

Alexander Murray Trail



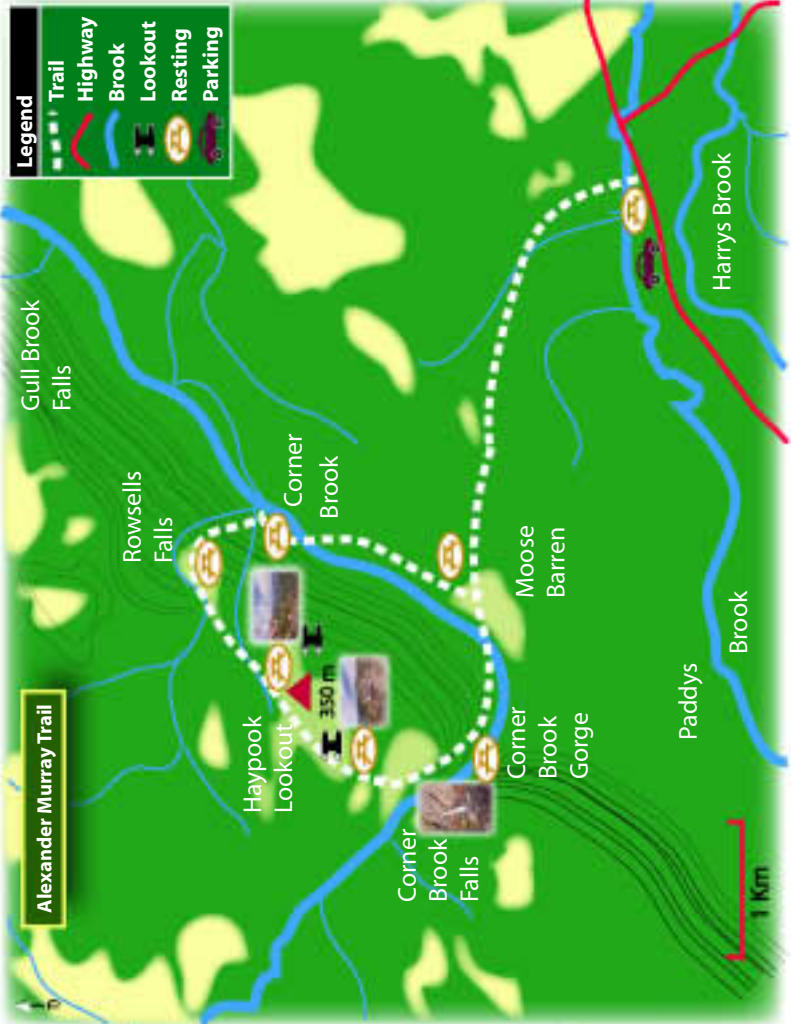
Climbing up through the gorge the trail passes waterfalls before reaching the summit and a panoramic view of South West Arm.

A 12 km trail crosses Paddys Brook leaving the town of Kings Point for a 6 km hike through a mixed forest cover of predominantly old growth maple, aspen and spruce. Bridges and boardwalks aid the crossing of brooks and wet areas, rest areas with benches and tables are strategically placed to allow hikers to pace themselves during the long distance trip. On reaching Corner Brook the trail descends beneath a cool damp canopy of balsam fir at the base of the 1000' cliff that towers above the gorge. The ascent that follows is aided by a wide staircase solidly constructed from heavy pressure treated lumber with hand rails that follows the spine of the hill above the brook. A branch trail exits at the halfway point down into the gorge at the base of a 30 foot waterfalls and a rest/picnic area.

The thundering waterfalls are flushed when fall rains collect on an expansive barren plateau that ranges westward above the valley. The coarsing water is framed by colorful aspens that anchor in rock crevices lining the cliff walls.

The trail continues upward, cresting the barren hilltop to reach the first lookout and a birds eye view of the long fjord of South West Arm that stretches to the N.E. for several km into Green Bay and the deep valley that continues inland to the S.W.

The gorge and summit can be seen rising behind the town from this vantage point across southwest arm.



Past the Hayhook summit the trail follows the barren ridge to a second summit before following a gentler grade downslope, passing a second waterfalls and descending back into the valley. The trail loops back on itself along the base of the ridge to a junction at moose barrens. The difficulty overall is moderate due to the distance leading into the cliff and the steepness of the incline. Excellent boardwalks and steps throughout its length make it accessible for anyone who is accustomed to walking similar distances. Off trail excursions into the plateau area and along the ridge peaks should prove enough of a challenge to satisfy hardcore hikers.

After the summit, a groundcover of low shrubs amid cobblestones makes for a fast descent.

Kings Point is a traditional farming community, ripe with color during the fall harvest.

The scenic value of the area is due in part to the geological forces of uplift, erosion, deposition and glaciation followed by the drowning of the coast with increasing sea level. The result is a highly irregular, rugged and bold topography dominated by bedrock cliffs up to 350 m in height and rock outcrops. Brooks flowing from the barren plateau have carved deeply into the rock and the sediments deposited in th S.W. Arm have created rich mud flats for wildlife. Seabirds are commonly seen in the Kings Point area, including raptors that rely on fishing. The bald eagle and the osprey, a large fishing eagle are common. The cliffs are also home to hawks and the barren stretching westward is part of the range of a small local herd of woodland caribou. Moose populate the valley below in good numbers. Local farmland has boosted numbers of Red fox as well as the wily coyotes who have recently taken up residence.