



## Earthwalk to Eagle's Nest



## Hiking Guide







## Hiking Tips

Safety first! Please inform someone in your family or group that you are about to hike out to Eagle's Nest and give them a rough estimate of your anticipated return time. It is ALSO suggested that you let a staff member at the Adventure Centre know of your hiking intentions and of your anticipated return time.

Once you are out hiking on the trail, TAKE YOUR TIME. Set your own pace and take it easy going up any hills. Rest as often as your body tells you to rest. This is an 8 km hike and you don't want to burn yourself out.

If you set out as a group, keep in mind that the entire group needs to hike at a pace that can be maintained by everyone. Sometimes this means that the pace for the entire group will be the pace set by the slowest hiker.

On your way watch and listen for birds, animals, insects, reptiles and interesting forest features and plants. You might find interesting feathers. If you are hoping to observe wildlife, the quieter you are the better. Generally, if it is drizzling or raining there won't be many flies to bother you. Muddy spots on the trail are great places to look for animal tracks!

## Wildlife

Your chances of seeing birds and small animals are quite good especially if you are quiet. If you don't really desire to see any wildlife just be as loud and noisy as possible! Animals you might see while hiking are the red squirrel, chipmunk, deer mouse, striped skunk, ruffed grouse, raccoon, porcupine, snowshoe hare, mink, muskrat, beaver, river otter, red fox, coyote, mink, pine marten, weasel and fisher. Plentiful in this area, the most common large animal that you may see are white-tailed deer. On occasion, a moose has strolled through this area too! Check out some of their footprints in this hiking guide!

Although coyotes, timber wolves, cougars and black bears are wildlife residents of this area, your chances of actually seeing them in the forest are extremely rare. Sometimes we only know these animals are present at all is because of their tracks.

If elusive animals like bears are present, they usually know you are around well before you're even aware of them and will be long gone before you even get a chance to see them. Most animals are more afraid of humans (for good reason) than we are of them!



Chipmunk Footprints

## Birds you may see "soaring" at Eagle's Nest

The large dark-coloured birds you may see soaring here are likely turkey vultures. They have a grey-ish, two-toned underside and a featherless red head. They usually soar with their wings in a gentle "V" profile. When they are soaring, often in pairs or small groups, they hardly ever flap their wings!

You might also be watching the resident ravens. They are jet black and are a bit smaller than the turkey vultures. Often they are quite vocal with each other. At this site, it is the ravens who often soar doing amazing aerial acrobatics and at times, it is like watching an air show!

A large blue-grey coloured bird with long wings, long legs, long neck and beak is the great blue heron. It doesn't really soar but flies with slow, steady flaps of its wings. These birds generally fly alone and will swoop down to feed for minnows and frogs on the pond below.

If you are really lucky you might even see an eagle soaring here hence why this special place is called "Eagle's Nest". The eagle native to the Madawaska wilderness is the bald eagle. Often a soaring turkey vulture is mistaken for a bald eagle. Both birds are of a similar size but the eagle is a bit bigger. The way to know for sure if you see a mature bald eagle is it has a dark brown body contrasted sharply by a completely white head and tail feathers. When an eagle soars, its wings are virtually flat like a board in profile. Also, an eagle usually flaps its wings a couple of times in flight as it soars.

Regardless of what kind of bird you are watching soar here at Eagle's Nest, just being in this special environment is intended to make your own spirit soar. We hope you feel connected to the beauty and peace of this sacred place.

We hope you've enjoyed your hike to Eagle's Nest Sacred Site! To return to Calabogie Peaks Resort, simply follow the route you just walked in reverse.



The Bald Eagle

## 12. Question

From what you've learned so far, what kind of pine is this?

## 13. "Windthrows"

A tree that is blown down and uprooted by the wind is called a windthrow because the wind "throws" it! Here you will notice a few pine trees that have been blown down by the wind. Areas in the woods that are higher or more open in tree cover - like this spot on the trail - are more susceptible to wind damage. The root area of an uprooted tree becomes an instant garden by creating a place of freshly exposed mineral soil now available to a variety of plants and other trees. Fallen trees become logs that create homes for insects and small animals as they slowly rot and become earth again. Often the exposed root area of a windthrow will become a cozy winter shelter for a hibernating bear!

## E. Entrance to Eagle's Nest Sacred Site - CAUTION CLIFF AREA

You have reached your destination! On your way up the last part of the trail, you will see the "Eagle's Nest Sacred Site" sign. For more insight into the essence of the eagle and the significance of this site please read the sign.

Enjoy the view! Enjoy your stay! Please be very careful while you are here and do not get too close to the edge of the cliff. Watch your children like a hawk and please prevent them from running around. Do not let them get close to the edge either.

This spot is the highlight of our area. Relax and take a break. This is a great place to eat your lunch or a trail snack. You must bring all your food wrappers, papers, baggies, cans, bottles, etc. home with you. And please, do not throw ANYTHING over the edge as there could be people exploring upon the rocks below.



## Your Destination - Eagle's Nest

The first inhabitants of this area were the Algonquin and to some extent the Ojibway. They are known more properly as "Anishnabe" in their own language which means "Original People." To this day, the Anishnabe still regard the eagle as one of the highest, most revered "manitous." The word manitou means "spirit." Any place where the manitou of the eagle exists is considered a place of great power and inspiration by the Anishnabe people.

## Your Trail Markers

The ONLY signs that mark the route to Eagle's Nest are the signs with a symbol of a circle with an eagle's head divided into four sacred colours of yellow, red, black and white. This symbol appears on your map as a compass. Watch for these signs along the way to make sure you are following the correct route.

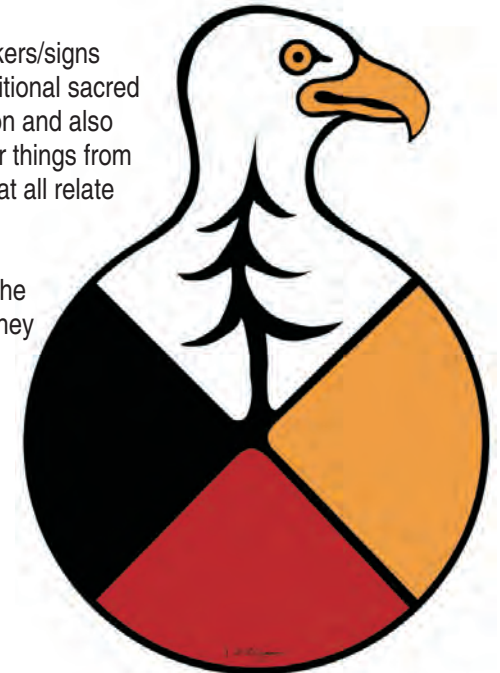
Once you arrive at Eagle's Nest, the route back to the resort is the exact same route but you will simply be walking it in the reverse direction. On your way to Eagle's Nest try to be observant of things upon the trail that you can recognize again on your way back. Don't worry, the four coloured signs mark the route back to the resort as well!

In traditional Anishnabe philosophy a circle represents a journey. Whether the journey is measured by the hours of a day, moons of a year or the seasons of a lifetime depend on the awareness level of the traveler. The circle also represents wholeness and the connectedness of all things.

For your journey to Eagle's Nest, the markers/signs you are following are done in the four traditional sacred colours. Each colour symbolizes a direction and also serves as a metaphor for a variety of other things from physical elements to spiritual essences that all relate to each other as a whole.

Here is how the Anishnabe people teach the four sacred colours relating to the life journey of a person:

YELLOW	>	East	>	Spring	>	Child
RED	>	South	>	Summer	>	Youth
BLACK	>	West	>	Autumn	>	Adult
WHITE	>	North	>	Winter	>	Elder



## Along the Way

A **LETTER** on a four coloured trail marker indicates a trail junction you will see on the map.

A **NUMBER** on a marker is a natural feature you can read about in text of this booklet that follows.

Let's Go!

**START** - Start your hike at the green triangular "Snow School" sign located beside the ski lodge. Follow the markers up the hill onto the "Ole K & P" ski run. This will bring you to the Eagle's Nest trailhead sign.

### A. Trailhead

You are now at the beginning of the forested hiking route to Eagle's Nest. Take a break, look behind you and you will see Calabogie Lake in the distance.

### B. Junction - Go LEFT

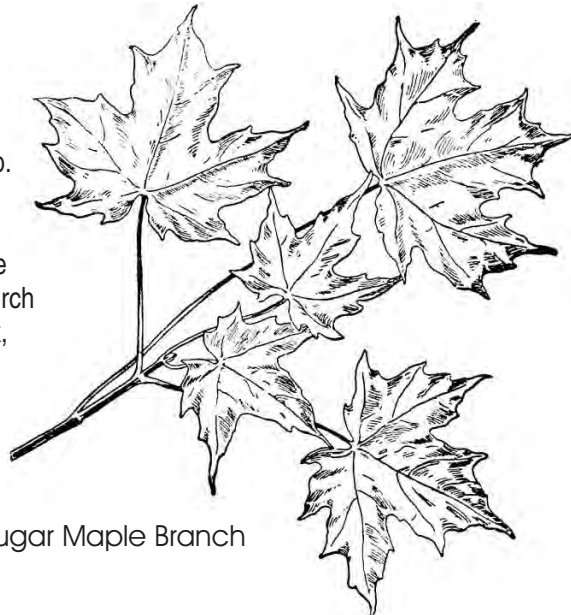
As you continue please note that you will still be walking uphill for a few more minutes. Take it easy. If you like, use the next few numbered nature points as opportunities to rest.

#### 1. Red Oak

Red oak is a coarse grained deciduous hardwood used in the manufacture of furniture, cabinets, cupboards and hardwood flooring. The acorns it produces are eaten by squirrels, white-tailed deer and black bears.

#### 2. Sugar Maple

This is the kind of maple tree that produces sweet sap in the spring which is boiled to make maple syrup. The first European settlers to Turtle Island (North America) were shown how to do this by the Anishnabe, the "Original People." Yellow birch, a birch tree with shaggy golden-yellow bark, also produces a sweet sap that can be boiled to make delicious syrup.



Sugar Maple Branch

### D. Junction - Go RIGHT

You are now on the main old road that will take you directly to Eagle's Nest. Please listen and watch for motorized vehicles that may also be using this trail today. Take note of the appearance of this junction so on your way back you will know where to keep LEFT to bring you back to the resort.

### 9. Tree Fungus

This kind of fungus is called an Artist's Painted Shelf Fungus. Note the red coloured band on the edge of this fungus. Fungi grow upon trees that have wood that is decaying. In the "good old days", when art supplies were expensive and hard to come by, often a fungus was removed from a tree by an artist and its top surface was used like a canvas for an oil painting.

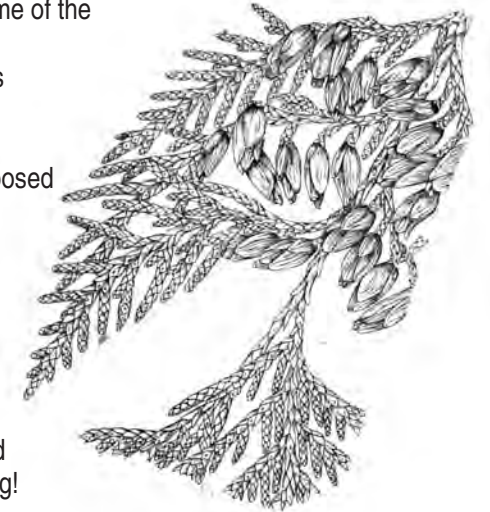
### 10. Big Tooth Aspen

Aspen is also called poplar around here. The name "big tooth" or "large tooth" comes from the pointed edges or teeth, visible on the edges of their leaves. Aspen is a hardwood tree but its wood is actually quite soft. It is one of the favourite trees of the beaver, an animal with big teeth itself! Beavers not only love to eat the newer bark of aspen trees but must keep chewing on larger trees, often cutting them down, to keep up with their long front incisor teeth which are constantly growing!

### 11. Eastern White Cedar

Not too long ago it was discovered that some of the oldest living trees in Eastern Canada were eastern white cedars. Extremely old cedars have been found growing in places where conditions seem very unsuitable for life such as cliff faces that are hot, dry and exposed to very harsh weather conditions.

On the face of a cliff, growing conditions may be tough but as such these cedars are generally not disturbed by animals or humans and so are growing in kind of an inaccessible protected zone. Some eastern cedars that have been found are 1200 to 1700 years old and still growing!



White Cedar Branch

Take note of the appearance of this cedar tree and how well its roots snake around and grow into cracks anchoring the tree to rock. When you get to Eagle's Nest, see if you can observe any cedars growing out of the cliff face. Size is deceiving. Some of the oldest cedars on cliffs are often less than 1 or 2 metres tall!

### C. Junction - Go LEFT

If there has been any rain, this mud hole is often a great place to look for animal tracks. As you continue you will be walking up a rocky hill. What kind of trees do you see here?

### 6. White Pine Log

A white pine tree may grow and live for 500 years. When it dies, it may stand for another 200 years. When it finally falls to the forest floor it may take up to another 700 years to fully decompose back into the soil again from where it first started as a seed. That's a complete life cycle of 1400 years! How's that for a journey!

Deep in the woods, such logs are often covered with a thick coat of lush moss and act as natural sponges. Salamanders find logs like this a cozy wet home. Holding onto precious water, a fallen tree eventually becomes a "nurse log" because it is able to nurse tiny tree seedlings that will eventually grow up to become the next generation of trees in the forest.

### 7. Pine "Chicot"

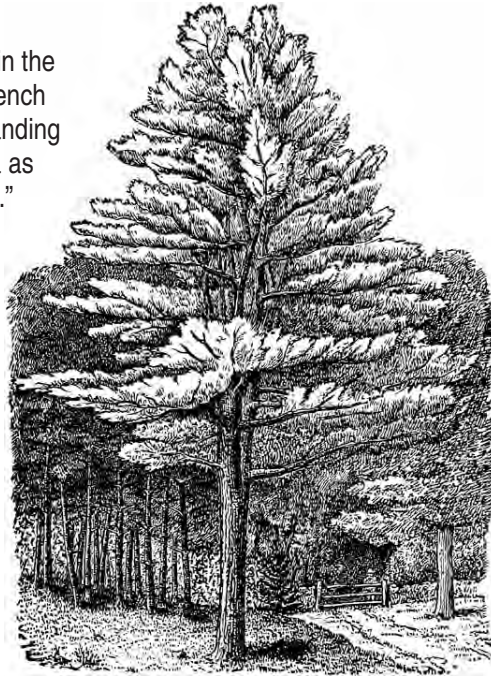
Many of the early lumberjacks that worked in the bush during the winter cutting pine were French "Canadiens." From them, the term for a standing dead tree is known here in Eastern Canada as a "chicot", a term which means "dead wood."

In most cases a chicot is far from being dead because it's still alive and acting as "home sweet home" to a variety of insects, nesting birds and animals such as flying squirrels.

### 8. Pine Totem Poles

Often a dead pine tree that has stood for some time takes on a new life and shape of its own. Some chicots almost become works of art - like a natural totem pole - carved by wind, weather, ants, beetles, the changing seasons of time itself and woodpeckers.

The master wood-carver of this forest is a large bird with a brilliant red crest called the pileated woodpecker. This handsome crow-sized woodpecker is the very bird responsible for the large rectangular shaped holes you will see in many trees both alive and dead upon this trail. With its extremely sharp beak and strong muscles, the pileated woodpecker is able to remove huge chunks of wood from a tree in a short time creating deep holes in a tree's trunk during its search for insects to eat.



A Common Pine Tree

### 3. White Pine

To the Anishnabe, the white pine is often called the "Tree of Life." Some tribes such as the Ojibway consider this tree a powerful "medicine" tree. This is due not only to its medicinal properties but for its ability to instill inspiration in the human heart. The word for pine in Ojibway is "jingwak".

In the early 1800's, European settlers and timber barrons prized white pine as lumber. Millions of original "virgin pine" were harvested and floated down rivers such as the Madawaska into the Ottawa River to Bytown (now Ottawa) and then on to Quebec City where they were loaded onto ships and delivered to England.

Walk 20 paces. The tree on your left is a red pine. Note the difference in the colour and texture of its bark and the density of its needled canopy overhead. The wood of red pine is denser and harder than white pine and is still used for pine board flooring.

### 4. Eastern Hemlock

All the large evergreen species in Eastern Canada can live for centuries. The eastern hemlock is a tree that often reaches a ripe old age of 600 years! The only other evergreen that can outlive it is the eastern cedar. Hemlock timbers were used traditionally as wooden railway ties and its bark was used in the process of tanning (curing and softening) animal hides to make into leather.

Deep in the wilderness, pure stands of eastern hemlock grow so dense with trees of all sizes and ages that sunlight barely reaches the ground. In winter, not too much snow accumulates on the ground in such stands either so deer and moose find it easy to walk around in these forests. Hemlock stands are also great places for them to stay sheltered from cold and wind.



Hemlock Branch

Walk 20 paces. The tree on your left is a white birch. Some local people call it the paper birch. As you likely know, this tree was once a best friend to the Anishnabe. Its bark is still used for fire starter, water containers, berry baskets, decorative art, crafts and medicine scrolls. Of course its most famous use is as the waterproof skin of the traditional birch bark canoe.

5. **Question** From what you've learned so far, what kind of pine is this?



Black Bear  
Paw Prints

## ALTERNATE ACCESS

Park vehicle, hike 1.5km from here

(P)

HWY #508  
Calabogie Rd.

(B)

Peaks  
Village



(BF)

Calabogie  
Lake

START

(AC)

Barrett Chute Road

HILL  
(Ole K&P)

# INTERPRETIVE HIKING TRAIL TO "EAGLE'S NEST"

When you arrive, read the large "Eagle's Nest Sacred Site" sign on your way up! Enjoy the view & be careful on the high cliff.

Watch for these 4-coloured signs marking the hiking route to Eagle's Nest.

Numbered points of interest correspond to the text in this booklet.



Eagle Pond

(E)

Turtle Pond

13

12

11

10

9

8

7

6

5

W

4

3

2

1

N

S

E

## LEGEND

(AC)

- Adventure Centre

(BF)

- Beachfront

START

- Start at Green

Snow School sign

(A)

- Trailhead Sign

(B)

- Junction - Go Left

(C)

- Junction - Go Left

(D)

- Junction - Go Right

(E)

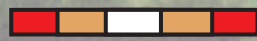
- Eagle's Nest - Go Left

See Sign on Your Way Up!

## MADAWASKA WILDERNESS

Watch for these small stone "INUKSUKS" marking points of interest along the way!

SCALE:



500m

TOTAL DISTANCE: Approx. 8km (there and back)  
TOTAL TIME: 2.5-3hrs (depending on walking speed)

TIM YEAKINGTON