

Five Islands Provincial Park

Five Islands Provincial Park is located on the northern shore of Minus Basin, within the upper tidal region of the Bay of Fundy. The travel route that runs on both the North and South shores of the Minus Basin is named the Glooscap Trail. Named after the Mi'kmaq man-god, Glooscap, this travel way is full of exciting legends and sites of cultural significance to the Mi'kmaq people.

According to Mi'kmaq legend, Glooscap was created by Gisoolg (*the One who has Created you*) and who was brought to life by 3 bolts of lightning, striking the red sands of the Bay of Fundy. The first bolt gave him shape, the second gave him life but he was still connected to the land, all he could do was observe and learn. The third bolt of lightning set him free to travel throughout Mi'kmaki to teach the Mi'kmaq people about the environment and the wisdom and knowledge of how to live with its plants and animals.

Mi'kmaq legend says that the native god Glooscap created these five islands – Moose, Diamond, Long, Egg and Pinnacle (*These rocks are visible today as islands near the park's headland*) – when he threw chunks of sod at a "Mi'kmuesu," a Mi'kmaq Wizard who was mocking the powers of Glooscap and who turned himself into a Giant Beaver to escape.

