



Walking through spruce woods, one is likely to encounter the spruce grouse, a tame ground bird distinguished by the loud beating of its undersized wings while lifting a plump body. The ruffed grouse, a wilder cousin can be found amongst the hardwoods. There are also many songbirds that prefer the hardwood thickets along the trail and a few that can be found amongst the mature balsam fir.

The trail was traditionally used to travel cross country into the interior as part of a network of trails that existed before modern highways. The area was first visited by the famous explorer Alexander Murray in 1865. After mapping it, he proposed a rail link to the west coast during the era of copper mining. The lower section of the trail was upgraded for visitors in the 1980's but it wasn't until 1999 that the project really took off as what started as a volunteer community project mushroomed into the large scale trail/park that we have today. The A.M.T. project inspired a series of similar ventures throughout the greater Green Bay area but remains the largest.



Rattling Brook Trail



A short climb offers a head on view of the falls.



Rattling Brook Falls is a 250 m cascade that empties into Rattling Brook and S.W. Arm. Two lookouts, one above the brook and another along its banks offer unique vantage points. A short trail of under 1/2 Km through a small park with mature spruce woods leads to a staircase and a 100m climb. Only 6 Km north of the A.M.T. trail, a convenient side trip for visiting hikers offers a warmup before tackling the longer trail.

For the more adventurous the Eagle Lookout is a peak above the falls at a 300m elevation, accessible by way of a completely natural trail without boardwalks and steps. Zigzagging up the wooded slope from the town below to a point above the falls. The steep grade offers a good workout but the route through thick woods takes advantage of ledges and ravines to lessen the slope. Heavy tree trunks and limbs aid climbers. Eagles are known to perch above the falls and the bald rock caps are easy to negotiate once over the top.



Bald eagles and seabirds of various description are common in this area. Waterfowl often stop over at the mouth of the brooks in spring and whales can be seen outside of Corner Brook cove following bait fish into the muddy shoals. The unfortunate stranding of a rare Bowhead whale in 1998 made the cove a focus of international attention as scientists arrived to study the carcass. This event and a later visit from a tame Beluga whale that hung around the wharf in Kings Point has led to a project to build a whale museum in the town.



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