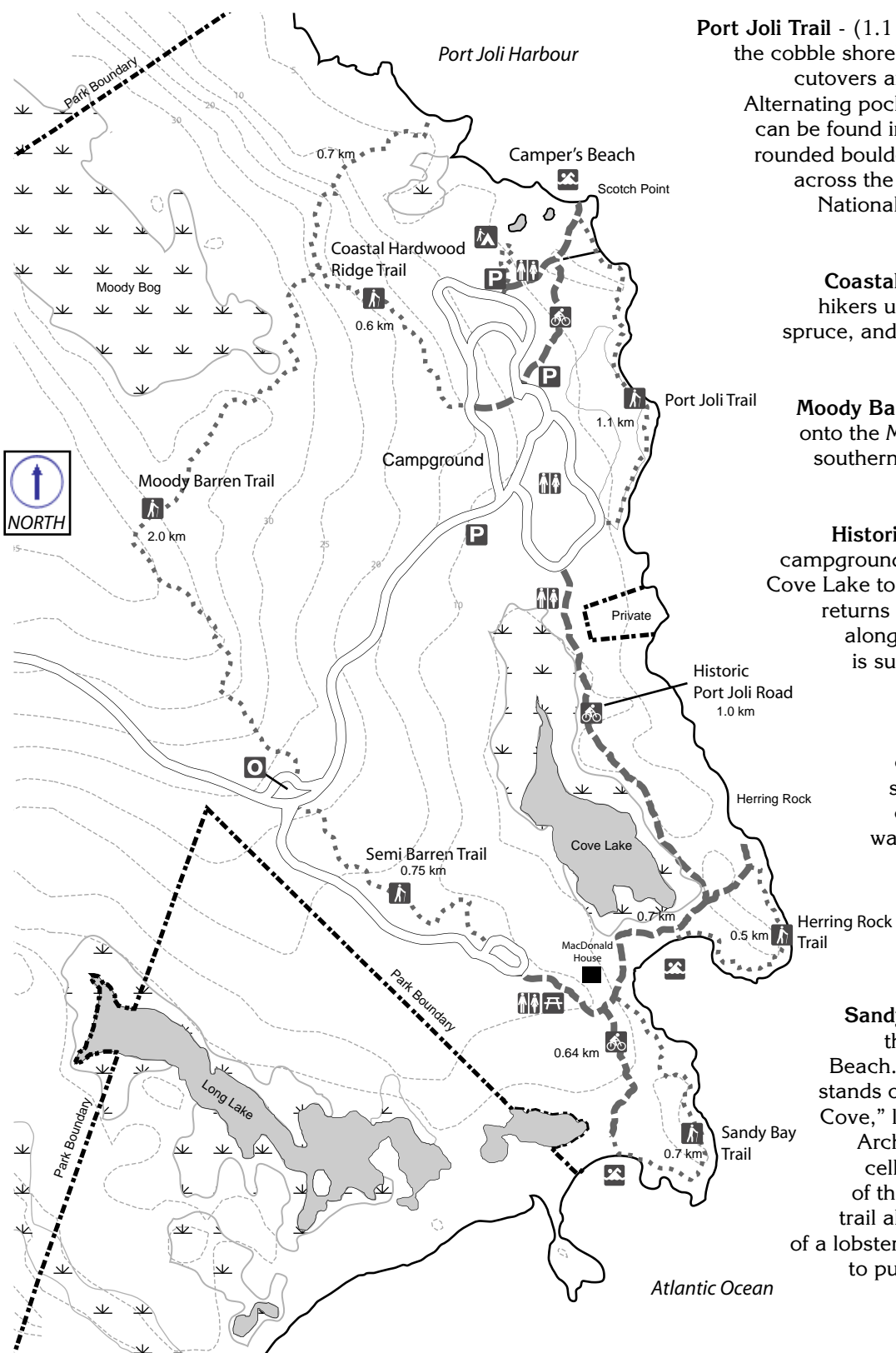


Hiking and Multi-Use Trails

Thomas Raddall Provincial Park



Port Joli Trail - (1.1 km) is an easy hiking trail that follows the cobble shoreline, winding its way along through old cutovers and white spruce and balsam fir stands. Alternating pockets of white sand and cobble beaches can be found in sheltered eddies created by the large rounded boulders exposed at the shoreline. Seaward, across the bay, Forbes Point and the Kedjimbujuk National Park Seaside Adjunct are visible from a number vantage points.

Coastal Hardwood Ridge Trail (1.3 km) leads hikers upward through mixed woods of maple, spruce, and balsam fir to a sheltered beach on the shore of Port Joli Bay.

Moody Barrens Trail (2 km) leads northward out onto the Moody Barrens then eastwards past the southern tip of the Moody Bog and connects to the Coastal Hardwood Ridge Trail.

Historic Port Joli Road (1 km) runs from the campground southward along the eastern shore of Cove Lake to the day-use area of the park. The trail returns northward to the park office then back along the roadway to the trailhead. The trail is suitable for walking, but is a favourite for family biking.

Herring Rock Trail (0.5 km) is a short coastal trail that follows the shore of a small headland overlooking a sheltered cove and Port Joli Bay. This is an easy walking trail. It passes through what was once a thriving inshore fisheries station. Remnants of an old fish storehouse, camp, and wharf pilings may still be seen along the shoreline.

Sandy Bay Trail (0.7 km) is an extension of the multi-use trail leading to Sandy Bay Beach. The trail follows the shoreline through stands of white spruce along the shore of "The Cove," looping back to the MacDonal House. Archaeological surveys show there are old cellars, a well, and stone walls from some of the earliest homesteads in this area. The trail also passes near what was once the site of a lobster cannery and a skidway that was used to pull the fishing boats up out of the water.

It is not uncommon to see seals or rafts of sea ducks (scoters and eiders) in the surf just off the shore.

Be Safe on the Trail

Comfortable hiking boots or other sturdy footwear is recommended.








Tell someone where you are going and when you expect to return.

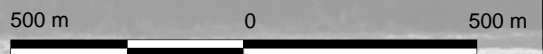
Remain on the established trails and obey all signs.

Carry a first-aid kit.

Park Phone: 902-683-2664

Civic Address: 529 Raddall Rd., East Port L'Hebert

-  Park Office
-  Multi-use Trails
-  Hiking Trails
-  Vault Toilets
-  Picnic Area
-  Parking
-  Beach



Contours - metres above sea level

Thomas Raddall

PROVINCIAL PARK



Please respect the environment.

Pack out all garbage.

Put food in plastic bags instead of cans, foil and bottles to reduce the amount of garbage you have to pack out.

Toilets tend to be situated only near the trail heads. Plan accordingly.

Much of where we like to travel is also tick habitat. Here are a few tips to help keep them from attaching themselves to you and to reduce the chance of secondary infection.

Wear long pants with the cuffs tucked into your socks, a long-sleeved shirt, and a hat.

Apply DEET repellent to your clothing and exposed skin.

Afterwards carefully inspect yourself and your pets. (A flea comb works well to clean off unattached ticks.)

Should you find a tick imbedded in the skin, use tweezers to carefully grasp the head as close to the skin as possible. Pull slowly to avoid breaking off mouth parts. Avoid twisting or turning. Loss of the head or mouth parts increases the chances of infection.

Wash the site thoroughly and apply an antiseptic. Seek medical attention should infection occur.



Blacklegged tick

For the most part the tick that is most often seen is the wood tick and in this region it is not known to transmit disease. Only the Blacklegged tick, a smaller tick that does not have any white markings, is known as a carrier of the bacteria that can cause Lyme disease.

Hiking and Multi-Use Trails



Thomas Raddall Provincial Park occupies almost 700 ha on the southeast tip of a large headland separating the harbours of Port Joli and Port L' Hebert. The park offers over 8 km of trails that loop through a variety of ecosystems including open barrens and bogs, rocky shores, white sand beaches, and lush coastal forest.

Whether you walk, hike or bike some of the trails, you will see a diverse landscape shaped by glaciers that behind a complex of knolls, ridges, small lakes, and wetlands. You can also see how the ocean has influenced the natural and cultural history of the park.

A number of the trails wind their way along the Port Joli Bay coastline. Much of the park's shoreline consists of large granite boulders rounded by centuries of wave action. In the sheltered coves, coarse sand moved by wave action has been deposited in coves. As well, fine sands and sediments have been carried into the shallow Port Joli Bay creating mud flats — vital habitat that sustains much of the area's sea life and supports the traditional fishery and communities along this coast.

Evidence of this rich history can be seen, along the way; a small cemetery, old foundations, wharf pilings, and the MacDonald family homestead are remnants of a once-thriving fishing station. The area was used as a summer encampment by the Mi'kmaq, and ancient shell middens (refuse piles) are still present.

The coastal trails lead through stands of white spruce and balsam fir, typical of Nova Scotia's coastal woodlands. Inland, the Moody Bog Trail and Upper Hardwood Trail lead through the lower slopes of the headland: first through stands of maple, oak, and birch, then up to the barren ridge overlooking the bay.

Enjoy the fresh air and outdoors, but please "take only pictures and leave only footprints."

Keep your pets on a 2-m (6-ft.) leash at all times. Owners must clean up after their pets.



Dominating the Landscape

When you enter the park, the roadway crosses a boulder-strewn ridge and barren land. This is the Moody Barren, and it occupies nearly one-quarter of the park.

As glaciers began to retreat some 14,000 years ago, they left exposed areas of thin, often imperfectly drained soils overlying hardpan or bedrock. A combination of extreme climatic conditions and repeated wildfires has left this extensive area nearly devoid of trees. The barren is covered with heath plants, such as rhodora, Indian pear, Labrador tea, alder, leatherleaf, and blueberries.

