

# INTERNATIONAL APPALACHIAN TRAIL GUIDE

For the **NEW BRUNSWICK SECTION, CANADA**

Revised, July 24, 2006

“An international trail serving as a tangible symbol of U.S. – Canada commitment to work as neighbors, to sustain our common environment, and to celebrate the grandeur of our common landscape.”

**Read this guide, cover to cover, one month before starting your hike**  
*(Pay particular attention to the sections on Border Crossing and Post Office)*

## **NOTICE TO HIKERS**

*There has been a significant change in the route of the IAT in New Brunswick since the publishing of our map in 2002.*

*Please note that the very difficult section along the Restigouche River between Kedgwick and Glenwood Park has been eliminated. This was done for safety concerns of the hikers as it was isolated, dangerous, and rarely used. In two years no hikers even attempted it.*

*As a result, when you reach Kedgwick from the south, you will be given alternate routes that are quite scenic.*

*Both routes are described in the hiking instructions, and both routes appear on the maps. (One is a canoe trip down the Restigouche River.*

## **NOTICE REGARDING MAPS**

The maps on the website with the Trail Guide are designed to carry with you when hiking.

Many have found these maps unsuitable, so a very attractive *highway style map* has been designed. This map costs \$5.00. It is 19in. X 25in. Also makes a nice souvenir.

It is available by sending a **money order for \$5.00 payable to INTERNATIONAL APPALACHIAN TRAIL, and your return address to:**

**BOB MELVILLE 34 ADAMS ST. TIDE HEAD, NB CANADA E3N 4T3**

*5USD if shipped to US. \$5CAD if shipped to Canada. Price covers taxes, shipping, and handling*

*\*REMEMBER, THE TRAIL ALONG THE RESTIGOUCHE RIVER HAS BEEN ELIMINATED.\**

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## **Foreword**

The Appalachian Trail extends from Springer Mountain, Georgia, 3,436 kilometers north to Mount Katahdin in Maine. From its early roots in 1921 the AT evolved into its designation in 1968 as the first "national scenic trail" in the United States.

On Earth Day, April 22, 1994, the former State of Maine Governor Joseph E. Brennan proposed an initiative to link the Appalachian Trail from Mt. Katahdin in Maine through Mount Carleton in New Brunswick to Cap Gaspe, on the Atlantic Ocean, in Quebec. The total length of the link is approximately 997 kilometers (Maine-160 km, New Brunswick-274 km, and Quebec-563 km) and is called the International Appalachian Trail in recognition of the boundaries it transcends.

## **First Nations**

Today, as in the past, New Brunswick is populated with two Algonquin First Nations people: the Micmacs and the Malicetes. The Micmacs were primarily a coastal people and the Malicetes lived on the major inland waterways, including the Saint John River.

The extensive waterways, the development of the birch bark canoe, and the inquisitiveness of these early inhabitants of the area resulted in extensive trade routes throughout New Brunswick, Maine and the Gaspé area.

First Nations people continue to play a vital role in the life of modern New Brunswick.

## **Trail Link**

There is already a link to the IAT. A 115 km. hiking trail, built by the Pabineau First Nation located on the Nepisiguit River, was opened in 2000.

The trail starts at the Pabineau First Nation and links up with the IAT in Mount Carleton Park. This trail traverses the Nepisiguit River watershed and ends at the headwaters of the Tobique River. You will see some of the most beautiful woodlands scenery in the province should you decide to hike this link.

## **Early Settlers**

The earliest settlers in New Brunswick were French, who were subsequently expelled by the English, although some of the French did return after the Peace of Paris in 1763.

In 1783 thousands of Loyalists arrived in Saint John from the United States, the majority of whom were English, but also included Germans, Dutch and several hundred freed

black slaves. Over the years this group was dispersed throughout the province through a system of land grants.

The New Brunswick economy has been dominated by the wood industry in one form or another since the early 1800's. Initially wood was cut to feed the lucrative shipbuilding industry, but as wooden ships gave way to steel the province's economy suffered greatly. By the early to mid 1900's the pulp and paper industry became a dominant feature in the economy.

This area of the province in particular has been, and continues to be, shaped by the lumber industry.

### **Flora/Fauna/Wildlife**

New Brunswick is heavily forested; approximately 90% of the province are under forest cover. This consists of approximately 38% softwood, 14% hardwood and 48% mixed hard and softwoods. Spruce and fir are the leading softwoods, followed by cedar and white pine. Jack pine, red pine, hemlock and larch are also present. The most prevalent hardwoods are red and sugar maples, poplar, white and yellow birch and beech, interspersed with ash, elm, hop hornbeam and red oak.

Wildflowers are abundant, a sample of which are Bee Balm, Turtlehead, Common Strawberry and the Purple Violet, New Brunswick's official flower.

Similarly, there is a wide variety of bird species including Osprey, Bald Eagle, American Goldfinch, Morning Dove, Blue Jay and Black-Capped chickadee (New Brunswick's official bird).

The province has a diverse wildlife population. Deer and moose are plentiful, along with populations of bear, beaver, raccoon, marten, fox and coyotes. Many people believe the eastern cougar inhabits the province but at this point the indications of the cat's existence are largely anecdotal.

### **Climate**

Summers are generally warm, and even in spring and fall there are many pleasant days. Winters are generally quite cold with lots of snow. It is possible to have foul weather at any time of year, but both spring and fall weather are unpredictable, and one should be ready for any eventuality by carrying warm, wind and waterproof clothing.

Average high temperatures

	CELSIUS	FAHRENHEIT
January	-6	21
February	-5 C	23
March	-2 C	28
April	4 C	39

May	9 C	48
June	23 C	73
July	26 C	79
August	25 C	77
September	19 C	66
October	7 C	45
November	3 C	37
December	-4 C	25

**Border Crossing**

All hikers must report at the Fort Fairfield, Maine, and Andover, New Brunswick, border stations.

**PLEASE NOTE:** Pepper/mace sprays and sidearms are prohibited in Canada. All other firearms must be declared at Customs.

**Also please take note.** If you have ever been arrested, or even detained, for anything, even a protest of the Vietnam war so many years ago, or possession of marijuana, your government knows about it. It is on the computer files of both countries and you will be refused entry for an unknown period of time. If there is anything in your past that may cause you a problem, don't wait until you are at the border crossing to have it cleared up.

Canada Customs (Andover Office): 506-273-2072  
 U.S. Customs (Fort Fairfield Office): 207-473-7474

**Duty Free Items (For U.S. Residents, returning to the U.S.)**

- May declare a \$200 U.S daily purchase exemption - per person, tax and duty free (excluding alcoholic beverages and tobacco products).
- May declare \$400 U.S. purchase exemption - per person, after a 48 hour absence for the U.S., every 30 days, tax and duty free (including alcoholic beverages and tobacco products).
- May include not more than 1 litre (33.8 oz) of alcoholic beverages in exemptions - per person after a 48 hour absence from the U.S., tax and duty free.
- May include not more than 200 cigarettes and 100 cigars in exemptions - per person after a 48 hour absence from the U.S., tax and duty free.
- Must be 21 years of age to import alcoholic beverages or tobacco products into the State of Maine.

NOTE: Customs conventions may change. Verify information before leaving U.S.

## **Time Zones**

New Brunswick is on Atlantic Daylight Time. Entering from Maine or Quebec, set clocks ahead one hour. Maine and Quebec are in the same time zone, namely Eastern Daylight Time.

## **Hospitals**

In the case of an emergency dial 911. Additional Medical services are listed in the front of telephone directories. Hospitals are marked with a white H on a green background on road signs.

Perth-Andover: 273-2201  
Plaster Rock (Tobique Valley Hospital) 356-6600  
St. Quentin (Hotel Dieu St. Joseph) 235-2300  
Campbellton Regional 789-5000

## **NB Department of Natural Resources & Energy**

District Offices  
Perth-Andover 273-4797  
Plaster Rock 356-6030  
Kedgwick 284-3413  
Campbellton 789-2336

## **Police**

The Royal Canadian Mounted Police (RCMP) patrol New Brunswick's highways and police many municipalities. Although they are a federal police force, they sign contracts with provinces and municipalities.

RCMP - 1-800-665-6663 (Toll free within N.B., will connect with local detachment)

**Canada Post Office.** You may find it necessary to have a care package mailed to Canada from the U.S.A. or from Canada to the U.S.A.

About two years ago there was a major reorganization of Canada Post addresses and postal (zip) codes to tie in with the 911 emergency phone system. As a result, all General Delivery was abolished except for those Post Offices that had a lot of general deliveries in the past. The only Post Office on the IAT that offers General Delivery services now is Matapedia, Quebec. Luckily, it is the halfway point on the IAT, and on the New Brunswick border. Therefore, when mailing packages to hikers on the IAT from either country, mail to the following Post Office, using the address shown below. If you must use

**some other Post Office, you will have to phone ahead to make arrangements.**

**Poste Restante\* \* This Post Office operates in French. This means General Delivery.**  
**(YOUR NAME HERE)**

Matapedia, QC G0J 1V0

phone (418) 865 - 2188

If you really need something mailed to another Post Office along the Trail, you must phone ahead to tell them of your intentions, and get their proper mailing address.

Perth Andover (506) 273 – 2890      Plaster Rock (506) 356 - 2689  
Kedgwick (506) 284 – 2178          Tide Head (506) 753 – 3460

If you are mailing a package from one country to another, TAKE SPECIAL NOTE. Itemize what is in the package on a form provided by the Post Office. Don't just say clothing, specify, two pair of socks, three pair of underwear, one pair of hiking boots for example. This will greatly reduce the chance of it being held up for Customs inspection. When mailing, allow for an extra two weeks, just in case it does get held up for inspection when going from one country to another. The Customs of both countries are very diligent about inspecting parcels that may look suspicious for drugs, or explosives, especially since 9/11

Also, remember that when parcels come from another country, both Canada Post and the US Postal Service charge a forwarding fee. This is different from hiking on the AT as forwarding from one Post Office to another is free when the parcel is mailed in the US.

### **Supplies**

Perth-Andover, Plaster Rock, Kedgwick, Campbellton, and Matapedia in Quebec have grocery and hardware stores, motels, banks (automated teller), post offices and restaurants.

### **Hunting Seasons**

Hunting seasons vary in New Brunswick. When hiking the Trail during hunting season it is strongly recommended that a fluorescent, solid hunter orange vest or jacket be worn. Contact a Natural Resources & Energy District Office to obtain specific information pertaining to your planned time for hiking the Trail.

### **Language**

New Brunswick is Canada's only officially bilingual province with approximately 33 per cent of the population French-speaking. The area from the US border to Mount Carleton Park is predominantly English speaking. From the Mount Carleton Park to Glenwood Park, the population is predominantly French speaking. Along the Restigouche River, the population is mostly English speaking.

### **Alcoholic Beverages**

Legal drinking age is 19 years. Bottled liquor (spirits, wine, beer) is sold primarily in government stores. There are various private stores in the province that sells liquor as agencies for the NB Liquor Corporation. Alcoholic beverages are available in Perth-Andover, Plaster Rock, Riley Brook, and Kedgwick.

## **Sales Tax and Rebate Program**

New Brunswick administers a 15% sales tax on most goods and services. Visitors are eligible to receive a 15% rebate on eligible sales receipts submitted for roofed accommodations and most tangible export goods. Applications and additional information are available at Canada Customs and Visitor Information Centres within the province.

**Service New Brunswick** - 1-888-762-8600, general information for services provided by the New Brunswick government, must be dialed from within N.B, out of Province calls in English: 1-506-684-7901 and in French: 1-506-684-7902.

## **Metric System**

New Brunswick, like the rest of Canada, operates under the metric system. Some typical conversions follow.

1 inch = 25.4 millimetres or 2.54 cm

1 mile = 1.609 kilometres

16 fluid oz = 0.474 litre

1 quart = 0.946 litre

1 kilogram = 2.205 pounds

To convert the kilometers in the guide instructions into miles, multiply the number of km. by 0.60 to get the approximate number of miles. (actually 0.624 will do it exactly)

## **Accommodations**

### **Perth-Andover**

Perth-Andover Motor Inn  
William Linton  
Perth-Andover, N.B.  
506-273-2224

Valley View Motel  
Noel & Theresa Gagnon  
TCH Route 2  
Perth-Andover, N.B.  
506-273-2785

Baird House Bed & Breakfast  
Ray & Carol Andersen

Perth-Andover, N.B.  
506-273-2643

DeMerchant's B&B and Tourist Home  
Stephen & Shirley DeMerchant  
Route #2  
Perth-Andover, N.B.  
506-273-6152

Muniac Park Campground  
Paul Kinney  
Perth-Andover, N.B.  
506-273-3254/273-2601

### **Plaster Rock**

Roger's Hotel  
Wilfred Lagace  
Plaster Rock, N.B.  
506-356-8656/356-2449

Tobique View Motel Ltd.  
Plaster Rock, NB  
506-356-2684/356-2441/356-2683  
Fax 506-356-7583

Deep Point Bogan Cottage  
Diana McAskill  
Plaster Rock, N.B.  
506-356-2337

Settler's Inn and Motel  
141 Main Street,  
Plaster Rock, NB  
506-356-9000  
Fax 506-356-8879  
Toll-free 1-888-273-4133

Plaster Rock Tourist Park (Camping)  
Plaster Rock, NB  
506- 356-6077

Chappels Blue Mountain Campsite (Wilderness Camping)  
Plaster Rock, NB  
506-356-7117

## **Kedgwick**

O'Regal Restaurant and Motel Ltee  
Kedgwick, NB  
506-284-2196

Mom's Bed & Breakfast  
Diane Bolduc  
8760 Route 17  
Kedgwick, N.B.  
506-284-2586

Centre Echo Restigouche (Cabins & Camping, Canoe Outfitters)  
Jean Yves Deschenes  
1397, Route 265  
Kedgwick River, N.B.  
506-284-2022/284-3140  
Fax 506-284-2927

Kedgwick Forestry Museum Campsite  
Route 17,  
Kedgwick, N.B.  
506-284-3138

## **Campbellton**

Auberge Wandlyn Maritime Inn  
Millie Dickie  
26 Duke street  
Campbellton, N.B.  
506-753-7606  
Fax 506-753-4865  
Toll-free 1-800-561-0000

Comfort Inn  
11 Val D'Amour Road  
Campbellton, N.B.  
Fax 506-753-2238  
Toll-free 1-800-228-5150

Howard Johnson Hotel  
157 Water Street  
Campbellton, N.B.  
506-753-4133  
Toll-free 1-800-446-4656

Sanfar Cottages & Country Kettle Dining Room  
Restigouche Drive, Tide Head  
Campbellton, N.B.  
506-753-4287

### **Geological Formations**

(This section and the Geological Localities of Interest below are excerpts from the Geological Highway Map of New Brunswick and Prince Edward Island, available from N.B. Natural Resources & Energy)

Border crossing to Perth-Andover: Upper Ordovician - Lower Silurian, thin-bedded limestone, calcareous shale and feldspathic sandstone deposited in a deep marine basin.

Perth-Andover to Red Rapids: Devonian, siltstone, sandstone, shale, minor conglomerate and limestone deposited in shallow to deep marine basins.

Red Rapids to Riley Brook: Mississippian, non-marine conglomerate and sandstone overlain by limestone and evaporites (gypsum, salt potash) deposited in shallow marine basins.

Riley Brook to Mount Carleton: Devonian, siltstone, sandstone, shale, minor conglomerate and limestone deposited in shallow to deep marine basins. Mount Carleton also consists of rhyolitic and basaltic volcanics deposited in shallow submarine and subaerial environments.

Mount Carleton/Little Tobique River to Matapedia, Quebec, Upper Ordovician - Lower Silurian, thin-bedded limestone, calcareous shale and feldspathic sandstone deposited in a deep marine basin.

### **Geological Points of Interest**

**Arthurette:** Large roadcuts along the highways on both sides of the Tobique River leading eastward from Perth-Andover to Arthurette are in folded Devonian sandstone and slate. However, as Arthurette is approached, the undulating topography characteristic of the area underlain by these Devonian sedimentary rocks gives way to a level plateau with an arable red soil. This red colouration is derived from underlying flat-lying Carboniferous red sandstone. Exposures of this sandstone can be seen from the Tobique River bridge.

**Plaster Rock:** Plaster Rock derives its name from the Carboniferous gypsum deposits exposed between Plaster Rock and Wapske River along 109, on the east side of the Tobique River.

**Riley Brook:** Roadcuts along the highway between Plaster Rock and Riley Brook are in Carboniferous redbeds. However, Blue Mountain seen on the east side of the Tobique River is underlain by Devonian volcanic rocks. The solitary peak seen in the distance as Riley Brook is approached is Bald Peak - a Devonian volcanic neck. Road exposures between Riley Brook and Mount Carleton Park are Devonian sandstone and slate.

**Mount Carleton:** The range of hills dominated by Mount Carleton and Sagamook Mountain is underlain by Devonian, dark pink, flow-banded, porphyritic rhyolite - a viscous silica-rich lava containing pink feldspar crystals. The flow-banding is a layering formed in the lava as it flowed down slope.

**Kedgwick:** Roadcuts on Highway 17 between Kedgwick and Upsalquitch are Ordovician sandstone and slate.

### **MOUNT CARLETON PROVINCIAL PARK**

At 820 metres Mount Carleton is the highest peak in the Maritime Provinces. It is a full service park offering everything from wilderness camping to cabins.

There are 10 different hiking trails in the park, covering approximately 62 kilometres. With the shortest trail being 0.3 kilometres in length and the longest 11 kilometre. It would be wise to plan a stopover of several days to fully enjoy all the park has to offer.

### **CANADIAN HERITAGE RIVER DESIGNATION**

A 55 kilometre long section of the Restigouche River has been designated a part of the Canadian Heritage River System, “The primary objective of the program is to ensure that rivers which are outstanding examples of Canada’s natural heritage, which have played a significant role in Canadian history, or which offer outstanding opportunities for recreation, are managed in such a way that their distinctive value is conserved while public use and enjoyment is enhanced.”

### **LEAVE NO TRACE HIKING (Thanks to Appalachian Trail Conference)**

- Travel only by foot.
- Stay on the footpath; short cuts erode the land and make more work for the people who take care of the trail. If you wander too far, you may trespass on private land.
- **If you packed it in, pack it out.** Help out by picking up any trash left by others.
- Travel in small groups. Four to five is ideal; 25 is the maximum.

- Camp in-groups of ten or less. If you have more than 5 or 6 people in your group, set up your tents in an appropriate area so that all the hikers at a site can use the common facilities.
- Take only pictures. Leave only the lightest of footprints.
- Use the privy if the campsite has one; if not, dispose of your waste in a "cathole" 6" to 8" deep, 4" to 6" wide, at least 50' from the Trail and 200' from water, campsites, and shelters.
- Don't wash or rinse your dishes in or near open water.
- Respect other hikers and wildlife by traveling and camping quietly.
- Purify all drinking and dishwashing water before you use it.
- Camp only in areas established for overnight use.
- **Do not build campfires;** use a small backpacking stove instead.
- You do not want food odors around your tent. It is essential that you prepare meals away from it. When you have finished eating, hang your food from a tree branch that is at least 10 feet off the ground, and well away from your tent.

## HIKING INSTRUCTIONS

The SIA/IAT is marked with a blaze of blue lettering superimposed on a white background when following roadside or on the NB Trails system. Through the woods, a blue and white striped tape is used.

### INSTRUCTIONS, SOUTH TO NORTH (Andover, NB to Matapedia, QC)

You will enter Canada by clearing Canadian Customs at Andover, New Brunswick. After clearing Customs, continue along the International Boundary that you have been hiking in Maine. You are now technically in Canada, so stay on the Canadian side. In approximately 4 km., you will come to a large swamp. Watch for an abandoned railway here, and turn right on that line. At this point, watch for a shelter for overnighting. This is the old Tinker Line Railway. After 6 km. on this rail bed, you will pass under a highway bridge across the Aroostook River, then join the NB Trail, also an abandoned rail line. Bear to the right and follow the NB Trail downstream through the village of Aroostook, then 6 more km. to Perth-Andover.

At Perth-Andover, stay on the trail until you see the highway bridge across the St. John River. Cross this bridge. Turn left at the end of the bridge, and walk along the main street (also Routes 105 & 109) for about 0.5 km. Just before the road (routes 105 & 109) splits you will see the NB Trail on the left, going up beside the St. John River. Follow this trail. You will go by a hydro electric dam on your left after 5 km., and go under a highway bridge. Stay on this trail all the way to Plaster Rock, a distance of about 35 km. You will be following the Tobique River all the way. About 15 km. past the dam, you

will pass the Red Rapids Cemetery, and in another 5 km., you will go under a concrete bridge across the Tobique River. Don't cross this bridge. Stay on the trail.

When you reach Plaster Rock, leave the trail and cross the highway bridge over the Tobique River. Turn right on Route 385. This will take you through the business district of Plaster Rock to give you a chance to shop for supplies and do your banking. You will stay on Route 385 to Mount Carleton Park, a distance of 80 km. 40 km. up this road is the small village of Riley Brook. There is a motel, a restaurant, and a general store here. (They sell booze at the general store. Not that you would be interested of course. I just threw that in there).

This is your last chance for supplies before Kedgwick, 4 or 5 days away. 10 km. past Riley Brook is Black's Camps on the right. 1 or 2 km. past that, again on the right, is a brown house with two barns in the back. Stop in here for a visit. **THAT'S AN ORDER!** You will be glad you did. This has been the home of the Miller Canoe Co. for 75 years. The third generation builder, Bill Miller 111 (the third, not one hundred and eleventh) will give you a tour of his shop, and anything else you may need. He is a Trail Friend extraordinaire.

Continue on from here for another 30 km. to Mount Carleton Park. After October 1, camping is not allowed. If you are a late hiker, continue along the highway.

The trail now enters Mount Carleton Park and crosses over the three highest mountains in the Park. We highly recommend this hiking experience, but if time is of the essence, you may skip this portion and continue roadside and ignore this part of the Trail Guide.

Enter Mount Carleton Park at the junction of Route 385, and the Park entrance road. A registration center is located at the entrance building. Information regarding camping and other Park services are available here along with hiking trail maps. Be sure to get a map of the Park as you will need it along with the following instructions

Follow the Park access road to the trail head for the west trail to Mount Carleton (See Park map). You will pass the Park office on the right, a short distance off the road. A pay phone is located there. from here. **If you wish to stay at the Nictau Lake Camps, phone ahead. The number is (506) 356 – 8353.** Further on is the Franquelin campground. The west trail to the top of Mount Carleton is approximately six kilometers in length, and there is a remote campground in about four kilometers. Mount Carleton is the highest peak in the Maritime Provinces with an elevation of 820 meters.

Continue from Mount Carleton (use your Park map) to Mount Head, and Mount Sagamook, approximately 2.6 km.

From Mount Sagamook, take the west trail, to the trail head, about 2 km. About 0.5 km. to the east is Nictau Lodge. Accommodation, showers, and food are available if you contact them in advance.

From there, using your Park map, continue back to the entrance of the Park.

From the entrance to Mount Carleton Park, continue, in a northerly direction, roadside along Route 385 for approximately 9 kilometers to the junction with Route 180. Turn left on Route 180 in the direction of St. Quentin. Follow roadside, west along Route 180. It is a long walk. You will see IAT markers on the highway signs every 5 kilometers or so. After 17 kilometers, you will pass a maple syrup plant on the left. (marked “sucrerie” in French). It is approximately 25 kilometers to the junction with Route 260.

Turn right on Route 260 and follow roadside, north along Route 260 for approximately 10 kilometres to the village of St. Martin.

On the way, you will go through the small village of St. Martin. When you pass the church on your right, you will be 8 kilometers from Kedgwick. Continue on the road to Kedgwick. **When you come to the stop sign in Kedgwick, you are at the spot where you will make the decision on what route you will follow to Matapedia.**

There is a campground and a motel in Kedgwick along with several eating places, and a couple of grocery stores, with beer & wine, plus a bank machine at the Caisse Populaire.

You now have two choices for your trip to Matapedia, Quebec. The Trail from Kedgwick to Glenwood along the Restigouche River (choice no. 3) has been, as previously stated, eliminated, as it was extremely difficult and challenging due to the very large number of deep gulches formed during the melting of the glaciers. I might also add that cellphones do not work here.

We therefore have another trail which is easier and very scenic (choice no. 2).

There is also the option (choice no. 1) of a canoe trip down the world famous Restigouche River.

**Choice No. 1.** If you are not a hiking fanatic, and you want an interesting adventure, you may want to consider renting a canoe, complete with all required equipment, and canoe down the Restigouche River to Matapedia, Quebec. It is some fun, I'll tell you, and also easy, and relatively safe. It is a 60 mile, two day run, on the most famous salmon river in the world. If you don't want to go it alone, a guide is available, for a fee of course. Think about it.

To rent a canoe, simply call Centre Echo Restigouche at (506) 284 – 2022 or Andre Arpin at (506) 284 – 3140. If not, continue hiking as follows.

### **Choice No. 2.**

This is the scenic route, along an abandoned rail line, and is the NB Trail. Continue straight at the stop sign on Route 17 North. In a kilometre or so, there will be a

campground to the right and a little further, the O'Regal Motel and Restaurant to the left.

Turn left off the highway and walk to the O'Regal motel and restaurant. Go to the back of the motel and you will see the trail going off to the right towards a large sawmill. After 200 meters or so you will be on the old rail line. You will stay on this line for the next 70 km. Be careful after you pass the sawmill property, as there is a road going to the left, and you must stay on the trail. You will be able to recognize it as an old rail line, and not a road. (level and straight)

The NB Trail which you are now on has distance signs in km. to let you know how far you have walked. At 237 km. you will cross the highway once more. At 250 km., you will reach the small village of St. Jean Baptiste. There is a grocery store (with a liquor license) there, and a phone. No other services are available.

Note: About 200 feet past the 277 km. sign, to the left, you will see blue and white ribbons. DO NOT turn left here. This is where the challenging river route used to begin before it was eliminated. You will turn left about 16 km. further on.

At 289 km. you will arrive at the Upsalquitch River after a walk down the scenic valley of Grog Brook. There is a railroad bridge across the river, and you may see your first salmon fishermen here.

Do not cross this bridge, but rather turn left on the paved road. Continue on this road for approximately 10 km. (6 miles). You will arrive at Route 18. Turn left on Route 18 and you will cross the Upsalquitch River. Continue on for another 12 to 15km and turn hard left onto the Restigouche River Road.

After 3 kilometers, you will pass a cemetery on your left. One more kilometer will see the paved road curve sharply to the right. Follow it. Do not go straight on the gravel road.

Follow the road along the river another 10 kilometers to the bridge over the Restigouche River. Turn left and cross this bridge to bring you into the village of Matapedia. You are now in Quebec and will need your Quebec directions. Stop in at the Hotel/Motel Matapedia and ask for Pete Dube (ph. 865 – 2155) or David LeBlanc (ph. 865 – 2106) for further instructions if required. **BONNE CHANCE. *Y'all come back real soon, eh?\**** (\* this is the only publication in North America where you will see y'all and eh? in the same sentence.)

### **INSTRUCTIONS, NORTH TO SOUTH (Matapedia, QC to Andover, NB)**

You will complete the Quebec portion of the IAT at Matapedia, Quebec. This will be your last chance for supplies for over 100 km. so stock up. Leave Matapedia on Route 132 East. On the edge of town, turn right and cross the highway bridge to New Brunswick over the Restigouche River. At the end of the bridge, turn right on the Restigouche River Road.

Follow this road beside the Restigouche River, which will be on your right. After 10 km., the road will turn sharp left. Turn left here on the paved road. After one km. you

will pass a cemetery on the right. After another 3 km., you will reach the intersection with Route 17. Turn sharply to the right and follow Route 17. Stay on Route 17 for about 15 km. You will arrive at the Upsalquitch River bridge. Cross this bridge, and turn left shortly after on a paved road. After about 10 km you will arrive at the NB Trail which can be identified by a railroad bridge across the Upsalquitch on your left and a red caboose which has been converted to a summer cottage on your right. Turn right on this Trail which is an abandoned railway.

For your convenience, the distance is marked on the NB Trail. This bridge is approximately at 289 km.

At 250 km., after a walk up the valley of Grog Brook, you will reach the small village of St. Jean Baptiste. There is a phone, but no other services. At 237 km. you will cross the highway, and there is a Bed and Breakfast on the highway, a short distance to your left. Stay on the trail. In another 10 or 15 km. you will come to the edge of a large sawmill property on the outskirts of the village of Kedgwick. After following the trail along the sawmill property, it will veer off to the right, and end up in the backyard of the O'Regal Motel and Restaurant. There is a campground a short distance from the motel and also grocery stores and restaurants, plus a bank machine in Kedgwick. Continue along Route 17 towards Kedwick business district for 1km. Route 260 will be straight in front of you when you reach the Boni Choix supermarket.

Continue on Route 260. The small hamlet of St. Martin which has no services, will be in 8 km. There will be a church in the center of town.

10 km. past this church, which is in the center of St. Martin, will bring you to the T junction with Route 180. Turn left on Route 180.

Stay on Route 180 for 25 km. to Route 385, which will take you to Mount Carleton Park. This is a long roadside walk, but you will see IAT signs on highway signs every 5 km. or so. Turn right on Route 385. It is very well marked with signs pointing to the park. After you have walked approx. 9 km., you will arrive at the park entrance.

The trail now enters Mount Carleton Park and crosses over the three highest mountains in the Park. We highly recommend this hiking experience, but if time is of the essence, you may skip this portion and continue roadside, ignoring the Park portion of the hiking instructions.

Enter Mount Carleton Park at the junction of Route 385 and the Park entrance road. A registration centre is located in the entrance building. Information regarding camping and other Park services are available here along with hiking trail maps. Be sure to get a map of the Park as you will need it along with the following instructions.

Follow the Park access road to the trail head for the west trail to Mount Carleton (See Park map). You will pass the Park office on the right, a short distance off the road. A pay phone is located there. If you wish to stay at Nictau Lake Camps, phone ahead here. Further on is the Franquelin campground. The west trail to the top of Mount Carleton is approximately 6 km. in length and there is a remote campground in about 4 km. Mount Carleton is the highest peak in the Maritime Provinces with an elevation of 820 meters. Continue from Mount Carleton (use your Park map) to Mount Head, and Mount Sagamook, approximately 2.6 km.

From Mount Sagamook, take the west trail, to the trail head, about 2 km. About 0.5 km. to the east is Nictau Lodge. Accommodations, showers, and food are available if you contact them in advance.

From there, using your Park map, continue back to the entrance to the Park.

After you have left the park via the main gate, turn left on Route 385. Continue in a southerly direction on Route 385 for approx. 30 km. You will cross a large, concrete bridge at that point, and shortly thereafter, see a number of houses. This is the urban sprawl known as Nictau. The Tobique River will be on your right. After you have gone past 4 or 5 houses there will be a brown, two story house with two barns in the back on the left. Stop in here for a visit. THAT'S AN ORDER. This is the home of the Miller Canoe Company, which has just celebrated 75 years in business. Bill Miller 111 (the third, not the one hundred and eleventh) will give you a tour of his shop and provide almost anything else you may need. He is the third generation builder and a trail friend extraordinaire. If you are not a fanatic hiker, and want an interesting experience, you may be able to rent a canoe from Bill and canoe down to Plaster Rock. (Some fun, I'll tell you, and quite easy and safe). This will depend on his available time, and the water level, of course. There is a shelter behind his workshop with water and an outhouse. After leaving beautiful downtown Nictau, it is a 10 km. walk to Riley Brook. There is a motel here, along with a general store (That sells booze. Not that you would be interested of course, I just put that in there.), and a restaurant. Continue through Riley Brook on Route 385 South, another 40 km. You will come to the junction of Routes 385 and Route 108. Go on Route 108 South to the village of Plaster Rock, a distance of 4 km. Turning left on main street will give you all the services you will require. Continue through Plaster Rock, over the bridge across the Tobique River on Route 108.

About 1 km. past the bridge, on Route 108, you should be able to see the NB Trail on your right. It is an old, abandoned, railway bed. When you can see it, get on it and walk in a southerly direction. This will be your trail for the next 35 km. After you have walked approx. 10 km., you will go under a highway bridge across the Tobique River. Stay on the trail. In another 5 km. you will walk by the Red Rapids cemetery. 15 km. further on you will come to a hydro electric dam on the Tobique River and pass under a highway bridge. Stay on the trail. You will now have the St. John River on your right. 5 km. past the dam is the village of Perth Andover.

The NB Trail will end as you enter the village. Walk straight, along the street, about 0.5 km. to the highway bridge across the St. John River. Turn right across this bridge. At the other end of the bridge, cross the road and turn right. Off to your left is the NB Trail. Once again it is an old rail bed. When you can see it, and it may be difficult, as it goes through both back and front yards, get on it and continue walking. Just continue walking along the left side of the street if you have trouble seeing it. Once again, it is an abandoned rail line. Follow this trail 6 km. north to the village of Aroostook. Go through Aroostook on this trail. After about 2 km. past Aroostook, watch for the trail splitting. Keep on the trail to the left and follow it under a highway bridge with the Aroostook River on your right.

After you have gone under the highway bridge, you will be on another abandoned railway. This is called the Tinker Line. This line is not a part of the New Brunswick trail

system and it is starting to grow up with bushes. Follow this line up to the International Boundary. Turn left on this Boundary, keeping to the left as you walk the Boundary, as you are still in Canada and have not yet entered the United States. You will come to the two Customs Offices in about 4 km. To enter the United States, turn right to the U.S. Customs Office in Fort Fairfield, Maine. You will now need your Maine Trail Guide. GOOD LUCK.

*Y'all come back real soon, eh?* (This is the only publication in North America where you will see y'all and eh? in the same sentence).

Additional Information Contact:

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