



RÉSERVE ÉCOLOGIQUE

# Cape St. Mary's

NEWFOUNDLAND

ECOLOGICAL RESERVE

Cape St. Mary's YOU MAY NEVER  
*come closer to knowing what it is to be a bird.*

JAMAIS VOUS NE verrez de plus près ce que c'est que d'être un oiseau. Cape St. Mary's

### GETTING TO CAPE ST. MARY'S

From St. John's, take the Trans-Canada Highway to the intersection with Route 90, turn left and follow the signs for the Cape Shore and the ecological reserve. From Argentia, proceed to Placentia and follow Route 100 to the Cape. The turnoff to the reserve access road is about 5 km. east of St. Bride's and 15 km west of Branch.

For group bookings or further information about the Cape St. Mary's Ecological Reserve, call 1-800-563-NFLD (6353).

At the southwest tip of the Avalon Peninsula, washed on three sides by the restless Atlantic, lies Cape St. Mary's — one of the most spectacular (and most accessible!) seabird colonies in North America. For over a century, naturalists and lovers of the outdoors have been drawn here, amazed by the immensity; the whirling clamour of 70,000 seabirds; the awesome power of giant whales.

Sur la pointe sud-ouest de la péninsule d'Avalon, baignée sur trois côtés par l'Atlantique agité, se dresse Cape St. Mary's, une des colonies d'oiseaux de mer les plus spectaculaires et les plus accessibles de l'Amérique du Nord. Depuis plus d'un siècle, elle attire naturalistes et amateurs de plein air, fascinés par l'immensité, la clameur tournoyante de 70,000 oiseaux de mer et la puissance stupéfiante des baleines géantes.

Come. See for yourself what famous ornithologist Roger Tory Peterson meant when he wrote:

Venez constater par vous-même ce que le célèbre ornithologue Roger Tory Peterson a voulu dire quand il a écrit :

*"the birds...swirl past the cliff face like a blizzard of snow."*

*«les oiseaux... virevoltent devant la falaise comme des flocons dans un blizzard.»*

Since 1983 this irreplaceable natural treasure has been strictly protected as a provincial Ecological Reserve. In 1995 a modern Interpretive Centre was completed. From May to October, resident naturalists will welcome you, guide you across the barrens, and introduce you to an experience of unspoiled Nature you will never forget.

Depuis 1983, ce trésor naturel irremplaçable est protégé par le statut de réserve écologique provinciale. Un centre d'interprétation moderne y a été inauguré en 1995. De mai à octobre, les naturalistes de la région vous accueilleront, vous guideront à travers les landes et vous feront vivre une expérience inoubliable.

Gas and groceries, home-cooked meals and comfortable accommodations are conveniently available in the nearby communities of St. Bride's and Branch. Enjoy your stay.

Essence et provisions, repas maison et hébergement confortable sont facilement accessibles dans les localités voisines de St. Bride's et de Branch. Bon séjour.

*Celebrate Flight*

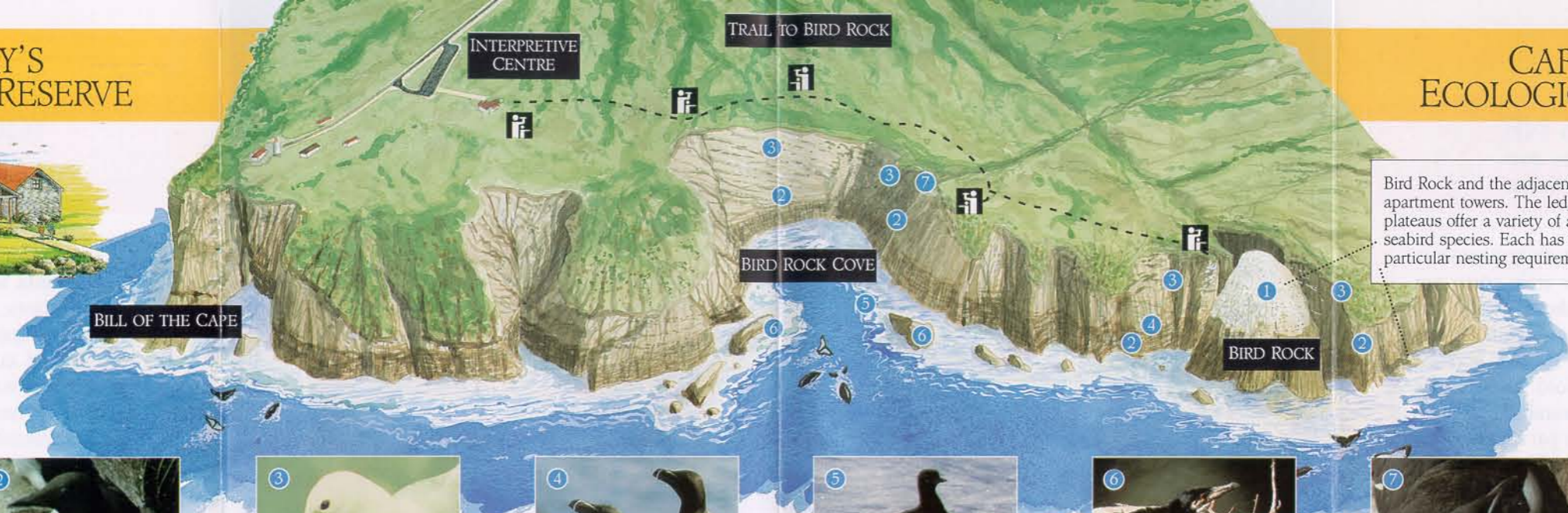


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INTERPRETIVE CENTRE



Bird Rock and the adjacent cliffs are like avian high rise apartment towers. The ledges, outcrops, overhangs and plateaus offer a variety of accommodation for a variety of seabird species. Each has found a niche that suits its particular nesting requirements.



**1**  
NORTHERN GANNET  
(*Sula bassanus*)  
11,000+ Nesting Pairs



**2**  
COMMON MURRE  
(*Uria aalge*)  
10,000 Nesting Pairs



**3**  
BLACK-LEGGED KITTIWAKE  
(*Rissa tridactyla*)  
10,000+ Nesting Pairs



**4**  
RAZORBILL  
(*Alca torda*)  
150+ Nesting Pairs



**5**  
BLACK GUILLEMOT  
(*Cepphus grylle*)  
60+ Nesting Pairs



**6**  
CORMORANTS  
(*Phalacrocorax*)  
Common Visitors/Breeders



**7**  
THICK-BILLED MURRE  
(*Uria lomvia*)  
1,000+ Nesting Pairs



HUMPBACK WHALE  
(*Megaptera novaeangliae*)  
Summer Visitor

## WHERE TO GO

The Cape St. Mary's Interpretive Centre offers an active environmental education program:

- see a scale model of the reserve.
- discover the fascinating life history of seabirds.
- get your first, breathtaking view of Bird Rock.

Resident interpretive naturalists will enrich your visit with:

- illustrated talks and audio-visual presentations.
- guided walks and nature hikes.
- special seasonal activities.
- group tours and school programs (advance booking required).

## WHAT TO LOOK FOR

The seabird cliffs are the main attraction at Cape St. Mary's. Here you will see:

- the largest accessible gannet colony in Newfoundland.
- the world's most southerly colony of Thick-billed Murres.
- Bald Eagles, Ravens, and other predators.
- in July, feeding pods of humpback, fin and minke whales.
- nesting Water Pipits and Horned Larks on the upland barrens.
- migrating shorebirds feeding on abundant wild berries.
- wintering flocks of Common Eider and endangered Harlequin Ducks.

## HELP PROTECT THE RESERVE

The opportunity to view a seabird colony at such close quarters and to explore an ecological reserve on foot is a rare privilege. Every visitor can help in the task of conservation and protection by observing a few simple rules:

- do nothing that will disturb the birds, their nests, or their eggs.
- remove no natural object (rocks, wild flowers, plants, etc.) from the site.
- pick up any litter and place it in the receptacles at the Interpretive Centre.
- no pets (except working seeing eye dogs) may enter the reserve.

A complete set of regulations may be consulted at the Interpretive Centre.

## HOW TO PREPARE FOR YOUR VISIT

Cape St. Mary's Ecological Reserve exists to protect wildlife and habitat, not people. The cliffs are high (most well over 100 metres), the terrain rough, and the site exposed to cool, wet weather conditions. A few basic precautions are recommended for your comfort and safety:

- wear warm, windproof clothing and sturdy, water-resistant hiking boots.
- avoid cliff edges and steep slopes, especially in fog or wind.
- stay on the designated trail for safety and to avoid damaging vegetation.