentally transition into an afternoon in the woods. There's a moment when I can almost see them let go of any lingering resistance. Thank you, picnic.

When we finally get to hiking, or tripping over roots if you're my two-year-old, it's more of a scramble from one point of wonder to the next, rather than a solid line on a map. I could rush them, and sometimes I get frustrated with our (lack of) progress, but checking off kilometres to reach a destination is grown-up hiking. Kid hiking is about exploration.

The woods are full of wonders: fallen trees, flowers, strange rocks that might be castle ruins, squirrel-nibbled

***It's too soon for a break,
but we stop because
we're hiking like kids,
not adults.***



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mushrooms, lichen-covered rocks, and scat. Kids love finding animal scat. It reminds the kids that they are not alone in the forest, an exciting clue to an unseen mystery. And it's gross. Kids love gross.

"Mom, what's THAT?" There's a hint of proper horror in their voices but it's tinged with delight.

"It looks like raccoon scat."

They crouch around their wondrous find like little scientists. If they happen to have a stick in hand, they will use it to poke at the droppings. "Why is it PURPLE?"

"Hmm. Can you think of anything purple that's ripe right now?"

"Blueberries! Do you think there's more around here?"

A small guide to animal tracks and scat can go a long way to adding to the adventure, but taking photos to look up online later works just as well. Be prepared that your children are going to remember this find for a long time. "Ooh, that's where we saw the purple raccoon poo last summer.



Do you remember that, Mom?" Don't be surprised if they tell the cashier about their scatological discoveries the next time you're shopping, too.

We're not always going to get lucky with purple scat, which is why hikes with features along the trail are good choices for kids. Places like Fundy National Park's Caribou Plain Trail with a boardwalk and decks, the Crooked Creek Trail with multiple lookouts (but please be careful on the tower mid-trail as the lower guard rail is above a two-year-old's head), and the Dobson Trail with benches and creekside beaches (especially on the Riverview end). Landmarks to watch for and frogs to spy on give kids something to look forward to. I'm amazed how far my kids are willing to walk for the promise of a bullfrog on the other end.

When the kids fall quiet, their enthusiasm waning, they're getting tired. It's time for a break, a small snack, and probably to turn around if we're not on a loop trail. There will be a lull in the fun as we trudge along, the kids getting overwhelmed by the Herculean task of walking all the way back to the car. My children always

forget that walking back is magically faster than hiking in, and don't believe me when I tell them. It sounds suspiciously like the sort of thing a parent would say to get them moving. This is when the 'I Spy' game, a few stories, and silly songs like *On Top of Spaghetti* can re-ignite their sense of fun. It's hard to stay grumpy when you're singing about a meatball.

Against their darkest premonitions, we will make it back to the parking lot. The girls will climb into their car seats, ask for their water bottles, and stare out the windows. If I'm lucky, one will giggle to herself without sharing why. They'll probably fall asleep on the way home; fresh air does that to kids. But one thing's for sure, we made some memories and everyone, even mom, had fun. 🦶

Jennifer Shelby hunts for stories in the beetled undergrowth of fairy-infested forests. She fishes for them in the dark spaces between the stars. As part of her ongoing catch-and-release program, her stories have been published in such places as Cricket, Space & Time, and several anthologies. Visit jennifer-shelby.blog; twitter @jenniferdshelby



How Hiking and Trail Culture Has Changed My Life

Images & story by Paul Gaudet



I hope that what I am about to write does not sound too self-indulgent. I assure you that it is simply the truth and it comes from the heart (no pun intended, which you will understand in the following paragraph).

Back in 1999, I fell prey to a genetic family curse among the males in my father's family; premature heart disease. My father died at 61 of a heart attack. Two of his brothers also died of heart attacks when they were very young and my brother died of the same in his early fifties. I did not have a heart attack. However, when I was having trouble breathing, a friend insisted I go to the doctor. An alert internist sent me to Saint John where I immediately underwent quadruple bypass surgery. It was scary, but successful. I will not go on.

Hiking in the forest or on a deserted beach is a tonic that fuels the soul.

After a few months of convalescing, I decided that I must change my lifestyle. I joined the Moncton Outdoor Enthusiasts Club where I went on my first hike in the spring of 2000. I remember it well. It was across the river in Beaumont and I was nervous about it. Two members of the club took me under their wing. I made it through without incident and I loved it.

I went out a week later and kept going out, usually Saturday and Sunday each week. It was both literally and figuratively "just what the doctor ordered."

The people in the club were so nice and really had a profound effect on me. I cannot tell you how it helped in my recovery, both physically and, perhaps even more so, mentally. I was not always a huge fan of the great outdoors, but as I hiked on more and more trails with the club, I discovered what an unbelievably beautiful area we live in. About half of our outings are in Albert County or around the Bay of Fundy.

I may be preaching to the converted but hiking in the forest or on a deserted beach is a tonic that fuels the soul. You never think about any problems or concerns once you are breathing fresh air, moving your body, feeling your muscles flex and adapt to the terrain, observing your surroundings and sharing these experiences with fellow hikers.

After a year or so, I began leading hikes. I enjoyed this added responsibility because I could go to the trails that I liked the most.

After a few years I had another setback when I was diagnosed with prostate cancer. It is always shocking to hear that word directed towards you. I kept hiking as there were no symptoms that would stop me from doing so. I chose to have brachytherapy which involves inserting 101 tiny radioactive pellets into the prostate (a lovely experience as you can imagine). Believe it or not, that is day surgery and I went home the same day and it worked (so far). This made me even more dedicated to getting out hiking as I began to acknowledge my own

mortality. I went out looking for more trails to conquer and I think I enjoyed them even more. It was around this time that I started writing a column in the *Times & Transcript* called "Take a Hike" and submitted a column every two weeks for ten and a half years.

Fully immersed in the hiking culture (I couldn't quit now that I had a column to write), I won an award from the NB Trails Council for promoting hiking in our fair province. It was gratifying to hear many people were spurred on by my column to get out and take a hike.

One more setback was to come in the form of a wonky hip which I suffered with for several years. During some of that time there was little or no pain, but sometimes the pain was excruciating. Finally, I was able to get a hip replacement which took me out of commission (in terms of hiking) for a few months. Guess what? I became even more zealous in wanting to be outdoors and hike; so, with renewed vigour, off I went to find even more trails and lead even more hikes.

I am still hiking regularly these days and I still love it as much as always. I have made great friends and have seen some amazing sights in many different conditions. I have hiked or snowshoed in thick fog, torrential rain, heavy snow (both falling and on the ground), high winds, blistering heat, frigid cold, in bright sunshine (and moonshine), next to rivers, babbling brooks, bays, inlets, coves, the ocean, ravines, ridges, canyons, cliffs, escarpments and many enchanting forests.



I am hooked on hiking and recommend it to everyone as a remedy for all kinds of ills. Will it solve all your problems? Nope. Will it help you temporarily forget about them and clear your mind so that you can better deal with them? Yup. You will sleep better, have more energy, learn to really appreciate where you are lucky enough to live and, most importantly, it will gladden your heart...you might want to give it a try.



Some of Paul's Favourite Hikes in Albert County

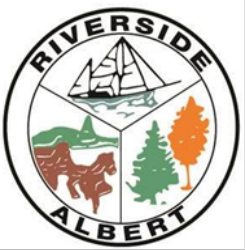
- New Goose River Trail in Fundy National Park (FNP).
- Hueston Brook to Foster Brook across the river to Point Wolfe and back to Hueston Brook in FNP.
- Dennis Beach to Waterside Beach return.
- Mapleton Trail in Mapleton near Elgin.
- Coastal Trail in FNP.
- Snowshoeing the Green Snake Trail in Alma.
- Circumnavigating Mary's Point (particularly at sunrise on a clear morning).
- Hopewell Rocks on a clear night with a new or full moon.



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It's Not Just Pack it In, Pack it Out *By Ken Arsenault*

If you are an experienced hiker, you are probably aware of the Leave No Trace (LNT) principles. Many of the ideas come from common sense backwoods etiquette; there is more to it than "Pack it in, pack it out."

"Leave No Trace" was founded in 1987. In this educational program, people are encouraged to practice responsible outdoor recreation through education, research and partnerships. Many corporations and outdoor groups have adopted this philosophy. I will discuss its seven principles and suggest things we can all do to help make the backwoods experience more enjoyable for ourselves and others.

Plan ahead and prepare.

This is vital whenever you leave the beaten path or a paved surface. With proper planning, a minor (or even major) problem can become more manageable. Make sure you know where you are going, prepare for what you may encounter and let someone know your plans. Planning everything from what equipment to bring to what to have for meals can help you limit your impact on natural resources.

Travel and camp on durable surfaces.

To avoid causing damage, stay on the trail and don't make new campsites or fire pits. Be prepared to walk through the mud or puddles rather than making the trail wider or creating a bunch of side trails. Consider using a hammock instead of a tent.

Dispose of waste properly.

This includes all garbage, dish water and human waste. It is important to use "cat holes" for human waste (bury in a small hole 6-8 inches deep). Dispose of human waste away from the trail and campsites, and at least 100 metres from any water source. Bury your paper as well.

Leave what you find.

We are all guilty of this; don't take home a neat rock or fossil, or pick flowers or fruit. Remember that the next person would like to experience what you just did, so leave 'it' there for all to enjoy.

Minimize the effects of a campfire.

Keep the fire only as large as required. We all love a big bonfire, but do we really need one? A good rule of thumb is to use only wood found on the ground that is no larger

than your wrist. Never cut down a tree for firewood. Make your fire in a pre-existing fire pit if possible, not on the trail and always make sure you put it completely out. When possible, use a small gas fuel stove to avoid the need to collect wood and put out the fire later.

Respect wildlife.

We all go out in hopes of enjoying nature and maybe catching a glimpse of wildlife as a bonus. When out in the backcountry, I face a dilemma: I want to see wildlife but I also want them to be aware of my presence and give me space as well. Either way, always give an animal enough room to continue without altering its route. Observe from a distance; get a better camera lens instead of trying to get close. Be aware of mothers and babies in the spring and potential fathers in the fall when they can be aggressive. Also, do not feed wild animals; they can find food on their own and need to keep a healthy fear of us. People often ask me if there are bears on the Dobson Trail or Fundy Footpath and my response is, "They live in the woods and the trails are in the woods."

Be considerate of other visitors.

This the last, but not least, principle and it applies both while on the trail and well after you leave. We have all met that loud group at a campsite, the people playing loud music as they hike, and those who leave garbage behind or damage the trail. Don't camp on the trail, don't block the trail, share the amenities if there are any, and be polite and helpful. Keep pets under control at all times. Dogs running free can be unwelcome, frightening people or leaving behind unwanted "presents." Please pick up dog feces. All areas in New Brunswick require dogs to be under control or on a leash at all times.



A Mountain Worth Saving

Text and image by Deborah Carr

My first experience of Shepody Mountain was a challenging hike to the summit in a snowstorm. In the dark. With sounds muffled and visibility reduced to my headlamp's range, I felt cocooned. This, with the increasing angle of the climb, kept me so focused on my body's rhythm that the trek upward became like a meditation.

With no view to be seen at the wild, windswept summit, we hustled into a sheltered hollow where thick snow swirled around weathered trees, coating their branches like whipped cream. As we worked our way to the front of the mountain for the descent, the wind dropped, the clouds parted, and a full moon glimmered on Shepody Bay. In the stillness, I could hear flakes of crystallized snow falling. On the distant shore, the lights shone in clusters so clear and brilliant that, in some optical illusion caused by the night, I imagined I could reach out and touch each one, feeling a prickle of warmth on my finger.

So began my relationship with a mountain.

While Shepody's distinct presence has been appreciated for generations by locals and visitors alike—and many with more history than me—what remained with me was the intimacy of that snowy hike. Since then, my husband and I have explored the mountain in all seasons. We've discovered carpets of spring flowers, fox dens, moss-covered ravines, small waterfalls and a turkey vulture nesting in a cave.

No matter whether travelling a maple ridge in the glory of autumn, puzzling over tracks in the snow, photographing wildflowers in spring, or simply sitting on the trunk of a toppled tree listening to birds or watching for wildlife, each and every time, I absorb something new. The mountain is a good teacher.

Inspired by the work of the Elgin Eco Association, which was instrumental in creating the Mapleton Acadian Forest Nature Preserve to save a 160-acre forest destined for clearcutting (see page 28), I often wished for a means to protect this special place, Shepody Mountain, from the threat of commercial logging. (Read more at [ConnectingAlbertCounty.org/news/community-groups-save-mapleton-acadian-forest-from-clearcutting](https://www.ConnectingAlbertCounty.org/news/community-groups-save-mapleton-acadian-forest-from-clearcutting).)

So, in 2019, when Minister Mike Holland announced an initiative to increase protected lands, we ensured Shepody Mountain was the first nomination he received. (Find the story at [ConnectingAlbertCounty.org/environment/protecting-shepody-mountain](https://www.ConnectingAlbertCounty.org/environment/protecting-shepody-mountain).) Our efforts were rewarded with the announcement that the full 700 hectares of Crown land would be protected, although the official designation must still work through government processes.



Compiling the justification was an opportunity to learn more about Shepody's geology (it's older than the Rockies!), history and its connectivity value as a wildlife corridor between other conservation areas. It was also a chance for people to put into words their own relationship with the mountain. We heard about hikes and hunting, snowshoeing and skiing, picnics and overnight campouts. We learned how memories of people who have died are revived during trips to the mountain. We heard how ancestors logged the slopes with horses, and that the remnants of a sawmill can still be found along Hamilton Creek.

Dawne MacLean wrote about a special community bonfire event in September 1916 to recruit soldiers for World War I. "This historic event shows that Shepody Mountain has always been revered as a towering icon of inspiration and strength," she wrote.

Marjorie Henwood told how 35 years ago, when they first began hiking the mountain, her husband Merrill left a jar with a notepad for visitors to sign when they reached the summit. "There were thousands of signatures over the years. People from Sweden and Germany...all over."

Josh Thibodeau from Weldon wrote that he has spent "thousands of hours taking groups [to Shepody] to do all kinds of different activities; from trail building, mountain biking, hiking, snowshoeing, backcountry skiing and snowboarding. I've also worked closely with the local landowners to ensure that we keep the mountain clean and natural." He says the neat part about trail-building is noticing how wildlife will then travel those trails.

It became clear how inextricably intertwined we are to place...how, despite the automated society we live and work within, a bond with our environment remains that can be revived by a trip to the woods. In protecting special places, we're also preserving relationships and memory.

If you go...

Shepody consists of both Crown and private land, so respect and appreciate the willingness of landowners to welcome visitors to the mountain. Adhere to private or no trespassing signs, do no damage, and leave no trace (carry out your garbage!).

The main access off Route 114 is an unmarked, unmaintained road across a field (45°47.911N, 064°36.938W). It borders private land, so it would be prudent to seek permission to cross, and to park without restricting access or creating an obstacle.

While Shepody looks like a mild hump of a mountain, her contours are far from gentle, and the rewards of the hike are only gained through effort. Prepare well and travel safely. A number of old logging roads cross the mountain, as well as bike paths and game trails, but none are marked and there are no maps. A few geocaches are located on Shepody as well. If unfamiliar with the trail network, it's strongly advised that you travel with a knowledgeable guide, carry a GPS, or have a good sense of direction and a willingness to explore.

Remember, this is not a park, but a wild, unmonitored area. Maintain a healthy respect for and distance from

wildlife, such as coyote, moose and bear. The area is frequented by hunters in hunting season, so be watchful for snares, keep pets on leash and wear bright orange.

The trail to the 320-m summit is approximately a 9-km loop and begins by winding around the back of the mountain in a gradual ascent. It crosses three creeks (two of which have no bridge crossing), and then begins a strenuous climb. A number of smaller roads branch off the main one, one of which bears right to the Chemical Road. The summit trail bears left.

Once reaching the summit, as identified by the monument (45°47.942N, 064°38.402W), the trail drops into a hollow, then climbs again towards the east, reaching a dirt road constructed on private land which brings you back down the east-face by Route 114. Most hikers descend on this road, which affords beautiful views of Grindstone Island and Mary's Point, but you can also follow bike trails to the bottom. Always be conscious of bikers.



Deborah Carr is a freelance writer/author and member of Water & Environmental Protection for Albert County, the group that spearheaded the campaign to have Shepody Mountain designated as a Protected Natural Area.

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-Frequently touched surfaces are sanitized every 30-60 minutes. General areas are sanitized a minimum of two times per day.

-Whenever possible, we request that you please call 24 hours ahead for refills, use our Guardian app, or use our e-refill site on our website: www.albertcountyparmacy.ca

-If you are sick, have a fever, sore throat or cough, we ask that you stay home and reach the pharmacist by phone with any questions and, if possible, arrange for someone else to pick up your medication.

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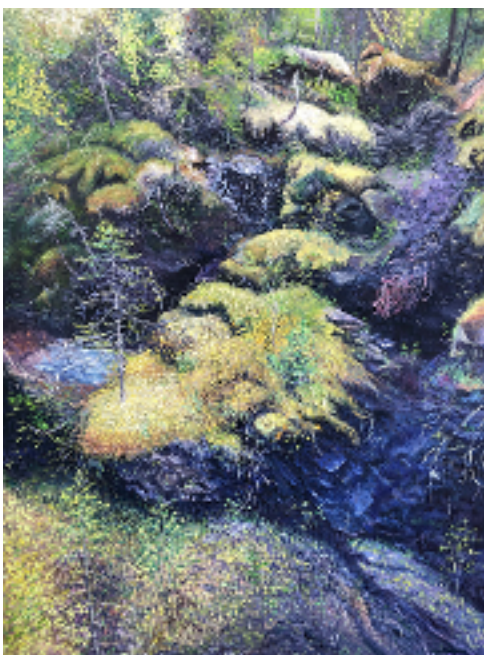
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Our Beautiful Biosphere

By Emily Phillips

I made my first connection to Albert County in September 2010, shortly after arriving in Canada. I was about to attend Mount Allison University as an exchange student. At that time, I was going to school at American University in Washington, DC. During my first week in New Brunswick I befriended Alla, a joyful Cape Bretoner who was always planning a new adventure. She invited me to go kayaking and eat sticky buns in Alma. The scenic coastal drive from Sackville to Alma was markedly different from the Baltimore-Washington metropolitan region where I grew up. I fell in love with Albert County right away, and have felt a strong connection to this special part of the world ever since.

While a student, I was fortunate to make friends who were proud of this area and eager to show it off to a newcomer. I visited the Hopewell Rocks and hiked in Fundy National Park. To me, these trails were rugged, isolated, and thrillingly remote. As a child I played in the woods behind my house and walked on well-worn paths, but had otherwise spent little time hiking on uneven ground. On my first trip to Fundy, I remember watching my friend, Phil, choose his footing on a steep and root-filled section of trail. I could tell he was more efficient with his movements, and by watching him place his feet, I first began learning how to hike. I had never lived in a place with so much undeveloped wilderness, and was eager to keep exploring.



When hiking in the Fundy Region, I found my mood always changed for the better—I was calmed, exhilarated, and rejuvenated. I wanted to communicate this phenomenon, nature's ability to affect the spirit, through artwork. The beauty, drama, and diversity of the lands of this area move me to capture my feelings and sensations in paint.

I learned to oil paint when I was seventeen and had always kept up the hobby during university, even though I didn't study art. As my connections to this region continued to grow, so did my artistic practice. Learning how to hike, discovering wonderful new places, and gaining outdoor recreation experience coincided with an important period of artistic growth. By 2011, I was committed to the regular creation of artwork.

After graduating, I tagged along with my then-boyfriend (now husband), Marc, as he installed signs for the Fundy Biosphere Reserve's Amazing Places program. This was a great opportunity to spend two weeks visiting many of Westmorland, Albert and Saint John Counties' most iconic landscapes. I brought my camera and took photos everywhere we went. I've always been a big fan of

the photography of Ansel Adams and his depiction of the American Southwest. The majestic scale of the places we visited—Crooked Creek Look-Off, Waterside Beach, Dennis Beach, Eye of the Needle at Walton Glen Gorge, Martin Head, Fossilized Sand Dunes, Mary's Point, Shepody Marsh and several points along the Fundy Footpath—reminded me of Adams' photographs. I found these landscapes to be incredibly inspiring artistically, on par with other stunning natural places I had visited travelling around the world. I was also amazed by how many unique experiences were available within the region.

When hiking in the Fundy Region, I found my mood always changed for the better: I was calmed, exhilarated and rejuvenated.

The photos I took during that trip became the inspiration for my first cohesive collection of oil paintings, *Our Beautiful Biosphere*, shown at the Moncton Gallery in 2016. To make these paintings, I referred to my photos and tapped into my memory of these places. When hiking, I am highly sensitive to the shifting of light, interaction of colours, arrangement of shapes, and variety of textures. In my artwork, I exaggerate colours that may only appear in a photo subtly in order to recreate the shimmering light, vibrant energy, and delicate motions of a landscape.

Since my show, *Our Beautiful Biosphere*, I have continued to build momentum for my art career. I had another solo exhibition, entitled *Into the Fundy Forest*, at Moncton's Capitol Theatre in 2018. It depicts places found along the Fundy Footpath and in Fundy National Park. Large oil paintings feature Matthew's Head, Caribou Plain, Coppermine, and Dickson Falls Trails in Fundy National Park, as well as the Eye of the Needle at Walton Glen Gorge, a ravine off the beaten path, and a

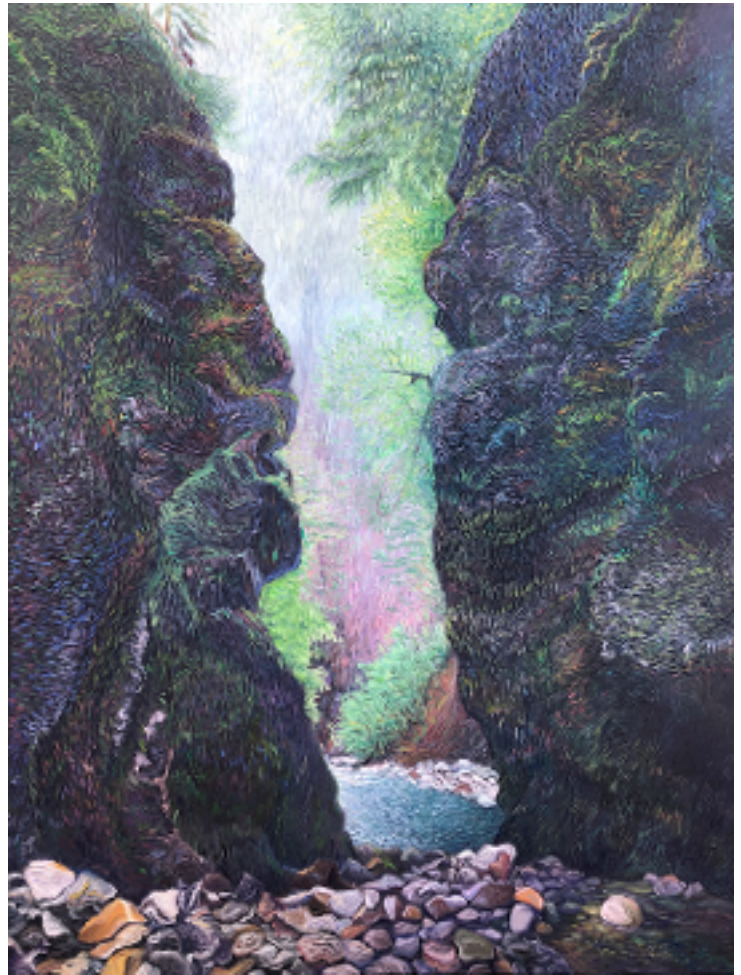


photo my father-in-law took of the Fundy bush before the development of the Fundy Footpath in the 1980s.

My father-in-law is Alonzo Leger, founder of the Fundy Footpath and long-time volunteer with the Dobson Trail. My husband, Marc, is currently the Trailmaster of the Fundy Footpath and has been a trail volunteer since he could paint a blaze on a tree. My connection to the Fundy Footpath is rooted in the volunteer work of my husband and his family. It is through their attachments to this region that I've further explored its hidden gems and continue to experience endless inspiration.

For the past two summers, some of my paintings have hung in the Octopus' Garden Café in Alma. It's important to me that my artwork is shared with the people who know and enjoy these places. Through my paintings, I aim to evoke in my audience the same attachment I feel, along with an appreciation for the intrinsic value of these places. In my experiences as a hiker, trail volunteer and artist, I've found that people protect what they love. Building connections to Albert County's (and beyond!) fantastic natural places is the best way to ensure they are preserved, in their own right, and to benefit future generations as I have benefitted from them.



Page 20: Caribou Plain Trail; bottom left: Fundy Ravine. Above right: Eye of the Needle; left: Matthew's Head Trail. www.EmilyPhillipsArt.com



Trail Etiquette for Safe & Sustainable Outdoor Adventures *By Kat Hallett*

In Albert County, we are lucky to have access to so many beautiful hiking trails. From the Riverfront Trail along the shores of the mighty Petitcodiac in Riverview, to the expansive trail network cutting through the Acadian Forest in Fundy National Park, there is truly something for every trail user, regardless of their experience or fitness level.

With more and more people turning to trails for exercise, recreation and mental health reasons, it is more important than ever that we show respect to other people on the trails, to wildlife, and to the environment. The following are trail etiquette guidelines that will help you and all those you meet on the trail have safe, enjoyable and environmentally sound trail experiences.

Who Has the Right of Way?

Not only do we have beautiful trails in Albert County, but many of them are multi-use. That means they can be enjoyed by all types of trail users; from hikers to bikers and sometimes even horses. While this opens up



opportunities for a greater number of people to get outside and connect with nature, it can sometimes cause confusion, leading to frustration or, in certain cases, safety concerns.

A generally accepted order for right of way on trails is that hikers should always yield to horses, and bikers should always yield to both hikers and horses. In the winter, multi-use trails are enjoyed by cross-country skiers, snowshoers and fat-bikers. In this case, imagine the cross-country skiers have replaced horses, and voilà, you have your right of way rules. Snowshoers should always yield to skiers, and fat-bikers should yield to both snowshoers and skiers.

Be Aware of What (and Who) is Around You

This ties into the right of way, but takes it a step further. To exercise proper right of way, it's important to be aware of what's around you. If you are on a single-track trail, stay on the right side of the trail while passing traffic coming from the other direction. If you are passing traffic on a hill, the trail user moving downhill should step aside to let the uphill traveller continue. You should also move to the side to let faster hikers, bikers and others pass you.

It is especially important to be aware of what's around you when hiking in groups. If you notice there are other trail users on your heels, let the rest of your group know so they can pass—it is no fun to feel stuck behind a large group on a trail. If you stop for water or to enjoy the view, make sure you don't take up the entire trail and create a roadblock.

Disconnect to Connect

A Saturday hike is not the time or place to call a friend or to listen to your favourite songs on your phone's speaker. Most people you meet are

likely getting out in nature to enjoy some peace and solitude, and they won't appreciate tunes blasting from your phone.

Chances are you'll have a more fulfilling experience yourself if you disconnect and leave your phone on airplane mode. If you need your phone to take photos, that's okay, just try to stay off social media while you're out there. You'll have a much better chance of finding a meaningful connection with nature if you do.

Trail Etiquette with Dogs

Bringing our dogs out on the trail with us is a fantastic way to keep them exercised, happy and healthy, but there are a few trail etiquette guidelines that apply specifically to our furry friends. It is your responsibility to find out if the trail requires dogs to be leashed. Even on trails where you aren't required to leash your dog, it is worth considering keeping them on leash unless you are sure they will heel on request and refrain from barking. This is as much for your dog's safety as it is for the comfort of other trail users.

The right of way rules of the trail change slightly when you have your dog with you. You should be prepared to yield to all other trail users, and always, always, always ask permission from other dog owners on the trail before you allow your dog to greet another dog. Not all dogs are socialized and like strange dogs running up to them. Being proactive about this can help avoid a sticky situation and keep all trail users (and their dogs!) happy.

And Finally; Be a Nice Human!

This one is perhaps the simplest of them all; be a nice human. A smile, some eye contact, and a simple "Hi" go a long way!



Trail Groups, Apps and More

Activity Groups

Wellness Walkers! is a non-profit group from lower Albert County that actively promotes and organizes outdoor family activities, such as Nordic walking, hiking, snowshoeing and kayaking. No membership fees. The group has extra Nordic walking poles and snowshoes for those who wish to join. Most family events are held on Saturdays and promoted on individual Facebook pages. In the past years, the group has hosted Nordic walking in the evening on the local trail system between Hopewell Hill, Riverside-Albert and Harvey. Contact Sharon Wells 506-863-3802, Bonnie Beck 506-866-2800 or Cindy Stevens 506-866-6247. Watch their individual Facebook pages for events.

Orienteering New Brunswick is a non-profit organization which organizes orienteering events open to the public with courses for all levels of navigation and physical abilities. There's a fee for events, but no annual membership fee. facebook.com/orienteeringnb, www.orienteeingnb.ca.

The Fundy Hiking Trail Association is a non-profit group of volunteers who maintain the Dobson Trail and Fundy Footpath. All trail maintenance, development and promotion is done through the work of volunteers. If you enjoy the outdoors and want to donate some of your time or expertise to improve these wonderful trails, the group would love to have you join the team. Membership fees: Individual \$10; Family \$20. fundyhikingtrails.com.

If you're interested in participating as a trail crew volunteer, monitoring a 3-km section of the Dobson Trail or Fundy Footpath, or making a donation, contact volunteers@fundyhikingtrails.com. Get trip planning advice from facebook.com/groups/126868350785046.

Outdoor Enthusiasts! Club of Moncton is a non-profit organization which actively promotes outdoor activities such as walking, hiking, cross-country skiing, snowshoeing and bicycling. Activities for club members are planned four months in advance and are led by members who are familiar with the trails. The club's activities are generally day-trips on weekends, but the club also organizes a summer week-long camping and hiking trip, as well as overnight camping and backpacking trips.

Hikes are generally up to 10-15 km in length and are classified as easy, moderate or strenuous. Biking, skiing and snowshoe events vary in length. Most hikes include an opportunity to socialize afterwards with a meal near the event. Club members support the hiking community by maintaining trails, including a 7-km section of the Dobson Trail and 10-km section of the Fundy Footpath. In addition, club members attend and speak at wellness events and

showcases. Membership: Family \$30/year; Individual \$25/year. monctonoutdoorenthusiasts.wordpress.com, facebook.com/groups/536333633118519.

The Saint John Outdoor Enthusiasts Club is a year-round recreational club. It was formed in 1988 when a small group of individuals interested in the outdoors wanted to share their interests with others. The friendly, sociable group enjoy hiking, canoeing, kayaking, cycling, backpacking, skiing, skating, snowshoeing, camping and exploring the natural beauty of the whole province, mainly within the Bay of Fundy area of southern New Brunswick. Events range from easy to challenging, depending on location, terrain and weather conditions. Membership: Individual \$10; Family \$15. sjoe.ca, facebook.com/SaintJohnOutdoorEnthusiasts.

River Striders' Walking Club. Walk indoors at the Coverdale Centre (main gym) on Runnymede Drive in Riverview, year-round, or on the Riverfront Trail/Mill Creek Park in Riverview from April to October.*

Urban Poling/Nordic Walking Moncton. Walk, Nordic walk or snowshoe Mondays and Wednesdays at 5:30pm at various locations. See postings at facebook.com/groups/349549568869145.*

Steps with Seniors/Arthritis Riverview is a low-activity group to allow people with arthritis to move with ease; 6-week/12-session workshops are held once or twice a year.*

Women (and Young Women) of the Wilderness is for those who want to learn more, and enjoy outdoor adventure outings with other women. Check out the Women of the Wilderness group for women ages 20+ (facebook.com/groups/285639275383013) and Little Women of the Wilderness for girls ages 11-15 (facebook.com/groups/415283182407266).*

Adventure Hub allows you to connect to all things 'adventure' in the Maritimes and particularly Albert County, NB, through facebook.com/groups/349495152052744.

Maritime Detours organizes fee-based group hiking tours of the Maritimes and particularly Albert County, NB. facebook.com/MaritimeDetours.*

*For details, contact Dr. Sarah Lord, Founder & Guide, Maritime Detours Hiking & Snowshoeing Tours, and Urban Poling (Nordic Walking) Master Trainer & Ambassador for New Brunswick. Sarah is also the Health & Wellness Coordinator for Jean Coutu Pharmacy in Riverview. 506-378-0135.

Naturalist and Environmental Groups

Elgin Eco Association (EEA) is committed to promoting the viability of the small rural community of Elgin by promoting environmentally-friendly practices in eco-tourism, recreation, employment and other ventures, as well as working to protect and improve the environment. For more information, please call Moranda at 506-756-2518. <http://eeanb.com>

Friends of Fundy is a community, non-profit charitable organization dedicated to providing public awareness and enjoyment of the natural and cultural heritage of Fundy National Park and surrounding communities.

As the official cooperating organization of Fundy National Park, Friends of Fundy strives to enhance the experiences of visitors in ways that contribute to the region's conservation and community economic development goals. The organization operates two gift shops within the park, which boasts one of New Brunswick's largest offerings of nature books. (However in 2020, due to COVID-19, only one gift shop, Outpost Alma, is open and it is located in the Village of Alma.)

The Friends of Fundy works closely with partners to support annual events in Fundy National Park (Rising Tide Festival, Fundy All Nations Pow-Wow, Fundy Salmon Recovery, Sounds of Summer Concert Series, Fundy Circuit ULTRA), as well as local community events (Alma Celebration Days and Alma Fleet Launch Festival). The community organization also operates the Molly Kool Heritage Centre and hosts, in cooperation with Fundy National Park, family-friendly kitchen parties full of songs, stories and dancing.

Friends of Fundy received the Albert County Chamber of Commerce Business Excellence Award for Albert County Community Ambassador of the Year 2020, and received an ECO 360 Community Sustainability Award in 2019.

The **new** annual membership costs are: Individual: \$25; Family: \$40; Corporate: \$150.

You can now order your membership, find your nature-inspired books, gifts and souvenirs from local artisans as well as your Parks Canada official items on our new online shop at: shop.friendsoffundy.ca.

Follow Friends of Fundy (facebook.com/Fundy-Friends) or visit us at www.FriendsofFundy.ca.

Fundy Biosphere is a community-based initiative comprising individuals and representatives of various stakeholder groups, organizations and local communities working to promote the sustainable development of the region by enhancing the research and innovation capacity and by creating a forum for various groups to share information, knowledge and best practices.


The Bay of Fundy and its adjacent landscapes form a unique region in its geological formations, terrestrial and marine ecosystems and cultural heritage, as well as its variety of rural communities and urban areas.

In the UNESCO-designated Fundy Biosphere Reserve, communities are working together to achieve a greater level of sustainability, while conserving the area's natural heritage. Learn about Amazing Places, trails and more at www.fundy-biosphere.ca.



5526 Route 114
Hopewell Hill
Albert County
New Brunswick
E4H 3N5

Trail Map



Chalet Trails – 2kms Total
1 + - kms Trail
1 + - kms Road

Glamping Trails – 3kms Total
2 + - kms Trail
1 + - kms Road

Cabin Trails – 2kms Total
1.5 + - kms Trail
0.5 + - kms Road

Year Round Trail Available for Public Use

Over 7km of Picturesque Wooded Hiking Trails with plans for two Lookout Points. One overlooking Caledonia Mountain Gorge and the other overlooking Shepody Bay and Grindstone Island.

Accommodations

Adventure Options

Ranch Restaurant

Contact Information
(506) 882-2349
info@broadleafranch.ca
www.broadleafranch.ca

Nature NB is a non-profit, charitable organization. Its mission is to celebrate, conserve and protect New Brunswick's natural heritage through education, networking and collaboration. It supports a community of nature clubs across the province which meet regularly to discover and learn about nature together. Discover countless opportunities to learn about New Brunswick nature while helping to nurture a strong network of individuals interested in protecting our unique natural heritage. Local clubs include Nature Moncton (Contact: Roger Leblanc, www.naturemoncton.com) and Nature Sussex (Contact: Gart Bishop, www.naturesussex.ca).



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Websites and Apps

Hiking NB. This website highlights the many amazing hiking trails in the province. Check out the Fundy East page, which shows the trails in Albert County. Follow on social media to get information about these trails and be inspired by pictures, videos and a podcast from the trails. www.hikingnb.ca/Trails/FundyEast, facebook.com/HikingNb, instagram.com/hikingnb.

All Trails. The website/app supplies first-hand experience, hand-curated trail maps and driving directions, as well as detailed reviews, reports and photos from hikers, campers and nature lovers. alltrails.com.

Trailforks. Trailforks is an international trail database (website and app) map and management system for users, builders and associations. Choose your activity and region for maps, trail elevations, lengths, conditions and more. Note the trails in White Rock Recreation Area, Elgin area and Fundy National Park. www.trailforks.com.

Other apps worth exploring include gaiagps.com/canada, theoutbound.com, and inaturalist.org.

Fundy Circuit ULTRA

The Fundy Circuit ULTRA is a race like no other. Presented by Outdoor Elements, the eco-friendly, 50-km trail circuit is found within the protected boundaries of Fundy National Park. The ULTRA trail loops along the Bay of Fundy coastline through the Caledonia Highlands and Acadian Forest, and past waterfalls, rivers and lakes. The Fundy Circuit Ultra is organized by the Friends of Fundy (see page 22).

The Fundy Circuit ULTRA promotes and encourages trail running and sustainable trail development in the Fundy Coast Region. It celebrates the UNESCO designated Fundy Biosphere Reserve and is recognized as a leader in environmentally friendly and locally sustainable race organization.

Visit www.FriendsofFundy.ca to learn more about the Fundy Circuit ULTRA Community Trail Micro-Grant. The Community Trail Micro-Grant encourages and supports sustainable trail development and use throughout the Fundy Coast Region. As a result, communities that welcome and host trail users can benefit from a vibrant trail economy and its associated social and health benefits. Connecting Albert County is the grateful recipient of the 2019 Fundy Circuit ULTRA Community Trail Micro-Grant, which was used, in part, to produce this publication.




The Old Church Farmers' Market

2807 Main Street,
Hillsborough

Saturdays 9am to 2pm

Please come to **The Old Church Farmers' Market** for Oliver's German Bakery, AnC Meats, Fundy Farms foods, Community Table products, Jems preserves, home baking, arts, crafts, music and a COVIDly-responsible good time!



Community Market

Fresh & Local
 Produce - Meats - Cheeses
 Farm Fresh Eggs - Baked Goods
 Soup - Preserves & much more...

Shop Local

A consignment market for local food producers
 at the Artisan's Village, Main Street, Hillsborough
 Open 7 days, 10am to 6pm through October 2020
 Foods of the Fundy Valley
www.facebook.com/FoodsOfTheFundyValley/
foodsofthefundyvalley@gmail.com



The interactive map was designed by Ryan Wood. Ryan is an artist based in Moncton specializing in photography, video production and visual design.
 ryanwoodphoto@gmail.com
 @ryanwoodphoto

Find the interactive Fundy Trails map at ConnectingAlbertCounty.org/trails

Go online, click on a point, and you will discover information and stories about that trail.

Zoom in and out, find directions from your current location, and much more!

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Trails Along Routes 114 and 915

For details about these and other trails in the region, click on the online trail map (details on page 26).

Alma: Greensnake Trail is a mountain biking trail through Acadian Forest. To reach it, go up School St., turn right onto Falcon Ridge Dr. Park across from Falcon Ridge Inn without blocking the entrance. Go back and cross School St. to a driveway. On the right, take path to the washed-out crossroads, go right and up washed-out rocky road. Trail is on left.

Harvey: Mary's Point. 415 Mary's Point Road, Harvey. The Grouse Trail (700 m) is in an "old field" white spruce forest. The Beach Trail (300 m) ends at the observation deck overlooking the shorebird roost beach.

Hillsborough: Lake Marsh Trail winds around ponds and marsh, and connects with the Hillsborough Dyke Trail. Start at the Visitor Info Centre (2861 Main Street) at the intersection of Route 114 and Steeves Street).

Hillsborough: Dyke Trail follows dykes alongside the Petitcodiac River. Start at the end of Steeves St. and follow the dyke in either direction.

Hillsborough: Gray Brook Trail features a fish ladder and circles pond through the woods with views of wetlands with several bridge crossings. Access it near the corner of Fairview Avenue and Golf Club Road. There is a small parking area on Golf Club Road.

Hillsborough: White Rock Recreation Area. Forested trails on an old gypsum mine site. Access it from Fairview Avenue and Golf Club Road. See page 10 and villageofhillsborough.ca/white-rock-recreational-area.

Hopewell Hill: Broadleaf Guest Ranch. 5526 Route 114, Hopewell Hill. Wooded trails and look-out points. Maps available at Broadleaf Ranch, where there is a restaurant, glamping cabins and trail rides. See page 24 and broadleafranch.ca.

Hopewell Rocks: Flowerpot Rocks, forest, beaches with 3 km of trails. Seasonal entrance fee. www.thehopewellrocks.ca

Riverside-Albert: Shepody Trail. A dykeland and rail corridor along the Shepody River from Riverside-Albert through the covered bridge at Hopewell Hill along the marsh out to Shepody Bay with a great view of Grindstone Island. Access points are along Water Street (including at Riverside Consolidated School) in Riverside-Albert; Sawmill Creek Covered Bridge at 5431 Main Street, Hopewell Hill; and Route 114 in Shepody.

Riverside-Albert: Crooked Creek Trail goes past a pond, through woods to the Crooked Creek Look-off, where there is a level loop. Nice views of the Shepody River and Caledonia Gorge forest. Starts on Water Street in Riverside-Albert, runs up by the duck pond, across Route 114 by 5823 King Street, and continues through the woods to the Crooked Creek Look-off.

Riverside-Albert: Creek Look-off Trail. Drive to the short trails at the Look-off and appreciate the beautiful view of Caledonia Gorge. From Route 114, turn up Forestdale Road (which becomes Crooked Creek Road) for 2-3 km. The road to the Look-off is on the left.

Fat Bike Facts

Fat Bikes are:

Special bikes with big 'floaty' tires.

Easy. Anyone who can ride a regular bike can fat bike!


Versatile. From snow to sand, fat biking can be done anywhere. Albert County has many great fat biking spots from Fundy National Park, White Rock Recreation Area, Mill Creek Nature Park, our many woods and marsh roads, and all points in between.

Hardy. With their oversized tires to soak up the bumps, fat bikes are very durable and easy to maintain.

A great way to keep fit all year round!

So much fun to ride!

Submitted by Mindy Liptay



Mike's Bike Shop
Your outdoor adventure destination store
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mikesbikeshop.ca

Mike's Bike Shop sells, rents and repairs bikes, fatbikes, skis and snowshoes. Visit mikesbikeshop.ca to see the great selection of bikes, sports gear and accessories.



Mapleton Acadian Forest Trail *By Julie Kean Marks*

Have you hiked the Mapleton Acadian Forest Trail near Elgin? I highly recommend this quiet 3-km nature trail to anyone who would like to spend a peaceful hour or two exploring the Mapleton Acadian Forest Nature Preserve. As you meander up hill and down dale, you will discover small waterways, footbridges, interpretive signs, ravines, and a variety of hardwoods and softwoods in the Acadian Forest. You will hear brooks gurgling, squirrels chattering and birds calling. You might also catch a glimpse of wildlife or a maple sugar camp in the distance.

If you have not had the pleasure of experiencing this tranquil trail, come out and see for yourself! During the winter, you might need snowshoes or ice-grippers, depending on the conditions. (Note: bikes are not permitted on the trail.)

The 3-km trail comprises a longer loop of moderate difficulty and a short (0.5-km) loop of increased difficulty. Yellow diamonds mark the trail for hikers going counter-clockwise; there are blue diamonds for hikers going clockwise.

In 2006, the Elgin Eco Association (EEA) built the trail. Since then, it has been maintained by EEA volunteers. In 2016, EEA entered a partnership with the Nature Trust of NB to create the 160-acre Mapleton Acadian Forest Nature Preserve.

Directions: From Highway 1, take Exit 233 at Petitcodiac; turn onto Route 905 towards Elgin. Drive ~17 km to the junction with Route 895 (before Elgin Corner); turn left onto Mapleton Road/Route 895. Drive 4.5 km. Past #2433 at the bottom of the hill (before Kaye Road), you will see a sign on the right. (A larger sign is coming soon!) Snow is not always removed from the parking area. It is a short walk from the road to the trailhead. See [facebook.com/groups/elgineco](https://www.facebook.com/groups/elgineco); [ConnectingAlbertCounty.org/news/community-groups-save-mapleton-acadian-forest-from-clearcutting](https://www.ConnectingAlbertCounty.org/news/community-groups-save-mapleton-acadian-forest-from-clearcutting). Image by Deborah Carr

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Fundy Trail Parkway Hiking Paths

By Nancy Lockerbie



Fundy Trail Parkway is one step closer to becoming more accessible to Albert County. Now connecting Sussex Corner to the Parkway's east entrance and gate, the Fundy Trail Parkway has a variety of hiking paths to suit various fitness and energy levels. Whether you are seeking an easy stroll on a beach or a challenging wilderness hike along the extreme Fundy Coast, we think you'll find what you're looking for within this not-for-profit nature park.

Anyone looking to bike at the parkway can check out the Multi-Use Trail or the Walton Glen Gorge Trail.

For those unfamiliar with the trails, we have categorized the trails to help you out:

Easy: For those who feel comfortable walking 2 to 4 hours a day on mainly level terrain.

Moderate: For those who feel comfortable walking 3 to 5 hours a day. Walking trails can include smooth and/or uneven footpaths and some ascents up to 122 m (400 ft).

Strenuous: For more experienced hikers who feel comfortable walking 3 to 6 hours a day and have a higher level of fitness. Trail may have an uneven terrain with some steeper ascents from 305 to 732 m (1000 to 2400 ft).

With 20 trails varying in length and difficulty rating, there is no doubt a trail for everyone! Our favourite trails include the Multi-Use Trail where you can walk or bike through forests while appreciating stunning views of the Bay of Fundy. If you're up for a more strenuous adventure, try the Hearst Lodge Trail that skirts along Big Salmon River. On a sunny day, feel free to stop and dip your toes in one of the river pools along the way. The McCumber Brook Wetlands offers a unique discovery experience: wander through lush green forest and examine the many different types of fungi and moss, some of which are unique to this area!

If you're interested in visiting often, season passes are available!

Daily Rates: Adult: \$9.50; Senior: \$8.50; Youth: \$5.50; Family: \$30.00

For more information about the Fundy Trail Parkway, visit www.fundytrail-parkway.com or call 1-866-386-3987.

Trails

Multi-Use Trail: 10 km, Hiking or biking, Easy to Moderate

Sea Captains' Burial Ground Footpath: 0.34 km, Easy

Flowerpot Rock Scenic Footpath: 1.5 km, Moderate

Bradshaw Scenic Footpath: 0.6 km, Moderate to Strenuous

Pioneer Trail Loop: 0.48 km, Easy

Big Salmon River Loop: 1.2 km, Easy to Moderate

Suspension Footbridge Trail: 0.39 km, Easy

Hearst Lodge Scenic Footpath: 2.7 km, Moderate to Strenuous

Cranberry Brook Loop: 4.8 km, Strenuous

Big Salmon to Long Beach Footpath: (First Section of the Fundy Footpath): 4.4 km, Strenuous, Note: Cable ladder

Fundy Footpath: 61 km, Strenuous

Salmon River Cemetery Footpath: 0.33 km, Moderate to Strenuous

Long Beach Brook Falls Footpath: 0.7 km, Moderate to Strenuous

Footpath (from P14) to Seely Beach: 1.0 km, Moderate (Moderate to Strenuous on the return hike).

Seely Beach to Little Salmon River: 9 km, Strenuous

Walton Glen Gorge Trail: 2.3 km, Easy, Hiking or biking

Walton Glen Gorge Shortcut: 1.1 km, Easy to Moderate

McCumber Brook Wetlands Trail: 1.2 km to Observation Deck A, Easy

McLeod Brook Falls Trail: 1.2 km, Moderate



Above: Fundy Footpath at Rapidly Brook. Oil painting by Emily Phillips (see page 20); Photo top left by Janet Wallace.



Riverview Community Trails

Riverfront Trail

5.2 km; Free; Easy; Linear; Flat, crushed gravel surface

Shared use trail: cycling, walking, running, snowshoeing, wheeling

Infrastructure: Washroom facilities provided by TransAqua, playgrounds, gazebo, benches, art installments, water refill stations, bike repair station, gardens, picnic tables, lighting

Location: Along Coverdale Rd. extending from the Causeway to Point Park Neighbourhood



Connections: Moncton via Gunningsville Bridge and Causeway; Dobson Trail via Gunningsville Path and Winter Wonderland Park

Interesting Facts: Watch for migratory waterfowl on the marshlands. You can catch the tidal bore when it arrives twice daily. During the holiday season, the trail is lit up with beautiful holiday lights stretching from the Fundy Chocolate River Station to the Gunningsville Bridge playground. townofriverview.ca/riverfronttrail

Gunningsville Path

4 km; Free; Easy, Linear; Mainly flat, paved

Shared use trail: cycling, walking, running, snowshoeing, wheeling, rollerblading, skateboarding

Infrastructure: Benches, bike repair station

Location: Along Gunningsville Blvd. connecting Findlay Blvd. to Coverdale Rd.

Connections: Moncton via Gunningsville Bridge, Dobson Trail via Winter Wonderland Park

Interesting Facts: The rock and fill blown out of the end of Gunningsville Blvd. when it was built was transported to the Winter Wonderland Park site and is used as a toboggan hill.

townofriverview.ca/gunningsvillepath

Dobson Trail

58 km; Free, but memberships and donations are appreciated by the Fundy Hiking Trails Association for upkeep

Difficult, Linear; Single track wilderness footpath; Blazes: blue (main trail) and yellow (side trails)

Preferred Use: hiking, snowshoeing

Infrastructure: Campsites. Guidebook and topographic maps available for sale in local retail shops

Location: Connects Riverview to northern border of Fundy National Park

Connections: Moncton via Gunningsville Path, Alma via Fundy National Park connecting trails

Interesting Facts: The trail is Canada's oldest four-season trail built and maintained by volunteers. The Dobson Trail takes the average person approximately three days to backpack. Edwin Melanson was the Dobson's longest serving Trailmaster from 1975 to 2009. A trailmaster coordinates volunteer efforts, promotes trail use and is the overall guardian of the trail. www.fundyhikingtrails.com

Text and images by Ash Arrowsmith, Community Recreation Worker, Town of Riverview.



Mill Creek Nature Park

Network of trails. The main artery trail is 1.5-km long extending from Robertson Rd. to Runnymede Rd.

Free; Easy to Moderate, Linear and Loops; Variable, wide crushed gravel surface

Shared use trail: cycling, walking, running, snowshoeing, wheeling, cross-country skiing, fat biking

Infrastructure: Benches within the park, washroom facilities close to the look-out area (one handicap washroom), play structure coming soon, picnic shelter, bat boxes, pollinator gardens, picnic tables and firepit at the lookout

Location: Parking lot located off Robertson Rd.

Interesting Facts: This 330-acre biodiverse municipal nature park is home to a variety of wildlife, plants and species. Riverview High School students organize a community Bioblitz (volunteers watch and record nature sightings) every spring! The heart of the park, known as Mill Creek Look Out, designated by the Fundy Biosphere as an "Amazing Place."

In the late 1950s, the Department of National Defence built the Mill Creek dam to create an emergency water supply for fire prevention during the Cold War.

"Friends of Mill Creek" is a committed group of community volunteers whose contributions of expertise and time are dedicated to guiding the development of the Mill Creek Nature Park. townofriverview.ca/millcreek

Trails at Fundy National Park

TRAIL KEY

● Easy ■ Moderate ◆ Difficult  Trans Canada Trail

Fundy Favourites		
1	MacLaren Pond	1 km return trip, 30 min
2	East Branch	5.6 km loop, 2-2.5 hrs
3	Kinnie Brook	2.8 km return trip, 1.5 hrs
4	Matthews Head	4.5 km loop, 1.5-2 hrs
5	Third Vault Falls	7.4 km return trip 3-4 hrs

Coastal Trails		
6	Coppermine	4.4 km loop, 1.5-2 hrs
7	Coastal (East)	3 km one way, 2 hrs
8	Coastal (West)	6.7 km one way, 2.5-3 hrs
9	Goose River	11.3 km one way, 2.5-3 hrs

Family Friendly (less than 1 hour)		
10	Alma Beach	100 metres, 10 min
11	Caribou Plain	2.1 km loop, 1-1.5 hrs
12	Caribou Plain (boardwalk)	100 metres, 10 min
13	Shiphaven	1 km return trip, 30 min
14	Dickson Falls	1.5 km loop, 30-45 min
15	Herring Cove Beach	1.0 km return trip, 30 min
16	Point Wolfe Beach	1 km return trip, 30 min
32	Cygnus	1.5 km one way, 15-20 min
33	Cassiopeia	0.9 km one way, 15 min
35	Ursa Major	1.6 km one way, 20 min
34	Ursa Minor	1.1 km one way, 15 min
36	Orion	1 km one way, 15-20 min

Cycling Adventures		
9	Goose River	11.3 km one way, 2.5-3 hrs
17	Black Horse	4.4 km loop, 1.5-2 hrs
18	Maple Grove	3.5 km one way, 1.5-2 hrs
19	Bennett Brook	13 km return trip, 5-6 hrs
20	Black Hole	5.5 km one way, 2 hrs
21	Marven Lake	8.5 km one way, 2.5-3 hrs
22	Whitetail	5.2 km one way, 2-2.5 hrs
28	Tippen Lot (North)	3 km one way, 1.5-2 hrs
37	Peregrine	1 km one way, 15-20 min
38	Pumptrack	106.5 and 141.6 m loops

Great Trails		
23	Dobson Link	2.6 km one way, 1-1.5 hrs
24	Laverty Falls	2.5 km one way, 1-1.5 hr
25	Tracey Lake	7 km one way, 2.5 hrs
26	Foster Brook	4.4 km one way, 1.5-2 hrs
27	Moosehorn	4.5 km one way, 2-3 hrs
28	The Forks	3.2 km one way, 1.5-2 hrs
30	Tippen Lot (South)	1.85 km one way, 1.5-2 hrs
31	Upper Salmon River	8.2 km one way, 3.5 hrs

Maps of Fundy National Park (FNP) are available at both park gates, the Visitor Centre and other locations within FNP.

Also, find more details about the trails at www.pc.gc.ca/en/pn-np/nb/fundy/activ/sentiers-trails

Material contributed by Asloob Mohammad.

Be Prepared!

- Know your physical limits; Fundy's wilderness is famous for its rugged cliffs and river valleys. Choose a trail that is challenging but enjoyable for you.
- Pack for comfort and safety: A sweater and a windbreaker are good insurance against variable weather. We recommend footwear with good traction and support. Pack fresh water and a snack, even if you're planning a short hike.
- Plan your route and stick to it. Let someone know where you plan on hiking and your estimated time of return.
- For your own safety and to preserve the ecological integrity of the park, stay on marked trails.
- Leave no trace! Please carry out all garbage, yours and any you may find on the trail.



For six years, Connecting Albert County has provided our community with information on people, places and events in rural Albert County. Every month, hundreds of people read our publication. The electronic issue is emailed to 550+ subscribers and many others read the issue online. Hundreds of free print copies are distributed each month throughout rural Albert County. Once a year, we mail an issue to 2300 homes from Stoney Creek to Alma, Parkindale and Elgin.

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The Bennett and Albert County Health Care (BACH) Foundation helps create a healthy, vibrant community. The BACH Foundation improves access to health care services in rural Albert County and supports programs that improve community health.

The BACH Foundation supports the Albert County Community Health Centre in Riverside-Albert & the satellite clinic in Hillsborough; Tele-Drive Albert County; Little Rocks Curling; School Spin Bikes; Connecting Albert County; Tele-Health; Forest Dale Home Van; Literacy Express; Sistema Hillsborough; Imagination Library and much more.

By donating to the Bennett and Albert County Health Care Foundation, you are investing in a healthier community.

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