



Wayfinder Map Series

Viking Trail
Gros Morne
Humber Valley
Southwest Coast

Find Yourself(ie) in Corner Brook & Deer Lake

The Bay of Islands & Humber Valley

#ExploreNL

Your guide to
summer adventure.



Captivating Treks

- 1 **Big Falls Trail.** In July & August see salmon jump the salmon ladder to get further upstream to spawn. Sir Richard Squires Memorial Provincial Park, Route 422, Cormack.
- 2 **Corner Brook Stream Trail.** Trail network in & around Corner Brook. cbstream.com
- 3 **Walking Trails of Deer Lake.** Stroll along the meandering Humber River and the sandy beaches of Deer Lake. Route 430, Deer Lake; deerlake.ca
- 4 **Lark Harbour Head Trail & Governor's Staircase.** Endless views of the Bay of Islands. Route 450, Blow Me Down Provincial Park.
- 5 **International Appalachian Trails:**
 - 5 **Blow Me Down Mountain.** Take the **Cape Blow Me Down** trail 3.8 km & ascend 650m for scenic views. For a 2-3 day hike continue along the Blow Me Down Mountains; 16 km; moderately difficult.
 - 6 **Humber Valley.** Ascend 2.5 km & 300m to the top of the 'Old Man in the Mountain' for breathtaking views; iatnl.org
 - 7 **Outer Bay of Islands Trails (Route 450):**
 - 7 **Bottle Cove.** Boardwalk, sunsets, caves, & whales; Lark Harbour; 2 km; Easy.
 - 8 **Cedar Cove.** Lark Harbour; 1.8 km; Easy to Moderate
 - 9 **Southhead Lighthouse.** Magnificent views of the entrance of Bay of Islands. Steep in areas. Departs Bottle Cove parking lot; 3.2 km. obie.ca

Festivals & Social Scenes

- 1 **CB Nuit.** September. Corner Brook. cbnuit.com
- 2 **Corner Brook Arts & Culture Centre.** Year-round events. Corner Brook. artsandculturecentre.com
- 3 **Colours of Corner Brook.** September. Corner Brook. cornerbrook.com
- 4 **Deer Lake Strawberry Festival.** July. Deer Lake. dlfestivals.ca
- 5 **Elmastukwek Mawio'mi.** August. Corner Brook. fb.com/ElmastukwekMawio'mi
- 6 **New Found Family Drama.** June – August. Corner Brook. newfoundfamilydrama.com
- 7 **Jackladder.** Year-round events. Big Bonne Bay Pond. jackladder.ca
- 8 **Jigs & Wheels Festival.** July. Corner Brook. cornerbrook.com
- 9 **Rotary Arts Centre.** Year round-events. Corner Brook. rotaryartscentre.ca
- 10 **Royal Canadian Legion.** Year round-events. Corner Brook. fb.com/rcldcornerbrooknl

Rain or Shine: Museums, Heritage and Attractions

- 1 **Cabox Information Centre.** Discover the history and geology of the Bay of Islands through virtual reality. Located in the Saltbox Restaurant. 410 Main St., Benoit's Cove. facebook.com/caboxgeopark
- 2 **Cormack Bee Company & Craft Store.** Tours of our Apiary by appointment; products with local beeswax & honey; handmade crafts. 174 Veteran's Dr., Cormack. (709) 765-0345; cormackbee.com
- 3 **Corner Brook Museum & Archives.** Exhibits the natural, cultural and social history of the region. 2 West St., Corner Brook; (709) 634-2518; cornerbrookmuseum.ca
- 4 **Historic Train Site.** A showcase of the proud rail heritage of Newfoundland. 86 Riverside Dr., Corner Brook. (709) 640-8685
- 5 **Newfoundland Insectarium.** Award winning nature experience; live stick insects, honey bee colony, leaf-cutter ants & butterfly pavilion. Route 430, Reidville; (709) 635-4545; nlinsectarium.com
- 6 **Newfoundland & Labrador Heritage Tree.** 500-year-old carved cedar with 50 images of historic icons, events and cultures of Newfoundland & Labrador. Steady Brook. nlheritagetree.ca
- 7 **Pollen Nation Farm.** A small honeybee farm with gourmet food selections. 32 Bonnell Dr., Little Rapids. (709) 660-0260; facebook.com/pollennationfarm
- 8 **The Roost at York Harbour.** Gift shop, gallery, and demonstration studio showcasing the work of local artist. 129 Main St., York Harbour. (709) 681-2341; theroostatnyorkharbour.com
- 9 **The Stanley Ford Property & Outbuildings.** Taste traditional Fish & Brewis or Salmon prepared outdoors amongst a cluster of buildings exemplifying early outport life. 87 Main St., Jackson's Arm; (709) 459-3114; facebook.com/JacksonsArmHeritage
- 10 **Woods Island Resettlement House & Historic Centre.** Floated from Woods Island during Resettlement; artifacts & exhibits. Benoit Cove, Humber Arm South; (709) 789-2981

Scenic Drives

- 1 **Captain Cook's Trail.** Discover where one of the best known explorers learned his trade. 53 km one way. South Shore, Bay of Islands. Route 450.
- 2 **Admiral Palliser's Trail.** A popular scenic route named after the man who sent Captain Cook to survey Newfoundland's west coast. 38 km one way. North Shore, Bay of Islands. Route 440.

Soft Adventure Experiences

- 1 **Cache Rapids Stable.** Scenic trail rides, pony rides and backcountry tenting tours. 255 Reidville Road, Reidville; (709) 635-5535; cacherrapidsstable.com
- 2 **Cycle Solutions.** All-inclusive road, hybrid & mountain bike adventures, self guided options available or explore our hidden cave system. 35 West St., Corner Brook; (709) 634-7100; cyclesolutions.ca
- 3 **Element Outdoor Education.** Fun outdoor adventure experiences for any explorer; learn foundational skills and develop confidence to explore & create adventures. (709) 638-4679; Corner Brook; elementode.com
- 4 **Everoutdoor Adventures.** Custom tours, trip planning. Outdoor adventures: zodiac, hiking, kayaking, & sightseeing. Located in the Saltbox Restaurant. (709) 789-3752. 410 Main St., Benoit's Cove.
- 5 **Explore Newfoundland Inc.** Salmon fishing, photography, kayaking, rafting & canoeing tours. Guided or self-guided. 51 Dogwood Dr, Marble Inn Resort, Steady Brook; (709) 634-2237; explorenewfoundland.com
- 6 **Four Seasons Tours.** Traditional deep sea dory fishing, mussel boil ups, & sightseeing tours. 52 Country Rd, Cox's Cove; (709) 688-2125; fourseasonstours.ca
- 7 **Humber River Off Grid Tours.** Guided experiences deeply rooted in tradition; farm to table, hiking, wildlife, kayaking, angling. Riverside Road, off route 420; (709) 636-2105; fb.me/HumberRiverOffGridTours
- 8 **Linkum Tours.** Customized itineraries, guided hiking/walking tours and unguided single/multi-day biking holidays. (877) 254-6586; linkumtours.com
- 9 **Marble Zip Tours.** Soar across the picturesque Steady Brook Gorge or try the high ropes Spider Challenge. Marble Mountain Resort, Steady Brook; (709) 632-5463; marbleziptours.com
- 10 **Mount Musgrave ATV Tours.** Summit Mount Musgrave in a 5-passenger ATV. Spot moose, caribou & black bear. Route 1, Exit 8, Steady Brook; (709) 632-8866; mountmusgraveatwixsite.com/tours
- 11 **Rugged Edge ATV Rentals and Tours.** Magnificent backcountry or City Tour of Corner Brook. All ages. No prior riding experience necessary. 8 Lundrigan Dr., Corner Brook; (709) 634-6683; ruggededge.ca
- 12 **Tight Loops Tight Lines.** Casting lessons and guided fishing for any age and skill level on scheduled salmon rivers. Corner Brook; (709) 638-4105; tightloopstightlines.com
- 13 **Upper Humber Settlement Tours & Experiences.** Stories of veteran pioneer settlers, family traditions, indigenous culture, farm tours & more. Customizable. 186 Veterans Dr., Cormack; (709) 215-4166; upperhumbersettlement.ca

Green Spaces, Parks, Beaches & More

- 1 **Deer Lake Beach.** Nicholsville Rd, Deer Lake; deerlake.ca
- 2 **Majestic Lawn.** West St., Corner Brook. cornerbrook.com
- 3 **Margaret Bowater Park.** O'Connell Dr., Corner Brook; cornerbrook.com
- 4 **NL Stone Gardens.** Pynn's Brook; facebook.com/tuachgarden/
- 5 **Pasadena Beach.** Pasadena; pasadena.ca
- 6 **Pasadena Ski & Nature Park.** 12 Nordic Dr. Pasadena; pasadenaskipark.org
- 7 **Wright's Family Farm.** 99 Main St. East, Pasadena; facebook.com/wrightsfamilyfarmLtd

Craft Breweries

- 1 **Boomstick Brewing Co.** 55 West St., Corner Brook; boomstickbrewing.ca
- 2 **Bootleg Brew Co.** 92 West St., Corner Brook; facebook.com/BootlegBrewCo
- 3 **Crooked Feeder Brewing Co.** 351 Veterans Dr., Cormack. facebook.com/CrookedFeederBrewing
- 4 **Rough Waters Brewing Company.** 83 Wights Rd., Deer Lake; roughwatersbrewing.com

Only 30 minutes apart, the City of Corner Brook & the Town of Deer Lake are the major service centres for Western Newfoundland. The Humber River flows through the Humber Valley into the Bay of Islands, ruggedly beautiful through the rich greenery of summer, the rustic orange palette of fall, and the whites and blues of winter. In this region live like a local through 4 seasons of exceptional recreational and cultural experiences.

>> Numbers on the map correspond to numbers and colours on the descriptions.



Favorite Photo Locations

Share your photos & selfies using #ExploreNL

- 1 **Bottle Cove.** Majestic coastal cliffs and scenery. Route 450.
- 2 **Captain James Cook Historic Site.** Impressive views of the city and the Bay of Islands. Crow Hill Rd, Corner Brook.
- 3 **Humber Valley Resort.** Award winning championship 18-hole golf course. Exit 11 from Route 1.
- 4 **Man in the Mountain.** Look closely to see the face in a rock formation said to be a marker for buried treasure. Riverside Dr. Ext., Corner Brook.
- 5 **Steady Brook Falls.** Short trail to view the falls plunging from 60m. From Route 1 take Exit 8, Steady Brook.



We are the Mi'kmaq people of Newfoundland. A people connected to this land, with roots that run deep and reach far. Connect to the oldest living culture in Newfoundland through nature, art, dance, myths, music, and outdoor adventure. Look for our logo to experience the tradition, culture, and the wild, rugged beauty of our land and leave transformed.