



Wayfinder **Map Series**

Viking Trail
Gros Morne
Humber Valley
Southwest Coast

Corner Brook & Deer Lake

The Bay of Islands & Humber Valley

#ExploreNL

Cape Blow Me Down

Your guide to
summer adventure.



Hiking & Walking

- Big Falls Trail** Short trail to the waterfall, Sir Richard Squires Memorial Provincial Park, Cormack.
 - Corner Brook Stream Trail** Trail network in & around Corner Brook. cbstream.com
- International Appalachian Trails:**
- 3 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.
 - 4 Humber Valley** Ascend 2.5 km & 300m to the top of the 'Old Man in the Mountain' for breathtaking views. iatnl.org
- Lark Harbour Head Trail & Governor's Staircase** Endless views of the Bay of Islands. Blow Me Down Provincial Park.
 - Outer Bay of Islands Trails:**
 - 6 Bottle Cove** Boardwalk, sunsets, caves, & whales. Lark Harbour. 2 km. Easy.
 - 7 Cedar Cove** Lark Harbour, 1.8 km. Easy to Moderate.
 - 8 Southhead Lighthouse** Magnificent views of the entrance of Bay of Islands. Steep in areas, 3.2 km, obiec.ca
 - Walking Trails of Deer Lake** Stroll along the Humber River and the sandy beaches of Deer Lake. Deer Lake.

Social Scene

- Cabox Art & Adventure Festival** August. Corner Brook. fb.com/caboxgeopark
- Cafe 59.** Year-round musical events. Pasadena. fb.com/cafe59pasadena
- CB Nuit** September. Corner Brook. cbnuit.com
- Corner Brook Arts & Culture Centre** Year-round events. Corner Brook. artsandculturecentre.com
- Deer Lake Strawberry Festival** July. Deer Lake. dffestivals.ca
- Elmastukwek Mawio'mi** August. Corner Brook. fb.com/ElmastukwekMawio'mi
- Jigs & Wheels** Festival 10 days in July-August. Corner Brook. cornerbrook.com
- New Found Family Drama** July-August. Corner Brook. newfoundfamilydrama.com
- Rotary Arts Centre** Year-round events. Corner Brook. rotaryartscentre.ca

Rain or Shine

- Cabox Information Centre** Discover the history and geology of the Bay of Islands through virtual reality, Saltbox Restaurant, Benoit's Cove. facebook.com/caboxgeopark
- Cormack Bee Company & Craft Store** Tours of our Apiary by appointment. Products with local beeswax & honey. Handmade crafts. Cormack. (709) 765-0345. cormackbee.com
- Cormack Farmers Market** Fresh & local produce. (709) 636-3050. cormackmarketandflorist.com
- Corner Brook Museum & Archives** Exhibits the natural, cultural, and social history of the region. Corner Brook. (709) 634-2518. cornerbrookmuseum.ca
- Grenfell Art Gallery** Year-round exhibitions, tours by appointment. Corner Brook. (709) 637-6209. grenfellartgallery.ca
- Historic Train Site** A showcase of the proud rail heritage of Newfoundland. Corner Brook. (709) 640-8685
- Newfoundland Insectarium** Award winning nature experience; live insects, honeybee colony, leaf-cutter ants & butterfly pavilion. Reidville. (709) 635-4545. nlinsectarium.com
- Newfoundland & Labrador Heritage Tree** 500-year-old carved cedar with 50 images of historic icons, events, and cultures. Steady Brook. nlheritagetree.ca
- Pollen Nation Farm** A small honeybee farm with gourmet food selections. Little Rapids. (709) 660-0260. facebook.com/pollennationfarm
- The Olde Brake House Museum** 1800s post and beam architecture. Meadows. (709) 216-8553. oldebrakehouse.com
- The Roost at York Harbour** Gift shop, gallery, and demonstration studio showcasing the work of local artists. York Harbour. (709) 681-2341. theroostatYorkharbour.com
- The Stanley Ford Property & Outbuildings** Fishery and farm buildings and community garden. Jackson's Arm. (709) 459-3114. fb.com/JacksonsArmHeritage

Scenic Drives

- Admiral Palliser's Trail** 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.
- Captain Cook's Trail** Mountain and ocean vistas amid epic hiking and walking trails. 53 km one way. South Shore, Bay of Islands. Route 450.
- Mill Whistler Road Train** 15-20 minute drive through the city core. Wheelchair accessible. (709) 637-1666. cornerbrook.com/train
- Ride In Style** Reservation based chauffeured luxury ground transportation. Corner Brook. (709) 216-7433. rideinstyle.com

Outdoor Adventure

- Cache Rapids Stable** Riding experiences for all levels, half hour to multi day tours. Newfoundland Ponies. Reidville. (709) 635-5535. cacherapidsstable.com
- Element Outdoor Education** Fun outdoor adventure experiences for any explorer; learn foundational skills and develop confidence to explore & create adventures. Corner Brook. (709) 638-4679. elementode.com
- Everoutdoor Adventures** Custom tours, trip planning and outdoor experiences – kayaking, hiking, & zodiac tours. Saltbox Restaurant, Benoit's Cove. (709) 789-3752. everoutdoor.ca
- Explore Newfoundland Inc** Salmon fishing, photography, kayaking, rafting & canoeing tours. Guided or self-guided. Marble Inn Resort, Steady Brook. (709) 634-2237. explorenewfoundland.com
- Four Seasons Tours** Traditional deep sea dory fishing, mussel boil ups, & sightseeing tours. Cox's Cove. (709) 688-2125. fourseasonstours.ca
- Humber River Off Grid 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
- Linkum Tours** Customized itineraries, guided hiking/walking tours and unguided single/multi-day biking holidays. (877) 254-6586. linkumtours.com
- Marble Mountain** Take a ride on the chairlift for jaw-dropping views of the Humber Valley and treat your tastebuds at Bishop's Tavern. Steady Brook. (709) 637-7601. skimarble.com
- 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
- Mount Musgrave ATV Tours** Summit Mount Musgrave in a 5-passenger ATV. Spot moose, caribou & black bear. Steady Brook. (709) 632-8866. mountmusgraveatv.wixsite.com/tours
- Newfoundland Helicopters** Icebergs (in-season) and wildlife sightseeing helicopter tours. Deer Lake. (877) 366-2841. newfoundlandhelicopters.com
- Rugged Edge ATV Rentals and Tours** Magnificent backcountry or City Tour of Corner Brook. All ages. No prior riding experience necessary. Corner Brook. (709) 634-6683. ruggededge.ca
- SEVA Meditation** Guided sunset meditations with an accredited meditation expert. Pasadena Beach. (709) 632-3826. sevameditation.com
- Tight Loops Tight Lines** Casting lessons and guided fishing for any age and skill level on scheduled salmon rivers. Corner Brook. (709) 638-4105. tightlooptightlines.com
- Upper Humber Settlement Tours & Experiences** Stories of veteran pioneer settlers, family traditions, indigenous culture & farm tours. Customizable. Cormack. (709) 215-4166; upperhumbersttlement.ca

Green Spaces, Parks, Beaches & More

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

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.

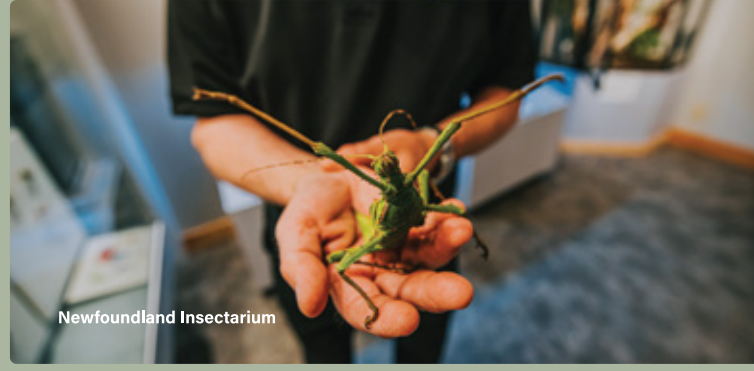
>> Numbers on the map correspond to numbers and colours on the descriptions.

Four Seasons Tours



Craft Breweries

- 1 **Boomstick Brewing Co.** Corner Brook boomstickbrewing.ca
- 2 **Bootleg Brew Co.** Corner Brook facebook.com/BootlegBrewCo
- 3 **Crooked Feeder Brewing Co.** Cormack facebook.com/CrookedFeederBrewing
- 4 **Western Newfoundland Brewing Company** Pasadena. fb.com/westernnewfoundlandbrewing



Newfoundland Insectarium



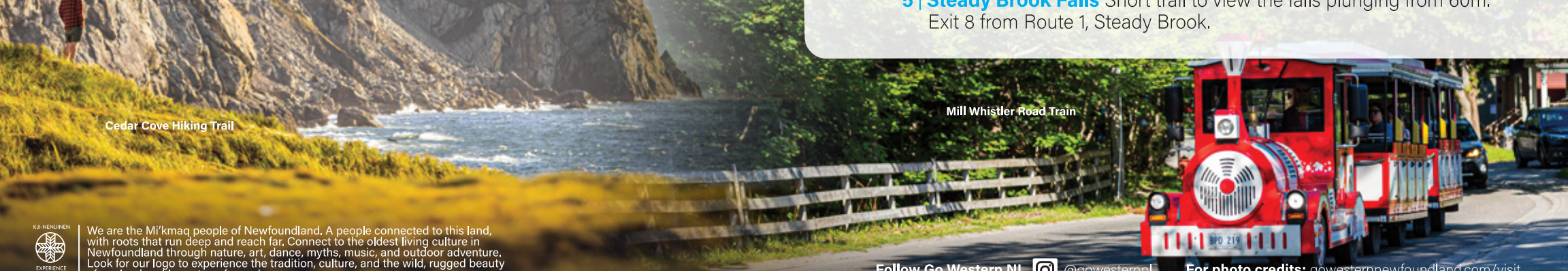
ATV/SBS Tours



Walking Trails of Deer Lake

Favorite Photo Locations #ExploreNL

- 1 **Bottle Cove** Majestic coastal cliffs and scenery. Lark Harbour.
- 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. Exit 8 from Route 1, Steady Brook.



Mill Whistler Road Train