

## New Brunswick IAT Detailed description



A part of the NB Trail system, the International Appalachian Trail enters New Brunswick at the border of Fort Fairfield, Maine and Perth Andover. It tracks northeast through Mount Carleton Provincial Park and up and over the highest point in the Maritimes. The trail then leads north to Tide Head and crosses into Quebec's Gaspé Peninsula at Matapédia.

Along the way you'll see hardwood and softwood tree stands, an abundance of wildflowers, several meandering rivers and a glimpse into New Brunswick's diverse wildlife population. Hikers have the option of canoeing the final portion of the trail down the Restigouche River. There are 18 bridges along this route that cross the Grog Brook.

### Services and infos

**Time Zone**— Atlantic Time (add an hour to ME time).

**Official Language**—English and French.

**Conversion**—kilometers x 0.62 = miles

#### New Brunswick Sector (274 km)

| <i>Distance</i> | <i>Locations</i> |
|-----------------|------------------|
| 00,0 km         | Perth Andover    |
| 36,0 km         | Plaster Rock     |
| 40,0 km         | Riley Brook      |
| 40,0 km         | Mont Carleton    |
| 52,0 km         | Kedgwick         |
| 93,0 km         | Tide Head        |
| 12.7 km         | Matapédia        |

**Aroostook River/Tinker Line**—from the border crossing, go approximately 50 yards to the y in the road. Take the left on Old Line road then go to the top of the hill take the first left on to Turner Road. Follow Turner rd. to the Tinker road turn right. In 6km you will pass under a highway (Trans-Canada 2), where the Tinker Line meets the New Brunswick Trail (NBT), also on a railroad bed.

**Perth-Andover**—PO: EOJ 1AO; (506) 273-2890. The PO is located about 100 meters S of the St. John River bridge on the E (Perth) side of the St. John River. Before entering the town center you will cross NB Rt 190.

Perth Andover has full services available.

**Perth Andover to Plaster Rock**—for this section you will follow an old RR bed along the Tobique (pronounced "toe-bick") River. This section of the IAT-SIA will take you past the Tobique Indian Reserve and the Tobique Dam. Watch for Kingfishers, Osprey, Bald and Golden Eagles hunting on the river as you walk. It's approximately 37km between Perth Andover and Plaster Rock.

**Plaster Rock**—PO: 62 Orange St, Plaster Rock, NB, EOJ 1WO; (506) 356-2689. To get to town from the trail you will cross a high bridge over the Tobique River. Plaster Rock has full services available.



**Riley Brook**—Last stop for services before Mt. Carleton, so, unless you have sent a package to Black's in Nictau or Nictau Camps in Mt. Carleton Park, this is your last re-supply option until St. Quentin. Riley Brook has full services available.

**Nictau**—No groceries. You can also visit Bill Miller, a canoe craftsman and active supporter of the IAT-SIA. Members of his family have been making canoes by hand since 1925. Visitors are always welcome, (506) 356-2409; look for the mailbox, canoe@nbnnet.nb.ca.

**Tobique Salmon Barrier**—(.9km) Look for sign before the last bridge over the Tobique. The salmon barrier traps migrating salmon to prevent poachers from catching the fish when they go upstream to spawn. This also gives wildlife biologists a chance to count and study the migrating fish. The information center overlooks the barrier, and there's a good chance you'll see salmon jumping if you make this short side trip.

**Mt. Carleton Provincial Park (MCP)**—Home to Mt. Carleton, New Brunswick's highest peak at 820 meters. Information: (506) 235-0793, <http://www.tourismnewbrunswick.ca/product.aspx?pid=1373>. The trail follows Rt. 385 to the Park gate, where you can gather information and make arrangements for campgrounds or backcountry sites.

**St.-Quentin**—PO: 4 Rue Mgr. Martin Ouest, St.-Quentin, NB, E8A 1A0; (506) 235-2273  
St Quentin has full services available.

**Kedgwick**—PO: 25, rue Notre Dame, Kedgwick NB E8B 1A0 (506) 284-2178.  
Kedgwick has full services available.

1. **New Brunswick Trail**—Pick up this trail behind the O'Regal Restaurant and Motel. The NBT follows an old RR bed behind the village of St Jean-Baptiste-de-Restigouche NBT rejoins the official route in Grog Brook Canyon in about 40km. Great swimming holes.
2. **Restigouche River**—If you would like to canoe the river instead of walking the trail, Echo Restigouche Camp can outfit you for this multiple day float; (506) 284-2022. To reach the camp, take NB Rt. 265 west from Kedgwick to the Town of Kedgwick River. The camp is on Rt. 265.

**Tide Head**—Continue to where to the trail crosses rte. 11. Turn left, walk along the road to rte 134. Turn left again and continue until you reach the bridge to Matapedia.  
Tide Head has full services available.