

Eagle's Nest



Courtesy of



CALABOGIE PEAKE
RESORT



Introduction

Welcome to Calabogie Peaks Resort! We hope during your stay you will find some time to get out and explore. A great way to discover one of the natural wonders of our area is to visit Eagle's Nest; a spectacular site with an awesome panoramic view of the Madawaska wilderness. This guide booklet and map is intended to bring you there.

So tie up your hiking boots and get set to guide yourself upon an enjoyable journey!

Time and Distance

Walking at a normal and relaxed pace, the return hike to Eagle's Nest will take you around 2.5 to 3 hours. The trail is 4 kms there and then 4 kms back for a total of 8 kms. The initial section of the trail is uphill so please take your time and go at a pace you are comfortable with. You don't want to get too tired before arriving at the best part of the hike!

The Trail

The route to Eagle's Nest uses old logging roads. These roads were formerly used to harvest hardwood and pine logs from the area. The trail is not used for logging anymore but there is still occasional motorized use by people on all-terrain vehicles, motorbikes and 4-wheel drive trucks. Of course, there are also people exploring the area by bicycle and on foot.

Most of the route you will be hiking upon is Crown land, which is publicly owned property. Simply keep an ear open for motorized vehicles so you may step off the trail if needed. Don't be surprised if others on the trail stop to talk with you and ask you how you are doing! It's just a local custom.



What To Wear and Bring

Wear sturdy shoes or hiking boots and dress for the day's anticipated weather. Even though you may be warm, it is advised that you wear long pants, a long sleeved shirt and a hat to help prevent you from getting mosquito and deer-fly bites. Light coloured clothing works best. It is always good to **carry insect repellent** with you to use as needed.

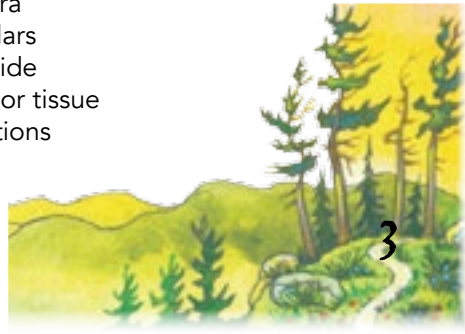
Carry a raincoat in your backpack if you feel it may rain. **Bring a sweater** with you if you feel it may get cooler or if you are setting out for a hike later in the day. It is also important that you bring an **ample supply of drinking water** with you to prevent dehydration especially on sunny or humid days. **Trail snacks or a trail lunch** is a great idea to keep your energy levels up.

On wet or damp days, please be careful walking on bald rock surfaces. The lichens that naturally grow on rocks make them very slippery when wet.

If you are heading out on a hike after your evening meal, it is a good idea to bring a working flashlight with fresh batteries in the event you need it on your way back.

Items to bring along in your backpack:

- | | |
|---------------------------------------------------------------------------------|-------------------------|
| Drinking water (2 bottles per person) | Raincoat |
| Trail lunch or snacks (cereal bars, fruit, juice, cookies, candy bars...) | Sweater or light jacket |
| Insect repellent | Extra socks |
| Hat | Camera |
| Sunglasses | Binoculars |
| Sunscreen | This guide |
| | Toilet paper or tissue |
| | Prescriptions |





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 Calabogie Peaks Resort 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, deep mous, striped skunk, ruffed grouse, racoon, porcupine, snowshoe hare, mink, muskrat, beaver, river otter, red fox, coyote, pine marten, weasel and fisher. Plentiful in this area, the most common large animal that you may see are the white-tailed deer. On occasion, a moose has strolled through this area too!

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 afraid of humans (for good reason) than we are of them!



ALTERNATE ACCESS
Park vehicle, hike 1.5km from here



HWY #508
Calabogie Rd.

HIKING TRAIL *to* Eagle's Nest

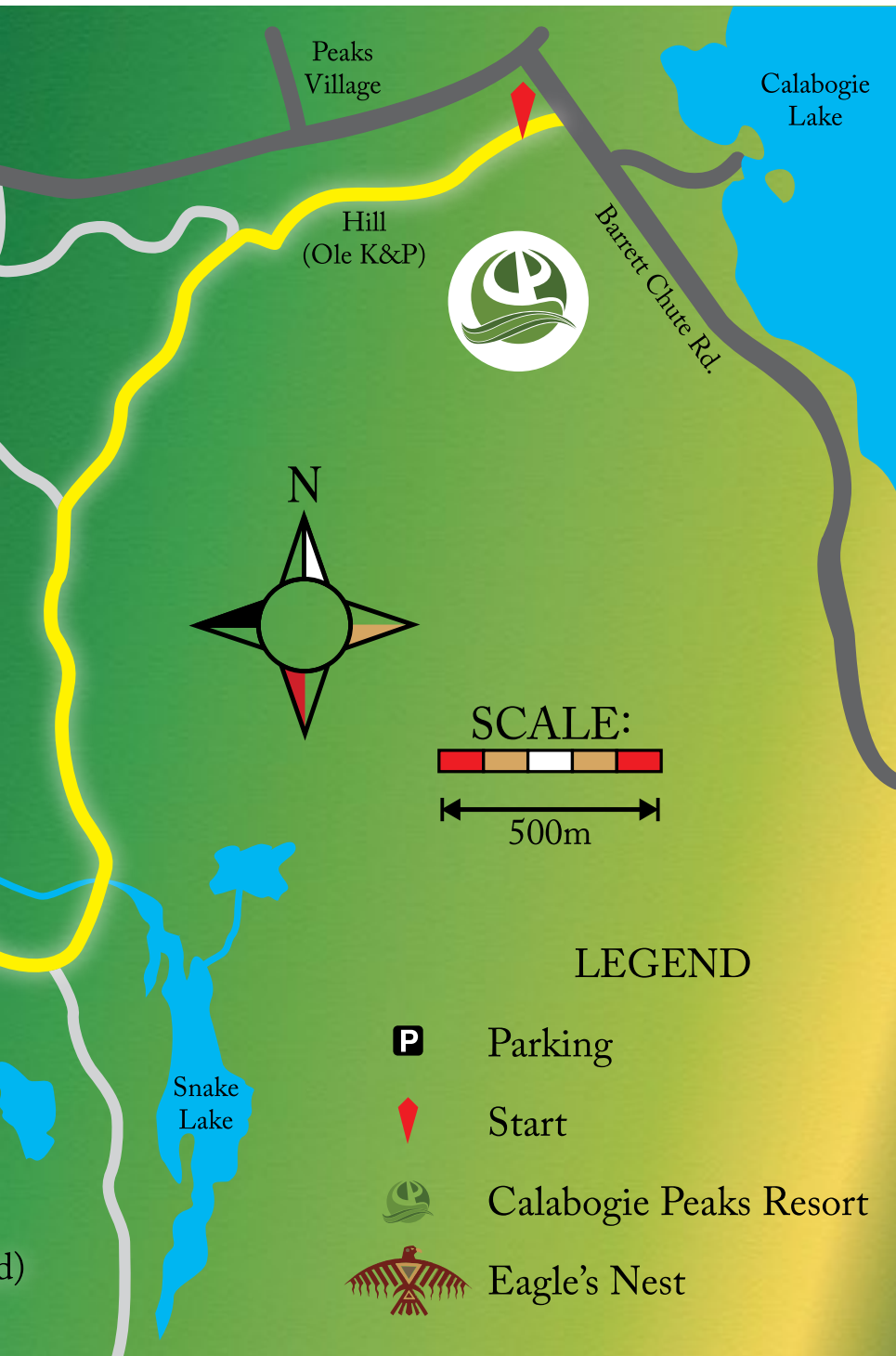


When you arrive,
read the large
Eagle's Nest Sacred Site
sign on your way up!!

Enjoy the view and be
careful on the high cliff.

MADAWASKA WILDERNESS

TOTAL DISTANCE: Approx. 8km (there and back)
TOTAL TIME: 2 ½ - 3 hours (depending on walking speed)



Peaks
Village

Calabogie
Lake

Hill
(Ole K&P)



Barrett Chute Rd.

N



SCALE:



500m

LEGEND



Parking



Start



Calabogie Peaks Resort



Eagle's Nest

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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 greyish, 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 at 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 that the eagle 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.

The Spirit of the Eagle

The first inhabitants of this area were the Algonquin and to some extent the Ojibway. They are more properly known as the **Anishabe** in their own language, which means "original people." To this day, Anishabe 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 Anishabe people.



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.

The symbol on the left represents the Eagle's Nest, which is presented 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's how the Anishabe 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 |





Watch Your Step!

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.



