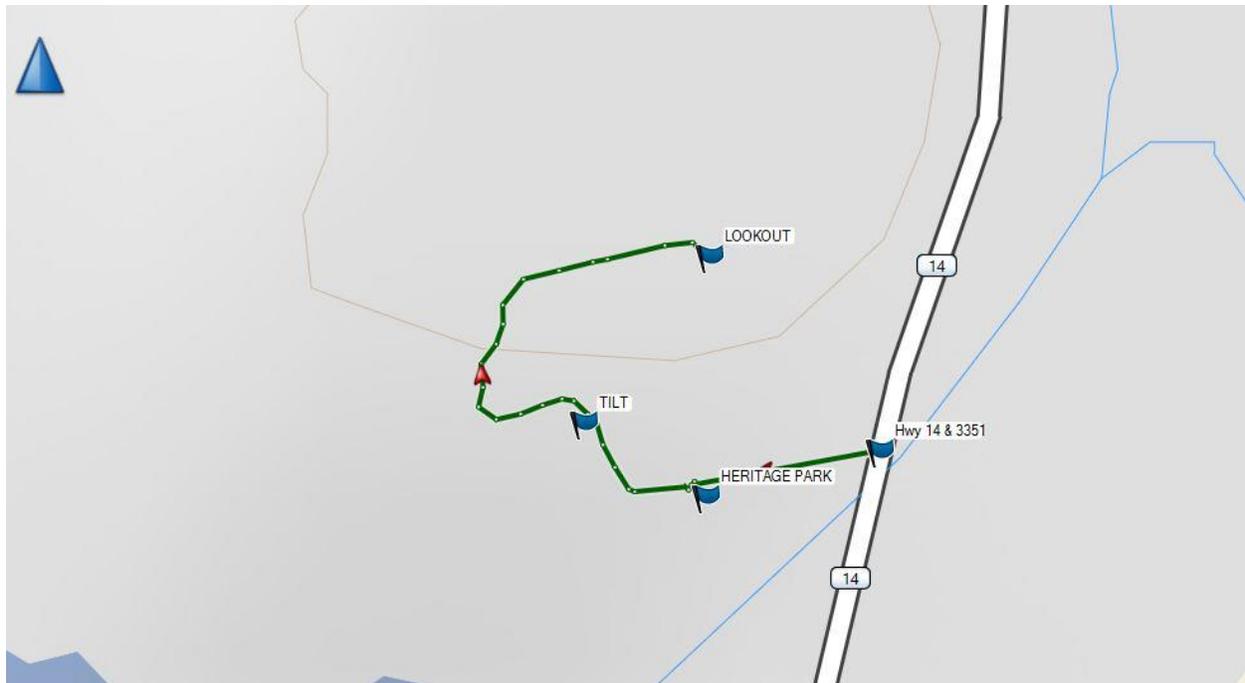


CHANGE ISLANDS TRAILS (so far) September 16th, 2013

BIRD GAZE TRAIL – 300M – MODERATE TO DIFFICULT



This is a short but very rewarding climb to the Bird Gaze Lookout. Just a short 10 min hike up a winding hill to about 30m of elevation gives you a wonderful view of the Shoreline to the South. Should you be thinking to hike the much longer Shoreline Trail, it would be a good idea to climb this one first to gain a Bird's Eye View of the gorgeous shore. With its indentations and woody points, marshes and beaches, it's worth the hike just for the view.

It starts at the Heritage Park 2.2km South of the Community of Change Islands in the North of the Island. Coming from the north you will see a right hand turn at the sign BIRD GAZE/LOOKOUT TRAIL. At this point you will find a very pleasant picnic area with a shelter and cook house. There are washrooms nearby.

Shoreline Trail – 6.3 km – Moderate Coastal Trail



The Shoreline Trail is located on the West side of Change Island with its Northern Entrance 2.2 km south of the community of Change Islands. Turn off at the sign to BIRDGAZE/LOOKOUT. You will find ample parking near the very pleasant picnic shelter.

You will need good sturdy footwear and at times the trail maybe wet in places. You will pick up the trail just behind the cookout/shelter which is a blue building just set in from Stinking Cove. Watch for ducks or shorebirds in the cove and during the rest of the hike.

The trail begins in the stunted boreal forest but soon leads to the shore via a good system of wooden ladders with the occasional boardwalk. It can be narrow at times with some over growth that could use a trimming.

This first section leads out around Arthurs Kings Point where you will find a very nice place to picnic with good views of Mile Rock and Grassy Island. Carry on around the point, across the heath to the main road once again. From this point you can take the Salt Water Pond trail which is board walked and offers some different habitat to the shore. The alternative is to carry on down the road to pick up the Shoreline Trail once again. The road does not have a lot of traffic and is not unpleasant.

You will see a sign for Shoreline Trail. It passes very closely by a blue trailer that has been converted into a cabin site. Park in the space provided near the trailer if you wish. It is public land.

The next section of trail leads to and around Red Rock Cove Point. On any day this is a wonderful area to enjoy rocky beaches. There is a great intertidal area where the gulls, otters and shorebirds feed. You will no doubt see dozens of testes from the sea urchins that have been dropped on the flat rocks by the gulls so they can get at the flesh on the insides.

You will come to Blackberry Point which is the namesake for the common heath cover. The blackberry, also called crowberry, (*Empetrum nigrum*), forms the base of our heath. The berries ripen by late August/September and are often gathered to make a pudding or a "figgy duff". Here you will find a bench and a sign. Houses once dotted both shores of Red Rock Cove and the footings to a little one roomed school may be located.

Head back out to the road once again and pick up the Shoreline Trail Once Again. Just a few minutes along the trail you will find a very nice picnic shelter. Carry on to enjoy some great rock formations and different beach configurations, including a Barachois. You will see evidence of old paths that have been enhanced with placed rocks when transport was common between the old settlements. There is some wooden board walk and steps which can at times be slippery. Caution is necessary.

There were cod trap berths all along the coast and at times it was enough to eke out a modest income when the fish were so plenty. Keep a look out for a stone gaze on the beach. These are typically used as blinds from which to hunt seabirds, ducks and perhaps seal.

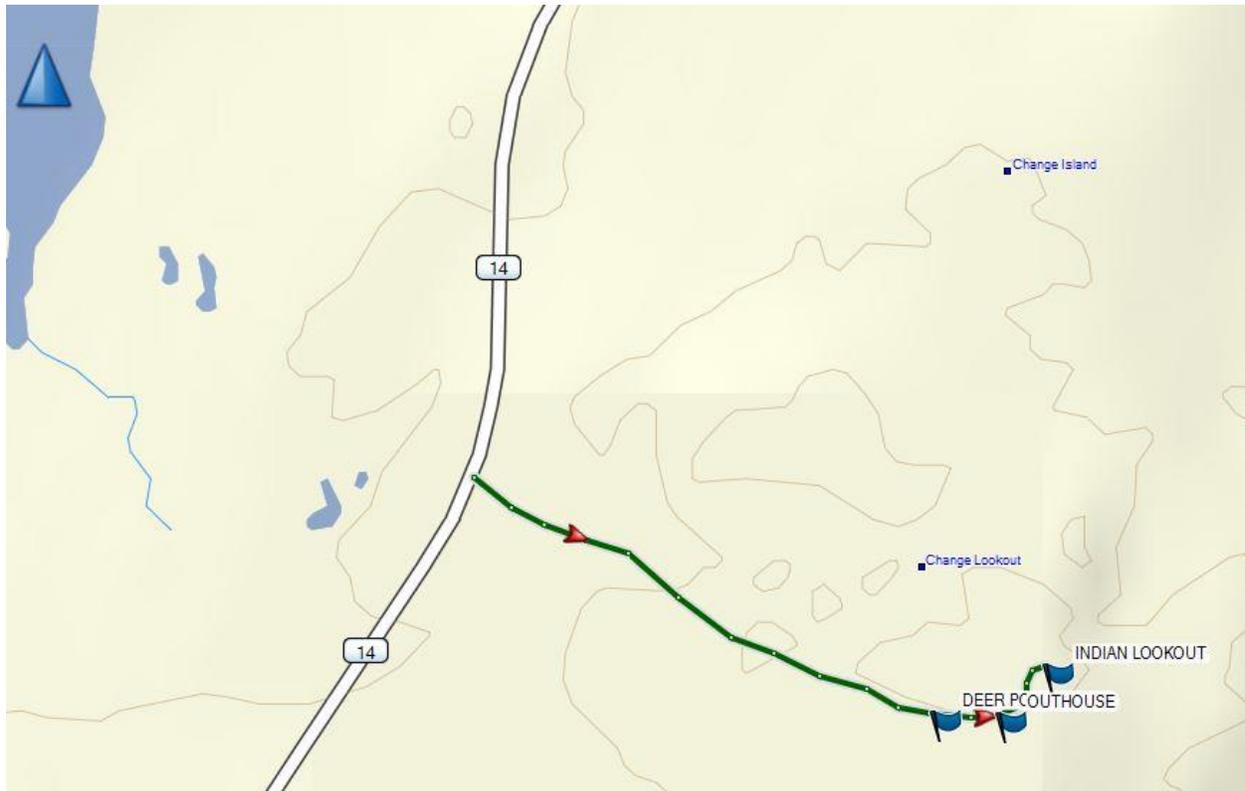
The large Bake apple marsh is called School House Marsh. Possibly, the site of another one roomed School House.

There are some lovely examples of sedimentary rocks uplifted during the time of collision of the continents. These are very photogenic and pleasing to the eye. Rounding the Birchy point the trail takes you to the bottom of the cove where a paddock, the home of the Change Islands Newfoundland Ponies. They are friendly and would love some hand greens or an apple or two.

Here the trail takes a turn inland, to the left past the paddock at the far side. If you have time, you can continue down the coast instead where you will be rewarded with some great coastlines and changing geology. It is possible to make your way down to Woody Island Tickle. The trail is indistinct though and until it becomes marked and rebuilt you will need to be able to navigate in the wilderness.

This last leg of The Shoreline Trail, as it is marked, heads back to the Highway. You will quickly come to another picnic shelter and outhouse for your convenience. Then a lovely walk through the woods.

INDIAN LOOKOUT TRAIL – 1KM – MODERATE CLIMB



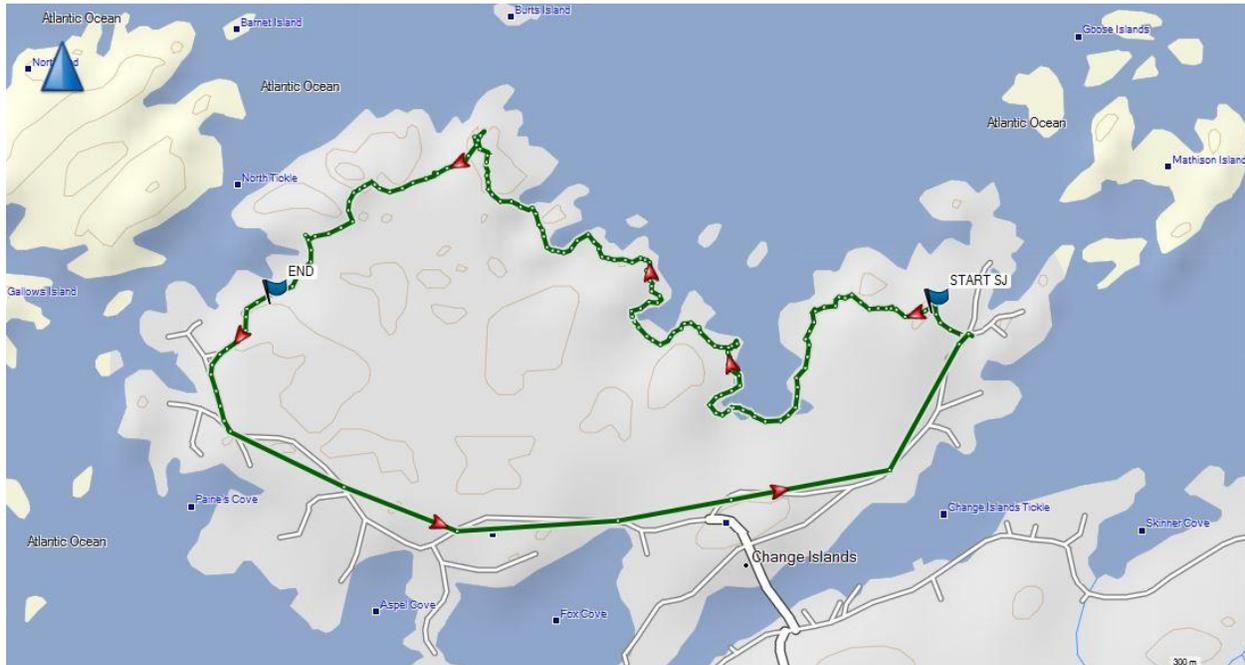
This is a very rewarding hike up to a high point in the centre of the island. From here you will gain some wonderful views all around.

It begins at the sign marked INDIAN TRAIL LOOKOUT. The sign itself may be hard to find as the local woodcutters pile their wood beneath it. Turn in and park in the obvious parking space.

The trail is lovely but needs some work in both trimming the overgrowth and repairs to some of the wooden infrastructure along the way. However, if you don't mind ducking under some branches it still offers good hiking and the repairs needed are only moderate. The 1km trail takes you through the bush, the forest and past some lovely marsh lands. It can be wet in places.

At 78m above sea level, from the lookout at the top you can see into the little white houses and sheds that dot the tickle of Change Islands Community and on a clear day, good views of Brimstone Head, Fogo Town, Deep Bay and Island Harbour on Fogo Island.

Squid Jiggers Trail -6.3km – Moderate to Difficult



The SQUID JIGGERS TRAIL is arguably one of the loveliest trails in North East Newfoundland. You will need good sturdy footwear. The trail description begins at the eastern end but it can be travelled either way. The Squid Jiggers Trail is located on the North of Change Islands and starts at the eastern end of the town near a prominent look out hill (Tall Boy). It is a linear trail which follows close to the very rugged shoreline, with some inland portions and several steep climbs. While not difficult, the trail is not always smooth. Good footwear and careful attention on steep climbs is required.



View from Tall Boy at the start of the Squid Jiggers Trail

The trail reaches a number of secluded coves with superb views and finishes at North Tickle Road at the northern end of the town.