



Corner Brook & Deer Lake

The Bay of Islands & Humber Valley

#ExploreNL

Your guide to
summer adventure.



Hiking & Walking

- Corner Brook Stream Trail Network** Explore the City of Corner Brook through its trails. cbstream.com
- Lark Harbour Head Trail & Governor's Staircase** Views of the Bay of Islands. Blow Me Down Provincial Park.
- Outer Bay of Islands Trails:**
 - Copper Mine Falls** Easy, 0.5km to a waterfall.
 - Bottle Cove** Boardwalk, sunsets, caves, & whales. 2km. Easy.
 - Southhead Lighthouse** Views of the entrance of Bay of Islands, steep areas. 3.2km.
 - Cedar Cove** Coastal scenery nestled between two mountains. 1.8km. Easy to Moderate. obiec.ca
- International Appalachian Trails:**
 - Blow Me Down Mountain** Take the Cape Blow Me Down (pictured on the cover) trail 3.8km & ascend 650m for scenic views. For a 2-3-day hike, continue along the Blow Me Down Mountains. 16km, moderately difficult.
 - Humber Valley** Ascend 2.5km & 300m to the top of the 'Old Man in the Mountain' for breathtaking views. iatnl.org
- Walking Trails of Deer Lake** Stroll along the Humber River and the sandy beaches of Deer Lake.
- Big Falls Trail** Short trail to the waterfall. Sir Richard Squires Memorial Provincial Park.

Festivals & Events

- CB Nuit** September. Cbnuit.com
- Corner Brook Arts & Culture Centre** Year-round events. artsandculturecentre.com
- Jigs & Wheels Festival** 10 days in July-August. cornerbrook.com
- New Found Family Drama** July-August. newfoundfamilydrama.com
- Rotary Arts Centre** Year-round events. rotaryartscentre.ca
- Elmastukwek Mawio'mi** August. elmastukwekmawiom.com
- So Long To Summer** September. solongtosummer.ca
- Cafe 59** Year-round. fb.com/cafe59pasadena
- Deer Lake Strawberry Festival** July. dlfestivals.ca

Rain or Shine

- Grenfell Art Gallery** Year-round exhibits, tours by appointment. 709-637-6209, grenfellartgallery.ca
- Corner Brook Museum & Archives** Natural, cultural, & social history. 709-634-2518, cornerbrookmuseum.ca
- Historic Train Site** A showcase of the proud rail heritage of Newfoundland. 709-640-8685
- Cabox Information Centre** Discover geology through virtual reality. Saltbox Restaurant. 709-789-3752, caboxgeopark.org
- The Roost at York Harbour** Gift shop, gallery, & studio. 709-681-2341, theroostatYorkharbour.com
- The Olde Brake House Museum** 1800s post and beam architecture. 709-216-8553.
- Newfoundland & Labrador Heritage Tree** 500-year-old cedar with 50 carved images. nlheritagetree.ca
- Pollen Nation Farm** Small honeybee farm, gourmet food selections. 709-660-0260, pollennationfarm.ca
- Newfoundland Insectarium** Live insects, honeybee colony, leaf-cutter ants & butterfly pavilion. 709-635-4545, nlinsectarium.com
- Cormack Bee Company & Craft Store** Apiary tours by appointment. Local beeswax & honey products. 709-636-2091, cormackbee.com
- Cormack Farmers Market** Fresh & local produce. 709-636-3050, cormackmarketandflorist.com
- The Stanley Ford Property & Outbuildings** Fishery and farm buildings. 709-459-3114, fb.com/JacksonsArmHeritage

Scenic Drives

- Captain Cook's Trail** Mountain and ocean vistas, epic hiking and walking trails. 53km one way. South Shore, Bay of Islands. Route 450.
- Admiral Palliser's Trail** Scenic route named after the man who sent Captain Cook to survey Newfoundland's west coast. 38km one way. North Shore, Bay of Islands. Route 440.

Outdoor Adventure

- Mill Whistler Road Train** 15-20-minute drive through the city core. Wheelchair accessible. 709-637-1666, cornerbrook.com/train
 - Ride In Style** Chauffeured luxury ground transportation. 709-216-7433, rideinstyle.com
 - Element Outdoor Education** Fun adventure experiences for any explorer; learn foundational skills and develop confidence. 709-638-4679, elementode.com
 - Cycle Solutions** Road, hybrid, & mountain bike adventures. Explore Corner Brook's caving system. 705-710-8831, cyclesolutions.ca
 - Rugged Edge ATV Rentals and Tours** Magnificent backcountry or Corner Brook City Tour. All ages. No riding experience necessary. 709-634-6683, ruggededge.ca
 - Tight Loops Tight Lines** Casting lessons & guided fishing for any age and skill level on scheduled salmon rivers. 709-638-4105, tightloopstightlines.com
 - Everoutdoor Adventures** Custom tours & outdoor experiences - kayaking, hiking, & zodiac tours. Saltbox Restaurant. 709-789-3752, everoutdoor.ca
 - Four Seasons Tours** Traditional deep sea dory fishing, mussel boil ups, & sightseeing tours. Cox's Cove. (709) 688-2125, fourseasonstours.ca
 - Explore Newfoundland Inc.** Salmon fishing, photography, kayaking, rafting & canoeing tours. Guided or self-guided. Marble Inn Resort. 709-634-2237, explorenewfoundland.com
 - Marble Mountain Scenic Chairlift Rides** Jaw-dropping views of the Humber Valley. Marble Mountain Resort. 709-637-7601, skimarble.com
 - Marble Zip Tours** Soar across Steady Brook Gorge or try the high ropes Spider Challenge. Marble Mountain Resort. 709-632-5463, marbleziptours.com
 - Mount Musgrave ATV Tours** Summit Mount Musgrave in a 5-passenger ATV. 709-632-8866, mountmusgraveatv.wixsite.com/tours
 - SEVA Meditation** Sunset meditations with an accredited meditation expert. 709-632-3826, sevameditation.com
 - Newfoundland Helicopters** Icebergs & wildlife helicopter tours. 877-366-2841, newfoundlandhelicopters.com
 - Humber River Off Grid Tours** Guided experiences, farm to table, hiking, wildlife, kayaking, angling. 709-636-2105, fb.me/HumberRiverOffGridTours
 - Cache Rapids Stable** Riding experiences for all levels, half hour to multi day tours. Newfoundland Ponies. 709-635-5535, cacherapidsstable.com
 - Upper Humber Settlement Tours & Experiences** Stories of veteran pioneer settlers, family traditions, indigenous culture & farm tours. 709-215-4166, upperhumberSettlement.ca
- Linkum Tours** Customized itineraries, guided hiking/walking tours and unguided single/multi-day biking holidays. 877-254-6586, linkumtours.com

Green Spaces, Parks, Beaches & More

- Majestic Lawn & Mikwite'tm (I remember) Garden** West St, Corner Brook, cornerbrook.com
- Margaret Bowater Park** O'Connell Dr., Corner Brook, cornerbrook.com
- Bartletts Point Park** Petries Street, Corner Brook, cornerbrook.com
- Blow Me Down Day Park** Route 450, Benoit's Cove
- Pasadena Beach** Pasadena, Pasadena.ca
- Wright's Family Farm** Pasadena, facebook.com/wrightsfamilyfarmLtd
- Pasadena Ski & Nature Park** Pasadena, pasadenaskipark.org
- NL Stone Gardens** Pynn's Brook.
- Deer Lake Beach** Nicholsville Rd, Deer Lake, deerlake.ca
- Funland Resort** Cormack, funlandresort.com

Here, the Humber River flows through the Humber Valley and into the Bay of Islands creating the ideal landscape for outdoor adventure that also inspires the local arts scene. Find yourself hiking to epic heights, picnicking in a family friendly park, ATVing through the city, or singing along with local performers. Whatever it is, the memories will last a lifetime.

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

Four Seasons Tours



- Craft Breweries**
- 1 **Boomstick Brewing Company**
709-388-3300 | boomstickbrewing.ca
 - 2 **Bootleg Brew Co.**
709-634-2964 | bootlegbrewco.com
 - 3 **Western Newfoundland Brewing Company**
709-630-0119 | newfoundlandbrewing.com



- Favorite Views** ❤️
- #ExploreNL
- 1 **Captain James Cook Historic Site / Lookout** Panoramic city & bay views. 🌐
 - 2 **Bottle Cove** Coastal scenery & hiking trails. 🌐
 - 3 **Man in the Mountain** Legend face in a rocky cliff formation - a marker for buried treasure.
 - 4 **Steady Brook Falls** Short trail to view the plunging falls.
 - 5 **Humber Valley Resort** Award winning championship 18-hole golf course.



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.