





Terra Nova
National Park

Parc national
Terra-Nova

Adventure is just
a stop away.

Une aventure qui
vaut le détour.



pc.gc.ca/terranova



Parks
Canada

Parcs
Canada

Canada



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Plan the trip of a lifetime

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Catch a play in Trinity. Learn about five centuries of fishing at Ryan Premises National Historic Site. Explore the Burin Peninsula and its connection with the Banks fishery.



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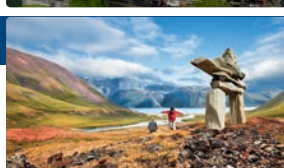
Visit Mistaken Point, our fourth – and newest – UNESCO World Heritage Site. Dance the night away on George Street in St. John's.



Labrador

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Experience the grandeur of Torngat Mountains National Park. Travel to Battle Harbour and step back in time to an old outpost. Check out the historic Basque whaling settlement at Red Bay.



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Newfoundland and Labrador is without a doubt one of the most dynamic travel destinations in the world. As Premier of this great province, I am proud to be one of its fiercest ambassadors, celebrating this place we call home and everything we have to offer our potential visitors.

We have everything a traveller's heart could desire: world-class hiking trails; breathtaking natural beauty with salty air seashores, rolling hills and meandering rivers; picturesque towns and a colourful capital city. We have a talented cultural sector that will completely saturate you in song, dance, art, heritage, and history.

One thing is for certain: no matter what path you take, your heart and soul will be warmed by our naturally hospitable people.

There is nowhere on earth quite like this place.

This year, come visit us and experience Newfoundland and Labrador for yourself. It will be unforgettable.

Sincerely,

The Honourable Dr. Andrew Furey
Premier of Newfoundland and Labrador



As Minister of Tourism, Culture, Arts and Recreation with the Government of Newfoundland and Labrador, thank you for your interest in visiting our beautiful and unique province.

There is no shortage of incredible experiences for visitors to our province. Our arts and cultural sector is dynamic and vibrant – we are natural storytellers and musicians and no one loves a bit of fun more than Newfoundlanders and Labradorians. Our history is rich and deep and those tales are told through 15 Provincial Historic Sites and seven Parks Canada operated National Historic Sites.

There is no shortage of opportunities for outdoor adventurers. We are home to 32 Provincial Parks, four National Parks, four UNESCO World Heritage Sites, as well as one UNESCO Global Geopark.

Summer 2025 will be an exciting time to visit the east coast of our province as we host the Canada Games – a fantastic opportunity to take in some excellent amateur sport.

As you plan your visit, I am certain you will find that the potential for adventure is truly endless!

The Honourable Steve Crocker
Minister of Tourism, Culture, Arts and Recreation

Plan the trip of a lifetime





How to Plan Your Trip

This guide will be your information source to help plan your visit and assist you during your stay. There may be times when you truly want to get lost in this land, but to help you find your way, we have divided the guide into five geographic regions (page 7).

Package tours

Interested in visiting Newfoundland and Labrador but don't want to worry about the details? Then a package tour is just right for you. See page 30 for more information and to start planning your vacation.

Getting from place to place

With over 400,000 square kilometres of land, you never know where you might find yourself. Be sure to check out the distance charts on page 257 to allow for plenty of time to explore. For a more extensive distance guide, go to NewfoundlandLabrador.com/Getting-Here-and-Around/Driving-Distances

Things to know before you go

At the back of the guide, on pages 248-259, you'll find all the information you'll need to know on how to get here, get around, and other practical stuff.

There's much more online

Our official tourism website, NewfoundlandLabrador.com, is your ultimate trip-planning tool, packed with vacation ideas, photos, and an interactive itinerary planner. You'll also find a searchable database of accommodations, attractions, tours and adventures, shops and galleries, festivals and events, and more.



 Pour tout renseignement touristique en français, ou pour commander un Guide Touristique en français, visitez www.exploreTNL.ca ou composez le 1-800-563-6353.

Discover our 5 regions

Labrador

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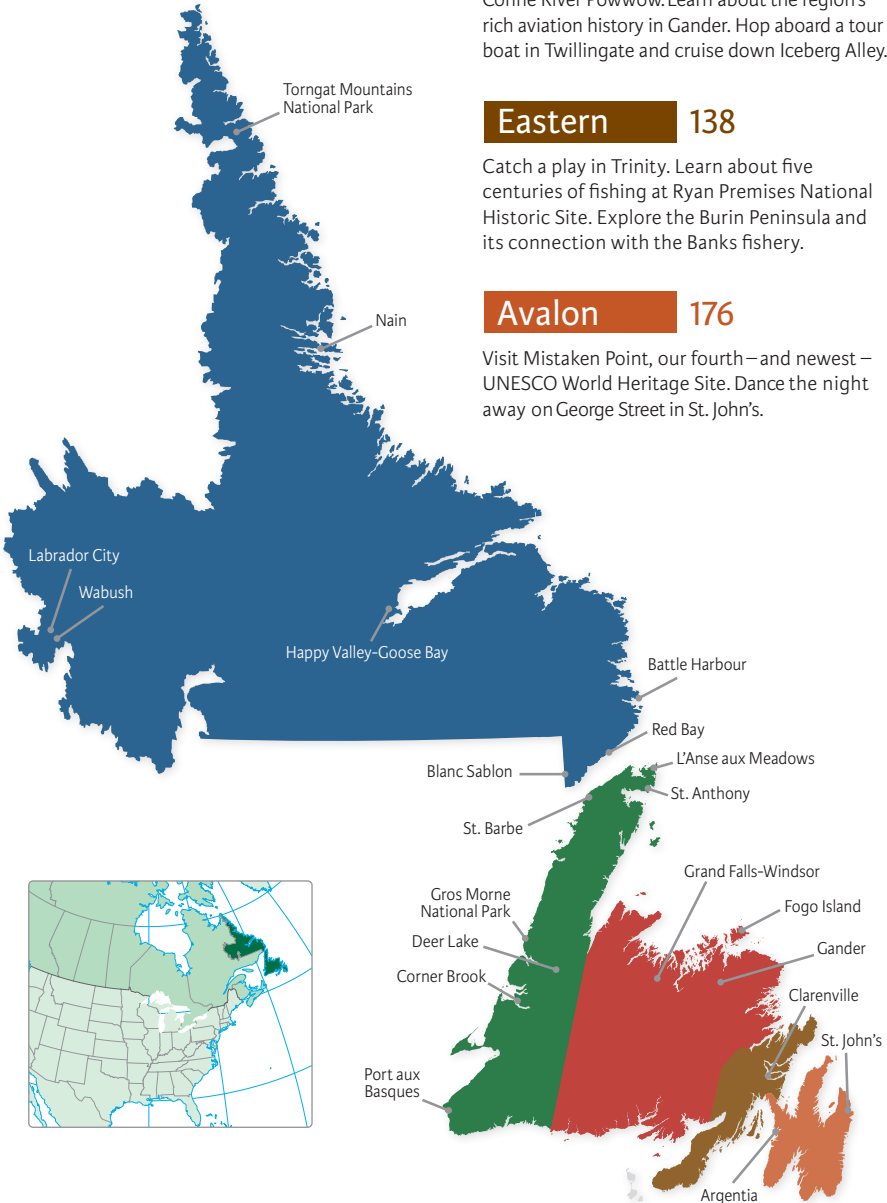
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Avalon

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Visitor Information Centres

Asking for directions has never been more meaningful. Our provincially operated Visitor Information Centres (VICs) always help curious travellers find their way.

Drop in and speak with one of our knowledgeable and experienced Travel Counsellors to get the inside scoop on local festivals and events, where to find hidden gems, and learn locally-known truths about the region's history. Have a chat, share a laugh, and receive something that goes beyond the brochure – free personalized trip counselling that suits your schedule.

A Visitor Information Centre is the perfect rest stop, complete with regularly cleaned washrooms, spacious picnic areas, and free wi-fi. Take the opportunity to browse the extensive collection of travel brochures and other materials available from a variety of tourism operators.

Best of all, our friendly staff will be glad to make reservations for accommodations, guided tours, or other attractions on your behalf – all you have to do is ask.

Look for these symbols on the Traveller's Map to find the nearest VIC.



Provincially Operated
Visitor Information Centres



Regionally Operated
Visitor Information Centres



Open Year-Round

St. John's International Airport (S23)
T: (709) 758 8515
E: stjvic@gov.nl.ca
GPS: 47.6132 -52.7441

Deer Lake Airport (L9)
T: (709) 635 1003
E: deerlakeairportvic@gov.nl.ca
GPS: 49.2104 -57.3985

Open May–October

Argentia (U19)
T: (709) 227 5272
E: argentiavic@gov.nl.ca
GPS: 47.2693 -53.9768

Notre Dame Junction, Route 1 (M16)
T: (709) 535 8547
E: ndjvic@gov.nl.ca
GPS: 49.1203 -55.1035

Whitbourne, Route 1 (T21)
T: (709) 759 2170
E: whitbournevic@gov.nl.ca
GPS: 47.4489 -53.5574

Deer Lake Highway, Route 1 (L9)
T: (709) 635 2202
E: dlvic@gov.nl.ca
GPS: 49.1871 -57.4278

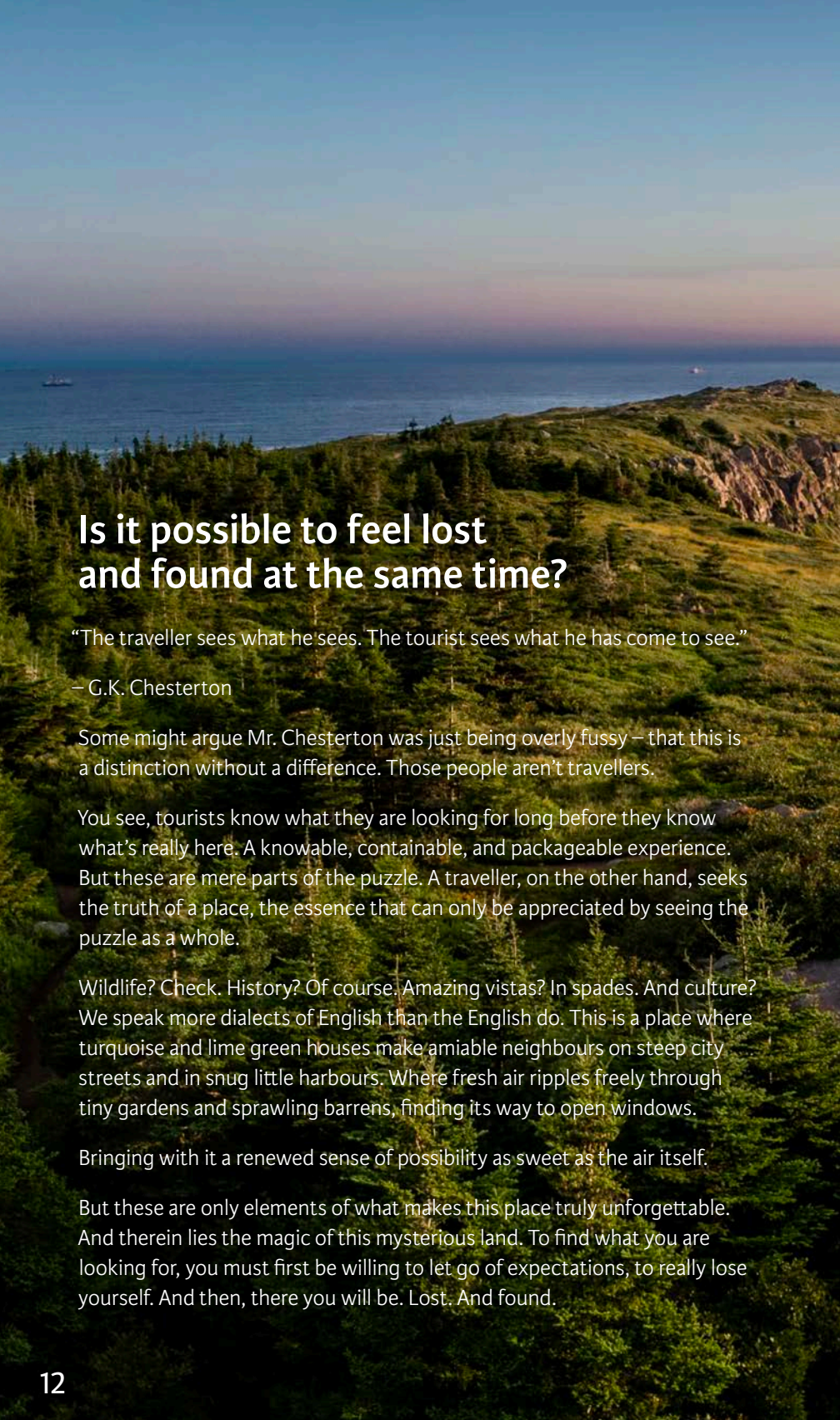
Clareville, Route 1 (Q19)
T: (709) 466 3100
E: clarevillevic@gov.nl.ca
GPS: 48.1701 -54.0022

Port aux Basques, Route 1 (T3)
T: (709) 695 2262
E: pabvic@gov.nl.ca
GPS: 47.5987 -59.1632

Haven't been there.
Haven't done that.





A scenic landscape of a forested hillside overlooking the ocean at dusk. The sky is a mix of blue and purple, and the ocean is visible in the distance. The hillside is covered in green trees and grass, with a rocky cliff face visible on the right side.

Is it possible to feel lost and found at the same time?

“The traveller sees what he sees. The tourist sees what he has come to see.”

– G.K. Chesterton

Some might argue Mr. Chesterton was just being overly fussy – that this is a distinction without a difference. Those people aren’t travellers.

You see, tourists know what they are looking for long before they know what’s really here. A knowable, containable, and packageable experience. But these are mere parts of the puzzle. A traveller, on the other hand, seeks the truth of a place, the essence that can only be appreciated by seeing the puzzle as a whole.

Wildlife? Check. History? Of course. Amazing vistas? In spades. And culture? We speak more dialects of English than the English do. This is a place where turquoise and lime green houses make amiable neighbours on steep city streets and in snug little harbours. Where fresh air ripples freely through tiny gardens and sprawling barrens, finding its way to open windows.

Bringing with it a renewed sense of possibility as sweet as the air itself.

But these are only elements of what makes this place truly unforgettable. And therein lies the magic of this mysterious land. To find what you are looking for, you must first be willing to let go of expectations, to really lose yourself. And then, there you will be. Lost. And found.



Newfoundland & Labrador Welcome Desk

A place like this will have you questioning everything.

What should I pack? Where do I go to see the whales?
What in the world is an uglystick?

Whatever's on your mind, the Newfoundland & Labrador Welcome Desk is standing by to help.
We're ready to answer all your questions, no matter how unusual they may seem.

After all, we're no strangers to a little curiosity.

Need answers? Head on over to WelcomeDeskNL.ca where we've collected the most common inquiries from our visitors.

Or go ahead and give us a call at 1.800.563.6353 to ask us directly.

We can't wait to hear from you.

Got Questions?
WelcomeDeskNL.ca



***“WHEN IS THE
BEST TIME TO
SEE PUFFINS?”***



With 35 million seabirds this close, binoculars are optional.

With over 350 species of birds, it's no surprise that Newfoundland and Labrador is a major birdwatching destination. In fact, this place is known as the Seabird Capital of North America. Wherever you turn, you'll have plenty of chances to get up close and personal with over 35 million seabirds, including 25,000 gannets, 500,000 puffins, and 7 million storm petrels. So close, you can leave your binoculars at home. Umbrellas, however, may be required.

Best Ways to Watch

During the spring and summer, you'll discover great birdwatching experiences around every corner. Find must-see bird gathering spots while kayaking, hiking, enjoying a boat tour, or a leisurely drive.

Birding Hot Spots

1. Witless Bay Ecological Reserve
2. Cape St. Mary's Ecological Reserve
3. Cape Spear
4. Cape Bonavista
5. Cape Race
6. Terra Nova National Park
7. Grand Codroy Wetlands

Birder's Checklist

- | | |
|--|--|
| ☐ Atlantic Puffin | ☐ Common Murre |
| ☐ Bald Eagle | ☐ Northern Gannet |
| ☐ Great Black-backed Gull | ☐ Spotted Sandpiper |
| ☐ Black-legged Kittiwake | ☐ Piping Plover |

Explore More Online
NewfoundlandLabrador.com/Birds





Every year 10,000 whales get front row seats to go people watching.

When you think about it, it makes sense that Newfoundland and Labrador is the destination of choice for the world's largest concentration of humpback whales. After all, this place is home to 29,000 kilometres of dramatic coastline that provide plenty of snacks for our aquatic visitors.

Every summer, from May to August, you can catch 22 different species of whales frolicking in the ocean, breaching the surface, and spouting near the shore. The best part? No matter how many you see, each one still seems larger than life.

How to Watch

You can experience these majestic animals from the rail of a tour boat, the seat of your kayak, or while hiking along a coastal trail.

Whale Watchers Log

- ☐ Humpback
- ☐ Finback
- ☐ Minke
- ☐ Orca
- ☐ Pilot
- ☐ Beluga
- ☐ Common Dolphin
- ☐ Harbour Porpoise

Whale Watching Hot Spots

1. Battle Harbour
2. Red Bay
3. Strait of Belle Isle
4. Point Amour
5. St. Anthony
6. Bonne Bay
7. White Bay
8. Twillingate
9. Cape Bonavista
10. Trinity
11. Signal Hill & Cape Spear
12. Witless Bay
13. Cape Race
14. St. Vincent's Beach
15. Cape St. Mary's

Explore More Online
NewfoundlandLabrador.com/Whales



It's easy to see the beauty of our planet. The real wonders require you to dig a little deeper.

The story of life on Earth began billions of years ago, and some of the greatest narrators of this tale are the rocks of Newfoundland and Labrador. Our geological marvels aren't stowed away behind glass or hidden beneath deep layers of rock. Here you can see and even touch some of the most fascinating and rarest phenomena on the planet.

At Mistaken Point Ecological Reserve, a UNESCO World Heritage Site, fossil discoveries shaped our understanding of evolution. Gros Morne offers opportunities to walk atop the Earth's mantle, tour inland fjords carved by massive glaciers, and marvel at volcanic sea stacks. And the Discovery UNESCO Global Geopark is a time machine that can bring you back a half-a-billion years.

Eleven Places to Take a Field Trip

1. Gros Morne National Park
2. Mistaken Point Ecological Reserve
3. Manuels River
4. Haootia quadriformis fossil, The Rooms
5. Fortune Head Ecological Reserve / Fortune Head Geology Centre
6. St. Lawrence Miner's Memorial Museum
7. #2 Mine Tour, Bell Island
8. Johnson GEO CENTRE
9. Discovery UNESCO Global Geopark
10. Baie Verte Peninsula Miner's Museum
11. Ancient Carboniferous Fossil Trees, Stephenville

Explore More Online
NewfoundlandLabrador.com/Geology



Outdoor adventure, one trail at a time.

With close to 300 hiking and walking trails to explore, you can quite literally spend your entire journey on your feet. The East Coast Trail and the International Appalachian Trail headline the trails that lead to stunning views of whales, icebergs, and long stretches of unspoiled nature and wilderness. Not to mention an abundance of breathing room.

When you're hiking in a place that's off the beaten path, you never know what you'll find. It might even be yourself.



Choose Your Adventure

Whether you're looking for a casual stroll or a challenging trek, you'll find many trails to choose from. The East Coast Trail offers a wide variety, including an easy path to the abandoned fishing village of La Manche. The moderately difficult, 4.8-km Rockcut Twillingate Lower Little Harbour Trail takes you to a resettled community and a 30-foot natural arch. On the Bonavista Peninsula, the Hike Discovery Trail Network will bring you to sea stacks, towering cliffs, and rugged coastlines. And for an extreme experience, Labrador's Torngat Mountains National Park boasts 9,700 square kilometres of untouched wilderness and some of the highest mountains in eastern North America.

Hiking Hot Spots

1. East Coast Trail
2. Hike Discovery Trail Network
3. Twillingate
4. Gros Morne National Park
5. Labrador Pioneer Footpath

Major Trail Networks

Here, you'll find plenty of trails to explore. The International Appalachian Trail extends from Port aux Basques to Crow Head, and the East Coast Trail links 32 historic communities throughout the Avalon.

Explore More Online
NewfoundlandLabrador.com/Hiking



10,000 years later, they find their way to Iceberg Alley. We don't suggest you wait that long.

When it comes to icebergs, there's no better place to catch a glimpse than right here. Oftentimes during spring and summer, thousands of frozen giants drift past our shores in search of inlets, coves, and bays. Carved from 10,000-year-old glaciers, they come in all shapes and sizes. You'll find them making their way, entirely at their leisure, down an ancient path called Iceberg Alley. Careful never to stay in one place too long, their presence creates an ever-changing landscape. One you won't want to miss.

For updated locations on icebergs travelling along the coast of Newfoundland and Labrador visit icebergfinder.com



Five Places to Chill Out

1. St. Anthony
2. Twillingate
3. Bonavista
4. Fogo Island
5. Point Amour

Where to Watch

Iceberg Alley: an area stretching from the coast of Labrador along the northeast coast of the island of Newfoundland.

How to Watch

During spring and summer you may be lucky enough to view icebergs by taking a boat tour, going sea kayaking, or even from land along a coastal trail.



Explore More Online
NewfoundlandLabrador.com/Icebergs



There's no shortage of reasons to celebrate, perhaps just a shortage of time.

While this place is always chock-full of reasons to have fun, you'll find this is especially true during the summer months. It's a time when everyone comes together to share a laugh, sample fresh local cuisine, and get swept away by lively local music.

There are hundreds of diverse festivals and events that embrace everything from film, dance, and music, to blueberries, squid, and mussel beds.

Whatever the reason, there are tons of ways to celebrate the unique culture and heritage of this place while you meet new friends, or get reacquainted with old ones.



Coast-to-Coast Entertainment

When the sun goes down, this place goes up. In Trinity, Gander, Grand Falls-Windsor, Stephenville, and Grand Bank, our thespians tread the boards in productions ranging from comedy and Shakespeare, Broadway and stories that are all our own. In Gros Morne National Park, take in a lively literary festival, plus theatrical performances and music. Corner Brook also offers a range of music and theatre. Twillingate is always rollicking with dinner theatre, as is Ferryland, where there's a wee bit of Irish wit and devilment on display. Visit L'Anse aux Meadows National Historic Site and experience the exciting Viking re-enactments. St. John's has music, dance, film, ghost walks, and yarns. From Bay Roberts to Clarenville, to Happy Valley-Goose Bay, keep an eye and an ear out for local talent and a good time.

Best Excuses to Celebrate

1. Iceberg Festival (June 6-15, St. Anthony)
2. Damnable Trail Festival (September 18-21, Eastport)
3. Rising Tide Theatre – Seasons in the Bight Theatre Festival (June 2-August 31, Trinity)
4. Newfoundland and Labrador Folk Festival (July 11-13, St. John's)
5. Rigolet Salmon Festival (August 7-9, Rigolet)

Explore More Online
NewfoundlandLabrador.com/Festivals



You'd be a great storyteller too, if you had thousands of years of practice.

Out here, you'll find history around every corner. In fact, there isn't a rock, cliff, or cave without a story attached. Take the Vikings, for example, our first European settlers. They landed at L'Anse aux Meadows a thousand years ago. And then there's John Cabot. He dropped anchor in Bonavista back in 1497 and declared it the New World.

Tales of our past visitors are all around, and some of the best places to discover them are the 9 national historic sites, 13 provincial historic sites, 4 UNESCO world heritage sites, and 150 community museums you'll find here. Chances are, you'll uncover a few stories of your own along the way.



Seven Places to Forget About Modern Life

1. Battle Harbour National Historic Site
2. Red Bay National Historic Site
3. L'Anse aux Meadows National Historic Site
4. The Commissariat Provincial Historic Site
5. Beothuk Interpretation Centre Provincial Historic Site
6. Mockbeggar Plantation Provincial Historic Site
7. Mistaken Point Ecological Reserve



Explore More Online
NewfoundlandLabrador.com/History



Let someone else worry about the details.

Making your own way is sometimes exactly what's called for, especially if you're interested in finding – or losing – yourself along the way. But if you'd rather travel here without having to worry about the details, there are many package tours to bring you to Newfoundland and Labrador.

If you're looking for a group motorcoach tour, an all-inclusive fly-drive holiday, or a cruise vacation, you'll find something to suit your interests. The best thing to do is call a Newfoundland and Labrador tour operator. Many of their packages can be tailored for you, whether it's watching whales chase icebergs from your kayak, biking the Irish Loop, walking or hiking the coastal trails, or just relaxing in a spa by the sea.



Nine Ways to Hand Over the Reins

1. CapeRace Newfoundland Adventures Inc.
2. Linkum Tours
3. Maxxim Vacations
4. McCarthy's Party Tours
5. Miki Enterprises
6. Newfoundland Tours
7. Platinum Limousine Tours
8. Rock+Water Stan Cook Travel
9. Wildland Tours

Explore More Online
NewfoundlandLabrador.com/Tours





Featured Itinerary

12 Days of Adventure Coast to Coast

There's so much to experience in Newfoundland and Labrador that one trip isn't enough to see it all. We've packed some of the best bits into 12 days of whales and birds, music, history, hiking, icebergs, and all the best food. From the west coast, north to Labrador, and back east all the way to St. John's.

Explore More Online
NewfoundlandLabrador.com/Itineraries



Day 1**Explore Humber Valley**

Try ziplining in Steady Brook, which isn't too far from Deer Lake Airport. Then explore the fascinating caves near Corner Brook. Finish off the day with a delicious lobster dinner.

Day 2**A Day in Gros Morne National Park**

Take a 45-minute stroll, then a boat tour through a breathtaking fjord with huge cliffs and cascading waterfalls. Check out the sand dunes at Cow Head.

Day 3**Centuries of Human History**

Explore the crossroads at Port au Choix National Historic Site, occupied by Indigenous peoples 6,000 years before Europeans arrived. Walk one of the nearby hiking trails.

Day 4**Voyage to Southern Labrador**

Catch the ferry to Labrador and watch for sooty shearwater birds on the way. Climb Atlantic Canada's tallest lighthouse, then visit Red Bay where the Basques hunted whales centuries ago.

Day 5**Back in Time on the Viking Trail**

Visit the famous Viking site at L'Anse aux Meadows, and then head out to Norstead, a re-creation of an 11th-century Viking port. Stay at one of the unique B&Bs in the area.

Day 6**Picnic at Arches Provincial Park**

Stop at the Arches on your return south, and marvel at the rock formations that were once underwater. Learn about the lives of the Mudge Family and of inshore fishermen at Broom Point.

Day 7**Adventures in Exploits Valley**

Go river rafting on the Exploits in the morning and explore the Beothuk cultural displays in Boyd's Cove. After, learn how to split a codfish in Twillingate.

Day 8**Icebergs of Twillingate**

Take a boat tour and discover that icebergs are not only white, but green, blue, and grey. Cool your drinks with a chunk of iceberg ice, and keep an eye out for frolicking whales swimming by.

Day 9**Explore Terra Nova National Park**

Try sea kayaking and keep a lookout for swooping bald eagles diving for fish. Next, take a short hike along the scenic coastline.

Day 10**Walk the Discovery Trail**

Enjoy a hike along the Skerwink Trail and check out the sea stack formations. The pretty and historic town of Trinity is home to Rising Tide Theatre, as well as lots of great places to stay.

Day 11**Discover the Baccalieu Coastal Drive**

Look for the faeries that are rumoured to inhabit Canada's first English settlement at Cupids. Stop by the Boat Building Museum in Winterton before learning about the first transatlantic telegraph cable in Heart's Content.

Day 12**Excitement in St. John's**

Go on a whale-watching cruise in Bay Bulls, then spend the night in St. John's and enjoy the city's nightlife. This place really goes up when the sun goes down.



Company's Coming,
and we're



19 Sports. 18 Days. **4,800+** athletes.

August 8-25, 2025

From volunteering and ticket sales to merchandise, events schedules, and our official app—scan the QR code to join the action!





THE ROOMS



Grounded in Connection

For two decades, The Rooms has been more than a building — it's been a gathering place where architecture lays the foundation and people bring it to life. A place where we create spaces that welcome all to gather, share stories, engage with the past, and challenge narratives, building an inspired community around art, history, culture, and our natural environment.

In 2025, experience a special exhibition marking our 20th anniversary. This exhibition transforms our gallery walls into a canvas for exploring the bonds between place and community, past and future.

Discover artwork and stories that celebrate resilience, natural beauty, and the spirit of the people who shape our province.

Celebrating 20 years creating spaces that inspire, challenge, and connect.

Visit The Rooms, A Place of Possibilities.





Connect

THIS PLACE AND ITS



- ← Classroom
- ← Washrooms
- ← Archives
- ← Atrium

LEVEL 3

THERE'S NO
Bad Shots
HERE

With wandering valleys, majestic wildlife
and commanding seascapes - your biggest challenge
will be keeping your eye on the ball.

golfnl.ca

Hole #18 at The Wilds





Picture perfect.

Here in Canada's easternmost province, panoramic ocean views are around every turn. Mountain ranges frame rolling hills and winding valleys. Waves crash against severe coastlines speckled with traditional fishing villages. Lush forests and sparkling lakes, sublime fjords and rugged rocks –

Newfoundland & Labrador is something straight out of a storybook, and each cruise visitor is sure to bring home many unique stories of their own.

Learn more at
CruiseNL.ca



Western





West by Nature

Our version of western medicine.

With ancient mountains, fjords, and thousands of miles of coastline, this wild and rugged region sports abundant breathing room and diverse natural heritage, not to mention a pair of UNESCO World Heritage Sites. The first, spanning 1,805 square kilometres, is Gros Morne National Park. It boasts more than 100 kilometres of hiking trails, many passing through the towering Long Range Mountains and the unique Tablelands. The other, L'Anse aux Meadows National Historic Site, the first European settlement of the New World, features a reconstructed Viking village that offers a glimpse into the life of Nordic visitors a thousand years ago.

For a truly out-of-this-world experience, the International Appalachian Trail is a can't-miss. The trail stretches from Mount Katahdin, Maine, through eastern Canada and across western Newfoundland and Labrador before extending into Europe.

Western Newfoundland also boasts conservation areas like the Codroy Valley International Wetlands, where you can watch wildlife like moose, caribou, and migratory birds. While this region may seem larger than life, there are plenty of ways to take it all in. Spend a day hiking or kayaking around the coast. Looking to relax? Kick back on one of the many secluded sandy beaches.



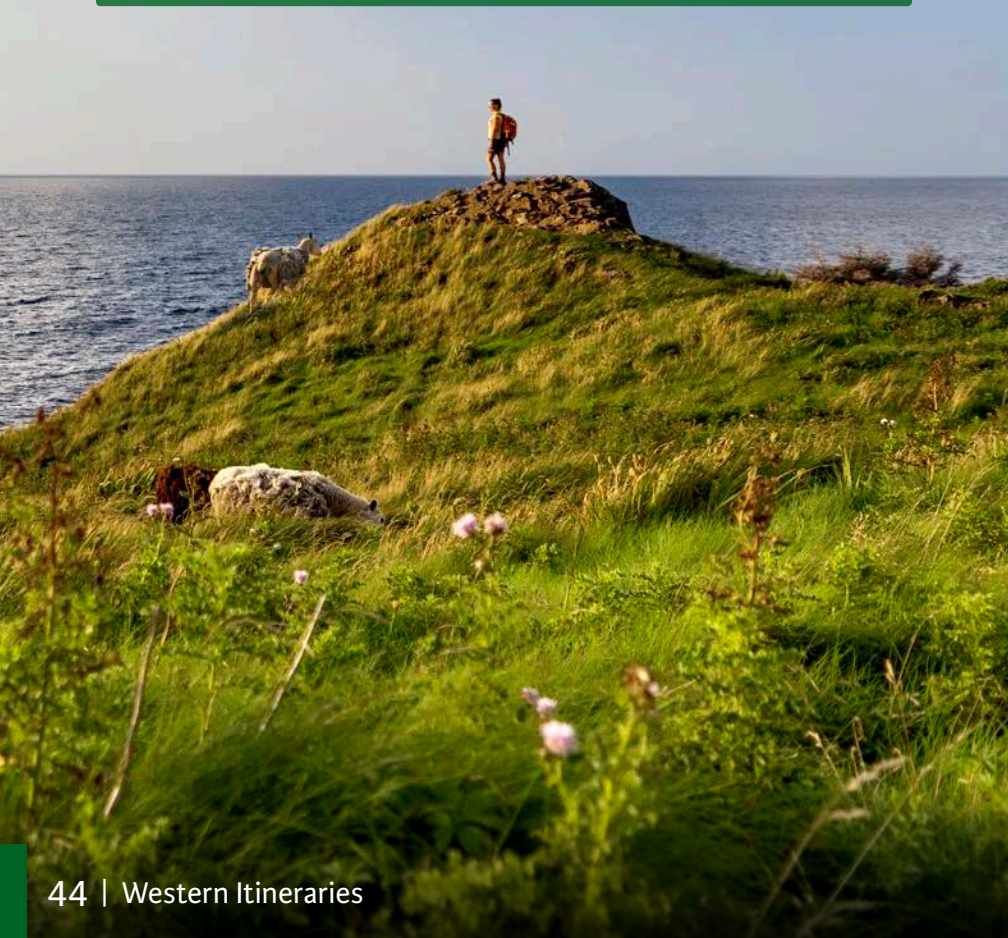


Featured Itinerary

Your Western Journey Starts Here

Western is full of stunning terrain and fascinating history with two UNESCO World Heritage Sites. Stand where the Vikings stood over 1,000 years ago, or explore the geological masterpiece that is Gros Morne National Park.

Learn about the exciting career of Captain James Cook, and then drive along the French Shore for a deliciously musical experience. Then, feel free as a bird as you stare up at feathered friends on the southwest coast.





Festivals, Footpaths, and Fjords

Day 1

Start your western journey at the natural wonder that is Gros Morne National Park, a UNESCO World Heritage Site. Pop into the Discovery Centre in Woody Point and get a brief introduction to this earthly marvel. Then it's time to lace up your shoes for some unforgettable hiking.

Choose from over 100 kilometres of trails for hikers and walkers of all abilities and interests. Hike along the moonscape known as the Tablelands—gigantic peridotite rocks that were once part of the Earth's mantle. Or choose Green Gardens, a more challenging trek through a boreal forest leading to a fertile volcanic seacoast.

Now it's back to Woody Point, a charming village with a Registered Heritage District full of quaint galleries, craft boutiques, and restaurants with mouthwatering local cuisine. Before calling it a night, be sure to check out some of the evening entertainment for a toe-tapping time.

Day 2

When you take the boat tour into Western Brook Pond and float through the majestic glacier-carved fjord, you'll feel like you've entered another world. A 2,000-foot-high waterfall cascades down the Long Range Mountains—part of the Appalachian chain. The boat launch is a 45-minute walk down a picturesque nature trail filled with plant life and curious creatures.

Next, visit Mattie Mitchell National Historic Site and Trail commemorating the Mi'kmaq people of Newfoundland. Mitchell was a Mi'kmaq guide, trapper and prospector, and a person of national historical significance. Feeling peckish? Check out the local cafés for a tasty bite.

Day 3

Jump back in time at Lobster Cove Head Lighthouse and get a glimpse into days gone by. In the evening, visit Cow Head and enjoy stories, plays, and concerts featuring local talent at the Gros Morne Theatre Festival.



Arches Provincial Park

The Arches and The Ancient

Day 4

Start your day by visiting Arches Provincial Park, just a short drive from Cow Head. Named for the rock arches carved by years of tidal sea activity, it's the perfect place to relax and have a picnic as you watch the ebb and flow of ocean waves.

The last stop of the day is Port au Choix National Historic Site. Witness relics of Maritime Archaic, Dorset and Groswater People, and Recent Amerindian cultures as they learned to live and thrive in this rugged place many years ago. After exploring the exhibits, take a walk along the coastal trails and scan the waves for seals and whales.

Day 5

Today it's all about the Vikings. Just over 1,000 years ago, the first European settlement was built in North America, a place now called L'Anse aux Meadows—both a National Historic Site and a UNESCO World Heritage Site. Reconstructed sod huts “inhabited” by costumed interpreters help bring this historical place back to life. Next, drive to Conche on the east side of the peninsula where the French Shore Interpretation Centre houses an incredible 222-foot tapestry depicting the history of the area.



Day 6

Hop on a tour boat in St. Anthony and start your day by watching frolicking whales and majestic 10,000-year-old icebergs. Gaze on as these larger-than-life spectacles put on a show. When you're back on dry land, be sure to drop by the Grenfell Historic Properties and discover how Dr. Grenfell brought modern medical care to remote coastal communities more than a century ago.

A Trip South

Day 7

About a half an hour south of Deer Lake, the city of Corner Brook overlooks the scenic inner Bay of Islands. Take the day to road trip along the north and south shores looking for adventures—of which there are many. Try traditional dory fishing or salmon fishing, ATVing, kayaking or SUP, or take a hike on one of the many walking and hiking trails. In the evening, eat a home-cooked meal while taking in local entertainment.

Day 8

Almost an hour south of Corner Brook is the Port au Port Peninsula. It's here, in southwestern Newfoundland, that many French-speaking Newfoundlanders call home. Explore the unique culture of the region and be sure to try a slice of traditional French baked bread slathered in local jam. In the evening, catch a show at the Stephenville Theatre Festival—a treat for all performance enthusiasts.



Day 9

Venture south for a ride along Routes 404 or 405, where expansive meadows, scattered with trails, border the edges of the coast—perfect for walking, biking, or riding an ATV. Next stop is the gorgeous farmland of the Codroy Valley, where the surrounding wetlands are internationally recognized as an integral spot for migrating birds. Then it's on to Port aux Basques where the mountains meet the sea, and then to Rose Blanche where a magnificent granite lighthouse stands guard. Built in 1871 from a nearby quarry, this historic site is a must-see for all lighthouse lovers.

SCENIC SIDE TRIP

If you have a few extra days, visit Newfoundland's south coast and take a trip to Burgeo. Start out on Route 480 and travel through the pristine boreal forest. Then turn south where the land is otherworldly in appearance, swimming with glacial erratics and shallow ponds. After two hours on this breathtaking drive, you'll arrive in a small seaside town bordered by Sandbanks Provincial Park. Walk along the four sandy beaches and take in the fresh sea air while the mist from the ocean delicately sprinkles your face. Then, take a short ferry ride to Ramea Island for a truly authentic outport experience. Don't be surprised if you leave with a few new stories, and a few more friends.

Find More Itineraries Online
NewfoundlandLabrador.com/Itineraries



Best Kept Secrets

With so many things to see and do, sometimes having the inside scoop makes all the difference. Best kept secrets is a collection of hidden gems and local favourites that highlights some of the best dining, shopping, nightlife, and outdoor adventures on the West Coast. Feel free to stick to what you like, sample a bit of everything, or dive into something completely new – the choice is yours.



Unforgettable Festivals and Events

- Stephenville Theatre Festival, Stephenville
- CB Nuit, Corner Brook
- Trails, Tales & Tunes Festival, Norris Point
- Camber Arts, Various Locations
- Iceberg Festival, St. Anthony



Culinary Experiences

- Our Lady of Mercy Tea Room, Port au Port West
- New Found Izakaya, Corner Brook
- Pollen Nation Farm, Little Rapids
- Buoy & Arrow, Rocky Harbour
- Cafe Nymph, St. Lunaire

Rain or Shine

- Rose Blanche Lighthouse, Rose Blanche
- NL Insectarium, Reidville
- Dr. Henry N. Payne Museum, Cow Head
- French Shore Tapestry, Conche
- Grenfell Historic Properties, St. Anthony



Shop West

- Our Lady of Mercy Gift Shoppe, Port au Port West
- The Roost at York Harbour, York Harbour
- Christine Koch Studio, Woody Point
- Skivvers Fibre Arts Studio & Wool Craft, Cow Head
- Rebel Coffee House, St. Anthony

Evening Energy

- Secret Cove Brewing Co., Port au Port East
- Boomstick Brewing Company, Corner Brook
- Rotary Arts Centre, Corner Brook
- Anchors Aweigh, Rocky Harbour
- Norseman Restaurant, L'Anse aux Meadows

Unique Hot Spots

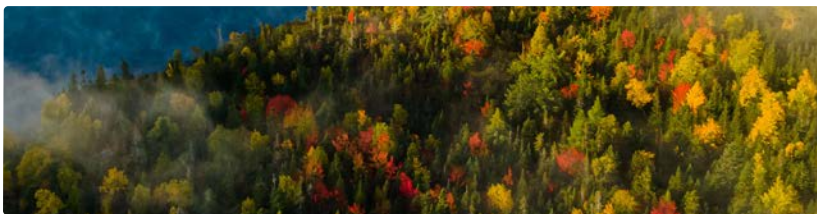
- Park – Boutte du Cap, Cape St. George
- Bottle Cove Beach / Day Park, Lark Harbour
- Point Riche Lighthouse, Port au Choix National Historic Site
- Shallow Bay Beach, Cow Head
- Fishing Point Municipal Park, St. Anthony

Outdoor Adventures

- Pirates Haven ATV Touring, Adventures & Rentals, Robinsons
- Four Seasons Tours, Cox's Cove
- Explore Newfoundland, Steady Brook
- Humber River Off-Grid Tours, Hampden
- Out East Adventures, Norris Point
- Mayflower Adventures, Roddickton

Fiery Fall Beauty

From Humber Valley's vibrant foliage to the serene trails of Gros Morne National Park, explore the brilliant reds, oranges, and yellows that paint the rugged landscape. Enjoy peaceful hikes and breathtaking views in this outdoor adventurer's haven during fall in Western Newfoundland.



Wildlife Encounters

- Margaree Outfitters, Margaree
- Codroy Valley Wetland Centre, Upper Ferry
- Tight Loops Tight Lines, Corner Brook
- Bonne Bay Aquarium & Research Station, Norris Point
- Tuckamore Wilderness Tours, Tuckamore Lodge, Main Brook

Adventures on Foot

- Starlite Trail, Doyles
- Gravels Rest Stop & Danny's Trail, Port au Port
- Humber Valley Trail, Corner Brook
- Eastern Point Trail, Trout River
- The Marjorie Bridge & Thrombolites Walking Trail, Flower's Cove

Meet the Locals

- Mainland Cultural & Heritage Centre, Mainland
- The Stanley Ford Property & Outbuildings, Jackson's Arm
- Upper Humber Settlement Tours & Experiences, Cormack
- Under the Stump Inc., Rocky Harbour
- French Rooms Cultural Centre, Port au Choix

Be Still

- Megan Humphrey Yoga, Various Locations
- Mikwite'tm Garden, Majestic Lawn, Corner Brook
- SEVA Meditation, Pasadena
- Transform Gros Morne, Shoal Cove
- Moratorium Tours & Retreats, Conche



Social Media

To get more insider tips from locals and travellers alike, check out our social media pages. Share your experiences with the hashtag #ExploreNL.



Facebook.com/NewfoundlandLabradorTourism



Instagram.com/NewfoundlandLabrador



YouTube.com/NewfoundlandLabrador

Newfoundland's Southwest Coast. Where the road ends, adventure begins.

Welcome. Bienvenue. J'Pjila'si. Between the soaring mountains and the sea is a place and people unlike any other. A way of life shaped by centuries of French, Scottish, Basques, Mi'kmaq, and American communities that have lived along these shores. Where old stories and traditions persist through songs, tales, museums, heritage sites, annual festivals, and cultural celebrations.

Here, you'll find thousands of acres of protected wetlands. Lush, fertile lands that provide sanctuary for rare birds and other wildlife found nowhere else in the province. Like the Grand Codroy Estuary, Newfoundland's only wetland to be recognized internationally as an Important Wetland under the Ramsar Convention, and home to great blue herons, ducks, eagles, and osprey.

With miles of remote roads perfect for ATV/UTV, hiking and walking trails, and scheduled salmon rivers, the Southwest Coast is the perfect destination for cultural explorers, outdoors people, and restless travellers in search of adventure off the beaten path.

To learn more, visit southwestcoastnl.ca today.

Rose Blanche Lighthouse



Coastangs Trail



Hotel Port aux Basques

2 Grand Bay Road, Port aux Basques
(877) 695-2171
hotelpab.com

St. Christopher's Hotel

146 Caribou Road, Port aux Basques
(800) 563-4779
stchrishotel.com

Codroy Valley Cottage Country

Route 406, Doyles
(877) 655-2720
codroyvalleycottages.ca

**Pirate's Haven ATV Friendly
RV Park, Chalets & Adventures**

Route 404, Robinsons
(709) 649-0601
pirateshavenadventures.com

Acadian Hotel

19 Oregon Drive, Stephenville
(709) 643-5176
acadianhotel.com

Lightkeeper's Inn B&B

75 Water Bottom Road, Rose Blanche
(709) 956-2052
roseblanchelighthouse.ca

Days Inn Stephenville

44 Queen Street, Stephenville
(800) 225-3297
daysinnstephenville.com

Cape Anguille Lighthouse Inn

Route 406, Main Road
Cape Anguille
(877) 254-6586
linkumtours.com

Dreamcatcher Lodge

14 Main Street, Stephenville
(888) 373-2668
dreamcatcherlodge.ca

The Southwest Coast. Rugged coastline, remote backcountry, replenished spirits.

Whet your appetite for adventure on the Southwest Coast, far from the maddening crowd. A windswept land, rich in natural wonders and more kilometres of trails and remote roads than anywhere else in Newfoundland.

Enjoy a guided ATV outing to explore hundreds of kilometres of pristine coastline and serene backcountry, with plenty of opportunities for pictures of caribou, moose, bears, and birds of prey. Or take a self-guided, multi-day trek along the T’Railway, where Newfoundland’s trains used to run.

Follow trails that trace the contours of seaside cliffs and sandy beaches before drifting inward toward rolling hills within sight of the water’s edge. Then, explore secret paths nestled in deep valleys that climb to the mountaintop to reveal stunning vistas and a fresh perspective on the things that truly matter in life.

To learn more, visit tourismwest.ca and pirateshavenadventures.com today.



Songs. Stories. Celebrations. Newfoundland's Southwest Coast.

Along the southwest coast of Newfoundland, far from the city lights, you'll find a way of life as timeless as the sea. A beautiful land with a storied history, shaped by waves of explorers with an unquenchable wanderlust in their veins. A place where the echoes of early Indigenous peoples comfortably co-exist alongside a thriving Mi'kmaq culture and the descendants of French, English, Scottish, Basques, and American settlers who made their lives on these shores.

This is a land of story and song. A place where old traditions are renewed each July at the Mi'kmaq powwow in Flat Bay and Penwaaq L'nu'k Mawio'mi in Cape St. George. Where timeless tales lived on at the Ktaqmukuk Mi'kmaq Museum in St. George's and Mi'kmaquei Mawiom - Mi'kmaw Centre in Cape St. George. A joyful mode of existence to be shared like fresh bread from the traditional outdoor French bread ovens on our ancient trails.

Discover the magic of the Southwest Coast today. To learn more, visit tourismsouthwest.ca.





Appalachian Chalets & RV



Everoutdoor Adventures



Rugged Edge City Backcountry Tour



Glynmill Inn



Corner Brook and the beautiful Bay of Islands.

Discover a cityscape of arts and theatre, culinary and cultural experiences, and four-season outdoor adventures. Browse local shops and take in a musical performance at a lively pub. Explore the city's green spaces: parks, trails, wetlands, heritage sites, and panoramic vistas nestled where the Humber River meets the Bay of Islands.

There's something for all adventurers here. Find yourself hiking in the epic Blow Me Down Mountains, paddling on the bay or the river, fishing from a traditional dory, touring the city by ATV, or enjoying a round of golf. Whatever it is, the memories will last a lifetime.

Appalachian Chalets & RV

64 Lundrigan Drive, Corner Brook
(709) 632-2278
appalachianchaletsrv.ca

Glynmill Inn

1B Cobb Lane, Corner Brook
(709) 634-5181
steelehotels.com

Rugged Edge ATV & Snowmobile Tours and Rentals

8 Lundrigan Drive, Corner Brook
(877) 781-3343
ruggededge.ca

Saltbox Restaurant & Everoutdoor Adventures

410 Main Street, Benoit's Cove
(709) 789-3752
everoutdoor.ca

Deer Lake and the scenic Humber Valley.

Nestled at the gateway to the Viking Trail and the picturesque Humber Valley, Deer Lake invites visitors to enjoy activities such as salmon fishing, kayaking, ATVing, hiking, and golfing. Take on the challenge of the award-winning 18-hole championship River Course at Humber Valley Resort, and then relax at the Eagle's Perch Clubhouse, where you can enjoy delicious food, drinks, and live music amid breathtaking views of the Humber Valley. (humbervalley.com).

Situated along the banks of the Humber River, the Humber Valley lies in the foothills of the Appalachian Mountains, stretching 70 kilometres from Deer Lake to Corner Brook. Beautiful year-round, the region truly shines in the fall, when stands of birch and colourful maples punctuate the valley, creating a rugged backdrop of vivid hues that highlight the striking beauty of the area – perfect for outdoor exploration or peaceful reflection.

Cormack Bee Company



Humber River Trail



Cormack Bee Company

174 Veterans Drive, Cormack
(709) 636-2091
cormackbee.com

Holiday Inn Express

38 Bennett Avenue, Deer Lake
(709) 635-3232 ext. 2
ihg.com

Humber Valley Resort

Exit 11, Route 1
(709) 686-2710
humbervalley.com

George's Mountain Village

4 Thistle Drive, Steady Brook
(709) 639-8168
georgesskiworld.com

Rocky Brook Acres

90 Veteran's Drive, Cormack
(877) 635-7255
rockybrookacres.com

George's Mountain Village Cabins



Pet concierge – Holiday Inn Express



Your beach getaway awaits in Deer Lake.

Don't miss out on what was once Deer Lake's best-kept secret. Now a thriving hotspot, Deer Lake Beach is where locals and visitors flock to bask in the warm west coast sunshine. Families will adore the soft sands and shallow waters, perfect for safe play.

Forgot your beach gear? Our Beach Toy Library has you covered. With washrooms, accessibility mats, and foot washing stations, every detail is designed for your comfort. The Beach Restaurant offers alfresco, seasonal dining, refreshing drinks, and lively entertainment. Explore the lake on a rental SUP board or kayak and enjoy breathtaking views of the Long Range Mountains.

Turn your visit into a staycation at local accommodations just steps away. As evening falls, stroll our lit nature trail or cozy up by a firepit right on the beach. Deer Lake has it all for your family trip, solo getaway, or romantic adventure.





Experience the people and the magic of Gros Morne.

Gros Morne National Park is a stunning UNESCO World Heritage Site celebrated for its diverse landscapes and renowned for its geological beauty. The surrounding communities offer visitors a unique blend of coastal charm and mountain adventure amid thriving outport life. Experience a level of hospitality that only locally-owned restaurants, accommodations, shops, and attractions can provide. Here, passionate staff are dedicated to offering safe and sustainable products, many of which are award-winning.

With a focus on sustainability and partnerships that enrich community life, this is a region that you'll feel good about visiting. Dine on locally sourced cuisine, from foraged berries to fresh seafood. Embrace nature and partake in the culture on a guided tour. The magic here lies in the connections you make with the people, who will leave you with a lasting appreciation for this extraordinary destination. For more information, check out VisitGrosMorne.com or [#grosmorne](#) on Instagram or Facebook.



Fisherman's Landing Inn

Rocky Harbour

(866) 458-2711

fishermanslandinginn.com

Gros Morne Cabins

Rocky Harbour

(888) 603-2020

grosbornecabins.ca

Neddies Harbour Inn

Norris Point

(877) 458-2929

theinn.ca

Ocean View Hotel

Rocky Harbour

(800) 563-9887

theoceanview.ca

**Shallow Bay
Motel & Cottages**

Cow Head

(800) 563-1946

shallowbaymotel.com

Sugar Hill Inn

Norris Point

(888) 299-2147

sugarhillinn.ca

Where culture comes naturally.

Gros Morne National Park is a vibrant cultural hub nestled among seven picturesque communities. The park's impressive geological landscapes inspire both local and world-renowned artists, musicians, writers, and chefs, who infuse their work with the region's rich heritage and natural beauty. These creators drive sustainability efforts, producing art, food, and festivals that honour the environment and traditions, both new and old.

Immerse yourself in cultural experiences. Take in a cozy, intimate performance. Tap your toes during an energetic festival. Ignite your senses while an author reads aloud. Then take a little piece of Gros Morne home with you – artisans' workshops and café walls proudly display handmade art, jewellery, textiles, soaps, and more.

For more information, visit creativegrosmorne.com or [#creativegrosmorne](#) on Instagram or Facebook.

Trails, Tales and Tunes Festival

Norris Point (May)
(709) 458-8123
trailstalestunes.ca

Writers at Woody Point Festival

Woody Point (June-August)
(514) 232-7984
writersatwoodypoint.com

Gros Morne Theatre Festival

Cow Head (June-September)
(709) 243-2899
theatrenewfoundland.com

Gros Morne Fall Fest

Cow Head (September)
(709) 246-2023
grosmornefallfest.com

Rocky Harbour Storytelling Festival

Rocky Harbour (October)
(613) 853-9610
[facebook.com/
RHStorytellingFestival](https://facebook.com/RHStorytellingFestival)

Passing the Time in Trout River

Trout River (June-August)
(709) 451-5376
townoftroutriver.com



Hiking views, 485 million years in the making.

Gros Morne National Park offers breathtaking landscapes with massive cliffs, deep fjords, tranquil lakes, and expansive boreal forests.

Whether hiking to the top of the bottom of the Earth at the Tablelands, reaching a summit at the end of a glacier-carved fjord, or wandering along windswept coastlines and marshlands, the park invites you to connect with nature's raw beauty – and cool geological formations.

Grab your packed lunch or picnic with delicious locally-sourced food and explore Parks Canada's 18 marked hikes across 100 km (www.pc.gc.ca/grosmorne) of trails, or take a community trail for stunning views. You can discover the park on your own or with experienced local guides, known for their colourful storytelling. For those with mobility concerns, Under the Stump (www.underthestump.ca) provides accessible ATV tours, ensuring everyone can experience Gros Morne's backcountry.

Gros Morne Adventures

Norris Point

(800) 685-4624

grosmorneadventures.com

Tour Gros Morne

Shoal Brook

(709) 453-7226

tourgrosmorne.com

Wild Gros Morne

Shoal Brook

(709) 660-WILD

wildgrosmorne.com

BonTours

Norris Point

(709) 458-2016

bontours.ca

Seaside Suites, Deli & Dairy Bar

Woody Point

(709) 453-2777

seasidesuites.ca

Water's Edge Campground & The Bonne Bay Market

Shoal Brook

(709) 660-WILD

wildgrosmorne.com

Taste of Gros Morne

Shoal Brook

(709) 453-7226

tasteofgrosmorne.com

Gros Morne Basecamp

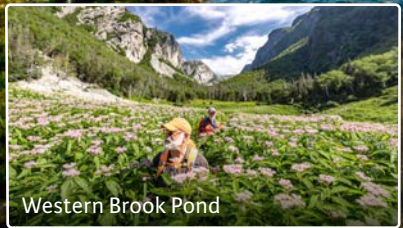
Norris Point

(833) 210-2900

grosmornebasecamp.com



The Tablelands



Western Brook Pond

Amazing memories await along the Viking Trail.

The drive north of Gros Morne National Park is flanked by ancient mountains and coastal landscapes. Throughout the millennia, Indigenous peoples thrived here on the sea's bounty, and historic fishing communities are an ode to the more recent past.

Experience the friendliness of our people – have a chat or hear a local tale at the community wharf or at one of the many festivals in the region. Over a cup of tea and fresh homemade bread, hear stories of resettlement and resiliency at the French Bread Oven in Port au Choix.

Immerse yourself in the beauty and adventure of nature. Breaching humpbacks, playful dolphins, and herds of caribou call this region home. Rare and endemic plants populate fragile limestone barrens. Venture along walking and hiking trails or take a boat tour to meet a 10,000-year-old iceberg from Greenland in Iceberg Alley.

Book now at vikingtrail.org.



Tuckamore Lodge, Main Brook
(888) 865-6361
tuckamorelodge.com

Haven Inn, St. Anthony
(877) 428-3646
haveninn.ca

Plum Point Motel, Plum Point
(888) 663-2533
plumpointmotel.com

Raleigh Rooms, Raleigh
(709) 452-2044
raleighrooms.ca

Mayflower Inn, Roddickton
(866) 218-4400
mayfloweradventures.com

Quirpon Lighthouse Inn,
Quirpon Island
(877) 254-6586
linkumtours.com

Torrent River Inn, Hawke's Bay
(709) 248-5225
torrentriverinn.ca

Sea Echo Motel, Port au Choix
(709) 861-3777
seaechomotel.ca

**Grenfell Heritage
Hotel & Suites**, St. Anthony
(888) 450-8398
grenfellheritagehotel.ca

Dockside Motel, St. Barbe
(877) 677-2444
docksidemotel.ca

Genevieve Bay Inn, St. Barbe
(709) 247-2140
genevievebayinn.ca



With luck, catch whales and icebergs together in one view.

With the longest iceberg season on the island of Newfoundland, the tip of the Viking Trail hosts Arctic ice giants well into summer. And when the world's largest population of humpback whales return each year to feed on capelin, krill, and squid along our coast, the ocean comes alive.

The stage is set for a thrilling performance: ancient ice – snow-white and vibrant aquamarine – meets majestic mammals frolicking and feeding near towering cliffs.

Whether from a boat or a seaside trail and with a salty breeze in your hair, expect a heart-pounding adventure that will leave you breathless – a reminder of the wild, untamed beauty that still exists in the world.



Dark Tickle Expeditions

75 Main Street, St. Lunaire
(844) 999-2374
darktickle.com

Linkum Zodiac Tours

Quirpon Waterfront, Quirpon
(877) 254-6586
linkumtours.com

Daily Catch Ocean Tours

214 Main Street, St. Lunaire
(866) 623-2548
dailycatchoceanours.com

Northland Discovery Boat Tours

St. Anthony
(844) 999-2374
discovernorthland.com

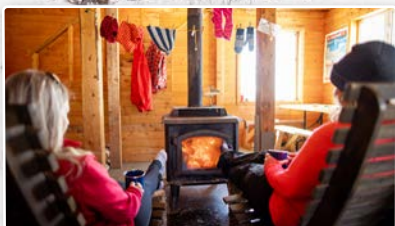


Find your winter in western Newfoundland.

Discover the winter magic of western Newfoundland, where snow-covered landscapes meet stunning coastal views. With an impressive 16 feet of average annual snowfall, it's a paradise for outdoor enthusiasts. Ski at Marble Mountain, the highest ski hill in Atlantic Canada, or explore Gros Morne National Park on snowshoes or cross-country skis, where the Tablelands and Western Brook Pond transform into serene, snowy marvels.

Adventure into the backcountry for an unplugged experience in secluded ski huts, or ride snowmobiles during the longest snowmobiling season in Canada. Embrace the local culture in charming seaside communities, savouring warm hospitality, local cuisine, and vibrant winter festivals. Whether you're seeking thrilling outdoor adventures or cozy, scenic retreats, western Newfoundland promises an unforgettable winter escape.

For more information, visit WinterInWesternNL.com.





Western Road Trips

Granite Coast Drive

Travel the rugged coast, laden with history and lore, from Basque whalers to present day, about 45 km.

Codroy Valley International Wetlands

By car or by foot, one of the best birdwatching trails anywhere, about 46 km.

Three Rivers/Sandy Point Lookout

Great salmon fishing and an incredible view of St. George's Bay, about 129 km.

Caribou Trail

Your pathway to the interior, and to the dunes of Sandbanks Provincial Park at Burgeo, about 150 km.

South Coast Adventure

Tiny isolated villages, some without streets, where time is caught in the past.

French Ancestors Route/La route des ancêtres français

Where the province's French heritage still lives, in name and in spirit, about 240 km.

Admiral Palliser's Trail

Scenery and history combined in this drive along the north shore of Humber Arm, about 40 km.

Captain Cook's Trail

See where one of the world's best known explorers learned his trade, about 54 km.

Main River Run

A Canadian Heritage River that will challenge even the most experienced paddler, about 95 km.

Humber Valley

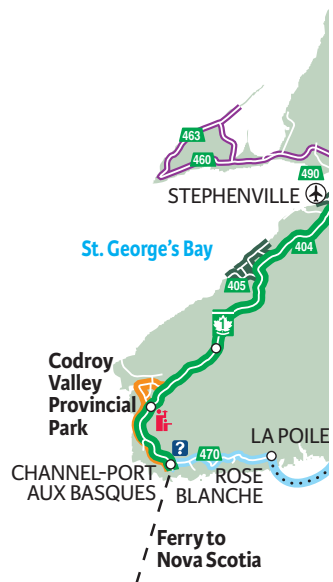
Salmon fishing in summer; skiing in winter. It's an adventurer's paradise, about 57 km.

Viking Trail

Follow the footsteps of the Vikings, and marvel at the wonder of Gros Morne National Park, about 687 km.

Grenfell Drive

Named for the famed medical missionary, this route follows the coastline of the old French Shore, about 268 km.





Western

Road Trips

Stretching from the ferry port of Channel-Port aux Basques to the Viking site at L'Anse aux Meadows, the west coast of the island of Newfoundland offers travellers a wide range of natural and cultural experiences. Don't miss the two UNESCO World Heritage Sites, as well as glacier-carved fjords, hiking trails, ancient Indigenous sites, national and provincial parks, beaches, sand dunes, theatre festivals, museums, and cultural events.



Find More Road Trips Online
NewfoundlandLabrador.com/RoadTrips



Granite Coast Drive

Start: Channel-Port aux Basques

Length: About 45 km. Add 90 minutes
for ferry option to La Poile.

Hop off the ferry in Channel-Port aux Basques and visit the Railway Heritage Museum and view two rare 17th-century navigational devices called astrolabes, recovered from nearby shipwrecks by a local diver. The Basque fishermen who arrived in the 1500s were followed by the French, hence the town's French name.

Further along on Route 470 is the historic community of Isle aux Morts. If you're a dog lover, visit the Hairyman's Safe Haven Café & Craft Shop to learn about Hairyman, the local Newfoundland dog who rescued 163 shipwreck survivors in 1828.

Less than an hour east is Rose Blanche. The restored 19th-century granite lighthouse overlooks the resting places of an untold number of shipwrecks. A gentle looped walking trail offers spectacular views, so pack a picnic and enjoy your surroundings.

Leave your car behind and take a 90-minute ferry ride to the remote village of La Poile for a taste of the past. Local tours guided by fishing families will also take you to abandoned communities to explore the old way of life. Pair this with some fishing for a full day out on the water.





Codroy Valley International Wetlands

Start: St. Andrew's

Length: About 46 km

A 15-minute drive north of Channel-Port aux Basques you'll find Grand Bay West and J.T. Cheeseman Provincial Park – nesting sites of the endangered piping plover. Please pay close attention to the exclusion signs that mark their territory.

Southwest Newfoundland is an excellent birding location. Not only is it on the flyway of many migrating species, but the area's beaches, marshes, and estuaries – such as the Codroy Valley International Wetlands – provide excellent refuge and food.

This area has some of the island's best farmland, settled generations ago by Scots who brought with them place names like St. Andrew's, and further north off Routes 404 and 405, Highlands and Lochleven. Cape Anguille is worth a visit while you're in the area for some of the best sunsets on the island.

The mountains just north of the Codroy Valley and west of Route 1 are famed for their winds. When the trains passed through here, the railway employed Lauchie McDougall to warn of high winds from Table Mountain. Those 160 km-per-hour gusts could blow a train from the narrow gauge tracks. Today, both Lauchie and the railway are gone, and truckers rely on cellphones to find out when the wind is up.

There are several world-class hiking trails here, including the moderate, 5.1-km Starlite Trail to the top of the Long Range Mountains. The trailhead is on Route 1 near Route 407.

For a coastal trail with a mountainous backdrop, the moderate, 5.5-km Coastangs Trail has trailheads in both Searston and St. Andrew's.





Three Rivers / Sandy Point Lookout

Start: Codroy Pond

Length: About 129 km

Off the main highway and onto Routes 404 and 405 you'll find some great salmon fishing in streams like the Crabbes and Robinsons rivers. The sandy trails that edge coastal meadows in the quiet communities provide fine lookouts over Bay St. George South. Join an ATV tour and explore backcountry trails while learning about the area's pirate history. Legend has it, there's treasure buried here. Excellent fishing can also be found further north at Flat Bay Brook.



Caribou Trail

Start: Barachois Pond Provincial Park

Length: About 150 km.

Optional ferry crossings from
75 minutes to 3 hours.

The largest park in the provincial system, Barachois Pond has excellent outdoor recreation facilities and a large campground. Walk the Erin Mountain Trail, beginning with a boardwalk and leading to a lookout over Barachois Pond. The upper part of the trail climbs 340 metres and offers views over Bay St. George, the Gulf of St. Lawrence, and the Long Range Mountains.

For a change of scenery, leave the coast and drive through the interior along Route 480. The route snakes through thick forests and then heads south across boulder-strewn barrens to Burgeo. Sandbanks Provincial Park boasts four connected beautiful sandy beaches. The endangered Piping Plover nests here, so please exercise caution and pay attention to signage.

From Burgeo, take the ferry to nearby Ramea. From here, leave your car behind and take a day trip to communities further east like Grey River and Francois, where there are no cars, and roads are replaced by boardwalks.



South Coast Adventure

Start: Burgeo

Length: Up to 3 hours for ferry crossings.

Sandbanks Provincial Park in Burgeo offers kilometres of sandy beaches and walking trails. From Burgeo, you can travel via ferry to remote communities along the south coast.

The ferry to the island of Ramea operates several times a week. Take a stroll along one of the walking trails and check out the community's wind turbines.

From Burgeo you can also take the passenger-only ferry to the community of Francois. The ferry ride itself is a picturesque full-day journey, and it's not uncommon to see dolphins swimming alongside the bow of the boat or sunfish basking on the water's surface. Francois is home to multiple fishing and climbing opportunities, as well as several hiking trails offering spectacular views of the fjord.

This remote pocket of the island provides a peaceful respite from the outside world, and the wildlife knows this too – birdwatching and wildlife viewing opportunities are abundant.



Francois



French Ancestors Route / La route des ancêtres français

Start: Stephenville Crossing

Length: About 240 km

Newfoundland only gained control over the west coast in 1904. Prior to that, it was known as the French Shore, because France had exclusive fishing rights there. Today, many French place names remain, and the Stephenville–Port au Port Peninsula area is still the hub of French Newfoundland culture. Reach it via Route 460 or 490.

Stephenville was once known for its American airbase. Reach back into history at the Stephenville Regional Museum, which celebrates the traditions and culture of the area.

On the Port au Port Peninsula, drop by the francophone folk festival and hear tunes passed down from generation to generation. For a breath of fresh air, hike Danny's Trail, starting at the Port au Port isthmus, where it's believed that Jacques Cartier landed in 1534. This trail has views of the bay and the Long Range Mountains, with interesting rock formations, beaches, and coves.

Learn about the history of the French Shore at one of the many local museums. At the very tip of the peninsula is Park Boutte du Cap, home to the only monument in the province to French Acadians expelled from the area by the British. This park has a traditional bread oven available for public use, with frequent demonstrations and bread tastings.



Admiral Palliser's Trail

Start: Corner Brook

Length: About 40 km

Sir Hugh Palliser was a governor of Newfoundland in the 18th century and the man who sent Captain Cook to survey the west coast. The highway named after him, Route 440, traces the north shore of the Bay of Islands into an area great for ocean fishing, hiking, and birdwatching.

A tour will give you a more in-depth experience, and plenty of interaction with the locals. Learn how to catch and fillet cod in Cox's Cove, and pair the experience with a seafood boil-up and a farm-to-table feast. If you're lucky enough to be here in the winter, try some guided ice fishing or join a snowmobiling tour.



Captain Cook's Trail

Start: Corner Brook

Length: About 54 km

Yes, the Captain James Cook. Before he became a famous South Seas explorer, Cook refined his cartographic skills along the coast of Newfoundland in the 1760s. His charts of the Bay of Islands are – remarkably – still accurate enough to be used today. A statue in his honour overlooks the bay from Corner Brook, the largest city on the west coast.

The scenic drive along the south shore of the Bay of Islands on Route 450 to Lark Harbour is a treat for the eyes. You'll also find some of the island's best hiking here. One such route is the popular Blow Me Down Mountain Trail, part of the International Appalachian Trail.

Blow Me Down Provincial Park has even more world-class hiking, including the scenic Lark Harbour Head Trail, where a lookout provides endless views of the Bay of Islands. On your descent, you'll tackle the Governor's Staircase – a wooden staircase embedded into a 450-million-year-old wall of volcanic rock.



Main River Run

Start: Route 420

Length: About 95 km

On the southeastern side of the Great Northern Peninsula in White Bay, one of the highlights is the Main River, a surging 57 km that will test even the most experienced whitewater paddler. The Main River Waterway Provincial Park / Canadian Heritage River offers a full wilderness experience for capable outdoor enthusiasts, including paddling, rafting, angling, backcountry trekking, and snowmobiling.

In Jackson's Arm, be sure to pay a visit to the Stanley Ford Property and Outbuildings. Tour this group of domestic fishery and farm buildings while learning about traditional arts and crafts – including quilting, knitting, and fabric dyeing – or take part in a culinary demonstration and enjoy some local dishes.



Humber Valley

Start: Corner Brook

Length: About 57 km

Nestled in the foothills of the Appalachian Mountains, the Humber Valley follows the Humber River from the city of Corner Brook to Deer Lake. The area is particularly striking in the fall, when the tree-fringed slopes turn vermilion, amber, and gold.

At the Historic Train Site, see the collection of narrow gauge rolling stock from the Newfoundland Railway. The Corner Brook Museum and Archives celebrate the history and culture of the region. Take in exhibits by established and emerging artists at the Rotary Arts Centre, and spend some time on West Street, lined with restaurants, cafés, and craft breweries. For unique views, stroll the Corner Brook Stream Trail.

Legend says the Spanish buried a treasure on Shellbird Island in the Humber River. Look closely – there's an old man's face in a rock formation which overlooks the island, said to be a marker for the treasure. The 5-km Man in the Mountain Trail leads to its rocky summit.

Marble Mountain in Steady Brook gets an average of 16 feet of snow every winter and is one of the best ski hills in eastern Canada. There's a lodge and accommodations at the base of the hill. Take a snowmobiling tour on the area's groomed trails, or try ziplining – yes, even in winter.

Spend a day kayaking or stand-up paddling, or tee off at an award-winning golf course. Take a mountain biking tour or explore the area's hidden cave system. Connect with a local guide for a day of angling on the Humber River, one of the best Atlantic salmon rivers on the planet.

In Deer Lake, get acquainted with the colourful creatures at the Newfoundland Insectarium, or hit the Walking Trails of Deer Lake – one path will lead you to sandy Deer Lake Beach. In July, check out the Strawberry Festival.

At the Upper Humber Settlement in Cormack, uncover the stories of the farmers and the pioneers who settled here 100 years ago.



Humber Valley Resort



Viking Trail

Start: Deer Lake

Length: About 687 km

Follow Route 430 from Deer Lake and get ready for Gros Morne National Park, one of two UNESCO World Heritage Sites you'll see on this route. Mere words cannot paint the picture that is Gros Morne. It is one of those rare places that reaches right into your soul.

It was here that geologists discovered that trilobite fossils of the area differed from those in eastern Newfoundland and resembled those found in Spain and North Africa, helping to make the case for plate tectonics. Plus there's the Tablelands, a mesa-like formation of a rock type usually found deep in the earth. This is one of a handful of places where it's been pushed to the surface by tectonic forces. Take a hike among these unusual rocks and maybe meet a moose.

Further north is Western Brook Pond, a remarkable misnomer for this gigantic, glacier-carved fjord with cliffs 2,000 feet high. Explore the fjord as part of a boat tour, or take a cruise along the coast to see the mountains from a different vantage point.

There are over 100 km of trails in the park, including iconic treks like Gros Morne Mountain and Green Gardens, plus migrating caribou, Arctic-alpine plants, and other natural wonders. In winter, this place is a wonderland for snowmobilers, skiers, and backcountry enthusiasts – many of whom lead tours. And, unlike most national parks, this one has pockets of civilization: the towns and villages in and around the park provide services and accommodations, and there's a lively arts community. Annual festivals celebrate theatre, writing, and music, and the region is home to many talented visual artists.

You can reach Port au Choix via Route 430-28 from Port Saunders. The Basques, the French, and the English have fished along these shores for almost five centuries. Part of this story is told at the French Rooms Cultural Centre. Crab and lobster are king along this shore – you'll see hundreds of pots stacked in many places, and the harbour is busy with fishing boats coming and going.

Over the millennia, cultures have come and gone, but dependence on the sea has been a constant. That was true for the Maritime Archaic and Dorset peoples who lived in the Port au Choix area long before Europeans arrived. A 3-km trail connects the village to the Point Riche Lighthouse, built in 1892. Watch for caribou and whales! Other nearby trails will take you to long stretches of beach, across limestone barrens, and through tuckamore forests.

St. Barbe is a jumping-off point for southern Labrador. A ferry service crosses the Strait of Belle Isle to Blanc Sablon, right on the Labrador-Québec border. See the Labrador section for more information.

On Route 436 you'll find our second UNESCO World Heritage Site, at L'Anse aux Meadows. It was here Vikings led by Leif Erickson founded the first European settlement in North America a thousand years ago.

L'Anse aux Meadows was a tiny fishing village in 1960, when explorer Helge Ingstad came looking for a place the Vikings called Vinland. Ingstad, his archaeologist wife Anne, and Parks Canada uncovered the remains of several Viking houses, a forge, and other buildings, proving the Vikings were here more than 500 years before any other Europeans arrived on this continent. Nearby Norstead depicts life as it would have existed in a port of trade for a Scandinavian country during this era, including a full-scale replica Viking ship and four period-style buildings.

The tip of the Great Northern Peninsula has Newfoundland's longest iceberg-watching season, and is a good place to see whales late into the summer. The best way to see both is from one of the tour boats operating in the area. And the Iceberg Festival in June is dedicated to these glacial giants.



Grenfell Drive

Start: Route 432

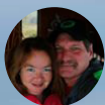
Length: About 268 km

The handful of communities on the east coast of the Northern Peninsula were once French summer fishing stations, part of the old French Shore. Take Route 432 south to Roddickton, where an underground salmon pool marks an unusual migration route.

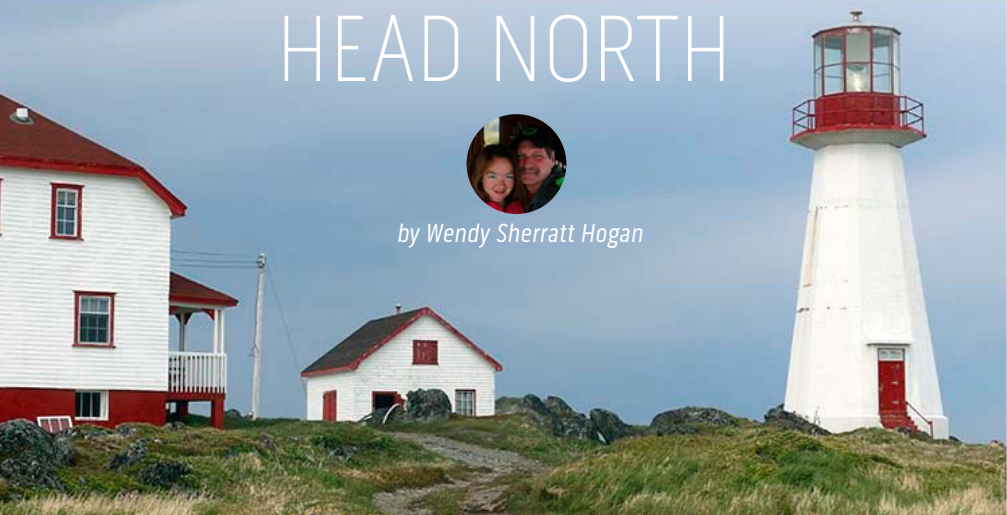
East on Route 434, the French Shore Interpretation Centre in Conche houses the French Shore Tapestry, 222 feet long and embroidered by local women in the style of the Bayeux Tapestry, retelling the history of the area from prehistory to the present.

This area is also a haven for hikers. The Glass Hole Trail in Conche leads to a cavern in the heights of the cliffs that take you to the Atlantic. From here, you'll find amazing vistas and views of resettled islands in the distance.

HEAD NORTH



by Wendy Sherratt Hogan



Drive as far north as you can and that is where the excitement starts. Your chariot to Quirpon Island is a flashy red Zodiac. The ocean was a little rough but we were assured we would make the short trip to the island docking area. And what a trip it was. After loading up the small amount of luggage we were allowed to bring, we donned our rain jackets and ponchos, climbed down the dock ladder, and boarded the oversized inflatable dinghy. Assured it was safe, I took a deep breath and held on.

When we arrived we were escorted to a light-keeper's home built in 1922 and met by the warmest, friendliest staff. The Quirpon Lighthouse Inn is inviting and comfortable. The meals were absolutely delicious. The staff and the guests seemed so excited to welcome you. It wasn't long before we were hearing people shout "whale" so off to the whale watching station we went.

Whale Tales

I could have sat in the whale watching station all day. The excitement of spotting a whale circling the island, pods of whales rounding up capelin, whale tails popping through the surface or best of all - the breach of an enormous Humpback. Unbelievable. All while sitting in the comfort of a heated room, relaxing on the rocks on the shoreline, or heading out on a Zodiac tour. There were lots of whale stories floating around the whale station as well.

Icebergs!

Yes we saw those too! Lots and lots of icebergs floating by the island on their slow crawl south. The really fun part was heading out in the Zodiac to see them up close and personal. Close enough to safely scoop up a piece of ice and taste it. Surprisingly it is not salty!

And Then There's More...

Despite what appears to be a barren island, there is so much to see. Hiking the island is encouraged. We saw plenty of sea birds just off shore and the views were incredible. Nature is all around you if you slow down and take a look.

We came for the whales and icebergs but we were overwhelmed by the hospitality and beauty of this remote northern island.

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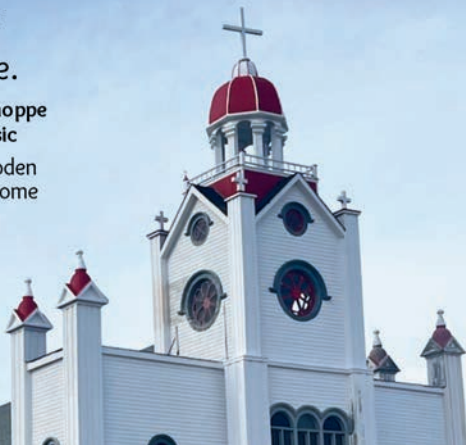
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There's a lot to see in this beautiful, big province, and if you're planning on taking a few road trips to see it all, be sure to book your car rental in advance. That way, you can concentrate on the things that matter when you arrive, like the breathtaking scenery and the fresh coastal air.



Central





Adventure Central

The heart of the land.

Right in the heart of Newfoundland, the central region contains some of the best outdoor experiences in the province. It's the centre of Iceberg Alley, a stretch of coastline where ancient towers of ice majestically float down from Greenland. It's also where whales gather in large numbers to feed, play, and people watch. Central is a perfect place to take a boat trip or go sea and river kayaking. It's also worth visiting Terra Nova National Park – 400 square kilometres of boreal forest and coastline, ideal for whale and bird watching, hiking, camping, and stargazing.

The central region also boasts dozens of hiking trails. As you explore, you'll see clapboard houses sitting atop rocky coasts, and wharves and boats testifying to the continuing importance of the centuries-old fishing industry. Most of the people living here are descendants of West Country fishermen who settled the shores more than two centuries ago. The region also has a rich Indigenous history dating as far back as 6,000 years. It includes the Beothuk as well as the Dorset people, who carved soapstone pots at Newfoundland's first quarry.





Featured Itinerary

Your Central Journey Starts Here

Visit Central, the second-largest region in Newfoundland and Labrador. Stuffed with bays, coves, lively communities, and fascinating histories. With beautiful beaches and some of the best salmon rivers on the planet – there's no shortage of things to do.



Explore Notre Dame

Day 1

Start your journey at the “Crossroads of the World”, also known as Gander. While you’re here, visit the North Atlantic Aviation Museum and learn how this small town played a big role in post-war passenger aviation. Next, enjoy a drive through lush forests before meeting the roaring Gander River at Gander Bay. Take a moment to breathe in the pristine wilderness before continuing on Routes 331 and 335 to the ferry at Farewell for an excursion to Fogo Island and Change Islands.



Fogo Island is the biggest offshore island in the province and home to 11 distinct and lively communities. With its fascinating geography, roaring seaside, and unique cultural history, a visit to Fogo is a once-in-a-lifetime experience. Explore the four ultramodern international artist studios that attract acclaimed artisans from around the globe. Visit Tilting, an Irish community brimming with antiquity and heritage—more than 250 years old. Walk the ancient footpaths that decorate the island, and keep an eye out for the caribou herd. Be sure to check out Growlers Ice Cream Shop, where local berries become sweet, delicious treats.

Day 2

In the morning, ride the ferry back to Farewell and hit the road towards Twillingate, heading for Long Point Lighthouse. The Lighthouse to Lower Head Trail is a perfect place to keep watch for whales and icebergs. Or, if you want front row seats, hop on a boat tour. In the afternoon, do some exploring and hike one of the many picturesque walking trails in the area. There's entertainment almost every night in Twillingate, so when the sun goes down put on your dancing shoes for an evening of traditional music. After you've exhausted yourself on the dance floor, retire to a cozy B&B for a well-deserved rest.



Day 3

Today, delight in a scenic road trip along the shores of Notre Dame Bay and the Bay of Exploits. Drop by the Beothuk Interpretation Centre Provincial Historic Site at Boyd's Cove. Here you'll explore the fascinating culture of the Beothuk people, extinct since 1829. Now it's back on the road driving through idyllic coastal communities like Birchy Bay and Loon Bay. Stop in Lewisporte where the By the Bay Museum gives you an in-depth look into the rugged reality of outport life. Notre Dame Provincial Park, at Notre Dame Junction, is a great place to experience the beauty and tranquility of the boreal forest. You can camp, birdwatch, stargaze, or simply cool off in Junction Pond. The final stop is the World War II seaplane base at Botwood Heritage Park, where Bob Hope, among other celebrities, entertained the troops.



Delve into Water and Stone

DAY 1

Grand Falls-Windsor sits on one of the best salmon fishing rivers in the world: the Exploits River. Thousands of these fighters migrate upstream every year to spawn, making this an ideal place for the Salmonid Interpretation Centre. Then it's westward to Aspen Brook for an epic adrenaline rush with Rafting Newfoundland. Choose from a variety of exhilarating tours, some of which include a swim and a picnic lunch.

DAY 2

Start today's venture in Springdale, where you'll find the Springdale Wetlands—reached via the Indian River Walking Trail. The wetlands are an estuary where Indian River flows into Halls Bay, and feature 15,000 acres of diverse habitat that's home to moose, ducks, and salmon. The next stop is King's Point, where the seaside pavilion holds the articulated skeleton of a 52-foot humpback whale, and the pottery shop has some of the finest wares in the province.

DAY 3

The Baie Verte Peninsula is a geologist's dream. Teeming with ancient rocks and minerals, deep cavernous mines, and complex folding and twisting landscapes, its natural beauty is unsurpassed. For a glimpse into this fascinating world, visit the Miner's Museum in Baie Verte, and learn about the mysterious and dark lives of miners from the late 1800s to present day. Can't get enough underground fascinations? Then continue on to the Dorset Soapstone Quarry National Historic Site at Fleur de Lys and witness evidence of Dorset and Palaeo-Eskimo vessel carvings dating back 1,600 years.

The South Coast Tour

DAY 1

The drive from Bishop's Falls down Route 360 passes through thick boreal forest. St. Alban's is the centre of the province's growing aquaculture industry, and on the waterfront there's an interesting display on Captain James Cook's 18th-century surveying voyages. The expert canoeist will want to paddle the Bay du Nord Heritage River, a challenge worth its reward in lush scenery. Nearby Conne River is home to the Indigenous Mi'kmaq people. If you're here in July, check out the Miawpukek Annual Powwow and learn about their rich heritage.



DAY 2

South of St. Alban's, the Connaigre Peninsula offers some of the most extraordinary landscapes on the island. Deep fjords cleave the land and rolling hills make friends with the small communities tucked between them. As you drive along the highway, the beauty of this terrain will surely transform you.

DAY 3

A short distance off the main highway, Routes 362 and 362-10 lead to Pool's Cove. Take a day trip to Rencontre East and Bay L'Argent on the Burin Peninsula. See the traditional sights of some classic outport communities—warm, friendly homes that dot the shoreline, and fishing huts and stages ready for the daily catch. Or, if you're a history buff, there are many significant houses in the region not to be missed. The John Cluett Heritage House in Belleoram is a traditional saltbox home and dates back to 1844—the oldest structure in Fortune Bay. And don't miss a trip to the gorgeous Sunny Cottage Heritage Centre in Harbour Breton. Built in 1907, it's one of the largest Queen Anne-style homes on the island. Transport yourself on an unforgettable boat adventure that will give you a rare and authentic look into coastal life. Leaving from Hermitage, weave along the craggy, rolling shoreline, visiting the remote villages of Gaultois, McCallum, Francois, and Grey River.

Terra Nova—Eastport Adventures

DAY 1

If you love camping, a visit to Terra Nova National Park is a must. The park's landscape varies from the rugged cliffs and sheltered inlets on the coast, to the rolling forested hills, bogs, and ponds of the inland. Bike, swim, picnic, hike, kayak, golf, or take the kids to the spectacular marine touch tank at the Visitor Centre in Newman Sound. In the afternoon, relax as the little ones spend the day exploring the playgrounds.



DAY 2

If you're looking to dig your toes into some soft warm sand, then set out for the Eastport Peninsula—home to beautiful white sandy beaches. Drive by sheltered coves and sparkling waters until you find the perfect place to lay a blanket for an afternoon at the beach. The Beaches Arts and Heritage Centre is a great place to check out live theatre and gallery exhibits that celebrate traditional and modern art. With a 200-seat theatre and a full schedule of programming, there's something for theatre lovers all year round.

DAY 3

Just outside Terra Nova National Park's west entrance is Splash 'N' Putt, a water-based amusement park. Spend the day having a blast as you and your family play minigolf, try go-karting, ride the bumper cars and boats, or fly down the 300-foot waterslide. Relax in the heated pools and kiddie recreation area, and then indulge in a frozen treat from the dairy bar next door.

Find More Itineraries Online
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Best kept secrets

With so many things to see and do, sometimes having the inside scoop makes all the difference. Best kept secrets is a collection of hidden gems and local favourites that highlights some of the best dining, shopping, nightlife, and outdoor adventures in the central region. Feel free to stick to what you like, sample a bit of everything, or dive into something completely new – the choice is yours.



Unforgettable Festivals and Events

- Unscripted Twillingate Digital Arts Festival, Twillingate
- Fogo Island Partridgeberry Harvest Festival, Joe Batt's Arm, Fogo Island
- Roy Babstock Beaches Accordion Festival, Eastport
- Triton Caplin Cod Festival, Triton
- Botwood Flying Boat Festival, Botwood

Local Cuisine Hot Spots

- Juniper Kitchen and Bistro, Grand Falls-Windsor
- Auk Island Winery, Twillingate
- Mystic Dining Room, Gander
- Kinden's Bakery and Café, Lewisporte
- By the Sea Inn and Café, King's Point

An Excuse to Stay Indoors

- Whale Pavilions, King's Point and Triton
- Salmonid Interpretation Centre, Grand Falls-Windsor
- Botwood Heritage Park, Museum and Archive, Botwood
- Gander International Lounge, Gander
- The Canadian Glove Museum, Point Leamington



Shop Central

- King's Point Pottery Craft Gallery and Studio, King's Point
- Prime Berth Crafts and Gifts, Twillingate
- Mona's Quilt and Jam Shop, Joe Batt's Arm, Fogo Island
- Botwood Heritage Gift Shop, Botwood
- Forge and Fibre, Change Islands

Evening Energy

- The Wharf, Twillingate
- Queen Street Dinner Theatre, Grand Falls-Windsor
- Bumblebee Bight Inn and Brewery, Pilley's Island
- Beaches Arts and Heritage Centre, Eastport
- Come From Away, Gander

Outdoor Adventures

- Badger Bay Boat Tours, Triton
- Exploits Extreme Ziplining, Grand Falls-Windsor
- Hansford's Hiking Adventures, Eastport
- Iceberg Quest Ocean Tours, Twillingate
- The Shark Co., Hare Bay

Hot Spots For History Buffs

- Dorset Soapstone Quarry National Historic Site, Fleur de Lys
- Beothuk Interpretation Centre Provincial Historic Site, Boyd's Cove
- Barbour Living Heritage Village, New-Wes-Valley
- Baie Verte Peninsula's Miner's Museum, Baie Verte
- Dover Fault Interpretation Site, Dover

Meet the Locals

- Al's Walking Tour of Tilting and Oliver's Cove, Tilting, Fogo Island
- Meet the Flynns: A Come From Away Experience, Appleton
- Twillingate/New World Island Dinner Theatre, Twillingate
- Sunny Cottage Heritage Centre, Harbour Breton
- Outport Tea Room, La Scie



Twinkle Twinkle

Terra Nova National Park was designated a Dark Sky Preserve in 2018 by the Royal Astronomical Society of Canada. After the sun sets along the horizon, you'll be amazed by an otherworldly spectacle of stars.



Photo: Dave Newbury

Adventures on Foot

- Alexander Murray Hiking Trail, King's Point
- Wonder Shore Trail Network, Route 320 (The Shore)
- Damnable Trails, Eastport Peninsula
- Rockcut Twillingate Trails, Twillingate
- Gun Hill Lookout, Harbour Breton



Beautiful Sandy Beaches

- Eastport Beach, Eastport
- Lumsden's Beach, Lumsden
- Musgrave Harbour Beach, Musgrave Harbour
- Deadman's Cove Beach, Harbour Breton
- Sandy Cove Beach, Tilting

Picture Perfect

- Leading Tickles
- La Scie
- Salvage
- Greenspond
- King's Point

Cultural Icons

- Botwood Murals Art Society, Botwood
- Winterset in Summer Literary Festival, Eastport
- Resettled Islands Tour with Hare Bay Adventures, Hare Bay
- Isles Wooden Boat Builders Museum and Workshop, Twillingate
- Grand Falls-Windsor Heritage Centre, Grand Falls-Windsor

Social Media

To get more insider tips from locals and travellers alike, check out our social media pages. Share your experiences with the hashtag #ExploreNL.



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Where icebergs feel as welcome as our visitors.

For those seeking 10,000-year-old icebergs, the northeast coast of Newfoundland is unbeatable. While there are many places to view these icy giants, none compares to this rugged coastal paradise.

Start your adventure in Lewisporte, where you can unwind at Islands' Villa. Enjoy the sunset from a luxurious suite as you relax in the hot tub overlooking the tranquil harbour.

Continue your journey to Twillingate, one of Newfoundland's most popular destinations. Alongside incredible iceberg views, you'll find exceptional accommodations like the Hodge Premises Inn, where comfort meets coastal charm. Alternatively, experience the rustic allure of the Old Salt Box Co. as you wake to the sound of seabirds and waves. Later, take a walk on a nearby coastal trail, and be sure to try some fresh local seafood for dinner.

Step outside and chase majestic glaciers as they drift through Iceberg Alley, an unforgettable sight in one of the world's most breathtaking settings.

Islands' Villa



Anchor Inn Hotel



Hodge Premises Inn



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theoldsaltboxco.com



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With more than 70 hiking and walking trails to explore in the central region, you can quite literally spend your entire journey on your feet.

The Rockcut Twillingate Trails is home to more than 25 kilometres of lengthy “point-to-point” hikes plus shorter “loop back” options. Keep your eyes peeled for seabirds, wild berries, sea stacks, whales, icebergs, and more!

More great trails await along the Damnable Trail on the Eastport Peninsula. Ranging from rugged and challenging coastal trails to leisurely strolls along beaches and through historic communities, the Damnable Trail has something for everyone.

After a day on the Damnable Trail, the place to unwind, relax, and dine is the Happy Adventure Inn. Rejuvenate with a delicious meal and glass of wine at the inn’s seafood and wild game restaurant before settling down in their 4.5-star accommodation.



Alexander Murray Hiking Trail

King's Point
(709) 481-2080
facebook.com/
AlexanderMurrayHikingTrail

Clode Sound Motel & Restaurant

Charlottetown
(709) 664-3146
clodesound.com

Corduroy Brook Nature Centre and Trail

Grand Falls-Windsor
(709) 489-3900
corduroybrook.org

Damnable Trail

Eastport Peninsula
(709) 769-8898
damnabletrail.com

Escape By the Sea

Fogo Island
(709) 682-7829
escapebythesea.ca

Happy Adventure Inn

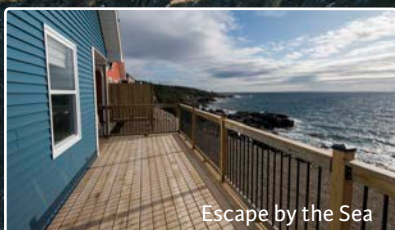
Happy Adventure
(709) 677-2233
happyadventureinn.com

Gun Hill Lookout

Harbour Breton
(709) 885-2885
harbourbreton.com

Rockcut Twillingate Trails

Twillingate
(709) 893-3008
rockcuttrails.ca



Escape by the Sea



Damnable Trail



Happy Adventure Inn



Rockcut Twillingate Trails

Where *Come From Away* found its inspiration.

Discover the heartwarming inspiration behind the Tony Award-winning musical *Come From Away* in Gander and its nearby communities. Immerse yourself in the stories of kindness that moved the world by exploring the places and meeting the people who lived it. Experience a *Come From Away* tour, get Screeched-In by real-life characters, and visit local museums rich with history.

After a day of adventure, treat yourself to a gourmet meal at Sinbad's Hotel and Suites, then unwind with a cocktail at the lounge. Don't miss the Compassion Monument, which features a piece of World Trade Center steel. For a memorable stay, book a night at Twin Ponds Wilderness Lodge, where some of the 'Plane People' found comfort after landing in Gander.

Complete your journey by seeing *Come From Away* live in Gander – the perfect way to bring this extraordinary story full circle.



Get Tickets
ComeFromAwayGander.ca

Compassion Monument

Gander
(709) 651-5914
gandercanada.com

Dover Fault Interpretation Site

Dover
(709) 537-2139
dovernewfoundland.com

Gander Goods

Gander
(709) 651-1861
shopgandergoods.com

Gander International Lounge

Gander
(709) 256-2614
facebook.com/
ganderinternationalairport

North Atlantic Aviation Museum

Gander
(709) 256-2923
northatlanticaviationmuseum.com

Sinbad's Hotel & Suites

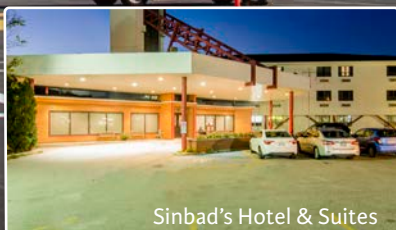
Gander
(709) 651-2678
steelehotels.com

Twin Ponds Wilderness Lodge

Twin Ponds
(709) 424-4828
twinpondswildernesslodge.com

Union East & Drinks

Gander
(709) 651-1666
facebook.com/unioneastgander



Sinbad's Hotel & Suites



Twin Ponds Wilderness Lodge

Life's better on a beach.

While legends speak of buried treasure beneath the sands of Lumsden Beach, the true wealth along 'The Shore' (Route 320) is found in memories that last a lifetime. This stretch of coast, rich in history and natural beauty, is home to communities like Musgrave Harbour, Deadman's Bay, Lumsden, and Cape Freels, where sun, sand, and surf await.

After a day of adventure on land or sea, unwind on the warm sands and take a dip in the cool Atlantic waters. Explore by kayak through Newtown, the 'Venice of Newfoundland and Labrador,' or cast a line for cod. For the ultimate thrill, try catching and releasing a Porbeagle Shark, then capture the moment with a photo before returning it to the ocean.

The beaches here offer endless opportunities to create unforgettable experiences.



Banting Memorial Municipal Park

Musgrave Harbour
(709) 655-2589
facebook.com/
bantingmemorial2589

Barbour Living Heritage Village

Newtown
(709) 536-3220
barbour-site.com

**Hare Bay Adventures –
Gift Shop and Coffee Bar**

Hare Bay
(709) 537-2028
harebayadventures.com

Lumsden Beach Company

Lumsden
(709) 486-4008
lumsdenbeachcompany.ca

Lumsden North Park

Lumsden
(709) 530-2309
lumsdennl.com

Spindrift-by-the-Sea Country Inn

Musgrave Harbour
(709) 655-2175
spindriftbythesea.ca

Windmill Bight Park

Lumsden
(709) 530-2309
lumsdennl.com

Wonder Shore Hiking Trails

New-Wes-Valley
(709) 536-2010
wondershoretails.ca

A river runs through it.

Discover the Exploits Valley, where nature and culture flow together. Begin your adventure at the Exploits River, home to the awe-inspiring Salmonid Interpretation Centre, where wild Atlantic salmon leap upstream. Get a unique underwater view as these majestic fish navigate the salmon ladder.

For something a little different, visit the Canadian Glove Museum – the only one of its kind in Canada. See gloves worn by icons like Elvis Presley and David Suzuki, and explore the quirky history behind this fascinating collection.

History enthusiasts can delve into the region's past at the Grand Falls-Windsor Heritage Centre, which showcases the early days of this vibrant community, rooted in the paper mill industry.

End your day with a memorable night out at Queen Street Dinner Theatre, where delicious dining meets lively performances, ensuring an unforgettable evening.



Gorge Park

Grand Falls-Windsor
(709) 489-0450
grandfallswindsor.com

Grand Falls-Windsor Heritage Centre

Grand Falls-Windsor
(709) 489-6903
gfwheritagesociety.ca

Mount Peyton Resort & Conference Centre

Grand Falls-Windsor
(709) 489-2251
mountpeyton.ca

Queen Street Dinner Theatre

Grand Falls-Windsor
(709) 489-0435
queenstreetdinnertheatre.com

Rafting Newfoundland

Grand Falls-Windsor
(709) 700-8807
raftingnewfoundland.com

Riverside Suites

Grand Falls-Windsor
(709) 486-9679
riversidesuites.ca

Salmonid Interpretation Centre

Grand Falls-Windsor
(709) 489-2192
erma.ca

The Canadian Glove Museum

Point Leamington
(709) 484-3596
thecanadianglovemuseum.com



Discover nature's playground in scenic Green Bay.

If outdoor adventure is what you seek, plan an extended stay in scenic Green Bay. Home to some of Central Newfoundland's best hiking trails and salmon fishing rivers, this region is a nature lover's paradise.

Explore whale pavilions or embark on boat tours that bring you up close to icebergs, whales, and even resettled, ghostly communities. Quaint fishing villages line the coast, offering rugged, picturesque landscapes perfect for photographers.

After a day of adventure, unwind at By the Sea Inn and Café in King's Point. Savour delicious meals and relax in comfortable oceanside accommodations. You might even spot whales playing in the bay as you dine deck-side.

From its natural beauty to its rich history and charming communities, Green Bay has it all. Your next great outdoor adventure awaits.



By The Sea Inn & Café

King's Point
(709) 268-2181
bytheseainnandcafe.ca

Clarey's Diving and Eco Tours

Triton
(780) 881-2900
clareysdivingandecotours.com

Indian Falls Chalets

Springdale
(709) 486-8463
indianfallschalets.com

King's Point Pottery Craft Gallery and Studio

King's Point
(709) 268-2216
kingspointpottery.com

King's Point Whale Pavilion

King's Point
(709) 481-3006
townofkingspoint.com

Skipper Joe's Souvenirs

King's Point
(709) 673-6440
skipperjoessouvenirs.com

The View Suites & Breakfast

Triton
(709) 263-6702
the-view.my.canva.site

Triton Sperm Whale Pavilion

Triton
(709) 263-2145
townoftriton.ca



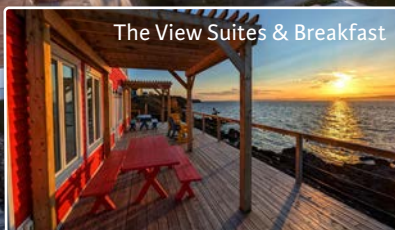
By The Sea Inn & Café



Clarey's Diving and Eco Tours



The View Suites & Breakfast



Central Road Trips

Dorset Trail

The 1,500-year-old Dorset Soapstone Quarry at Fleur de Lys was the first of many mines built in this rugged area, about 300 km.

Green Bay and the Beothuk Trail

Discover the shores and islands of Notre Dame Bay along this old Beothuk trail, about 300 km.

Exploits Valley

Salmon have been caught here for over 5,000 years. Bring your waders and become part of history, about 386 km.

Coast of Bays

A land of fjords and inlets that the French settlers along this coast named “Bay of Hope,” about 485 km.

South Coast Adventure

Tiny isolated villages, some without streets, where time is caught in the past.

Fortune Bay Adventure

A short sea cruise along the rugged north shore of Fortune Bay.

Kittiwake Coast: Road to the Isles

The heart of Iceberg Alley. Endless shoreline, and a web of interconnected islands, villages, and outposts, about 311 km.

Kittiwake Coast: Islands Experience

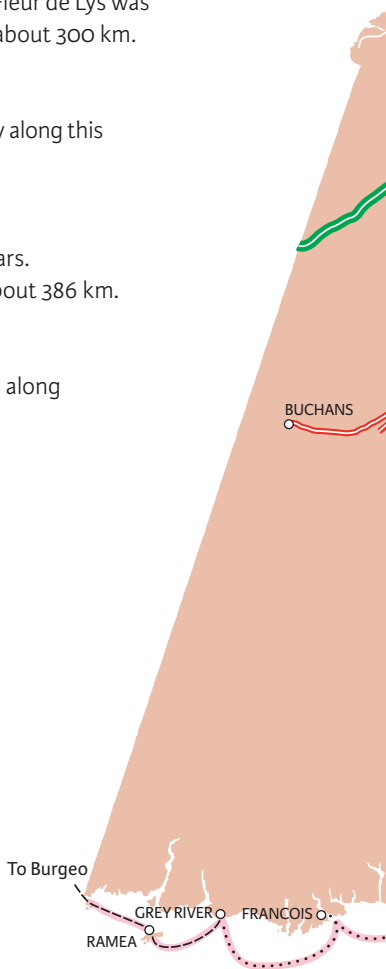
Two beautiful islands, connected by ferry, and a common heritage of the sea, about 115 km.

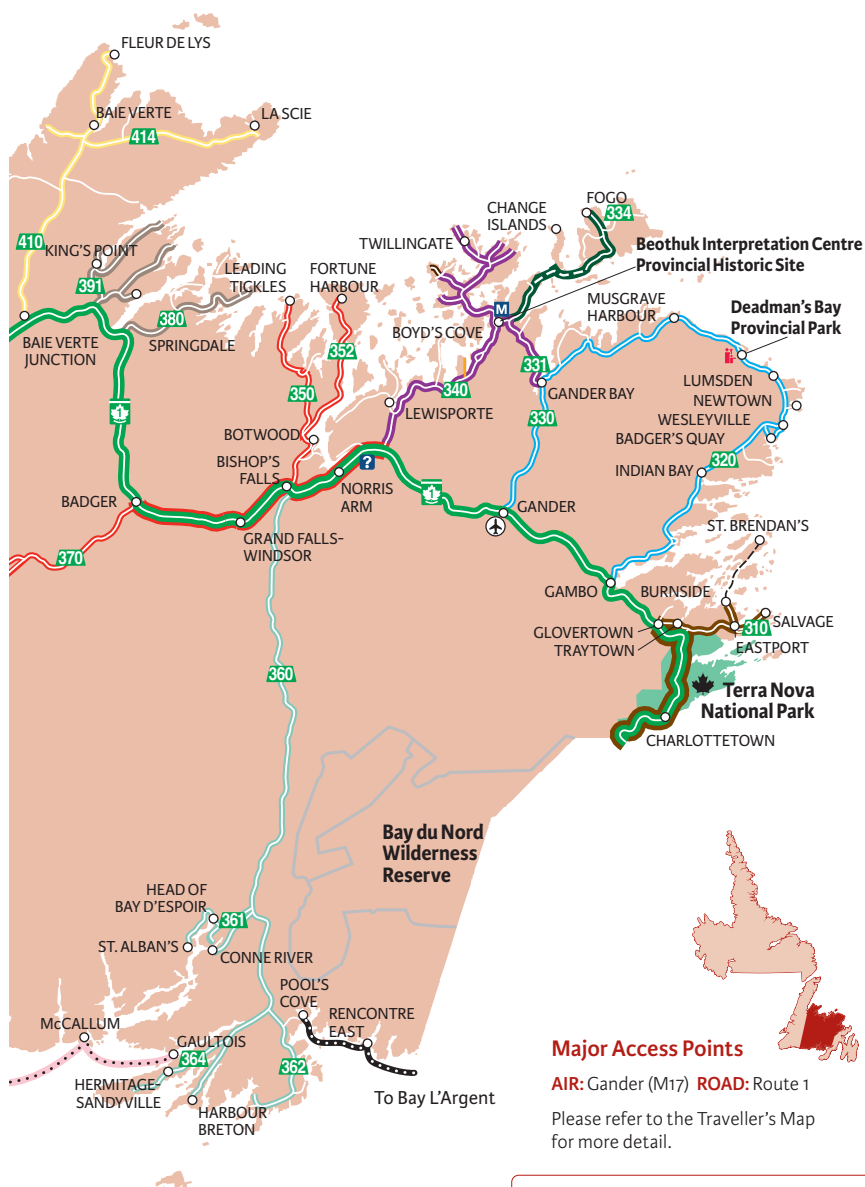
Kittiwake Coast: Road to the Beaches

A land of sand castles and sandpipers – here at Eastport on Bonavista Bay, about 90 km.

Kittiwake Coast: Road to the Shore

Lumsden, Deadman’s Bay, and Cape Freels – hidden gems and three of our best sandy beaches, about 307 km.







Central

Road Trips

Central Newfoundland offers an outdoor experience with unusual history, Old English words and Irish customs, aviation history, and music far removed from sea shanties. Hike to see an iceberg, camp in a national park on the coast, and uncover the tragic history of the Beothuk.



Find More Road Trips Online
NewfoundlandLabrador.com/RoadTrips



Dorset Trail

Start: Route 410

Length: About 300 km

A thousand years before Europeans arrived, the Dorset were quarrying soapstone for cooking pots and lamps at Fleur de Lys on the Baie Verte Peninsula. Dorset Soapstone Quarry National Historic Site is the oldest-known mining site in an area known for its complex geology. Take Route 410 to Fleur de Lys to see it.

In the 19th and 20th centuries, the peninsula's mines produced gold, asbestos, copper, and other minerals, and that history is explored in the Baie Verte Peninsula Miner's Museum.

The French were fishing these shores well into the 19th century. This heritage can be seen at museums and historic sites throughout the region, like the Outport Museum and Tea Room in La Scie, which offers a glimpse into rural outport life during this period. There's also a replica of a 16th-century Basque fishing vessel here.

Nearby is Tilt Cove, the smallest town in Canada with a population of four. In 2015 the hit film *Ant-Man*, based on the Marvel Comics character of the same name, recruited Tilt Cove to promote the movie with a one-foot-high billboard.

From spring to fall, you'll have plenty of opportunity for whale watching and iceberg viewing. Some of the best places to see them are from the French Shore Lookout and the Lookout Trail in La Scie, and the Ocean View Hiking Trail in Pacquet.

Outdoor enthusiasts can extend their time here with guided hunting, fishing, ATVing, snowmobiling, and other backcountry adventures.





Green Bay and the Beothuk Trail

Start: Springdale or South Brook

Length: About 300 km. Add a 5 minute ferry crossing to Long Island.

Green Bay plays host to an annual parade of 10,000-year-old icebergs calved from the giant glaciers of Greenland. These castles of ice can be viewed from the shoreline or by boat tour. Whales are no strangers to Green Bay either, and there are plenty of opportunities for whale watching in the area – sometimes even just from a dockside restaurant.

In Springdale, take the Indian River Walking Trail to explore the estuary. Be sure to bring your binoculars for bird sightings and your camera to capture the fantastic scenery. Join a local tour operator for a guided hike or picnic, or learn the basics of wilderness cooking.

Take Route 391 to King's Point. King's Point Pottery Craft Gallery and Studio have been plying their craft here since 1992, and their work reflects the inspiration of the area. The nearby King's Point Whale Pavilion features interactive information on anything you'd like to know about these incredible sea creatures. Don't leave without hitting the Alexander Murray Hiking Trail. It rises more than 300 metres and provides an unsurpassed view of Green Bay and any icebergs that might pass by.

Next, after backtracking a little, take Route 380 to scenic Pilley's Island and take in the Pilley's Island Heritage Museum.

In Triton, take a guided tour of the Triton Sperm Whale Pavilion. See the 13-metre Sperm Whale skeleton, and learn about the giant squid that once washed up onshore in Badger Bay. Take to the sea with a local tour operator to see icebergs, whales, waterfalls, shipwrecks, mussel farms, and a sea cave called Nanny's Hole.

On land, hit the Maple Ridge Hiking Trail. 5 km of coastal terrain awaits, but tack on some extra time to enjoy the outdoor pool, boat launch, and public pier area. Get even further off the beaten trail by taking a short ferry ride from Pilley's Island to Long Island.





Exploits Valley

Start: Badger

Length: About 386km

Take Route 370 south along the Exploits River to Buchans and the island's second-largest lake, Beothuk Lake. Historically, this area was the winter territory for the now-extinct Beothuk people. This area is also known for its wilderness experiences, and adventure guides will happily arrange backcountry tours for you.

The Exploits is the longest river on the island and hosts the king of game fish—Atlantic salmon. Follow Route 1 to Grand Falls-Windsor, where the Salmonid Interpretation Centre tells all about this remarkable (and great tasting) fighter. Run the Exploits Canyon on a rafting tour, or enjoy a relaxing float downstream.

The Demasduit Regional Museum in Grand Falls-Windsor explores the 5,000-year human history of this area, including the Beothuk. Walk the Corduroy Brook Nature Trail and visit the Nature Centre to learn about the wetlands and its flora and fauna. If you're visiting in winter, stick around for the Mid Winter Bivver, an annual festival including snowmobile rides, gourmet food, and live entertainment.

Nearby Bishop's Falls, formerly a major railway hub, is home to one of the longest train trestle bridges in the country. It now carries hikers and ATVs instead of trains, but its almost 300-metre length gives an indication of why this river divided the island for centuries. In the winter months, this bridge is popular for skiing, snowshoeing, and snowmobiling.

Below Bishop's Falls, the river empties into the Bay of Exploits, a picturesque area dotted with islands. Route 350 takes you to the western side of the bay and Botwood, which in the 1930s was a refuelling stop for the first transatlantic air passenger service. Visit the Flying Boat Museum at the Botwood Heritage Park, Museum, and Archive to learn more about this aviation history. Important moments in its history are chronicled in 13+ artistic murals located throughout town. Stretch your legs on the Botwood Walking Trails and soak up the seaside views — on the Killick Island Walk you'll see bunkers from WWII.

North of Botwood, the road forks at Northern Arm. Continue along the Bay of Exploits on Route 352. This road follows the scenic coast, with ample iceberg viewing opportunities in the spring. In Point Leamington, climb to the summit of Rowsell's Hill Nature Trail for views over the whole area. In Fortune Harbour, join a kayaking tour around the coast, including a paddle to resettled Exploits Island.



Coast of Bays

Start: Bishop's Falls

Length: About 485 km

Take Route 360 south from Bishop's Falls (be sure to fuel up beforehand) and keep an eye out for the caribou herd that makes their home on the barrens. As you near the southern section, the forests and barrens give way to a fjordland of secluded bays and deep inlets: Hermitage Bay, Connaigre Bay, Great Bay de L'Eau, Corbin Bay, Belle Bay, Fortune Bay, and Bay d'Espoir.

At the junction at Route 361, you have a few choices. Route 361 will bring you to several scenic communities in Bay d'Espoir, including Milltown and St. Alban's. Here, join a local boat tour to explore the great mysteries of the bay, including a resettlement tour of Great Jervis or a traditional beach boil-up.

Head back towards Conne River on Route 365, home to the Miawpukek First Nation Reserve. A powwow held here every July introduces visitors to Newfoundland Mi'kmaq traditions, including plenty of dancing, spiritual walks, and special ceremonies. At the Miawpukek Culture and Family Recreation Park, you may encounter locals building a traditional birch bark canoe – and don't forget to climb the wooden staircase to Clem's Lookout for a view over the bay. Outfitters with Indigenous guides will also lead you deeper into the interior on snowmobiling or ATV tours.

Further south on Route 360 is Harbour Breton, one of the oldest and largest communities on the south coast. First settled by French fishermen, and later by the English, its commerce was dominated for decades by the Newman family, famous for their port wine, which is still available today. Learn about the Newman story at the Elliot Premises. Tour the Sunny Cottage Heritage Centre, a large, well-preserved Queen Anne-style home built in 1907. Visit Deadman's Cove beach, and walk the leisurely Mile Pond Boardwalk. Top it all off with a hike up to Gun Hill Lookout for a spectacular view. On a clear day, you can see Saint-Pierre et Miquelon.

Route 364 takes you to Hermitage, where Routes 362 and 363 can take you deeper into the Coast of Bays. Here you'll find deep fjords and ocean vistas. Belleoram is home to the annual Iron Skull Folk Festival and the Iron Skull Mountain Hiking Trail, a challenging trek but worth it for the views. For a dose of history, visit the John Cluett Heritage House, which dates from 1844 and houses many historical artifacts from that period.

Explore other small communities like St. Jacques, Boxey, Coomb's Cove, and Wreck Cove, take in the views and beachcomb the area's many beaches. Pool's Cove marks the entrance to the Bay du Nord River, a designated Canadian Heritage River.



South Coast Adventure

Start: Hermitage

Length: Ferry crossings from
20 to 90 minutes

Hop the passenger-only ferry in Hermitage, headed for Gaultois and McCallum.

Spend some time in Gaultois, where there is no shortage of fresh seafood and warm hospitality, and hike the interior trail to the resettled community of Piccaire. At the local inn, ask about events or activities happening during your visit. McCallum, another small village only accessible by boat, has walking paths and is best explored as a day trip from Gaultois.

From McCallum, there's a ferry that runs weekly to Francois, a small fishing outpost framed by the walls of a deep fjord. This route requires careful preparation. You'll have to spend a week in Francois before you can return to McCallum, and the service can be delayed due to weather or medical emergency. Be sure to check ferry schedules before heading out and make all necessary accommodation arrangements in advance.



Fortune Bay Adventure

See description under
Eastern Road Trips (p. 161).





Kittiwake Coast: Road to the Isles

Start: Notre Dame Junction

Length: About 311 km

Lewisporte is a major service centre for Notre Dame Bay. Historically known for shipping and forestry, learn more about this history at the By the Bay Museum. Other attractions include boat tours, walking trails, entertainment-chocked festivals, and even a dinner theatre.

Walk the South West Brook Estuary Bird Watching Trail. 60 species of birds and waterfowl are found here. Then, take a guided trip into the Lewisporte area's backcountry to encounter woodland caribou, moose, and other wildlife.

The Loon Bay and Birchy Bay areas will appeal to birdwatchers and beachcombers alike – watch for terns diving for fish as you stroll. Be sure to tour the Over the Top Museum to learn what life was like here in the early 1900s. There's also a scaled replica of the schooner *Over the Top*, built to honour Newfoundlanders and Labradorians who lost their lives in WWI.

Nearby is Notre Dame Provincial Park. This serene, forested park borders on the calm waters of Junction Pond and is ideal for camping, canoeing, kayaking, and swimming. Sink your toes into the sandy beach, and take a refreshing dip in the water.

A major attraction on this part of the coast is the Beothuk Interpretation Centre Provincial Historic Site in Boyd's Cove. Tour the exhibits and artifacts, and an easy 1.5-km walking trail leads to a former Beothuk village site – today, all that remains are the outlines of housepits.





On your way towards Twillingate, take a slight detour on Route 345. There are hiking trails and berry picking opportunities along this stretch, and the town of Bridgeport is a little-known hotspot for iceberg viewing.

Take Route 345 back to Route 340 and Dildo Run Provincial Park. The park is open year-round and is popular for its cross-country skiing in winter and camping, hiking, and paddling in summer. On the drive to Twillingate, you'll see a giant Sei whale skeleton on the dock outside the Prime Berth Twillingate Fishing and Heritage Centre. Join the captain on a fishing trip, or take a boat tour to scout for whales and icebergs.

Twillingate embodies everything Newfoundland and Labrador outports are famous for: rugged coastline, picturesque streets, and lush countryside roads. In the waters off the coast, look for whales, dolphins, seabirds, and – if the season is right – icebergs. Twillingate sits in the heart of Iceberg Alley. A great place to view from land is Long Point, where a lighthouse stands atop a high cliff overlooking the bay. Boat and kayak tours are plentiful here.

Twillingate has live entertainment almost every night and festivals throughout the season, including the Unscripted Twillingate Digital Arts Festival, where visitors participate in experiential digital arts workshops along with music, food, and entertainment events. Attend a live show at the Twillingate New World Island Dinner Theatre. Wrap up your visit with a trip to the Twillingate Museum and the Isles Wooden Boat Museum, both of which pay tribute to the area's vibrant past.

You'll have your pick of restaurants, cafés, and bars around here, as well as the Auk Island Winery. Hikers can take advantage of the Rockcut Twillingate Trails network. These will carry you along the coast to hidden coves and great views overlooking the islands.

Nearby outports like Too Good Arm and Herring Neck are full of historic homes and colourful fishing sheds, and as you navigate the winding coastal roads and streets, you'll find photo-worthy moments at every turn.



Kittiwake Coast: Islands Experience

Start: Route 335

Length: About 115 km. Optional ferry crossings from 20 minutes to Change Islands and 75 minutes to Fogo Island

Change Islands has a way of slowing you down. Only about 300 people call this idyllic and historic island home, and many of the island's original dwellings, stages, and fishing sheds have been perfectly preserved. The place inspires artists of all backgrounds – head over to Forge and Fibre to watch a blacksmith create custom ironwork using a traditional coal forge.

While here, hike the Squid Jiggers Trail, which hugs the rugged coastline, and visit the Olde Shoppe Museum, a private collection of local artifacts from the early 19th and 20th centuries.

Fogo Island, the largest along Newfoundland and Labrador's vast coastline, is home to eleven settlements, each with its own distinctive flair. Traditional craft is in abundance here. You'll see plenty of it at the Fogo Island Workshop, where handmade furniture and textile design reflects the island's ingenuity.

Settled in the 18th century, Tilting is a National Historic Site of Canada and a Registered Heritage District. Wander through the tall, lush grasses and run your fingers over the red paint of old fishing stages, or learn more about this incredible history on a walking tour of Tilting and Oliver's Cove.

In 1967, island residents had to decide whether or not to leave their home to resettle. Instead, the community-based Fogo Island Co-operative Society Limited was formed to build a sustainable economy around the sea and its natural resources. They built more boats, took over abandoned processing facilities, and sought new markets.

As you might expect from a place so in touch with its heritage, there's no shortage of festivals here. Soak up the music at the Brimstone Head Folk Festival and the Etheridge's Point Seaside Festival, or indulge your sweet tooth at the Fogo Island Partridgeberry Harvest Festival. A number of museums, such as the Bleak House Museum and the Marconi Wireless Interpretation Centre, amongst others, celebrate Fogo Island's unique history.

Coastal hiking trails will lead you to resettled communities and scenic lookouts – you may even catch a glimpse of the island's caribou herd. The Brimstone Head Hiking Trail leads you to a place identified by the Flat Earth Society as one of the flat earth's four corners. For an easier walk, stroll the Joe Batt's Point Walking Trail to see the Great Auk statue commemorating the now extinct bird species.



Kittiwake Coast: Road to the Beaches

Start: Glovertown or Traytown

Length: About 90 km. Add a 1 hour ferry crossing to St. Brendan's

The Eastport Peninsula is famed for its sandy beaches. Take Route 310 from Route 1 at Glovertown or Traytown and get ready for some beachcombing.

There's more here than just sand, including exceptional hiking on the Damnable Trail network. Ranging from rugged and challenging coastal trails to leisurely strolls along beaches and through historic communities, the network has something for every ability. The leisurely Ken Diamond Memorial Park & Trail in Glovertown is a great place to start.

Before you leave, pay a visit to the Glovertown Museum – The Janes House, to learn about the resettlement history of the islands in Bonavista Bay. There are also informative exhibits about the area's boat building heritage and educational exhibits about the lumber industry.

Eastport is the main beach hub. Eastport Beach and Northside Beach draw visitors all summer long – these white sandy beaches are connected by boardwalks and a nature trail. Northside Beach is the starting point of the High Tide Trail, part of the Damnable Trail Network. The town also hosts a well-regarded literary festival and an accordion festival each summer. Get further acquainted with the arts and culture scene by seeing what's on at The Beaches Arts & Heritage Centre.

The aptly named Sandy Cove Beach can be found in nearby Sandy Cove. There are Damnable Trail network trails in this area, including the Old School House Trail, an easy 2-km trek to Happy Adventure. From there, explore the coast via boat tour or kayak to see resettled communities, sea caves, and even a little-known puffin colony.

The most photographed spot here is Salvage, pronounced with a long "a" as in "age." This is the oldest European settlement along this part of the coast and is a classic outpost with wharves, stages, fishing boats, and fishing paraphernalia.

Terra Nova National Park has become a favourite with families who like to camp, and no wonder. Kids have several playgrounds to choose from, while their parents can relax close by. Get up close with sea life at the Visitor Centre's touch tank, walk the extensive trail system, and take in an entertaining evening show about park wildlife and ecology. The park is also our very first Dark Sky Preserve, and there's a festival in August called Night Sky Celebrations. If you're a golfer, you'll appreciate the courses at Terra Nova Resort & Golf Community.



Kittiwake Coast: Road to the Shore

Start: Gander or Gambo

Length: About 307 km

Gander is an airport town. As one of a few airports capable of handling the traffic when US air space closed on September 11, 2001, Gander was perfectly positioned to welcome 38 airplanes and close to 7,000 stranded passengers, almost outnumbering the locals.

People up and down the Kittiwake Coast opened their homes and hearts to these strangers from all over the world, providing warm beds and home-cooked meals during a truly terrifying time. The kindness and hospitality shown to these visitors has become the basis for the Tony Award-winning Broadway musical *Come From Away*. When you're in Gander, take the Beyond Words Tour and learn more about the events and the people who inspired the play.

Gander, known as the Crossroads of the World because of its role in post-war transatlantic aviation, was a transshipment point for aircraft being flown to Britain during WWII. Today it's a modern service town, but its air history is vividly remembered in the town's aviation museum, and in the town's street names.

For a breath of fresh air, head to the Thomas Howe Demonstration Forest and Cobb's Pond Rotary Park. At the Gander Heritage Memorial Park, visitors can view various monuments reflecting the aviation and military history of Gander. In the winter months, the Airport Nordic Ski Club provides cross-country skiing and snowshoeing.

Follow Route 330 north to Gander Bay, a scenic area known for its great salmon fishing. There are three popular sandy beaches along this route, at Musgrave Harbour, Deadman's Bay, Lumsden, and Cape Freels. First up is Musgrave Harbour, where you can follow up a beach stroll with a visit to The Fishermen's Museum. Originally built in 1910 by Sir William Coaker, the museum displays artifacts from the fishery over the years, and features a beautifully-painted mural on its exterior.

Lumsden Beach is the most popular beach on the Kittiwake Coast, but it's rarely crowded – there's enough space for everyone, and then some. Local folklore suggests that pirates once roamed these shores. The Wonder Shore – Lumsden Shoreline Hiking Trail will take you along the coast, over sand dunes and rocky cliffs, to resettled communities and graveyards.

An important nesting habitat for several species, the Cape Freels coastline is a designated Important Bird Area by BirdLife International. Keep an eye out for the Common Eider, Common Murre, Razorbill, Arctic Tern, and more. One of the best places to birdwatch is on the Wonder Shore – Cape Freels Hiking Trail.

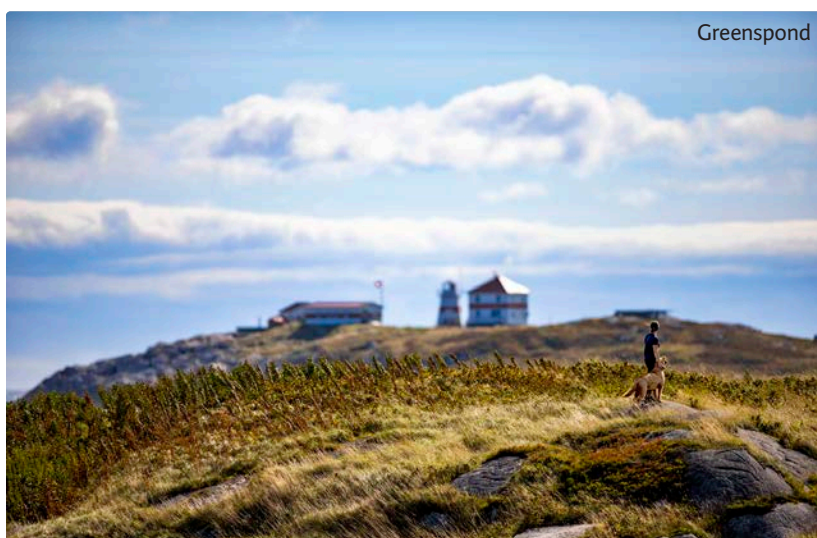
The New-Wes-Valley area has a unique history. The waters here are a bit warmer, which means the area has milder winters. This is what first attracted Indigenous people to the area thousands of years ago. Excursions available include hiking and kayaking, beach boil-ups, and berry picking. For a gentle trek, try the Business Pond Walking Trail, part of the Wonder Shore Trail system. Before you leave, pop into Norton's Cove Studio to peruse the artwork.

Newtown – the Venice of Newfoundland – is built on a series of tiny islands. The Alphaeus Barbour House is a Queen Anne-style mansion built in 1904 by a local merchant. Inside are many original furnishings and fittings.

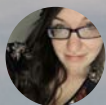
Nearby Greenspond is a photogenic community, and one of the oldest continuously inhabited outports in the province, with a European presence dating back to the 1690s. Wander around town to see historic buildings, hike the Wonder Shore – Greenspond Hiking Trail, or take a boat tour to look for birds, icebergs, and whales. Your guides may also lead you to resettled islands and secluded beaches, where you'll enjoy a hearty meal cooked over an open fire.

In Dover, head to the lookout over the Dover Fault, a major break in the Earth's crust, marking the area where the North American and European continents collided 150-million years ago. The coast around Dover and Hare Bay is excellent for whale watching, iceberg viewing, fishing, and birdwatching. Hop on a boat tour that will take you out exploring the nooks and crannies of the Kittiwake Coast.

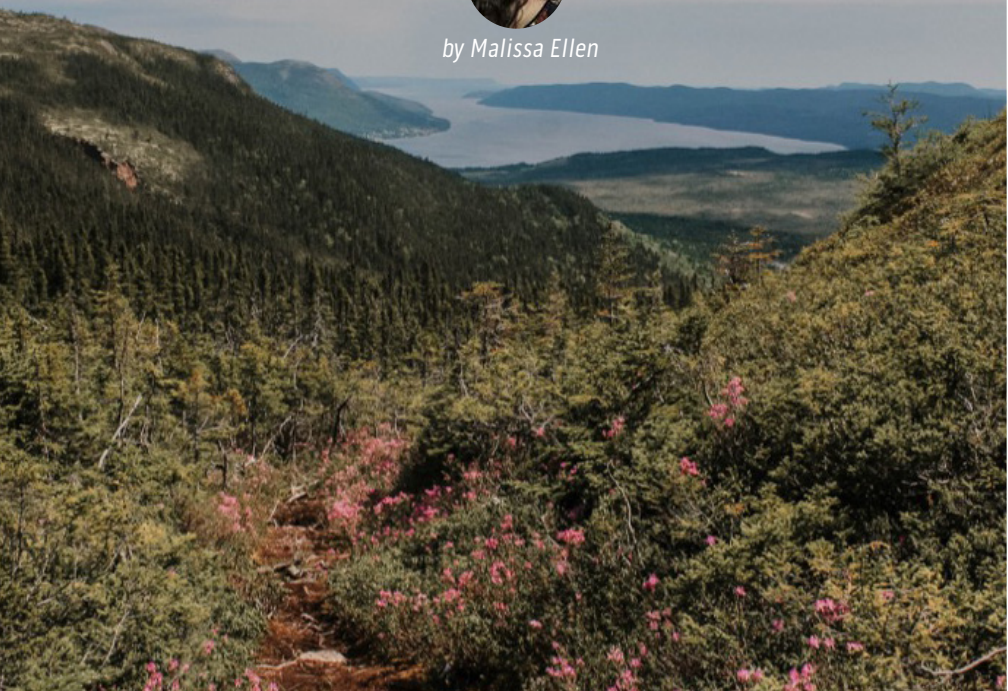
At the end of this scenic drive is Gambo, birthplace of Joey Smallwood. He successfully led the province into Confederation, and became our first Premier when Newfoundland joined Canada in 1949. Several commemorative pieces that recall his life and work, including a statue and a museum, dot the town. Logger's Memorial Park highlights the community's storied logging history, while the David Smallwood Park has access to trails and a natural swimming hole. This is also the location of the Just Imagine Dinner Theatre, based on events from September 11, 2001. Stop at Joey's Lookout on your way out of town for magnificent views over Gambo and the Gambo River.



OUR HONEYMOON ROAD TRIP



by Malissa Ellen



Newfoundland and Labrador has always been a place I have dreamed of. When my husband and I decided where we wanted to explore for our honeymoon we knew instantly that this was the place we wanted to see.

Terra Nova

We spent two nights at Terra Nova National Park. From the boardwalks that took us along the water and through marshland, to climbing stairs taking us to breathtaking views, to spending the night under the stars.

My Favourite Spot, Twillingate

Something about the place I think will stay with me forever. Walking through the streets, exploring Long Point Lighthouse, eating delicious food, seeing the hills of colourful homes, walking nearby trails... it was easily my favourite.

Boyd's Cove and the Beothuk

At the Beothuk Interpretation Centre there was so much to learn; and we got to actually see where the Beothuk village used to be. The trail took us through the forest, to the village, along a beautiful river, and to an amazing view.

King's Point

Alexander Murray Hiking Trail! WOW. WOW. WOW. You have to climb and climb, but every step is worth every spot on this trail. The amazing view from the top and the waterfalls that you see along the way. A team of people volunteer to help keep this trail alive and maintained, and the hard work is so inspiring. Even though I was three months pregnant at the time, I am so glad we started and finished this trail.

An Unforgettable Adventure

Newfoundland and Labrador you sure were an adventure. We hiked beautiful trails with spectacular views, and I could have had an endless amount of nights sitting by the campfire listening to some of our favourite music. I tried tons of yummy food I never thought of trying before, and I saw Alan Doyle right out the car window. And I got to feel our little human move for the first time. I will never forget this place.

STORYEXCHANGE.COM

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seethesites.ca

Beothuk Interpretation Centre
beothuk@seethesites.ca • 709.656.3114

KWILE'N TA'N KIKMANAQIK TLEYAWULTISNI'K
[Gwe-lay-in] [don] [gik-ma-na-ack] [delay-ah-wool-des-neek]

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NATURAL AREAS
www.gov.nl.ca/natural_areas



Eastern





Way out East

The edge of the earth.

This historic region is home to many unique, charming communities, flanked by sheltered bays, inlets, and coves. In fact, this area was the first place John Cabot arrived during his 1497 New World voyage. It stretches from his famous landing place on the Bonavista Peninsula to the French islands of Saint-Pierre et Miquelon—accessible by a short ferry trip from Fortune.

The eastern region also lays claim to scenic driving routes and several provincial parks where you can camp, hike, and boat. Enjoy sweeping coastal landscapes and beautiful walking trails—some of the most impressive on the island—that weave through land richly populated with migratory birds like kittiwakes, gannets, great black-backed gulls, and puffins.

Throughout Trinity Bay, Random Island, and the Burin Peninsula you're bound to get a sense of the rich fishing culture, artistry, and history of the region. Discover quaint English architecture and iconic fishing sheds that delicately dot the coast. Here you can step back in time—often by experiencing performances like the renowned New Founde Lande Trinity Pageant. And it's all part of the breathtaking charm and personality of the east.





Featured Itinerary

Your Eastern Journey Starts Here

The eastern region is packed with adventure—from the Burin Peninsula, teeming with communities as unique as the dialects within, to the Bonavista Peninsula, where John Cabot first landed in 1497. Visit the picturesque town of Trinity with its legendary theatre, or hike the Skerwink Trail, an outdoor aficionado's dream. Dive into history in Grand Bank at the Seamen's Museum and explore exhibits that display the wonders of the deep-sea fishery. Or hop the ferry to a little piece of France, just 20 kilometres away.



Stories and Shorelines

DAY 1

The Bonavista Peninsula—craggy rolling coastlines scattered with rock sculptures carved by the ocean and time—is a geographic work of art not to be missed. Start in Clarenville, a natural gateway to the Discovery Trail, and a panorama of scenery, historic sites, and coastal towns and villages. It's also the perfect place to nestle in at night as you explore the peninsula on a series of day trips.

Trek off the beaten path with a trip to Random Island via the causeway, and enjoy the tranquility and peace of a place that looks untouched by time. Then, go for an afternoon venture to gorgeous Trinity Bight, popular with visitors and tourists, as well as directors—several movies and television series have been filmed here. Decorated with a fine collection of historic buildings and homes, the town is best explored on foot. Join in on a walking tour presented by the Rising Tide Theatre Company entitled “The New Founde Lande Trinity Pageant.” Follow the actors and meander the hilly streets, tucked away alleys, and notable buildings, all while delving into the history of the town and its significance to the province—presented with a comedic twist of course. Then, step back in time at the Green Family Forge where you'll witness the legacy of six generations of blacksmiths. Take a piece of the past home with you as the Forge turns out items for various craft shops around town. In the evening, grab a tasty bite at one of the local eateries before taking in a night of drama and comedy at the Rising Tide Theatre on the wharf.



DAY 2

Hiking fans will fall in love with the magnificent Skerwink Trail, an award-winning, 5.3-kilometre trail that encircles Skerwink head. Film fans should head out to New Bonaventure to visit the set of Random Passage, a miniseries depicting one woman's struggle to survive early outport life. While in the area, hop on a boat tour and explore the coast while keeping an eye out for whales and seabirds.



Next, visit the root cellar capital of the world—Elliston. Before refrigeration and electricity came to rural communities, root cellars kept food from freezing in the winter and spoiling in the summer. Wander around and notice these wonders tucked away in the hills. With over 100 still in working condition, they're a feat of ingenuity that have truly stood the test of time. Continue on to the friendliest colony of puffins on the island. Tame, but full of excitement, you'll be able to get within feet of these adorable birds.

Now leap back in history to the summer of 1497, when John Cabot sighted Bonavista (Oh Happy Sight). At the tip of the peninsula you'll find a town that has been synonymous with the fishing industry for centuries. Experience rich fishing as you explore the Ryan Premises National Historic Site. Then it's a short drive to Cape Bonavista Provincial Historic Site to admire the Cape Bonavista Lighthouse. Here, you'll experience one of the only lighthouses in the world where you can still climb up the stone tower and see the same seal-oil-fuelled catoptric light apparatus that was used in the 19th century.

DAY 3

Take a morning drive down Route 235 and keep an eye out for small villages where residents still pursue traditional lifestyles. The coastline here is truly spectacular, and is best viewed on foot. Walk the Lighthouse Trail in King's Cove, or take a stroll to view the sea arch at Tickle Cove.

Coastal Heritage

DAY 4

The Burin Peninsula—affectionately referred to as “the boot”—comprises 39 communities, of which 38 are located directly on the coast. The area is rich in history, culture, and tradition—thriving on the gifts from the sea.

Start exploring by following Route 212 to Bay L'Argent, where you can take a daytrip by ferry to the remote communities of Rencontre East and Pool's Cove on the western side of Fortune Bay. Here you'll witness not only the isolated beauty of a land untouched, but also two tight-knit communities that rely on the sea and each other to maintain their way of life.

Then it's on to Marystown, the largest community on the peninsula, and its commercial hub. Check out the museums and learn about the town's proud fishing heritage.

DAY 5

Route 221 winds on to Burin, which is built along a series of high cliffs and sheltered coves—once a haven for pirates and privateers because of the many narrow channels and dead-end passages. In the 1760s, Captain James Cook charted these shorelines and kept a lookout for rum-runners from a perch that still bears his name—Cook’s Lookout. If you’re in an educational mood, visit the museums and heritage houses in town. The Oldest Colony Trust building was once a cold storage facility and now exhibits 19th-century Burin artwork. If you’re visiting during the summer, stick around for some knee-bouncing, head-bobbing, musical entertainment.



Now it’s on to one of the most famous communities—St. Lawrence, where fluorspar was mined for several decades and may yet be again. To truly understand the town’s history and the hardships of mining life, visit the Miner’s Museum. Here you can view a list of miners who perished from their trade, and discover dramatic events like the 1942 rescue of U.S. sailors whose ship ran aground in a horrendous storm.

Fancy a trip to France? If so, you can hop on the ferry at Fortune headed to Saint-Pierre et Miquelon—the only remnant of the former colonial empire of New France. See page 259 for more information.

Fortune is also the site of the Fortune Head Ecological Reserve. It’s here that the world’s best examples of 540-million-year-old marine fossils are preserved. They mark the boundary between the pre-Cambrian and Cambrian geological eras. Tours begin at the Interpretation Centre.



For some classic Newfoundland and Labrador hospitality, head to Grand Bank—named for the high bank that extends from Admiral’s Cove to the water’s edge. Here, the cool waters from the Labrador Current mix with the warm Gulf Stream, creating the perfect nursery for fish, and thus the perfect location for a friendly fishing community. Stop by the Seamen’s Museum and explore artifacts from land and sea, used by local families from the 1800s to the mid 1900s.

Next visit Frenchman’s Cove Provincial Park, complete with 51 hectares of luscious habitat, a pebble beach, and a nine-hole golf course. Nearby Garnish has an excellent view over Fortune Bay, with Brunette Island and the Connaigre Peninsula off in the distance.

Find More Itineraries Online
NewfoundlandLabrador.com/Itineraries



Best Kept Secrets

With so many things to see and do, sometimes having the inside scoop makes all the difference. Best kept secrets is a collection of hidden gems and local favourites that highlights some of the best dining, shopping, nightlife, and outdoor adventures in the eastern region. Feel free to stick to what you like, sample a bit of everything, or dive into something completely new – the choice is yours.



Unforgettable Festivals and Events

- Arts Under the Stars, Clarenville
- AppleFest!, Port Blandford
- Harbour Fall Fest, Bonavista
- Roots, Rants and Roars Fall Festival, Elliston

Local Cuisine Hot Spots

- Quintal Café, Bonavista
- Bare Mountain Coffee House, Clarenville
- Smuggler's Cove Roadhouse Bar & Grill, Burin
- Port Rexton Brewing Company, Port Rexton
- Cabin Six Pizza, George's Brook-Milton



An Excuse to Stay Indoors

- Fortune Head GEOLOGY Centre, Fortune
- Home From The Sea, Elliston
- Arrow Addiction Archery, Clarenville
- Marystown Model Ship Gallery & Exhibition, Marystown
- St. Gabriel's Hall, Marystown

Shop Eastern

- Chris Ricketts Fine Art Gallery, Plate Cove West
- Dock Marina Restaurant & Gallery, Trinity
- East Coast Glow, Bonavista
- Mattea's, Bonavista
- Random Passage Tearoom, New Bonaventure

Evening Energy

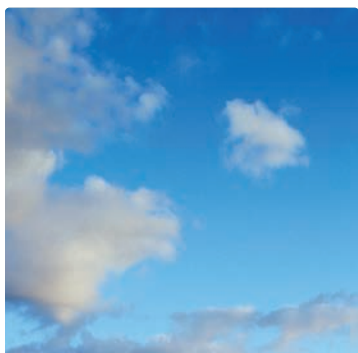
- Rising Tide Theatre, Seasons in the Bight Theatre Festival, Trinity
- Port Rexton Brewing Company, Port Rexton
- Newfoundland Cider Company, George's Brook-Milton
- Ladles and Spoons at the Milton Inn, George's Brook-Milton

Unique Hot Spots

- Champney's West Aquarium, Champney's West
- Tickle Cove Sea Arch, Discovery UNESCO Global Geopark
- Lodging at Goose Cove, Trinity
- Barbara Houston Art Gallery, Bonavista

Outdoor Adventures

- Burin Eco Tours, Burin
- Gypsy Sea Adventures, Clarenville
- Trinity Eco-Tours, Trinity
- Sea of Whales Adventures, Trinity



The Skerwink Trail

The Skerwink Trail is a well-maintained, 5-kilometre coastal path between Port Rexton and Trinity, with absolutely beautiful views. *Travel & Leisure* magazine hailed it as one of the top trails in Europe and North America.



Hot Spots for History Buffs

- Sealers Interpretation Centre, Elliston
- Port Union National Historic District, Port Union
- Livyer's Lot Heritage Site, Boat Harbour
- Burin Heritage Square, Burin
- Fort (Admiral's) Point, Trinity

Picture Perfect

- Fishing Sheds, Fortune
- Puffin Viewing Site, Elliston
- Hike Discovery Lighthouse Trail, King's Cove
- Frenchman's Cove Provincial Park, Frenchman's Cove
- Dungeon Provincial Park, Bonavista

Cultural Gems

- English Harbour Arts Centre
- Union House Arts, Port Union



Social Media

To get more insider tips from locals and travellers alike, check out our social media pages. Share your experiences with the hashtag #ExploreNL.



Facebook.com/NewfoundlandLabradorTourism



Instagram.com/NewfoundlandLabrador



YouTube.com/NewfoundlandLabrador

Where France and the island of Newfoundland meet.

The ocean surrounding the Burin Peninsula has shaped the people as much as the land. Near the world-famous Grand Banks fishing ground, every harbour is filled with history and offers an authentic look at outpost life. Nestled among the picturesque inlets of Burin is Smugglers Cove, a hidden treasure where visitors can enjoy mouthwatering barbecue, thrilling zodiac tours, and unique waterfront glamping – all while embracing the area's storied renegade past.

For a taste of French charm, plan a visit to Saint-Pierre, where you'll find welcoming locals, fine cuisine, and a rich history of fishing and bootlegging. Don't miss the enchanting Ile aux Marins, a historical island just off the coast, where time seems to have stopped a century ago. Explore the pristine wilderness of Miquelon and Langlade, where serenity and natural beauty stretch as far as the eye can see. No matter where you go, you'll find peace, tranquillity, and a slower pace of life in this undiscovered paradise – a place still waiting to be explored by many.

For more information about travelling to Saint-Pierre et Miquelon, visit www.spm-tourisme.fr



Saint-Pierre



Isthmus, Miquelon

**Smugglers Cove and
Burin Eco Tours**

Burin

(709) 891-2222

smugglerscovenl.com

Saint-Pierre Ferry Service

Fortune

(709) 832-3455

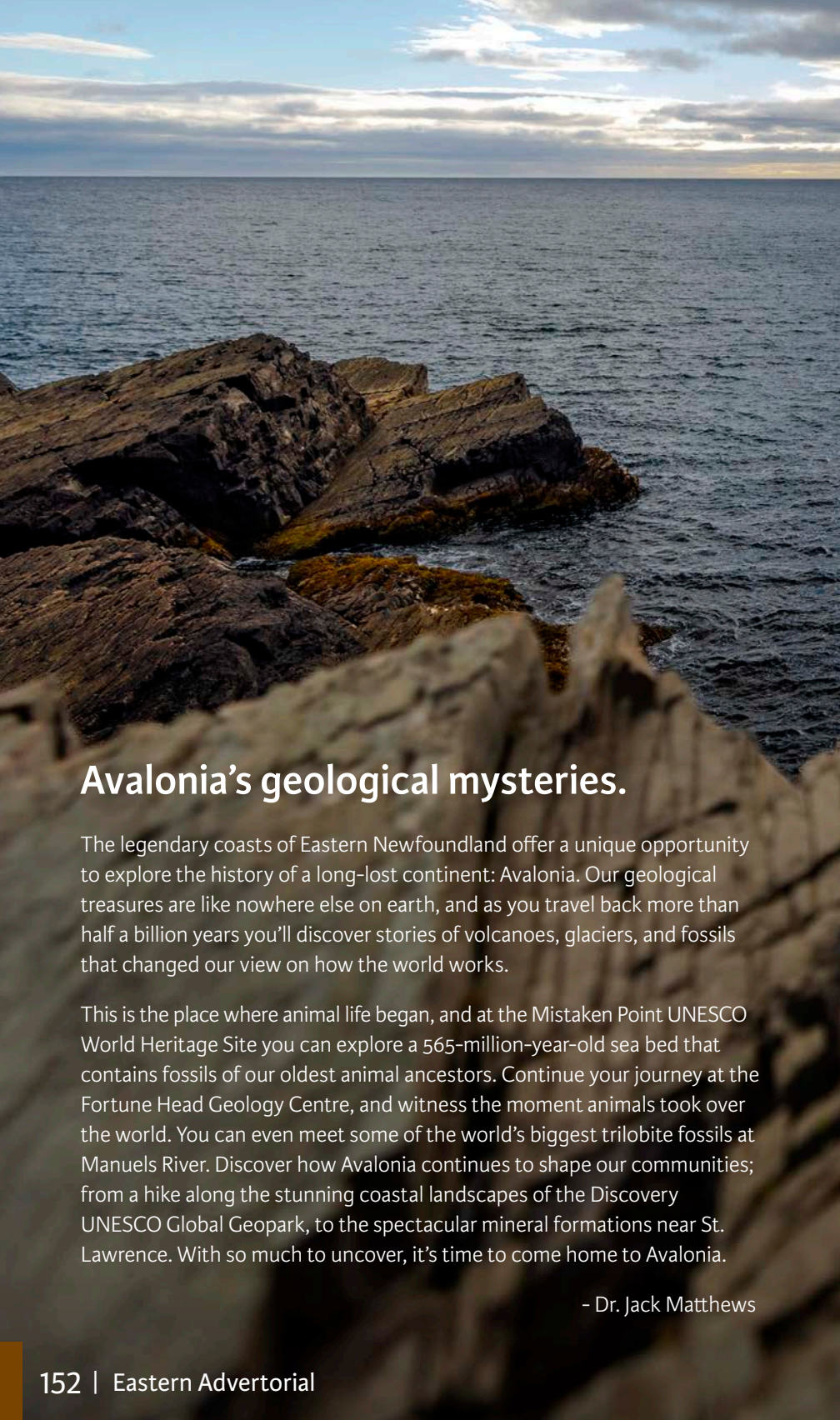
www.spm-ferries.fr

Saint-Pierre, France

011 508 41 08 75

info@spm-ferries.fr





Avalonia's geological mysteries.

The legendary coasts of Eastern Newfoundland offer a unique opportunity to explore the history of a long-lost continent: Avalonia. Our geological treasures are like nowhere else on earth, and as you travel back more than half a billion years you'll discover stories of volcanoes, glaciers, and fossils that changed our view on how the world works.

This is the place where animal life began, and at the Mistaken Point UNESCO World Heritage Site you can explore a 565-million-year-old sea bed that contains fossils of our oldest animal ancestors. Continue your journey at the Fortune Head Geology Centre, and witness the moment animals took over the world. You can even meet some of the world's biggest trilobite fossils at Manuels River. Discover how Avalonia continues to shape our communities; from a hike along the stunning coastal landscapes of the Discovery UNESCO Global Geopark, to the spectacular mineral formations near St. Lawrence. With so much to uncover, it's time to come home to Avalonia.

- Dr. Jack Matthews



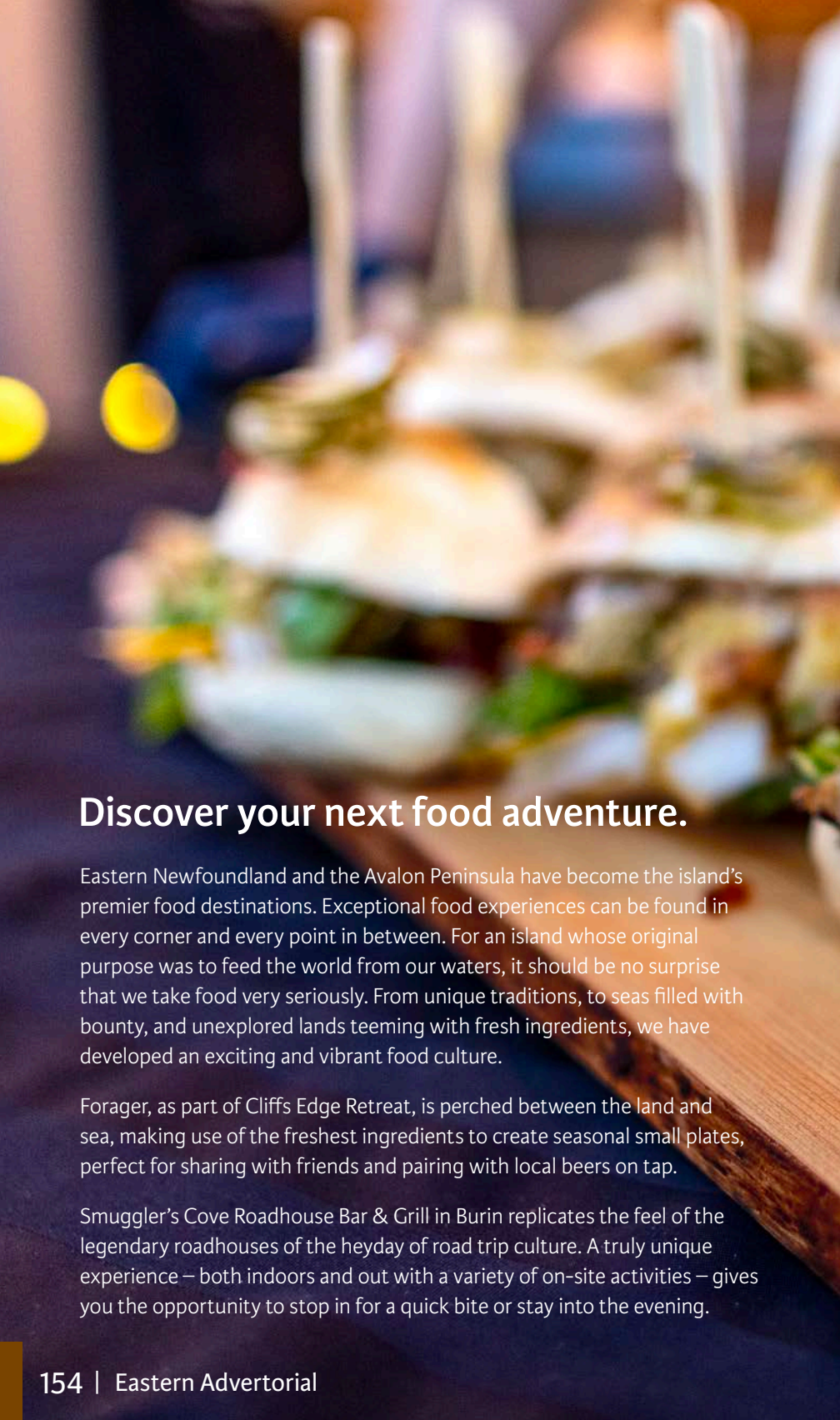
Mistaken Point
UNESCO World Heritage Site
Portugal Cove South
(709) 438-1012
bit.ly/4eQV7CV

Johnson GEO CENTRE
St. John's
(709) 864-3200
geocentre.ca

#2 Mine Tour and Museum
Wabana, Bell Island
(709) 488-2880
on.fb.me/1hhttpCt

Fortune Head
GEOLOGY Centre
Fortune
(709) 832-3569
fortunehead.com

Discovery Global Geopark
Bonavista Peninsula
(709) 468-7789
discoverygeopark.com



Discover your next food adventure.

Eastern Newfoundland and the Avalon Peninsula have become the island's premier food destinations. Exceptional food experiences can be found in every corner and every point in between. For an island whose original purpose was to feed the world from our waters, it should be no surprise that we take food very seriously. From unique traditions, to seas filled with bounty, and unexplored lands teeming with fresh ingredients, we have developed an exciting and vibrant food culture.

Forager, as part of Cliffs Edge Retreat, is perched between the land and sea, making use of the freshest ingredients to create seasonal small plates, perfect for sharing with friends and pairing with local beers on tap.

Smuggler's Cove Roadhouse Bar & Grill in Burin replicates the feel of the legendary roadhouses of the heyday of road trip culture. A truly unique experience – both indoors and out with a variety of on-site activities – gives you the opportunity to stop in for a quick bite or stay into the evening.

Stellar Kitchen at Clarenville Inn

Clarenville
(709) 466-7911
clarenvilleinn.ca/dining

Fork Restaurant

Mobile
(709) 743-3490
forkrestaurantnl.com

Cliffs Edge Retreat

Bauline South
(709) 700-2118
cliffsedgetretreat.ca

Brightside Bistro & Sisters Inn

Trinity East
(709) 422-0553
brightsidebistro.com

Roots, Rants, and Roars

Elliston
(709) 468-7080
rootsrantsandroars.ca

Smugglers Cove Roadhouse

Burin
(709) 891-2222
smugglerscovenl.com



Smuggler's Cove Roadhouse



Forager at Cliffs Edge Retreat



Stellar Kitchen at Clarenville Inn



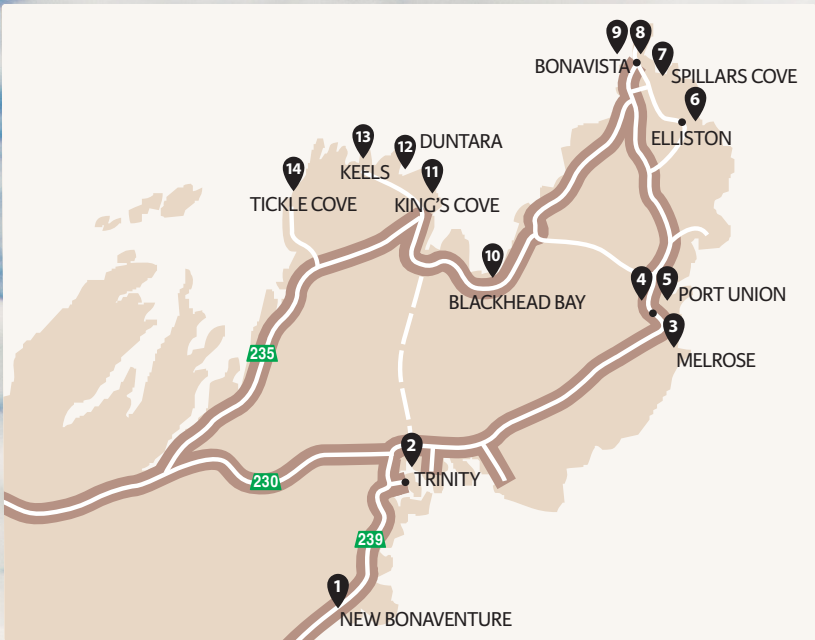
Half a billion years in the making.

Newfoundland and Labrador is home to Discovery UNESCO Global Geopark, one of only five Global Geoparks in North America. From Southern Bay to Bonavista, 280 kilometres of stunning coastline await – with 14 developed geosites that showcase the region’s geological, natural, and cultural diversity.

Take a trip back in time: walk among half-a-billion-year-old rocks, remarkably well-preserved Ediacaran fossils, and even glacial deposits dating back to the Precambrian ice age. No other place on the planet gives you a glimpse at nature’s early evolution quite like this. And if you’re in the mood for a stroll, the hiking trails won’t disappoint. Gaze at remarkable vistas and spot coastal formations from caves to arches to sea stacks. Maybe even cross paths with icebergs, whales, seabirds, and wildflowers along the way. It’s all right here. The past is waiting to be discovered.

To learn more, download the Discovery! Geological Tour app and visit www.discoverygeopark.com





Geosites to Discover

1. Cape Random and Random Passage Site, New Bonaventure
2. Gun Hill Trail, Trinity
3. Capelin Gulch Fossil Site, Peaches Cove Trail, Melrose
4. Fossil Site, National Historic District Boardwalk, Port Union
5. Haoootia, Murphy's Cove to Lodge's Point Trail, Port Union
6. Root Cellars, Elliston
7. The Chimney, Cable John Cove Klondike Trail, Spillars Cove
8. The Dungeon Provincial Park, Cape Shore Trail, Cape Bonavista
9. Lisbon Earthquake, Long Beach, Bonavista
10. Ripples, Black Bay, Blackhead Bay
11. Brook Point, Lighthouse Trail, King's Cove
12. Mudcracks, Duntara
13. Devil's Footprints, Keels
14. Sea Arch, Tickle Cove

Eastern Road Trips

Fortune Bay Adventure

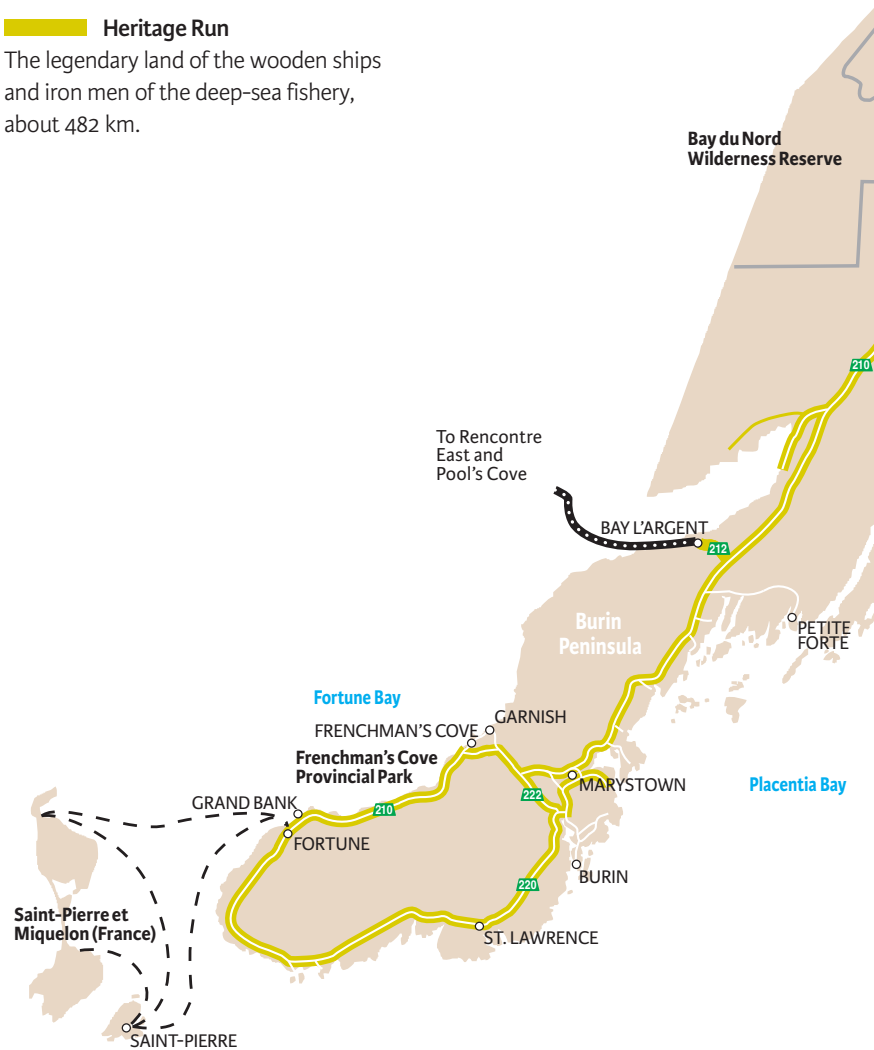
A short sea cruise along the rugged north shore of Fortune Bay.

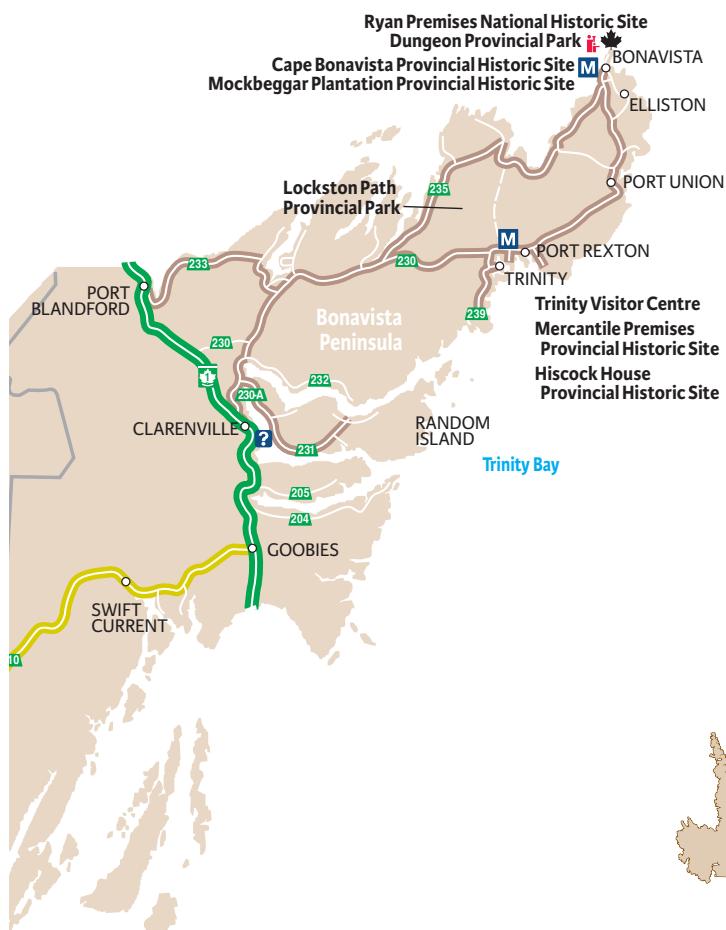
Discovery Trail

In 1497 John Cabot made landfall here. Visitors have been admiring its beauty ever since, about 425 km.

Heritage Run

The legendary land of the wooden ships and iron men of the deep-sea fishery, about 482 km.





Major Access Points

FERRY: Fortune (V13) (from St. Pierre, France) **ROAD:** Routes 1, 210, 220

Please refer to the Traveller's Map for more detail.

- M** Provincial Historic Site
- National Historic Site/Park
- Local Ferry (Car & Passenger)
- Coastal Boat (Passenger & Freight)
- Airport
- Trans-Canada Highway
- ?** Provincial Visitor Information Centre
- Natural Scenic Attraction



Eastern

Road Trips

Eastern Newfoundland is synonymous with the fishing industry. Learn more about this way of life in major museums in Bonavista and Grand Bank. But there's more here than just fish. How about a round of golf near two salmon rivers, or a walk along a coastal path so beautiful it has won international acclaim? There's a theatre festival in Trinity that's been entertaining travellers for many years with local productions, local stories, and local stars. There are beaches and boat tours, history and heritage – and even a ferry ride to France.



Find More Road Trips Online
NewfoundlandLabrador.com/RoadTrips



Fortune Bay Adventure

Start: Bay L'Argent

Length: Ferry crossings from 75 minutes to 1 hour and 45 minutes

From Bay L'Argent on Route 212, catch the ferry west to Rencontre East – a rural community accessible only by water – and then onwards to Pool's Cove in the Coast of Bays. This ferry takes passengers only, and is essentially a full-day return trip or a multi-day trip that will give you a unique view of this remote corner of the province.

In Rencontre East, stay overnight in a historic vacation home overlooking the water. From here, set out on a local-led tour to immerse yourself in rural living. Catch a fish for lunch, take on a mountain hike, and explore hidden waterfalls and the remains of resettled communities while soaking up the solitude.

Pool's Cove is the last stop on this journey. Take in this quiet community with a walk around town before boarding the boat back to Bay L'Argent. Pool's Cove marks the entrance to the Bay du Nord River, a designated Canadian Heritage River, which flows through the rugged landscape of the Bay du Nord Wilderness Reserve. Backcountry wilderness recreation includes canoeing, kayaking, angling, wildlife viewing, birdwatching, and more.





Discovery Trail

Start: Port Blandford or Clarenville

Length: About 425 km

Clarenville, founded in the 1890s, is a youngster compared to many other towns on the Bonavista Peninsula – but it's the area's busy service centre and commercial hub. Pay a visit to The Farm and Market, grab a coffee, and browse local products from over 35 vendors. Visit the Clarenville Heritage Museum to learn about the town's history, or follow a meandering stream on the Rotary Trail. For more adventure, join a local boat or kayak tour to explore the coastline and its resettled communities. As you make your way to Trinity, stop in Milton for a visit to the Newfoundland Cider Company for a taste of their barrel-aged ciders.

Trinity, once a prosperous fishing site, is one of the best-known communities in the province. Follow Route 239 to this coastal gem with many architecturally significant buildings. Take a guided walking tour, or just wander around. Among the fascinating exhibits are the Cooperage, where barrels were made, and a working forge where blacksmiths produce iron items to be sold in local craft stores. Fort Point (also known as Admiral's Point) was established in 1748 by the British to protect Trinity's mercantile assets, and a lighthouse was built here in 1871.

Coastal experiences are aplenty in Trinity, including whale-watching tours in Trinity Bay. Whales frolic and feed around our shores as they follow their annual migration route, while seabirds like puffins and gannets swoop and dive into the waters around your boat. You never know what unexpected visitor may pop up to say “hello” – even orcas have paid visits in recent years.

But it is for the theatre that travellers come in summer. The high comedy, farce, and enduring drama of Newfoundland and Labrador's history takes to the streets for the New Founde Lande Trinity Pageant, a walking tour of the town led by actors. Rising Tide Theatre also presents Seasons in the Bight at its waterfront theatre. In New Bonaventure, visit the film set for the TV miniseries Random Passage, a replica of an early 1800s fishing village.

In Port Rexton / Trinity East, you'll find the Skerwink Trail, which brings you to a sea stack called the Music Box due to the sounds the winds make. Finish off your hike with a visit to the Port Rexton Brewery. Then, visit the Champney's West Aquarium, or head to nearby English Harbour where the English Harbour Arts Centre's programming includes arts and crafts workshops, creative retreats, and musical performances.

Port Union, as the name suggests, is a union-built town, one-of-a-kind in North America. Founded by Sir William F. Coaker, an early 20th-century reformer, union organizer, politician, businessman, teetotaler, and failed farmer. Coaker devoted his life to bettering the lives of downtrodden fishermen.

Another interesting side trip is at Elliston, the root cellar capital of the world. Hundreds of these man-made, frost-free, food preservers – many still in use – recall the ingenuity of the pioneers. The Puffin Viewing Site here offers the best views of these comical birds from shore – they often land on the cliffs mere feet away. While here, visit the Home From the Sea, John C. Crosbie Sealers Interpretation Centre, a modern museum and art gallery that brings to life the seafaring stories of sealers and their dangerous work, while the memorial honours the lives lost in the 1914 sealing disaster.

Before roads were built, there were two ways to get around: by boat or shank's mare – on foot – and as a result, there are coastal trails galore in this part of the world. Guided or self-guided, hiking or walking on the Hike Discovery trail network takes you to sea stacks, long-abandoned outports, and interesting rock formations.

The northern tip of the Bonavista Peninsula is where John Cabot landed in 1497. Upon seeing land, his first words were 'Oh buono vista!' or 'Oh happy sight!'. There you will find the Ryan Premises National Historic Site, a restored multi-building fish merchant premises, which tells the story of five centuries of the fishery in Newfoundland and Labrador.

The Mockbeggar Plantation Provincial Historic Site is the legacy of F. Gordon Bradley, Newfoundland's first federal cabinet minister after Confederation. The grounds feature a restored fish merchant's dwelling, alongside a former cod liver oil factory. Drop by on July 1, Canada Day, for a special celebration.

Outside town is the Cape Bonavista Lighthouse Provincial Historic Site and the Dungeon Provincial Park, where a collapsed sea cave has become a steep-sided crater. To see Bonavista's coastline from a different perspective, hop on a boat tour and keep your eyes peeled for whales and icebergs. Back on land, join a chef for a boil-up on the beach, where you'll enjoy tea and a snack over an open fire – or perhaps sample some salt fish, lobster, cod cheeks, or moose.

The best thing to do in Bonavista is park your car and walk. It's a great way to see the old part of town and take in the architecture.

The upper portion of the Bonavista Peninsula hosts the province's newest UNESCO site, the Discovery Geopark, where a collection of 10 geologically-significant sites are scattered up the coast. Explore the rock surfaces at the Port Union National Historic District Boardwalk for fossils from the Ediacaran Period, admire the curious existence of the Devil's Footprints in Keels, and more.

On the peninsula's north side, turn off Route 235 onto Route 235-17 to Open Hall, Red Cliff, and Tickle Cove, famed for the song "Tickle Cove Pond." Scenes from the feature film *The Grand Seduction* were filmed in this area. At Three Mile Ridge farm, visit the animals, tour the honeybee field, or hike to a cookhouse where you'll enjoy a meal at sunset.



Heritage Run

Start: Goobies

Length: About 482 km. Add a 1 hour ferry crossing to the French Islands of St. Pierre et Miquelon

Route 210 takes you down the Burin Peninsula. Everything is different here – from the dialects, to traditional set and square dances, to the architecture.

Most communities are on the Placentia Bay side of the peninsula, because of the good anchorage, abundance of fish, and pebble beaches for drying fish. There are only a handful of communities on the west side in Fortune Bay. One of these is Bay L'Argent, where a coastal boat – passengers and freight only – connects with the community of Rencontre East and, further west, Pool's Cove in the Coast of Bays. The return trip is a fine one-day excursion.

Swift Current has long been a favourite area for sport fishing, and antique car enthusiasts will want to check out Vernon's Antique Car Museum.

The highway crosses maritime barrens, one of the main eco-regions that characterize the province's ecology. Keep an eye out for rough-legged hawks. The boulders dotting the landscape are erratics dropped by glaciers when they melted 10,000 years ago.

Community names reflect the diverse European influences on early settlement: Spanish Room, Jean de Baie, Rock Harbour. Basque and Portuguese influences are sometimes buried under several layers of translation of the original names.

Marystown is the region's commercial hub and service centre. Nearby Burin on Route 221 is built along a series of high cliffs and sheltered coves. Take a stroll along the Oldest Colony Trust boardwalk in Burin Harbour. Captain James Cook stationed troops atop what is now called Cook's Lookout to watch for pirates and privateers. The community museum has excellent displays on the 1929 tsunami that devastated the coast.

Winterland, on Route 222, has the best soil in the peninsula, and has been a farming area since the dark days of the Depression. It's also a good place for birdwatching.

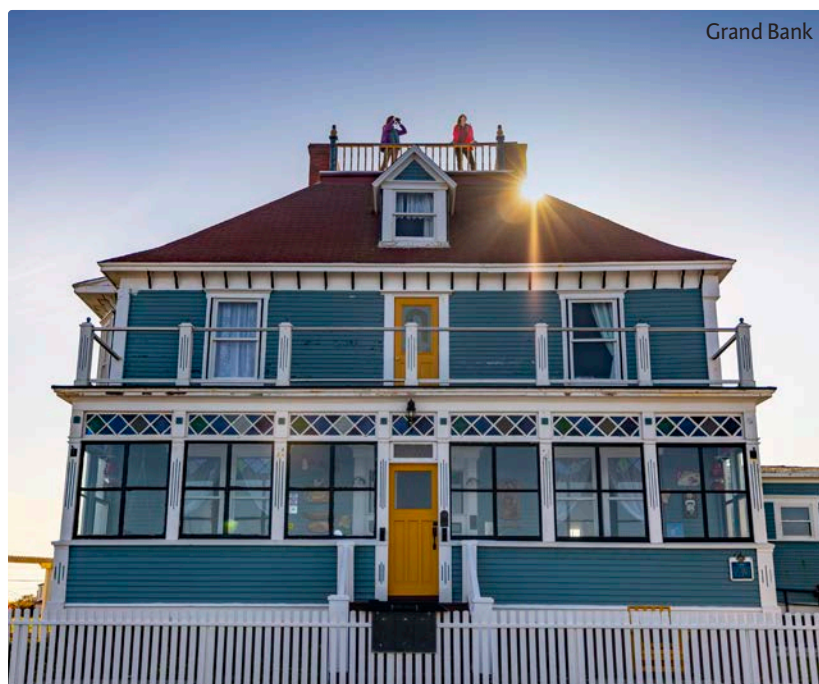
In 1942, two U.S. warships ran aground near St. Lawrence. The people of St. Lawrence and Lawn risked their lives and successfully rescued 186 sailors, bringing the sailors ashore and into their homes. One of those rescued was the late Lanier Phillips. The kindness shown to him by the people of St. Lawrence – most of whom had never before seen someone of African American descent – helped him imagine a better world, and he went on to help desegregate the U.S. Navy. The Chamber Cove Heritage Walk traces the rugged coastline and leads to a memorial monument commemorating this event. For a deeper dive into the history of these shores, a guided walking tour is a must.

Grand Bank is the quintessential Newfoundland outpost. More than any other, this town is associated with the schooner fishery, and the town's architecture reflects the prosperity and loss that went hand-in-hand with that once-booming industry. Excellent examples of Queen Anne-style homes are topped by widow's walks, where the wives of well-to-do skippers waited, sometimes in vain, for their husbands' return. Buildings in the town have features borrowed from the architectures of eastern Canada and New England, reflecting the reach of the fish trade. The George C. Harris House is a perfect example of this period architecture, and the building's widow's walk provides a bird's-eye view over the town. The Provincial Seamen's Museum is located here as well.

Nearby Fortune derives its name from the Portuguese fortuna, which can mean both good and ill fortune. The lighthouse at Fortune Head, one of several prominent lights along the coast, is surrounded by an ecological reserve preserving fossils marking the boundary between the Precambrian and Cambrian geological eras, about 540 million years ago. Learn about this geological history at the Fortune Head Geology Centre.

From Fortune, you can take a side trip to France. A ferry service sails from here to Saint-Pierre et Miquelon – you might have already glimpsed them from Lamaline. These French islands are just an hour away and a good place to buy wine and perfumes. But remember, you have to present your passport and clear customs on your return, and American visitors will have to clear customs before entering the U.S. as well. You can find schedules and fares at www.spm-ferries.fr.

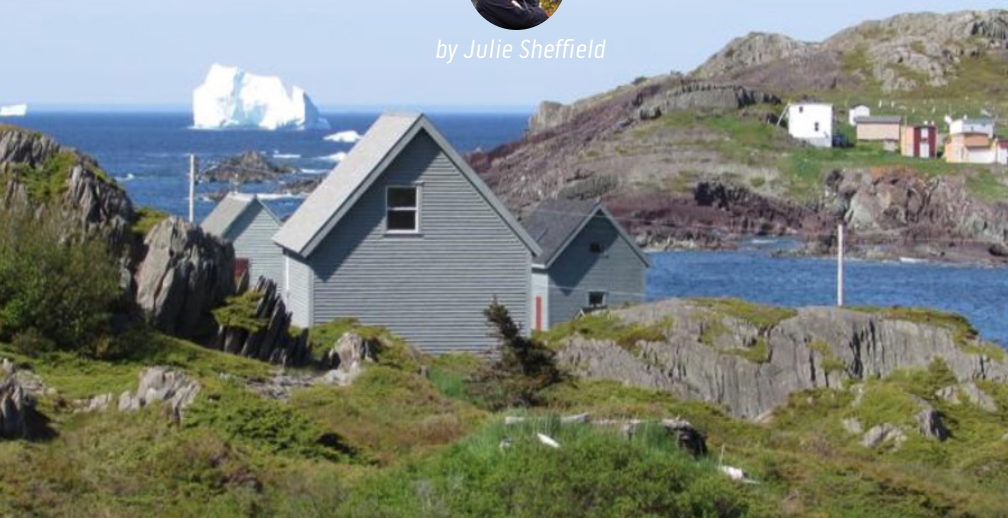
The last stop is Frenchman's Cove on Route 213 where there's a nine-hole golf course in the provincial park. Hiking trails from here to nearby Garnish and Grand Beach cross beaches that are a great place to see the sun set over Fortune Bay.



IN SEARCH OF PUFFINS



by Julie Sheffield



We visited Bonavista Peninsula in mid-June, 2013. When planning our trip, we made a list of things we hoped to do on our week-long visit, including spotting an iceberg, hiking, and seeing puffins. On the drive from Clarenville to Bonavista, we checked off seeing icebergs as we saw several as we travelled along the road by the coast.

Cape Bonavista

We visited Cape Bonavista Lighthouse where we saw more icebergs, as well as cows and horses grazing in fields right beside the road. It was amazing to see them pastured right on the coast, with icebergs in the background. Unfortunately, no puffins in that area.

We travelled down a dirt road to Dungeon Provincial Park, which is a natural cave in the rocks where you can watch the waves come in from the ocean. Then it was on to Elliston, which is where we were told we had a good chance to see puffins. We saw root cellars, small dories, and a beautiful Fishermen's Memorial, but no puffins.

Skerwink Trail

Our research showed a hiking trail about a thirty-minute drive from Bonavista, so we set out to explore the Skerwink Trail. It is a 5.3-km trail that loops from Port Rexton to east Trinity Bay. The trail was well maintained and provided lots of scenic coastal vistas. We saw moose tracks, but no moose (and no puffins). We stopped in Elliston to look for puffins on our way back to Bonavista, but no luck.

Finally, Puffins!

Our last day in Bonavista was windy and rainy. We decided to drive to Elliston one more time, in search of the elusive puffins. We were determined to find them, so continued driving to the small community of Maberly. Lo and behold, we saw a sign saying Puffin Viewing Area. I braved the wind and rain and travelled the wet, grassy path to where I saw an island, covered in puffins! We checked all the boxes for our trip. I would love to return to Newfoundland and Labrador to explore further.

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A photograph of the Cape Bonavista Lighthouse, a red and white structure with a glass-enclosed lantern room, set against a blue sky with scattered clouds.

Reach new heights.

Flashes of the old light, the smell of linseed and seal oil, waves crashing below, and puffins all around. Lean into the wind at the edge of the world.

Cape Bonavista
Lighthouse

An oil painting of a dimly lit interior room. A dark wooden table holds a yellow bowl, a white teacup, and a globe. A wooden chair is tucked under the table. In the background, a wooden chest is visible. The scene is set in a room with stone walls and a wooden floor.

Imagine moulding the country's future.

Picture a late night conversation in this house that could change the future of our country. Should we join Canada? Which side will you take?

Mockbeggar Plantation

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bonavista@seethesites.ca • 709.468.7444

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Reserve your ride early.

There's a lot to see in this beautiful, big province, and if you're planning on taking a few road trips to see it all, be sure to book your car rental in advance. That way, you can concentrate on the things that matter when you arrive, like the breathtaking scenery and the fresh coastal air.

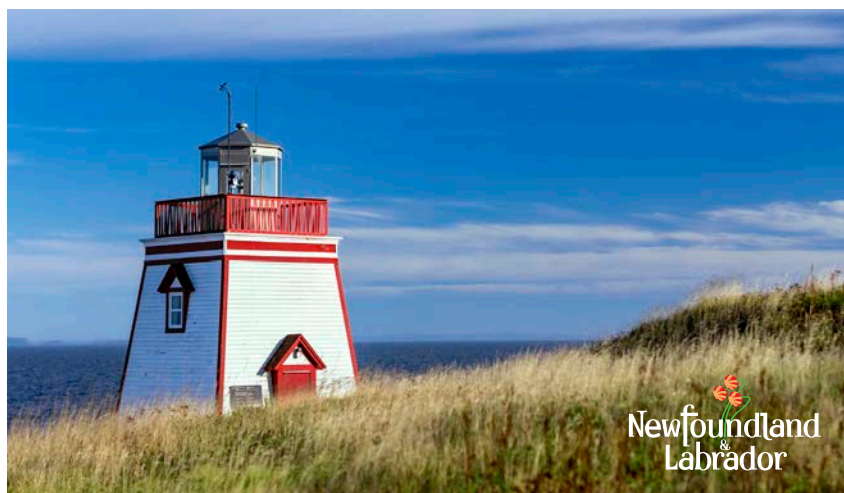


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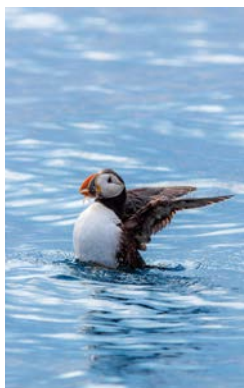
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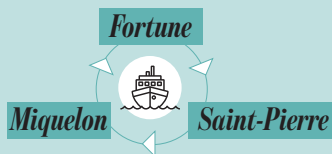
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Avalon







Tales of the Avalon

Welcome to the far east.

It's where the sun rises first, at Cape Spear Lighthouse National Historic Site—the most easterly point in North America. And just a few kilometres away is St. John's, a vibrant, historic, yet contemporary capital—500 years young. You'll find a rainbow of clapboard houses that crowd hilly streets, where there are more artists than anywhere else in the country. And if you're looking to dance the night away, the infamous George Street is chock-a-block with pubs and restaurants. Overlooking it all is Signal Hill, where in 1901 Marconi received the first wireless transatlantic signal at Cabot Tower.

Outside St. John's, the landscape is not only scenically stunning, but also full of natural wonders: dazzling icebergs, whales including humpbacks and minke, migratory seabirds, and roaming caribou.

The Avalon is full of legends, lore, and history. It's home to Cupids—the oldest English settlement in Canada. And to outposts like Placentia, Harbour Grace, and Heart's Content—a transatlantic telegraph hub before satellites took over. The Avalon is also the Irish heartland, home of the East Coast Trail and, a little further along, Cape St. Mary's and its famous northern gannet colony.





Featured Itinerary

Your Avalon Journey Starts Here

The Avalon Peninsula, where the sun first rises in North America, is home to one of the oldest and most easterly cities on the continent—St. John's. Chock-full of whales, seabirds, nightlife, history, and ancient fossils, there's never a shortage of things to do.

Where City Meets Sea

DAY 1

Today, start by exploring downtown St. John's with its intricate boutiques, lively bars, and mouth-watering restaurants. Share a bite and have a glass while listening to some toe-tapping tunes. If you're hoping to take home some local music, O'Brien's on Water Street has you covered.



DAY 2

Begin your day at famous Signal Hill—where Marconi received the first transatlantic signal in 1901. Start in The Battery, a charming assortment of colourful homes scattered on the hilly shore. Around every corner you'll be delighted with magnificent coastlines, far-off lighthouses, and deep blue as far as the eye can see. After, visit The Rooms, the provincial archives, art gallery, and museum. End your day by standing at the most easterly point in North America—Cape Spear Lighthouse National Historic Site.

DAY 3

Head for the high seas and hop on a boat tour—the best way to view the magnificent weaving coastline and to come face-to-fin with a 30-tonne humpback. Keep an eye on land and sky for puffins and other seabirds.

Next, it's on to Quidi Vidi. Take a stroll around this quaint fishing village, nestled on the outskirts of downtown St. John's. Be sure to stop by the Quidi Vidi Village Artisan Studios to see emerging artisans at work, then relax by taking in a tour and beer tasting at Quidi Vidi Brewery.



Driving the Irish Loop

DAY 4

The Irish Loop, named for the area's dominant ancestry, starts in St. John's and heads south on Route 10 right into the heart of Irish Newfoundland. This scenic and historic drive travels through quaint outposts, alongside roaring shorelines, and provides many opportunities to sail out to sea in search of whales, seabirds, and icebergs. Try a boat tour to the Witless Bay Ecological Reserve where you'll see chatty puffins nesting on the rocky coast, and where humpback and minke whales are the favourite regulars.

Visit the Colony of Avalon in Ferryland—founded by Lord Baltimore. Here, an ongoing archaeological dig is uncovering the remains of the 1621 English colony. Next, experience a picnic like never before at Lighthouse Picnics, reached via a 20-minute walk across the Gaze. Recline on a soft blanket beneath a gorgeous lighthouse on the mildly craggy coast and enjoy a superb fresh lunch and a refreshing jar of lemonade. Retire to your warm and comfortable accommodations in Ferryland or Trepassay.

DAY 5

Start today by visiting Cape Race, where the Marconi station picked up and retransmitted the distress signal from *RMS Titanic* in 1912. See how the station—350 miles from the tragedy—played an important role in the rescue of the survivors, and discover the story of 14-year-old Jimmy Myrick, the first person to hear *Titanic*'s distress signal.

Next, examine some of the oldest fossils on Earth at Mistaken Point Ecological Reserve, the province's fourth and newest UNESCO World Heritage Site. Register for a guided tour at the Edge of Avalon Interpretation Centre in Portugal Cove South to learn about what scientists call *Ediacara biota*—creatures that lived 575 million years ago, when all life was in the sea.

Now it's on to Salmonier Nature Park—an environmental education, wildlife rehabilitation, and research centre. Stroll along the boardwalk that winds between the species-sensitive enclosures and get an up-close look at local animals that have been given a second chance thanks to the park.

DAY 6

For a complete change of pace, drive to Portugal Cove and take the 20-minute ferry ride to Bell Island—the largest of several islands in Conception Bay. Drive around the island, taking in the golden fields, fascinating rock formations, and beautiful beaches. Then take a guided tour of the old iron ore mine and get a first-hand look at the mining life. Drive back to St. John's for a good night's rest, or make accommodation arrangements on the island.

History, Heritage, and Seabirds

DAY 7

Drive to Brigus and take some time to walk around and admire the quaint homes and gorgeous shoreline. Stop by the house of Captain Bob Bartlett. Born and raised in Brigus, this brave man went on to lead some of the most famous and dangerous exploratory expeditions to the Arctic in the early 1900s. At nearby Cupids, John Guy established the first English colony in Canada in 1610. Drop by the Cupids Legacy Centre to learn about these brave souls. The centre offers an extensive range of cultural programs throughout the summer.



Nearby is the John Guy Flag Site and probably the biggest Union Jack you'll ever see, celebrating the town's British heritage. Next it's a visit to Harbour Grace—a delight to both aviation and history buffs. Amelia Earhart's successful 1932 solo flight took off from here.

Now it's time to frolic in the sand. The heart-shaped beach of Salmon Cove offers 500 metres of fine grey sand surrounded by imposing cliffs. A 2-kilometre hiking trail and warm water river offer activities for the whole family. At Bay de Verde, the shallow harbour glows aquamarine, hence its name. The Heritage Premises here offers a glimpse into the history of this famous fishing town, plus a display on seabirds that nest at the protected ecological reserve on Baccalieu Island.



DAY 8

Turn southwest and drive along the south shore of exquisite Trinity Bay. Don't leave without witnessing the handcrafted wooden boats the region is famed for. Stop by the Wooden Boat Museum in Winterton where this timeless craft is kept alive, and skills are still passed down from generation to generation by word of mouth.

Everything changed in July 1866, when the first permanent telegraph cable connecting Europe and North America was hauled ashore at Heart's Content. Heart's Content Cable Station Provincial Historic Site tells a communications story of global significance and is a must-see while in the area.

Next, explore the waterfalls at Cataracts Provincial Park. Here the river enters a steep gorge, so take the stairs and walkways to get the best view. A great spot for photographs.

DAY 9

French explorer Jacques Cartier arrived in 1534 and eventually the French established a colony in Placentia in 1662. Visit this National Historic Site and witness the historical significance of the French fort ruins.



The last item on the menu is a real treat: Cape St. Mary's Ecological Reserve, the most accessible seabird colony in North America. A wonderland for birdwatchers and explorers alike, you'll gaze upon thousands of northern gannets nesting atop a 200-foot-high sea stack, and smaller numbers of razorbills, common murrelets, and black-legged kittiwakes nesting on shallow cliff ledges.

Find More Itineraries Online
NewfoundlandLabrador.com/Itineraries





Best Kept Secrets

With so many things to see and do, sometimes having the inside scoop makes all the difference. Best kept secrets is a collection of hidden gems and local favourites that highlights some of the best dining, shopping, nightlife, and outdoor adventures on the Avalon. Feel free to stick to what you like, sample a bit of everything, or dive into something completely new – the choice is yours.

Local Cuisine Hot Spots

- Arbour Restaurant and Lounge, Bay Bulls
- Newfoundland Chocolate Company, St. John's
- Dark Star Coffee Roasters, Carbonear
- The Barn, South Dildo
- Red Ochre Café, Ochre Pit Cove

An Excuse to Stay Indoors

- Colonial Building Provincial Historic Site, St. John's
- Commissariat Provincial Historic Site, St. John's
- The Myrick Wireless Interpretation Centre, Cape Race
- Wooden Boat Museum of Newfoundland and Labrador, Winterton
- Cupids Legacy Centre, Cupids

Shop Avalon

- Merrymeeting Arts and Crafts, Renews
- Craft Council of Newfoundland & Labrador, St. John's
- Colony of Avalon Gift Shop, Ferryland
- The Baccalieu Gallery, Heart's Content
- O'Brien's Music, St. John's



Evening Energy

- The Newfoundland Distillery Company, Clarke's Beach
- Lawyna Vawyna Music Festival, St. John's
- Port de Grave Christmas Boat Lighting, Port de Grave
- Baccalieu Trail Brewing Company, Bay Roberts
- Southern Shore Dinner Theatre, Ferryland

Outdoor Adventures

- Sea Cave Kayaking with Ocean Quest Adventures, CBS
- Newfoundland Food Fishery Experience, A Wilder Experience, Cape Broyle
- Atlantic Puffin Photo Tour, Newfoundland Photo Tours, St. John's
- The Irish Loop Road Trip, Far East Photography Tours, St. John's
- O'Brien's Whale & Bird Tours, Bay Bulls

Hot Spots for History Buffs

- St. Mary's Battery Park, St. Mary's
- Old Carbonear Row, Carbonear
- Wooden Boat Museum of Newfoundland and Labrador, Winterton
- Colony of Avalon, Ferryland
- Heart's Content Cable Station Provincial Historic Site, Heart's Content

Meet the Locals

- John Chidley at Merrymeeting, Renews
- Sean Sullivan at Sullivan's Songhouse, Calvert
- Michelle Myrick at The Keeper's Kitchen, St. Shotts
- Eileen Matthews at NERRL Handpainted Designs, New Perlican



Capelin

If you've never seen capelin rolling on a beach, there are plenty of options available. The beaches of Middle Cove, St. Vincent's, and Bellevue are all great options to witness the phenomenon for yourself. And don't forget your dip net or your bucket.



Picture Perfect

- Mistaken Point Ecological Reserve, Portugal Cove South
- Ferryland Lighthouse, Ferryland
- Dildo Hollywood Sign, Dildo
- Berry Head Sea Arch on the Spurwink Island Path, Port Kirwan
- Quidi Vidi Gut, St. John's



Unique Hot Spots

- Ferryland Lighthouse Picnics, Ferryland
- The Newfoundland Distillery Company, Clarke's Beach
- Seaweed Bath Experience, Grates Cove Studios, Grates Cove
- Dildo Brewing Company and Museum, Dildo
- Newman Wine Vaults, St. John's

Cultural Gems

- Nature Minded, Tors Cove
- Sean Sullivan at Sullivan's Songhouse, Calvert
- Food Culture Place, Mobile



Social Media

To get more insider tips from locals and travellers alike, check out our social media pages. Share your experiences with the hashtag #ExploreNL.



Facebook.com/NewfoundlandLabradorTourism



Instagram.com/NewfoundlandLabrador



YouTube.com/NewfoundlandLabrador



Experience centuries of culture.

The Avalon Peninsula hosts many scenic driving routes that weave their way through picturesque fishing villages, rugged coastlines, and some of the province's most important historic sites. Home to our oldest towns, our cultural heritage is lovingly preserved and celebrated in every corner of this region.

Cupids Legacy Centre tells the European settlers' earliest stories. It displays artifacts and interprets the discoveries from Cupids Cove Plantation, the first permanent English settlement in what is now Canada. From the beginning until the modern day, this museum tells one of the most remarkable stories in our history.

The Wooden Boat Museum of Newfoundland and Labrador tells the story of how the Baccalieu Coastal Drive was navigated in the decades and centuries past – at least its waters. At this museum, you'll discover why the wooden boat is integral to our historical, cultural, and provincial identity.

Cupids Legacy Centre

Cupids
(709) 528-1610
cupidslegacycentre.ca

Sullivan's Songhouse

Calvert
(709) 693-4300
sullivanssonghouse.com

George House Heritage Bed and Breakfast

Dildo
(709) 582-2167
georgehousebnb.com

The Wooden Boat Museum of Newfoundland and Labrador

Winterton
(709) 583-2070
woodenboatnl.com

Johnson Geo Centre

St. John's
(709) 864-3200
mun.ca/geocentre

St. Mary's Battery Park

St. Mary's
(709) 770-6416
tinyurl.com/tccjr2h5

No. 2 Mine Tour & Museum

Bell Island
(709) 488-2880
bellislandminetour.com

Edge of the Avalon Inn

Trepassey
(709) 438-2934
edgeoftheavaloninn.com

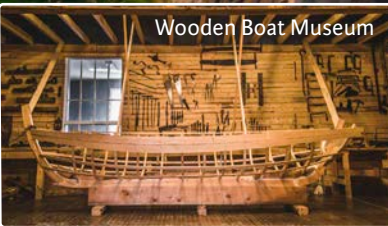
Edge of Avalon Interpretive Centre

Portugal Cove South
(709) 438-1100
mistakenpoint.ca

George House Heritage
Bed and Breakfast



Wooden Boat Museum



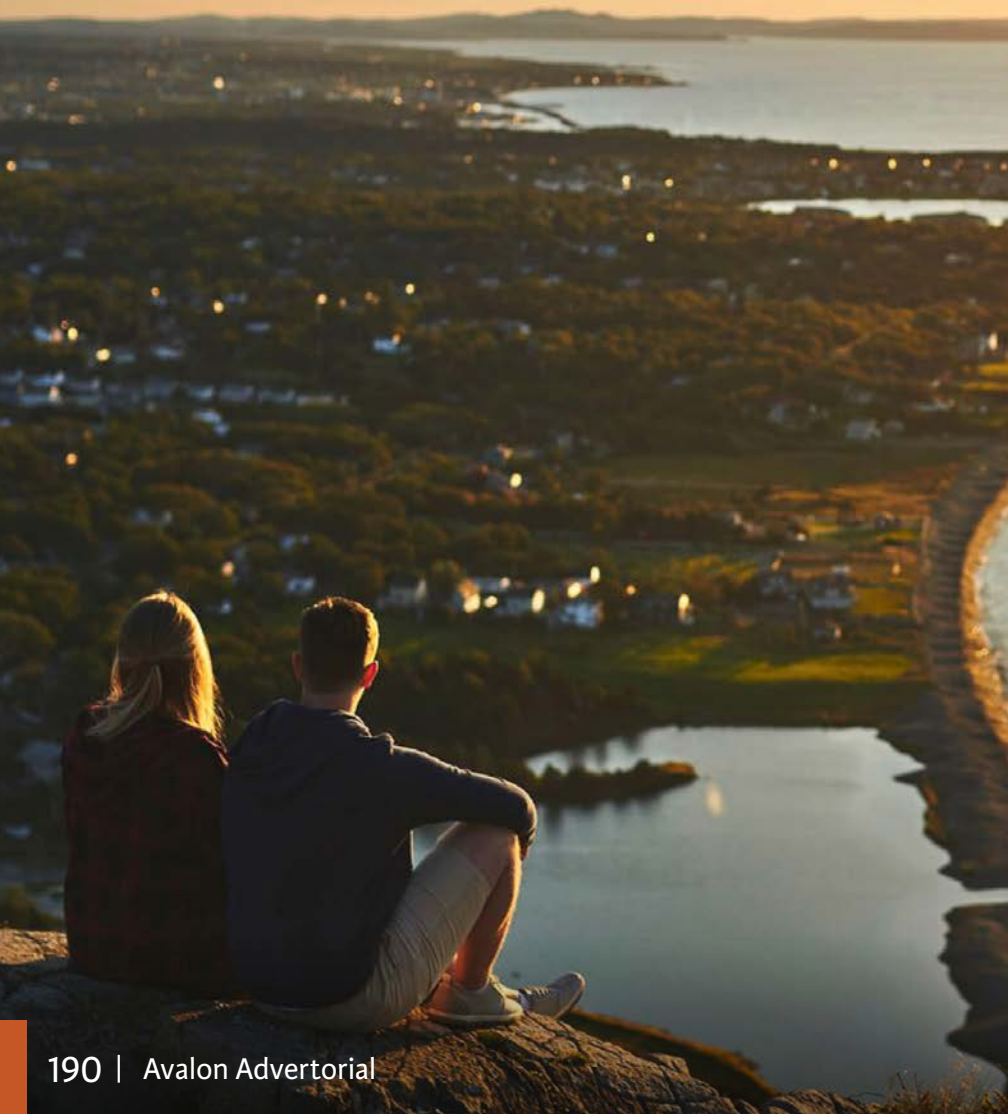
Cupids Legacy Centre



Where's your next adventure?

Nestled along Newfoundland's picturesque coastline, Conception Bay South invites you to experience the perfect blend of nature, adventure, and coastal charm. Explore breathtaking hiking trails, sail from scenic marinas, or uncover 650 million years of geological wonders at Manuels River. From boating and whale watching to enjoying stunning sunsets at Topsail Beach, there's so much to discover. After a day of adventure, unwind with local craft brews, cozy cafés, and our warm hospitality. Whether you're seeking excitement or relaxation, Conception Bay South offers it all – right on the edge of nature.

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Manuels River Interpretation Centre

Manuels

(709) 834 2099

manuelsriver.ca

Topsail Beach Rotary Park

Topsail

(709) 834 6500

conceptionbaysouth.ca

Conception Bay South T'Railway

Conception Bay South

(709) 834 6500

conceptionbaysouth.ca

Kelligrews Soiree

Kelligrews

(709) 834 6500

kelligrewssoiree.ca

Crafting New Traditions

The rural Newfoundland brewing and distilling industry offers a wonderful array of tastes as colourful as the people who serve them.

In the town of Clarke's Beach, The Newfoundland Distillery Company is finding inspiration in local products to inform their traditional distillation. There, they craft spirits at sea level – delicious on their own or in their signature cocktails. Years of distilling their award-winning spirits have led them to Newfoundland and Labrador's first whiskey.

Across Trinity Bay, you can visit the province's first rural microbrewery, Port Rexton Brewing Company. They turned an old schoolhouse into the hub of the vibrant community. There, they serve a wide selection of options, including the province's most extensive line of gluten-free beers.



Port Rexton Brewing Co.



Newfoundland Distillery Co.

Bay de Verde Brewing Company

Bay de Verde
(709) 693-2030
baydeverdebrewing.ca

The Newfoundland Distillery Company

Clarke's Beach
(709) 786-0234
thenewfoundlanddistillery.com

Port Rexton Brewing Company

Port Rexton
(709) 464-7543
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Avalon Road Trips

Osprey Trail

The sea hawks are here for the capelin, everyone else comes for the beach, about 70 km.

Cape Shore

Visit the most accessible seabird colony in North America and the old French capital, about 303 km.

Baccalieu Coastal Drive

Where classic outpost communities and favourite pirate haunts dot the coastline, about 310 km.

Admiral's Coast

For day-trippers from St. John's, a perfect excursion "around the bay," about 90 km.

St. John's Metro

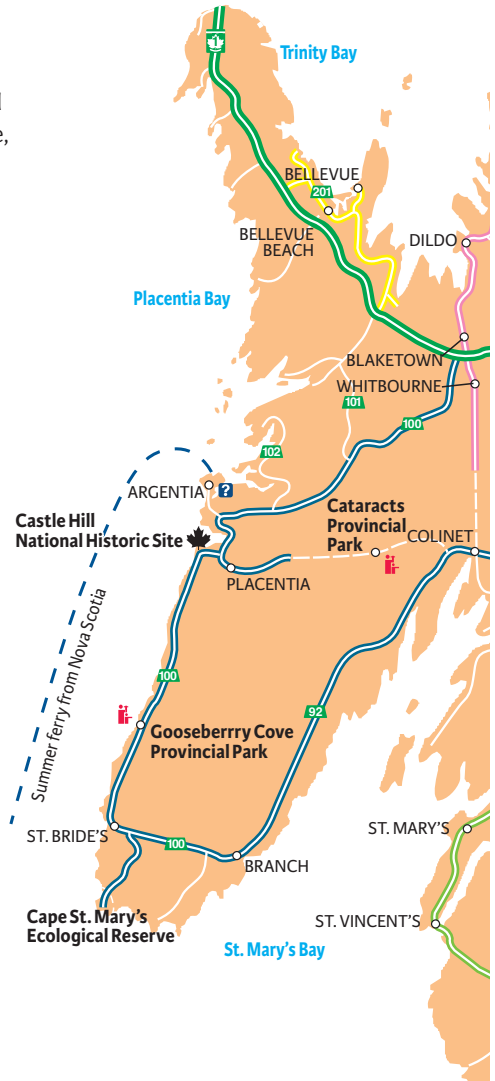
One of the oldest cities in North America, and a centre of culture, history, and entertainment, about 70 km.

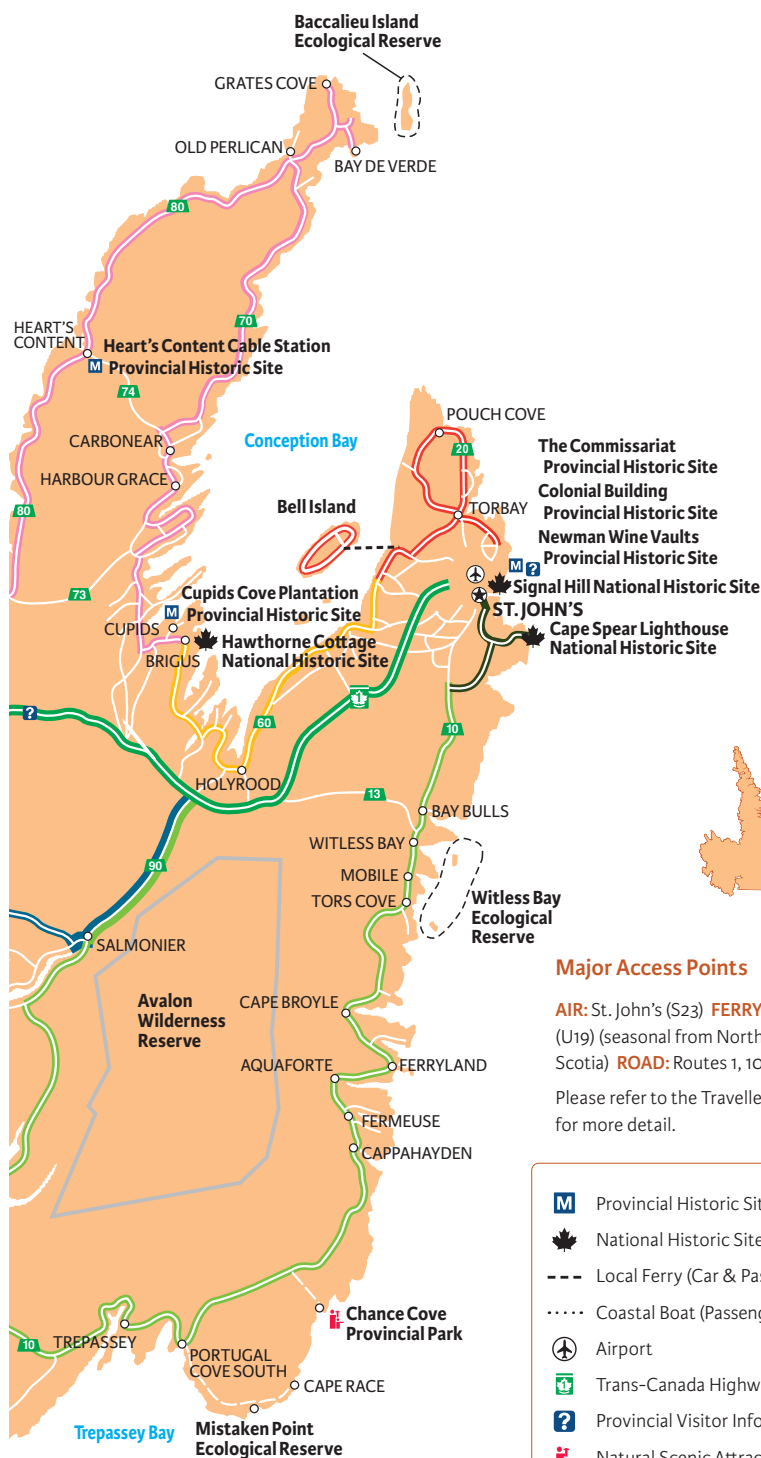
Irish Loop

10,000 whales, a million seabirds, and an endless wealth of Irish heritage, about 312 km.

Killick Coast

For generations it's been a wonderful place to drop anchor and admire the sea, about 80 km.







Avalon

Road Trips

The Avalon Peninsula looks like a piece from a jigsaw puzzle, with deep bays separating long fingers of land. Almost completely surrounded by water, it's where the first European settlers put down roots. It's full of history and home to the provincial capital, St. John's, North America's oldest city, which has a well-deserved reputation for food, music, and good times. The region is full of great places to see whales and seabirds, go sea kayaking or hiking, or enjoy sightseeing in centuries-old outposts.



Find More Road Trips Online
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Osprey Trail

Start: Chance Cove

Length: About 70 km

As its name suggests, this is a good place to see these famous fish hawks. From Route 1, take Route 201 along the southern coast of Trinity Bay. This is a popular summer cottage area, and there's a park with a sandy beach at Bellevue Beach.

Nearby is the spectacular Chance Cove Coastal Hiking Trail, which winds through forest, touching down at the far end of Chance Cove Beach. From there, the trail continues uphill and onward, offering spectacular views of the coastline as well as providing access to hidden sandy beaches, scenic lookout points, and sea caves.

Take a side trip to Arnold's Cove and visit the Drake Heritage House. When nearby Haystack was resettled in the 1960s, the owner Frank Drake refused to leave. He lived there an additional 12 years before the home was floated by barge to its present location. Its interior is like a time capsule of the era and now serves as the community museum. Several hiking trails in the area also provide scenic lookouts and coastal views.



Cape Shore

Start: Whitebourne Junction

Length: About 303 km

Take Route 100 to Placentia. Castle Hill National Historic Site marks the remains of an old French fort. Plaisance, its original name, was the French capital of Newfoundland in the 17th and 18th centuries when the French and English battled for dominance in North America. There's a fantastic view of the town of Placentia, the waters, and wooded hills.

Tour the O'Reilly House Museum, a Balustrade Queen Anne Victorian magistrate's home, restored to its original grandeur. You'll see period artifacts and tidbits of fascinating history – including a silver tea set gifted from King George III.

Just past St. Bride's, follow the signs to Cape St. Mary's Ecological Reserve, the most accessible and spectacular seabird colony in North America. Just 50 feet from the clifftop viewing point nest thousands of northern gannets – beautiful birds with a wingspan of over six feet – crowded atop Bird Rock, a 200-foot-high sea stack. Razorbills, murres, and other seabirds also nest at the reserve. If you have a question, ask one of the interpretive guides, who also lead nature hikes, or drop into the interpretation centre, which hosts concerts throughout the summer.

Take a slight detour to Salmonier Nature Park on Route 90, home to about 20 species of native mammals and birds that live in sensitive enclosures along an accessible boardwalk.



Baccalieu Coastal Drive

Start: Whitbourne, Route 80 or

Veteran's Memorial Highway, Route 75

Length: About 310 km

This route traces the long finger of the Avalon Peninsula between Trinity Bay and Conception Bay. Western access is from Route 80 near Whitbourne on Route 1.

In the late 19th century, Dildo was the site of an early fish hatchery and later, a whaling port. Now it's a go-to destination for visitors intrigued by its name and seeking a selfie with the town's mascot, Captain Dildo. It's hard to say who is more famous, the good captain or American late-night talk show host Jimmy Kimmel – Dildo's honorary mayor. He declared Dildo to be the sister city to Hollywood, and now there's a Hollywood-style sign embedded in the hills over town.

Hop onboard a boat tour and look for whales and icebergs, or try your hand at cod jigging or scallop fishing. The entire coastline on this drive is dotted with historic fishing villages and dramatic rock formations, like the jagged peaks of Shag Rock in Whiteway. Don't forget to stop in Cavendish for a photo of the rainbow of beachfront fishing sheds.

The first successful transatlantic telegraph cable was landed at Heart's Content in 1866. The Cable Station here, once a major relay point for transatlantic telegraph messages, is now a Provincial Historic Site. You may feel inspired to stretch your legs on the Mizzen Trail, an easy 2-km trail around Mizzen Pond.

Nearby New Perlican has a collection of 20 colourful fishing stages on the water. Then it's on to Winterton. Roll up your sleeves at the Wooden Boat Museum of Newfoundland and Labrador, and learn how traditional dories and punts were built.

The most north-westerly point of the peninsula is where you'll find Grates Cove. Get the lay of the land from the heritage trails in the area. The Grates Cove Studio & Café is a hidden gem. The two-room converted schoolhouse is both a place to try some unique Cajun/Newfoundland and Labrador fusion foods and peruse the studio's collection of woodworking, pottery, and printmaking art.

The Baccalieu Island Ecological Reserve, a rocky island 3 km offshore, is home to an impressive number of seabirds, including 3-million pairs of Leach's storm petrels – the largest nesting ground anywhere in the world for this species. There's an interpretative display about the reserve in nearby Bay de Verde.

In Blackhead, pick up an Ugly Stick and join a traditional shed party with food tastings, local entertainment, and a storytelling session (or two). Nearby, Salmon Cove's heart-shaped beach offers a stretch of fine sand framed by tall cliffs.

The quaint town of Carbonear is chock-full of historic buildings. A walking tour will help you get your bearings. Otherwise, just stroll around this scenic town – you might even hear a live music session flowing from the Stone Jug. This is pirate country. An Irish princess captured by pirate Peter Easton settled near here with one of Easton's crew, Gilbert Pike, and lived happily ever after. Easton went on to

infamy and fortune, while Princess Sheila NaGeira has inspired books, songs, and a stage production. The site of Easton's old pirate fort is now a museum in Harbour Grace. You can also hike Pirate's Path Trail for some of the best views over Harbour Grace Island and Carbonear Island.

Harbour Grace also played a role in pioneering aviation: Amelia Earhart took off from here on her solo flight across the Atlantic in 1932. The town still retains a wonderful inventory of historic buildings.

In Bay Roberts, drop by The Cable Building, a National Historic Site which houses the Road to Yesterday Museum and the Christopher Pratt Art Gallery. Then take a leisurely stroll along the shoreline through the original settlement's meadows to Mad Rock on the Shoreline Heritage Walk and watch the sea crash against the craggy coast.

The first official English colony in Canada was founded at Cupids by John Guy in 1610, and the site is now being excavated. See the artifacts and exhibits at the Cupids Legacy Centre. Brigus was the birthplace of Captain Bob Bartlett, the ice pilot who guided Robert Peary to within striking distance of the North Pole in 1909. His home, Hawthorne Cottage, is now a National Historic Site, and the town retains much of its 19th-century character. Take an easy stroll around town to admire the charming old buildings, and make note of the unique stone walls lining the rivers. When you come to the Brigus Tunnel, walk through it. You'll know what we mean.





Admiral's Coast

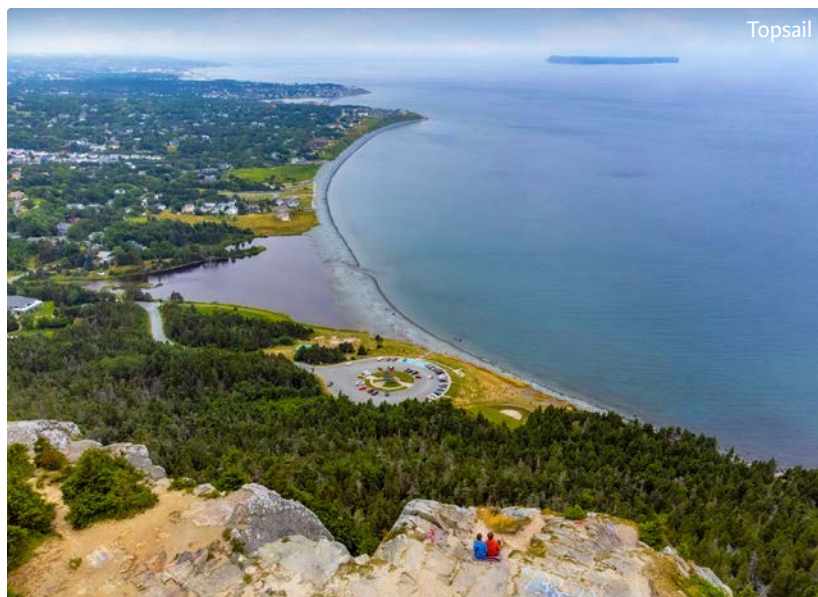
Start: Colliers, Conception Bay South
or Paradise

Length: About 90 km

Conception Bay South is a collection of shoreline communities, from Seal Cove to Topsail. Kelligrews will be forever associated with the song Kelligrews Soiree, also the name of the annual folk festival held in early July. These waters are great for scuba diving, especially around the ore carriers sunk by U-boats off Bell Island during WWII. Ocean Quest Adventures in Long Pond should be a first stop for divers interested in exploring these wrecks. Boat tour operators are available for anyone who'd like to whale watch, fish for cod, or kayak into a sea cave.

There's a famous fossil bed and walking trail at Manuels River, also a snowshoeing route in the winter months. A guided tour will take you on a walk through time, to when trilobites dominated the seas — or you can join a campfire marshmallow roast and singalong. The interpretation centre is an excellent place to learn even more about the area's history and conservation efforts, and just past Topsail is the town of Paradise where you'll find more walking trails around several ponds.

Continue on Route 60 to Topsail Beach. This is a popular spot for locals to picnic, or gather around beach fires. On clear evenings the sunset here is one of the most spectacular on the island.





St. John's Metro

Start: St. John's

Length: About 70 km

St. John's, our province's capital, is the perfect combination of big-city luxury and traditional small-town charm. It is the oldest city in North America, and is full of character and charisma, with a contemporary, sophisticated edge.

Downtown is home to a working port, years of history, dozens of award-winning restaurants, and the bright houses of Jellybean Row. An active arts community and energetic music scene ensure the city's oldest streets are busy well into the night.

Cabot Tower, at Signal Hill National Historic Site, overlooks the city and harbour. Guglielmo Marconi received the first transatlantic radio signal here in 1901, ushering in the modern world of telecommunications. The North Head Trail winds around the tower and is popular for both locals and visitors, offering unparalleled views of The Narrows and downtown. It'll carry you through the Battery, where tiny wooden homes still cling valiantly to cliffsides ravaged by ocean waves. The cliffs here are high, and sections of this trail are narrow. Be sure to stick to the path, and use the installed chains and handrails to negotiate the steep sections.

Wander the twisting, colourful, tree-lined streets on your way to visiting the provincial art gallery at The Rooms, Commissariat House Provincial Historic Site, Government House, or one of the many historic churches. The Grand Concourse walkways will impress you with their variety, as 160 km of trails run between St. John's and neighbouring towns. The loop around Quidi Vidi Lake is a popular spot, and you may catch sight of rowers training for the Royal Newfoundland Regatta, held the first Wednesday in August. Visit Quidi Vidi Village at the eastern edge of St. John's and sample craft beer at the Quidi Vidi Brewery or check out up-and-coming artisans at the Artisan Studios. Back on the Grand Concourse, walk the Waterford Valley following the Waterford River to charming Bowring Park.

Tours are plentiful in St. John's, giving you the opportunity to learn more about the city's culture and history – or even practice your photography with a pro – while taking in the sights and sounds. Boat tours in the area offer whale watching, iceberg viewing, and fishing. Out on the Atlantic, you'll see the city and its surrounding craggy cliffs with a brand-new perspective.

Rise early to catch the sunrise at Cape Spear Lighthouse, another of our many National Historic Sites. This is the first sunrise in North America, at the most easterly point of land on the continent. You can also join the East Coast Trail here for a hike. Continue on to Petty Harbour for some sightseeing or a boat tour with a side of fishing. Make a meal with your fresh catch, knit a net, or weave a sailor's knot with Fishing for Success.



Irish Loop

Start: Salmonier Line (Route 90)

or Bay Bulls (Route 10)

Length: About 312 km

A short drive down Route 10 takes you to the whale and seabird tours that operate in the Witless Bay Ecological Reserve. Tours leave from Bay Bulls, Witless Bay, and Mobile. Thousands of humpback and minke whales stop by to feed, and the plentiful food has attracted millions and millions of seabirds to the reserve's four islands. Most years, 10,000-year-old icebergs drift past, making for an incredible triple natural threat found nowhere else.

Long before cars, people travelled between communities along coastal trails. That history inspired development of the East Coast Trail, stretching from Topsail to Cape St. Francis on the Killick Coast, to Cappahayden on the Irish Loop. The trail offers a range of wilderness hiking and walking paths from easy to strenuous. Hike past towering cliffs, fjords, sea stacks, rock arches, and a wave-driven freshwater geyser called The Spout. Headlands offer spectacular views of our coastline and wildlife. Even the man-made elements, like the impressive suspension bridge at La Manche, complement the landscape perfectly. If you'd like to thru-hike the East Coast Trail, a local hiking tour operator can arrange accommodation, transportation between trail heads, luggage transfer, and meals.

This route is rife with song and storytelling too – much of which is influenced by the area's strong Irish heritage (hence, the Irish Loop). Join a kitchen party in a traditional outpost home at Sullivan's Songhouse in Calvert.

Ferryland is one of the oldest European settlements in North America. The Colony of Avalon, as it was named, was founded in the 1620s by Lord Baltimore, whose family later founded the American colony of Maryland. Peer over the shoulders of working archaeologists as they uncover the remains of houses and cobble streets from the 17th century. The town's famous lighthouse is home to Lighthouse Picnics. Pick up your basket of homemade delicacies and fresh lemonade, sit in the grass, and watch for whales, seabirds, and icebergs to pass by.

Cape Race is one of the first points of land in the New World observed by westward-bound sailors, and historically a treacherous one, sending literally hundreds of ships to the bottom. A lighthouse was built here in 1856. The nearby wireless station received and transmitted the distress signal from RMS Titanic in 1912. The UNESCO World Heritage Site at Mistaken Point showcases rare fossils from 575 million years ago, the oldest-known record of complex multicellular life on the planet. The visitor centre in Portugal Cove South has displays on all three attractions, but if you book ahead, you can also take a guided hike with an interpreter to see the fossil site up close.

In 1928, Amelia Earhart became the first woman to fly the Atlantic as a passenger when she took off from Trepassey. Listen to tales of fairies, pirates, and battles at The Edge of the Avalon Inn.

Route 10 becomes Route 90 at Holyrood Pond as the Irish Loop continues north along Salmonier Line. Watch for whales along the shore near St. Vincent's, where they come so close to shore you can literally smell their breath. Stop by the Salmonier Nature Park, where injured native animals are rehabilitated, after which some make it their permanent home.



Killick Coast

Start: Paradise, Portugal Cove
or Logy Bay

Length: About 80 km. Add a 20 minute
ferry crossing to Bell Island.

The Killick Coast extends east from Paradise along the south shore of Conception Bay to Cape St. Francis, and ends just outside St. John's.

Travel to Portugal Cove via Route 50 or Route 40. From here, take the ferry to Bell Island and tour the former submarine iron mines, the lighthouse perched on a cliff, and see large outdoor murals inspired by the island's history. The waters around this place are full of shipwrecks – diving tours will take you to the best spots.

From Portugal Cove, take Route 21 through Bauline to Pouch Cove (pronounced “pooch”) on Route 20. This is good berry picking country, especially on the gravel road to Cape St. Francis and along the Biscan Cove Path. This is part of the East Coast Trail network – as are many of the hikes on the Killick Coast.

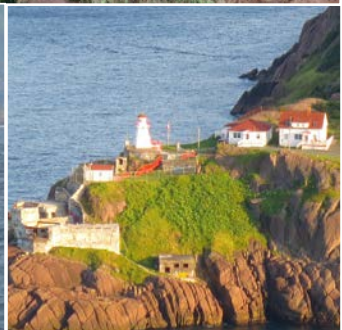
The scenery along this coast is spectacular. Flatrock, Middle Cove, and Logy Bay are settled enclaves along a rugged shore, and around each bend in the road is another view of the coast that seems even better than the last.

Torbay is another rapidly growing town just outside St. John's. Drive to the beach and take the Father Troy Trail along the shore, passing fields of farm animals and wildflowers. When it's stormy, you can feel the power of the ocean pound against the rocks.

SPIRIT OF THE ROCK



by Cathy Astolfo



The Spirit Of The Rock

Led by my cousin Wendy and her husband Dennis (Botwood-born), my husband Vince and I enter Newfoundland with tourist expectations. We leave with the spirit of the Rock inside us. From every window of our car, a panorama of beauty captures us. Rocky cliffs line the roads. Trees like old green fences bend in the direction of the wind. Houses of all different colours blend into the landscape with artistic freedom. Blankets of lupin, daisies, buttercups, roses, and clover sweetly scent the air.

Witless Bay

One particular day on our journey, we arrive at the Witless Bay Ecological Reserve for our boat adventure. The sun is warm and the wind refreshing. As we head out to sea, the waves are high and the ship plows up and then down again, a swing and a dip. Our Gatherall's hosts are funny, as well as talented singers and tour guides.

Puffins And Whales

Puffins here are as numerous as the murrelets and seagulls. They flap their small wings furiously to combat the wind and propel their chubby little bodies. They are beautiful, with their orange beaks and feet. We then roller-coaster further out to sea and suddenly, we are surrounded by whales. Spouts everywhere. Captain Al says there are about 50 in the area. The humpbacks are the most playful. With a swish and a loud puff of water, two female humpbacks swim alongside our ship.

Alas, All Good Things Must Come To An End...

We have to head home tomorrow. "I trust we had a wonderful trip, saw some amazing sights, learned a few things, had a lot of laughs, met some interesting people and strengthened our friendships. Travel is about creating memories. I hope we have managed to create a lot of lasting, treasured memories over the last few days." So reads Wendy's travel book. Her hopes have more than come true. End of this wondrous journey. But how many times have I said the words "next time we visit"? Countless!

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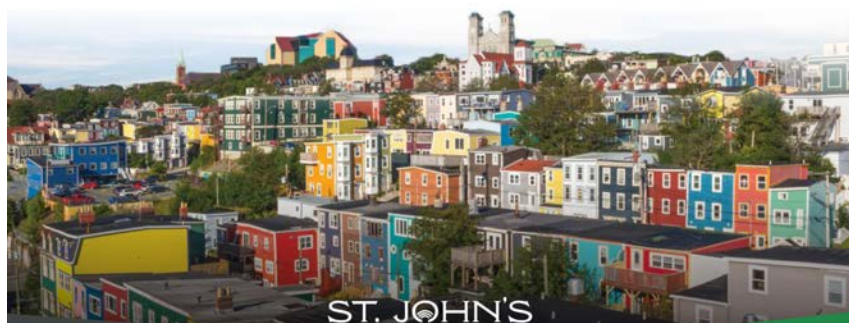


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A woman with glasses and a black shirt is pointing at a display case, while a young boy in a blue and white striped shirt looks on. The background is a museum setting with various exhibits.

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Labrador





Labrador Sea and Skies

A big land with big adventures.

Labrador, known as The Big Land, is one of the last untamed, unspoiled places left on Earth. It stretches from the Strait of Belle Isle in the south to Cape Chidley in the far north, boasting towering mountains, massive rock faces, and an infinite supply of lakes and rivers. Here, you'll find fresh air, crystal-clear waters teeming with whales and icebergs, and people rooted in culture and tradition.

The Expedition 51° driving route is an epic tour through immense stretches of unspoiled Labrador wilderness. It winds in and out of towns and villages where you can discover the history and culture of a people deeply rooted in tradition.

Torngat Mountains National Park is a mysteriously beautiful landscape reminiscent of the Earth a million years ago. This is where outdoor aficionados can indulge their passion with 9,700 square kilometres to hike, canoe, photograph, snowmobile, and cross-country ski.

Abundant in wildlife, Labrador is home to some of the best angling on the planet. Trophy-sized brook trout, Arctic char, ouananiche, and northern pike are regular sights. Local tour operators can help you find a great spot, and serious anglers can visit AnglingNewfoundlandLabrador.com for more extensive excursions.

Under a blanket of magical northern lights, the winter months bring with them the hum of a thousand snowmobiles carving through the untouched wilderness. And the quieter winter pursuits like cross-country and downhill skiing, ice fishing, and winter camping are always good for the body and soul.

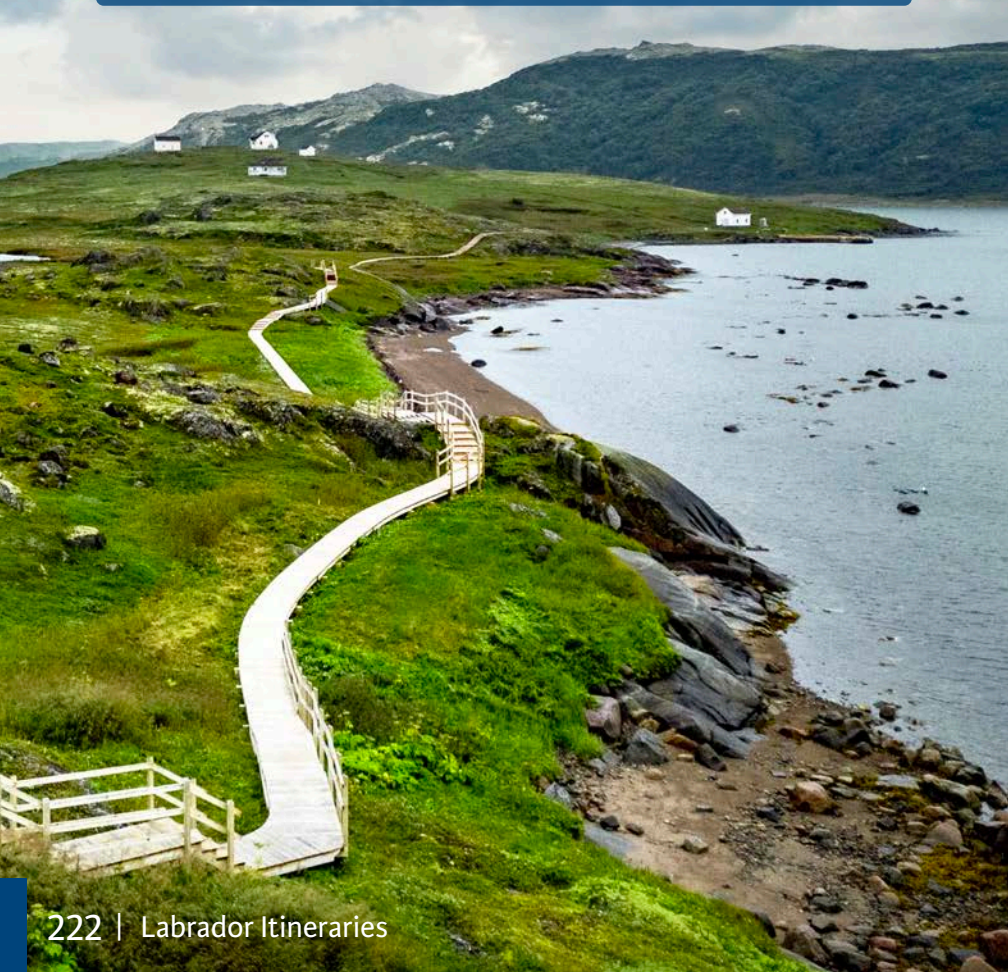




Featured Itinerary

Your Labrador Journey Starts Here

Torngat Mountains National Park, known by the Inuit as the place of spirits, will transfix you with its towering mountains, vast fjords, flowing rivers, and Indigenous ancestry. Visit Happy Valley-Goose Bay—a town founded from a World War II airbase. A trip to Battle Harbour on the south coast is an absolute must. Here, you'll immerse yourself in the traditional ways of the past, surrounded by the roaring ocean and awe-inspiring coastline. Saturated in history and culture, Red Bay is the essence of Labrador coastal living.





Covering Untouched Ground

DAY 1

Starting in St. Barbe, catch the afternoon ferry to Blanc Sablon. Watch for soaring and swooping seabirds. Drive five kilometres to L'Anse-au-Clair—settled by the French in the early 1700s when they first came to this region to fish and hunt whales and seals. Walk along the Jersey Trail, a path tracing the rugged shoreline, scattered with interpretive plaques. Stop by the Gateway to Labrador Visitor Centre to view artifacts and get information. Then head to the soft, sandy beach and stretch out on a blanket.

DAY 2

L'Anse-Amour is where you'll find the oldest-known burial mound in North America, dating back 7,500 years. Just down the road, Point Amour has the tallest lighthouse in Atlantic Canada, standing a whopping 109 feet. As you climb the steps, a guide will shed some light on the historical significance of this massive structure. Red Bay National Historic Site has intriguing displays and artifacts from the 1530s to the 1620s depicting Basque whaling operations. Learn about the hardship, exploitation, and profit associated with whaling, then view the preserved 16th-century chalupa—a small boat from which they hunted. In 2013, Red Bay was declared a UNESCO World Heritage Site.

DAY 3

In Mary's Harbour, catch the morning boat to Battle Harbour for an excursion to a picturesque fishing village established in the 1750s. This island community is a back-in-time adventure where you can escape the electronic distractions of modern life.

Take a guided tour of the 18th-century buildings and discover why this National Historic Site and District is the best-preserved traditional fishing village in the province. Explore the island and spend the night in a one-of-a-kind accommodation.



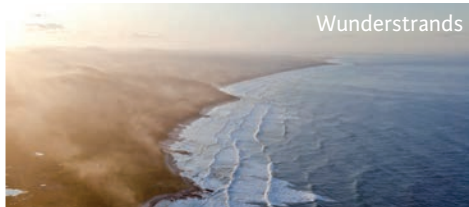


DAY 4

In the morning, catch the boat back to Mary's Harbour and drive to St. Lewis to search for icebergs, and then to Port Hope Simpson where you can go hiking or fishing. There are some excellent trails in this area, and you can enjoy fishing for Atlantic salmon on pristine rivers. Spend the night at the hotel.

DAY 5

Set out for adventure in Cartwright on the doorstep of the Wunderstrands, a 50-kilometre sandy beach named by the Vikings when they sailed past it 1,000 years ago.



DAY 6

Today's drive skirts the Mealy Mountains that dramatically rise from the shores of Lake Melville in southeastern Labrador. This is the site of the new Akami-Uapishk^U-KakKasuak-Mealy Mountains National Park Reserve, which will open to the public in a few years. End the drive in Happy Valley-Goose Bay. Have a late lunch at a local dining spot before visiting the Labrador Interpretation Centre, or see what's on at the Lawrence O'Brien Arts Centre.

DAY 7

Happy Valley-Goose Bay is a great place to get out into nature. The Birch Brook Nordic Ski Club offers hiking in summer and winter, and cross-country skiing in winter. If you're an aviation connoisseur, be sure to check out the American T-Bird T33 on Hamilton River Road, the Vulcan RAF bomber at the airport, and the CF 101 Voodoo in front of the 5 Wing Goose Bay Aerodrome.

DAY 8

The highway west of Happy Valley-Goose Bay is paved all the way to western Labrador. You'll pass through Churchill Falls where one of the world's largest hydroelectric stations has been operating since the 1970s. At the end of the road are the towns of Labrador City and Wabush. Both are mining towns, excavating the rich iron ore deposits of the Labrador trough.

Exploring the North Coast

DAY 1

Happy Valley-Goose Bay is the homeport for the coastal steamer service along the rugged north coast. The coastal boat leaves at 2:00pm on Sundays (reservations are required). The first port is Rigolet, a community with a long and continuous history of fur trapping and fishing. While here, be sure to check out the boardwalk. At over eight kilometres, it's one of the longest in the world.

DAY 2

The boat reaches Makkovik in the morning. Drop by the craft centre, and then the White Elephant Museum to see everything from antique pocket watches to traditional Inuit hunting tools.

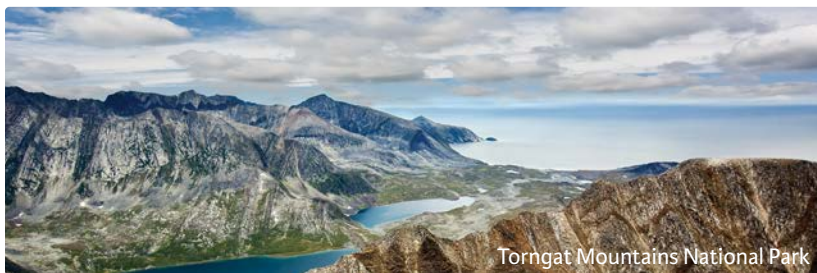
At noon, the boat stops in Postville, where you can take in the quiet awe of a remote lumber and fishing village. The last stop is in Hopedale where the old Moravian mission is now a National Historic Site.

DAY 3

Stopping in Natuashish in the early morning, visit this friendly Innu community that descends from a long line of caribou hunters. Just after noon, the boat arrives in Nain, the northernmost permanent settlement along the coast and the final destination. The headquarters for Torngat Mountains National Park is here, but the park itself is 200 kilometres further north.

DAYS 4 & 5

Heading back on the coastal boat, you'll revisit the same ports in reverse order and explore any attractions you may have missed on the way there. The boat arrives in Happy Valley-Goose Bay mid-afternoon on Fridays.



Torngat Mountains National Park

Accessible via plane from Happy Valley-Goose Bay, this National Park is truly astonishing. Located at the northern tip of Labrador, you'll find a vast untouched wilderness, where the Inuit have lived for thousands of years. Their deep connection with this mysterious land informs the park's management and programming. Experience hiking, camping, fishing, mountain climbing, and helicopter touring in a place you have to see to believe. For more information, visit torngatbasecamp.com

Find More Itineraries Online
NewfoundlandLabrador.com/Itineraries



Best Kept Secrets

With so many things to see and do, sometimes having the inside scoop makes all the difference. Best kept secrets is a collection of hidden gems and local favourites that highlights some of the best dining, shopping, nightlife, and outdoor adventures in Labrador. Feel free to stick to what you like, sample a bit of everything, or dive into something completely new – the choice is yours.



Unforgettable Festivals and Events

- Music@theGateway, L'Anse-au-Clair
- Cain's Quest Snowmobile Endurance Race, Labrador City
- Bakeapple Folk Festival, Forteau
- Trapline Marathon, Happy Valley-Goose Bay

Local Cuisine Hot Spots

- Homestyle fish and chips and local berry desserts, Whaler's Station Restaurant, Red Bay
- Traditional favourites with a modern flair, Battle Harbour
- Best of Labrador ingredients & culture, Mamattuk Restaurant, Happy Valley-Goose Bay
- Unique flavours, authentic experiences, local recipes, Cafe Illusuak, Nain
- Home-cooked meals, Pep's Diner, Happy Valley-Goose Bay



An Excuse to Stay Indoors

- Labrador Interpretation Centre, North West River
- Labrador Military Museum, Happy Valley-Goose Bay
- Point Amour Lighthouse, Provincial Historic Site, L'Anse-Amour
- Basque Whaling Station UNESCO World Heritage Site, Red Bay



Shop Labrador

- Slippers 'N Things, Happy Valley-Goose Bay
- Spruced Up Labrador, Happy Valley-Goose Bay
- Caribou Place, Mary's Harbour
- The Craft Shop, Rigolet
- Makkovik Craft Centre, Makkovik

Outdoor Adventures

- Hiking in the Torngat Mountains National Park
- Whaler's Quest Ocean Adventures, Red Bay
- Trout fishing in the estuary of the Forteau River
- Last Stop Wilderness Adventures, North West River
- Kaumanik Adventure Tours, Port Hope Simpson

Hot Spots for History Buffs

- Illusuk Cultural Centre, Nain
- Labrador Interpretation Centre, North West River
- Labrador Military Museum, Happy Valley-Goose Bay
- Gateway to Labrador Visitor Centre, L'Anse-au-Clair
- Them Days Magazine, Happy Valley-Goose Bay

Beautiful Beaches

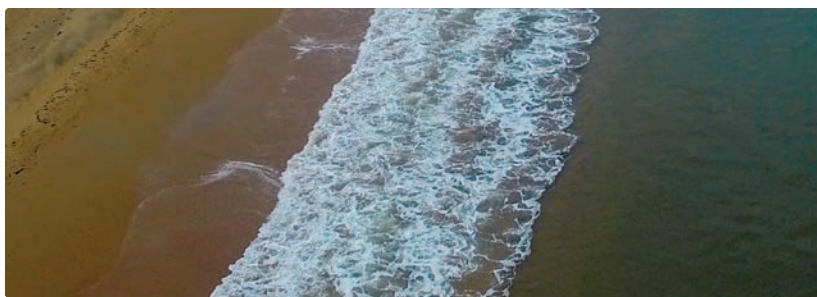
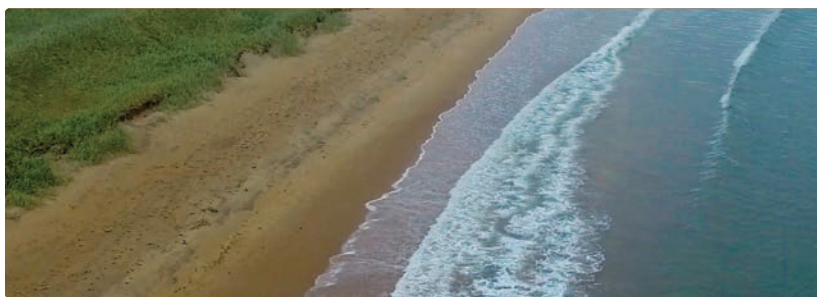
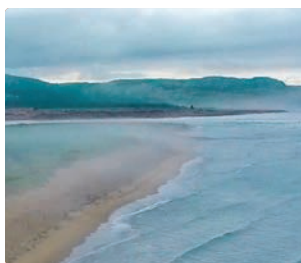
- North West River Beach, North West River
- The Wunderstrands, Cartwright
- L'Anse-au-Clair Beach, L'Anse-au-Clair
- Pinware River Provincial Park, Pinware

Picture Perfect

- Nachvak Fjord, Torngat Mountains National Park
- Point Amour Lighthouse, Provincial Historic Site, L'Anse-Amour
- Iceberg viewing at Fisherman's Point, St. Lewis
- Northern Lights in Labrador West or Torngat Mountains National Park

Sands and Sunsets

Labrador has some of the best and biggest beaches in the province. The Wunderstrands, L'Anse-au-Clair, and Pinware River Provincial Park are perfect examples. There are lots of great places to hike, camp, or have a night time boil-up.

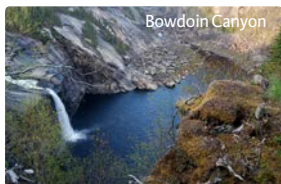


Meet the Locals

- Gary Baikie, Torngat Mountains National Park
- Derek Pottle, Carver, Rigolet
- Chris Bridle, Red Bay
- Nelson Smith, Battle Harbour

Adventures on Foot

- Birch Brook Nordic Ski Club, Happy Valley-Goose Bay
- Labrador Pioneer Footpath, Labrador Straits
- Saddle Island Trail, Red Bay
- The Seashore Boardwalk, Rigolet
- Cape St. Charles Hike, Battle Harbour



Unique Hot Spots

- Opportunity to interact with inshore fishermen on the wharf, L'Anse-au-Clair, Forteau, and L'Anse-au-Loup
- Iron Rock Brewing Co., Labrador City
- *Welcome to The Big Land* sign, Québec/Labrador border, Labrador Straits

Cultural Gems

- White Elephant Museum, Makkovik
- Battle Harbour National Historic District
- *Them Days* magazine archives, Happy Valley-Goose Bay
- Strathcona House, Rigolet

Social Media

To get more insider tips from locals and travellers alike, check out our social media pages. Share your experiences with the hashtag #ExploreNL.



Facebook.com/NewfoundlandLabradorTourism



Instagram.com/NewfoundlandLabrador



YouTube.com/NewfoundlandLabrador

Locals know the best places to visit.

Stand still. The horizon has never been this quiet. The depths of the Grand Canyon are painted with people and even Alaska feels overpopulated. Labrador is the only place left where you can have this much space to yourself.

Surrounded by echoes of the past, journey along the Labrador Straits. Enjoy the thrill of adventure looking for icebergs and whales during a hike along the Pioneer Footpath. The view is eternal as you climb Atlantic Canada's tallest lighthouse at the Point Amour Provincial Historic Site. Silence is broken as you hear the riveting story of 'first oil' at the 16th-century Red Bay Basque Whaling Station, a UNESCO World Heritage Site.

Take a boat tour in Iceberg Alley from Mary's Harbour and retreat to the wild nature and historic buildings at one of the most restorative, off-the-grid retreats in North America—Battle Harbour National Historic District. Catch the rhythm of local traditions, generations in the making. With 9,000 years of mystery beneath each step, you'll retrace the lives of the people that call this place home.

Learn more at newfoundlandlabrador.com/destinations/labrador-region

Northern Light Inn

L'Anse-au-Clair
(709) 931-2332
northernlightinn.com

Labrador Coastal Inn

Forteau
(709) 931-2489
labradorcoastalinn.com

Battle Harbour National Historic District

Battle Harbour
(709) 921-6325
battleharbour.com

Whalers Station Restaurant & Cabins

Red Bay
(709) 920-2156
redbaywhalers.ca

Whaler's Quest Ocean Adventures

Red Bay
(800) 763-1840
whalersquest.com



Battle Harbour



Pioneer Footpath



Red Bay Basque Whaling Station



Point Amour Lighthouse



Labrador Road Trips

Expedition 51°: South

Discover the history and explore the unspoiled environment, about 807 km.

Expedition 51°: Central

The land, air, and sea travel centre for all of Labrador, about 42 km.

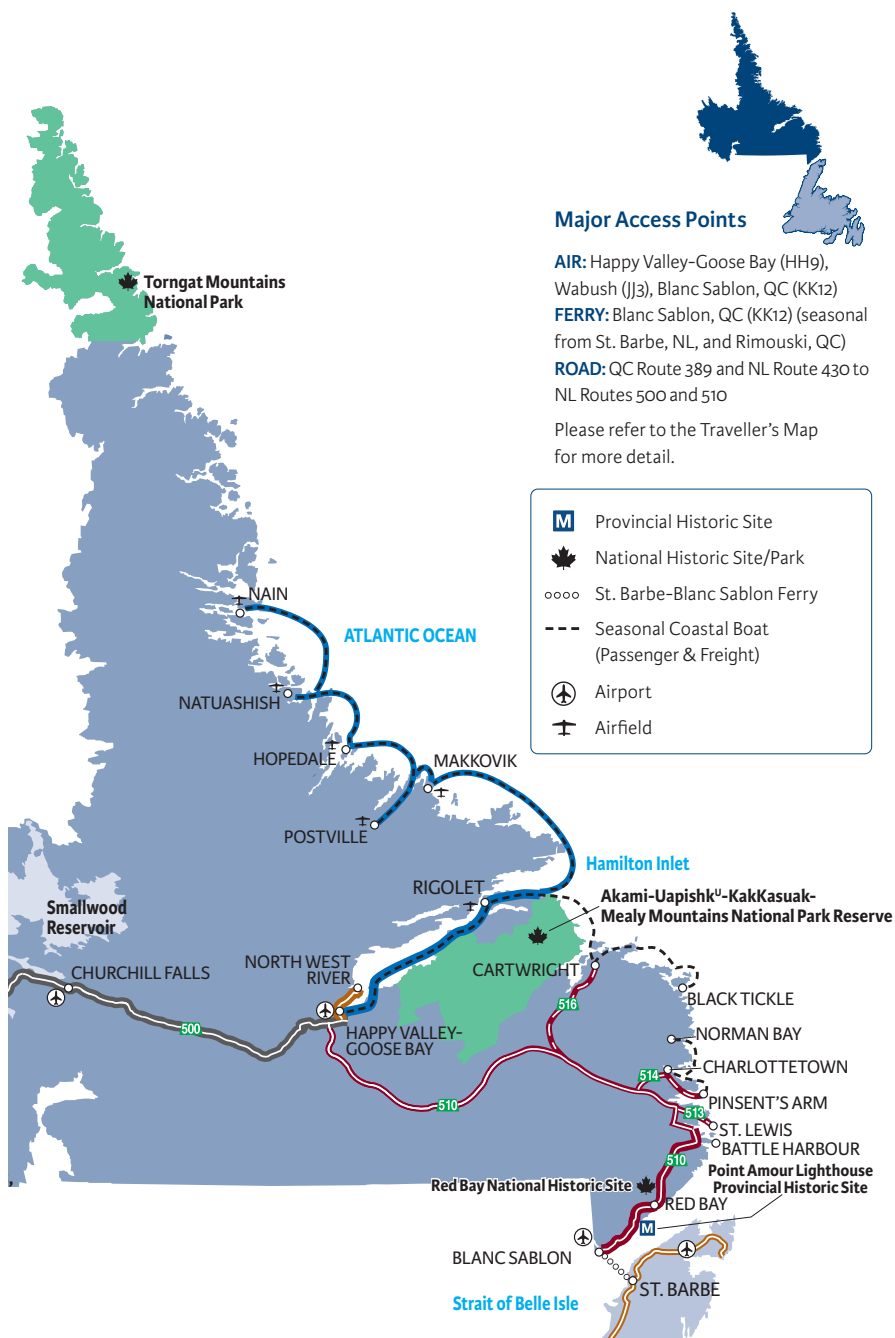
Expedition 51°: West

Discover The Big Land along the Freedom Road and beyond, about 534 km.

North Coast

A boat ride like no other: from central Labrador to the Inuit and Innu communities of the north coast.







Labrador

Road Trips

Labrador is the home of the Innu and Inuit, and has been visited by Basque whalers, European fishermen, and possibly even the Vikings. A land rich with wildlife and an enduring people, you cannot visit this inspiring region without being forever changed.



Find More Road Trips Online
NewfoundlandLabrador.com/RoadTrips



Expedition 51°: West

Start: Labrador City

Length: About 534 km

Labrador City and Wabush were built in the 1950s near one of the world's largest iron-ore deposits. It's estimated that there is enough ore here to last more than a century. By car, you can also reach the area from Baie-Comeau, Québec on the St. Lawrence River via Route 389 – the Québec-Labrador Highway, also known as Expedition 51°.

In Labrador City, stop by Gateway Labrador for local and regional tourist information. The Edmund Montague Exhibit Hall traces 3,500 years of human activity in the area.

Sport fishing in Labrador West – in fact, in all of Labrador – is some of the best in the world. You can also golf, hike, and ski, but the big winter activity is snowmobiling. Cain's Quest, the world's toughest and longest snowmobile endurance race, is held here every other year. This off-trail riding adventure sees teams of snowmobilers racing through deep snow and thick backcountry over 3,100 km in some of the most remote areas of Labrador.

The only town along this stretch of highway east to the Lake Melville area is Churchill Falls, site of one of the world's largest underground hydroelectric generating stations. Here, the Churchill River drops more than 300 metres along a 32 km stretch, making it an ideal location for the power plant built in the 1960s.

These latitudes are excellent for viewing the northern lights. On clear nights the sky is alive with dancing colours and shifting shapes. There's very little light pollution in Labrador, so sit back and enjoy the show.

There is limited cellphone service on the Trans-Labrador Highway.





Expedition 51°: South

Start: L'Anse-au-Clair

Length: About 807 km. Add a 1 hour and 45 minutes ferry crossing from St. Barbe to Blanc Sablon. Add a 1 hour ferry crossing from Mary's Harbour to Battle Harbour.

From St. Barbe, take the ferry across the Strait of Belle Isle to Blanc Sablon on the Labrador-Québec border, a great way to see whales and seabirds.

It's a short drive from Blanc Sablon to L'Anse-au-Clair, the beginning of Route 510 on the Québec-Labrador Highway, also known as Expedition 51°.

This area has thousands of years of Indigenous history. French settlers arrived in L'Anse-au-Clair in the early 1700s to fish off the coast – today, it remains a picturesque fishing village. The Gateway to Labrador Centre has displays on the history of the area, and what to see and do. Nearby, the Jersey Trail leads to an interpretation area on Channel Islands fishermen who fished here in the 19th century. This is also the start of the Labrador Pioneer Footpath. Prior to roads, these paths linked communities from L'Anse-au-Clair to Pinware.

Anglers should be prepared to meet their match on the Forteau River during the months of July and August. If you're a non-resident, you'll need to hire a guide.

North on the highway is L'Anse-Amour National Historic Site, where you will find the oldest known burial mound in North America, dating back 7,500 years. Archaeologists have discovered campsites of the Maritime Archaic people along the coast, as well as those of Pre-Inuit and later Indigenous groups.

Point Amour Provincial Historic Site has the tallest lighthouse in Atlantic Canada. It rises 109 feet to aid navigation through the sometimes-treacherous Strait of Belle Isle. An interpreter will guide you up to the top for a magnificent view – keep your eyes peeled for icebergs, seabirds, or breaching whales – while the lower-floor displays are both imaginative and informative. Back on solid ground, hike the coastal trail or picnic on the sandy beach.

Further along this route is Pinware Provincial Park, known for its beautiful stretch of sandy beach. This park is also home to the mighty Pinware River – another popular spot for anglers. Pinware also has the oldest known Indigenous site in the province.

Red Bay is a UNESCO World Heritage Site and tells the intriguing story of the 16th-century Basque whalers who built the first industrial complex in the New World, to render whale blubber into oil to light the lamps of Europe. The Basques left in the early 1600s and were forgotten until researcher Selma Barkham found their records in Spanish archives.

The interpretation centre contains the preserved remnants of a chalupa, the small boat used by whalers to chase down their quarry. During the excavation of the site, underwater archaeologists from Parks Canada found a wreck, believed to be the San Juan, which sank here with a full cargo of oil in 1565. On Saddle Island, a two-minute boat ride away, are graves of 130 men who perished here, and the red roof tiles that covered their dwellings.

In Mary's Harbour, catch the ferry to Battle Harbour National Historic Site – a picturesque fishing port established in the 1750s, and the best-preserved fishing village in the province. It's a trip into the past that is truly restorative, and begs a two-night stay to be truly appreciated. If it's a clear evening, look for the incredible northern lights, visible in Labrador about 240 nights a year.

Next, consider a side trip to Port Hope Simpson and Cartwright. In Port Hope Simpson, relax in the town or arrange to fish on Shinney's River with local guides for feisty sea-run brook trout or the king of the game fish, Atlantic salmon.

Upon arrival in Cartwright, meet the locals, explore the community, and check out Flagstaff Hill. Cartwright is on the doorstep of the recently established Akami-Uapishku[®]-KakKasuak-Mealy Mountains National Park Reserve, the largest national park in eastern Canada. While there are currently no visitor facilities in the park yet, Parks Canada has opened an office in Cartwright. Drop by, meet the team, and plan your potential future adventures.

The longest leg of this expedition is between Cartwright and Happy Valley-Goose Bay. Allow a half-day for the drive along this partly gravel road.





Expedition 51°: Central

Start: Happy Valley-Goose Bay

Length: About 42 km

Happy Valley-Goose Bay is the main service town for central and northern Labrador, and the main departure point for bush flights inland. There are dozens of remote lodges where anglers and hunters can pursue their quarry, and most can only be reached by air (for more information on angling and hunting, call 800-563-6353 or visit AnglingNewfoundlandLabrador.com or HuntingNewfoundlandLabrador.com).

The town's development has been closely tied to the military. During WWII, it was an important stop for fighters and bombers on the transatlantic delivery route to England. Take a drive and you'll see vintage aircraft parked around the town. For a deeper dive, drop by the Labrador Military Museum, profiling the story of 5 Wing Goose Bay through a variety of photos, documents, and artifacts dating back to 1941.

Visit the office of Them Days Magazine, a publication that has been preserving and documenting Labrador's history since 1975. There are several craft shops in town where you can purchase hand-knitted clothing or Indigenous arts and crafts – some are made with Labradorite, a semi-precious stone found only in Labrador.

Tours in the area will also lead you deeper into Labrador's rugged terrain, where you'll be able to engage with Indigenous cultures, go hiking, or take a boat tour on Lake Melville. In the winter months, try some guided ice fishing, snowmobiling, and dog-sledding.





North Coast

Start: Happy Valley-Goose Bay

Length: Multi-day travel by ferry

Happy Valley-Goose Bay is the jumping-off point for the ferry service to Northern Labrador. Each community along the way offers plenty of opportunity to engage with Indigenous culture, whether it's embarking on a guided experience, learning about arts and culture, or shopping for handmade products at local craft stores. The boat journey itself offers awe-inspiring views, as it passes the Mealy Mountains and its protected caribou herd to the south. This may have been the place the Vikings called Markland.

The first port is Rigolet, which has Indigenous ties dating back thousands of years. The town also has a long history of fur trapping that continues today. It is also well known for the production of traditional crafts made from a special grass that grows in the area. If you're staying awhile, walk the Seashore Boardwalk – at over 8 km, it's the longest in North America. You'll pass the archaeological excavation of three Inuit winter sod houses before eventually finding yourself with a perfect vantage point over all of Rigolet.

After a short stop here, the boat heads east through Hamilton Inlet and turns north for the remote communities along the north coast. Most of these are now part of Nunatsiavut, the Labrador Inuit territory. The ancestors of Northern Labrador's Indigenous residents hunted and fished here for thousands of years before the Europeans arrived, moving with the seasons from camp to camp, following the caribou herds and living off the land and sea.

Makkovik was first settled by Indigenous peoples, and attracted a Moravian mission in 1750. Now you can visit the White Elephant Museum, showcasing community scenes throughout the decades. You can also walk the community boardwalks while keeping an eye on the coast for icebergs drifting past.

Postville was established as Kaipokok, a trading post, in 1843, but its Indigenous history reaches back thousands of years. It's home to one of the largest known Groswater Pre-Inuit sites in Labrador, including the remains of several dwelling structures. European Settlers arrived in Hopedale in the late 1700s.

Natuashish, the province's newest community, is home to the Innu, who moved here from a nearby island in 2002.

The Inuit community of Nain is the most northerly inhabited community on the Labrador coast, near a rich nickel deposit and mine at Voisey's Bay. Nain is also the headquarters for Torngat Mountains National Park. Here, the treeless tundra attracts naturalists and explorers alike. While in town, visit the Illusuk Cultural Centre, which brings Labrador Inuit history to life – you'll have the opportunity to engage with culture through Inuktitut stories and songs, artwork, and natural landscape. Interactive displays allow you to understand the People's connection to the land and sea, taking you on a journey through an Inuk lens.

A DREAM AT BATTLE HARBOUR



by Natalie Lucier



"The deep groaning sound and vibration shook my entire being and brought me to a place where time stood still and nothing else mattered. I was at one with the whale while it circled the cove again and again. In that very moment something inside of me changed forever."

My First Whales

The first time I encountered whales up close was in Battle Harbour, Labrador in July of 2009. The whales were feeding very close to the cove. The humpback whales were lunge feeding on Capelin. They made groans deeper than any bass sound I have ever heard and it echoed through the cove from deep within their belly. One particular whale kept coming right up to the edge of the rocks where I knelt down close enough that I could have reached out and touched it if I wanted to. I was watching and listening to this whale as a large iceberg bobbed in the background. The moment was surreal; I had never seen anything as raw and as beautiful as this.

Capturing Memories

The salty sea air, the wind, the waves, the whales, and the icebergs captivated me for hours. While listening and watching, I remembered that I had a camera in my hands and I snapped a few photos. My friend who had joined me on the weekend excursion took my video camera and also filmed some video. I made a YouTube video with the photos and video captured from my encounter, which, days later, was featured on the CBC National News with Peter Mansbridge.

Like a Dream

The humpback whales who had enthralled me had also captivated the imagination and wonders of many other viewers who tuned into the news that night. It was like a dream come true. I would absolutely love to go back and visit the beautiful province of Newfoundland and Labrador.

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and build a digital book to share your own story at StoryExchange.com.*

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Whether you're mapping out your stay or fine-tuning the details, we made it easy for you to search, filter, and browse through the complete directory for the Labrador region, all in one spot.

Find up-to-date information on places to stay, things to do, food to eat, and so much more.



To view all local listings, scan the QR code or visit NewfoundlandLabrador.com/PlanningLabrador



Reserve your ride early.

There's a lot to see in this beautiful, big province, and if you're planning on taking a few road trips to see it all, be sure to book your car rental in advance.

That way, you can concentrate on the things that matter when you arrive, like the breathtaking scenery and the fresh coastal air.

An aerial photograph showing a winding asphalt road along a rugged coastline. The road curves from the bottom left towards the center right. To the left of the road is a rocky beach and the ocean with white-capped waves. To the right of the road is a grassy, hilly landscape. The sky is blue with scattered white clouds.


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Things to know







Head for the edge

You can reach Newfoundland by ferry and air, and you can reach Labrador by ferry, air, railway, and highway. The entry points listed below for each type of access are identified by the coordinates on the Traveller's Map. Port aux Basques (T3), for instance, is where you can reach the year-round ferry from Nova Scotia.

Getting here

Travellers are encouraged to check with individual airlines and ferry services for the most up-to-date information prior to and during travel.

By air

All areas of the province are accessible by air. Convenient flight times and schedules are available to help you make travel plans that meet your needs.

Western Newfoundland is serviced by Deer Lake Airport. From there, you can rent a vehicle or catch a connection to St. Anthony. In the central region, Gander is the best choice, and for the eastern and Avalon regions, fly into St. John's. Labrador is serviced by airports in Happy Valley-Goose Bay and Wabush. Access to southeastern Labrador can be arranged through Blanc Sablon, just across the Québec border.

Airport codes

St. John's (S23).....	YYT
Gander (M17)	YQX
Deer Lake (L9)	YDF
Stephenville (O5)	YJT
St. Anthony (B13)	YAY
Blanc Sablon (B9).....	YBX
Goose Bay (HH9)	YYR
Churchill Falls (HH5).....	ZUM
Wabush (JJ2)	YWK

Air reservations

Air Canada

www.aircanada.com
Partners include United Airlines, Lufthansa, Scandinavian Airlines, and All Nippon Airlines.
1-833-754-3650 (TTY)
888-247-2262 (Canada/U.S.)
0871-220-1111 (London)
0692-711-5111 (Frankfurt)

Air Borealis

www.airborealis.ca
800-563-2800

Air Saint-Pierre

www.airsaintpierre.com
011-508-41-00-00
877-277-7765 (Canada/U.S.)

PAL Airlines

www.palairlines.ca
888-917-5589 (Atlantic Canada)
709-576-1666 (outside Atlantic Canada)

PASCAN

Wabush only
www.pascan.com
888-313-8777

Porter Airlines

www.flyporter.com
888-619-8622

Sunwing

www.sunwing.ca
877-877-1755

Find More Online
NewfoundlandLabrador.com/Flights



Common air travel times to Newfoundland and Labrador

	St. John's (YYT)	Gander (YQX)	Deer Lake (YDF)	Goose Bay (YYR)	Wabush (YWK)
Halifax	1:47	1:39	2:43	1:59	2:59
Montréal	2:24	3:11	2:58	3:31	2:52
Ottawa	2:26	3:06	3:01	3:34	3:15*
Toronto	3:45	2:55	2:30	3:35	3:45*
Calgary	5:30	6:10	6:16	6:49	6:57*
Vancouver	6:50	7:11	6:58	7:31	7:38*
New York	3:51	4:38	4:11	4:36	4:41*
Boston	3:23	3:15	3:02	3:35	4:10*
London, UK	5:40	6:20	6:35	8:39	9:39*
Dublin, Ireland	7:10	7:33	7:20	7:53	8:53*

* requires 2 or more stops

Provincial travel times by air

Airports on the island of Newfoundland are within one hour's flying time from St. John's. Airports in Labrador are just two hours away.

By sea

Marine Atlantic offers year-round crossings between North Sydney, Nova Scotia and Port aux Basques (T3), and seasonal crossings between North Sydney and Argentia (U19) every summer. For more information or to make a booking, visit marineatlantic.ca or call 1-800-341-7981 or 1-877-820-9252 (TTY).

A passenger and vehicle ferry operates between Saint-Pierre et Miquelon, and Fortune (V13), just 20 kilometres away. A passenger and freight vessel sails along the north shore of the Gulf of St. Lawrence from Natashquan at the end of Québec, Route 138 to Blanc Sablon (KK12). From there you can either drive along Route 510 in southern Labrador, or take the Strait of Belle Isle ferry to St. Barbe (C10, KK13) on Newfoundland's west coast, which is 80 minutes away. See page 253 for more information.

Cruising is also a popular way to discover Newfoundland and Labrador. For information on cruise lines and ports of call, please visit www.cruisetheedge.com

By road

Take Québec Route 389 north from Baie-Comeau to the Labrador border where it meets Route 500. This paved road crosses western and central Labrador to Happy Valley-Goose Bay (HH9). Route 510 goes south from here to Cartwright Junction (HH12), and all the way to L'Anse-au-Clair (KK12), just five kilometres from the ferry between Blanc Sablon, Québec, and St. Barbe (KK13)/(C10) on Newfoundland's northwest coast.

Find More Online
NewfoundlandLabrador.com/Ferries



Local ferry schedules

Route	Operator / Contact	Season
Farewell to Change Islands to Fogo Island	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Burgeo to Grey River to Francois	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Burgeo to Ramea to Grey River	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Rose Blanche to La Poile	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Gaultois to McCallum to Hermitage	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Long Island to Pilley's Island	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Bay L'Argent to Rencontre East to Pool's Cove	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Southeast Bight to Petite Fort	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Burnside to St. Brendan's	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Portugal Cove to Bell Island	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
Port Hope Simpson to William's Harbour to Charlottetown to Norman Bay	888-638-5454 (in Canada) 709-535-6244 (outside Canada)	Year-round
St. Barbe to Blanc Sablon	Labrador Marine www.labradormarine.com 866-535-2567 (in province) 709-535-0810 (outside province)	Year-round
Happy Valley-Goose Bay to Rigolet to Makkovik to Postville to Hopedale to Natuashish to Nain	Nunatsiavut Marine www.labradorferry.ca 855-896-2262 (in Canada) 709-896-2262 (outside Canada)	Seasonal
Happy Valley-Goose Bay to Rigolet to Black Tickle	Nunatsiavut Marine www.labradorferry.ca 855-896-2262 (in Canada) 709-896-2262 (outside Canada)	Seasonal (weekends only)
Fortune to Saint-Pierre	SPM Ferries www.spm-ferries.fr 709-832-3455 / 855-832-3455	Year-round
Québec North Shore to Blanc Sablon	Relais Nordik www.relaisnordik.com 800-463-0680 / 418-723-8787	April to October
Norris Point to Woody Point Bonne Bay Water Shuttle	www.bontours.ca 888-458-2016 / 709-458-2016	Mid-June to early September

For the latest ferry schedule and status information, visit 511nl.ca/en/ferries

Getting around

By road

All the main highways on the island of Newfoundland are paved. There are only a few short gravel side roads, and these are well-maintained. In Labrador, Route 510 is paved from L'Anse-au-Clair to Happy Valley-Goose Bay. Route 500 between Happy Valley-Goose Bay (HH9) and Labrador City and Wabush (JJ3) is paved, and connects with Québec Route 389. See the quick reference Distance Chart on page 257 for distances between major population centres. The Traveller's Map, which is updated annually, has more extensive details.

Watch out for moose

There are about 110,000 moose on the island of Newfoundland, and most highways go through good moose habitat. If you see a moose, slow down immediately and prepare to stop. Like all wild animals, moose are unpredictable. Be sure the moose has gone back into the forest before resuming your drive. If you see a vehicle stopped on or near the highway, the driver may have spotted a moose, so be cautious. Avoid driving at night if possible as most moose/vehicle accidents occur between dusk and dawn. If you must drive at night, slow down, scan both sides of the highway with your lights on high beam unless overtaking other traffic, and pay attention to warning signs. A road sign like "Caution, moose next 11 km" means moose cross there frequently.

By intra-provincial ferry and coastal boat

Communities on islands along the coast are connected by automobile or passenger ferry routes. Remote communities on Newfoundland's south coast and on the coast of Labrador are connected by coastal boats that carry passengers and freight, but not cars. A seasonal ferry connects St. Barbe (C10, KK13) on Newfoundland's Viking Trail with Blanc Sablon (B9, KK12) on the Québec-Labrador border where travellers can take Route 510 north to Happy Valley-Goose Bay and then Route 500 to Québec, Route 389.



511 Traveller Information System

NL 511 is a smartphone app, website, and phone number with information on winter driving conditions, construction updates, highway cameras, major incidents, current ferry status updates, and weather information.

Users will be able to access these services by downloading the smartphone app (Apple and Android), visiting nl511.ca, or dialing 511 to get key audio-only travel-related information over the phone.

Traffic regulations

Drivers must carry a valid driver's licence, vehicle registration certificate, and proof of liability insurance coverage. Legislation requires that motorists carry lump-sum public liability and property damage insurance of \$200,000. In case of an accident involving personal injury, proof of such insurance must be produced within 24 hours or driving privileges could be suspended. The driver and all passengers must wear seat belts. A child weighing less than nine

kilograms must be secured in either an infant carrier or a convertible car seat adjusted to the rear-facing position. The driver is responsible for ensuring all passengers under the age of 16 are properly restrained by seat belts. Radar detectors are illegal. The legal standards for impaired driving are .05 milligrams alcohol per litre of blood, or 2 nanograms THC per millilitre of blood. The use of cellphones and other electronic communication devices while driving is illegal. Please use a hands-free attachment when driving.

Common Driving Times

Port aux Basques to St. John's	9¼ hours	902 km
Argentia to St. John's	1½ hours	133 km
St. John's to Gander	3½ hours	335 km
St. John's to Clarenville	2 hours	189 km
St. John's to Rocky Harbour (Gros Morne National Park)	7½ hours	704 km
Corner Brook to Grand Falls-Windsor	2¾ hours	263 km
Deer Lake to L'Anse aux Meadows	5¼ hours	436 km
St. John's to St. Barbe	10 hours	931 km
St. Barbe to Blanc Sablon (via ferry)	2 hours	35 km
Blanc Sablon to Happy Valley-Goose Bay	8½ hours	620 km
Happy Valley-Goose Bay to Labrador City	6 hours	532 km

* Based on Google distance, which assumes a driving speed of 80 km/h. Times will be shorter for highway driving where the speed limit is 100 km/h.

Find More Online
NewfoundlandLabrador.com/LocalTransport



Bus Services

All major towns on Route 1 (the Trans-Canada Highway), and many larger towns in rural Newfoundland, are served by regularly scheduled bus service. The equipment used ranges from long-haul coaches to vans. For bus/van charter services, visit NewfoundlandLabrador.com/charters

Trans-Island Bus Service

DRL Coachlines

709-263-2171
www.drl-lr.com

From the ferry at Port aux Basques to St. John's, with stops at major towns on Route 1.

Service	Route	Telephone
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WESTERN

Bailey's Bus Service Corner Brook	Corner Brook (N7) to Baie Verte (I12)	709-532-4642
Burgeo Bus Line Limited Burgeo	Corner Brook (N7) to Burgeo (T8)	709-634-7777
Gateway Bus Service Port aux Basques	Port aux Basques (T3) to Corner Brook (N7)	866-695-9700 709-695-7777
Martin's Bus Service Woody Point	Trout River (K6) to Woody Point (K7) to Deer Lake (L8) to Corner Brook (N7)	709-634-7777
Norpen Bus Service Englee	Corner Brook (N7) to Plum Point (D10) to St. Anthony Airport (B13) to Roddickton (E12) and Englee (E12)	709-660-3988

CENTRAL

Fogo Island Bus Service Stag Harbour, Fogo Island	Fogo Island	709-266-7143
Thornhill's Bus Service Ltd. St. Alban's	Harbour Breton (T13) / Head of Bay D'Espoir (R14) / St. Alban's (S13) to Bishop's Falls (M14) / Grand Falls-Windsor (M14) / St. John's (T23)	866-538-3429 709-538-3429

EASTERN

Da Boot Bussing Lamaline	Marystown (V16) to St. John's (T23)	709-567-4703
Matthew's / Foote's Taxi Fortune	Fortune (V13) to St. John's (T23)	800-866-1181 709-832-0491
R & E Bus and Taxi Service Burin Bay Arm	Burin (V16) to St. John's (T23)	709-891 1866
Shirran's Bonavista	St. John's (T23) to Clarenville (Q19), Bonavista (Q22), and Trinity (P21)	877-468 7741 709-468 7741

AVALON

Metrobus Transit St. John's	St John's (T23) and Mount Pearl (T23)	709-570-2020
Molloy's Transportation Trepassey	Trepassey (W22)	709-682-6679
GoBus St. John's	Accessible transit in the St. John's area (T23) <i>To use this service it is recommended that you register with GoBus three weeks before you travel.</i>	709-368-8887
Wheelway Transportation St. John's	St. John's (T23)	709-753-2877

Find More Online
NewfoundlandLabrador.com/GettingAround



Distance chart

The following charts show distances between destinations in kilometres as well as approximate driving times under normal conditions. These destinations are listed in alphabetical order.

To convert to miles, multiply by 0.62.

In the example to the right, there are 502 kilometres between Clarenville and Corner Brook. It may take up to 5 hours and 13 minutes to drive there.

Clarenville	
502	Corner Brook
5:13	

Labrador

Mary's Harbour	
172 2:31	Blanc Sablon
457 6:35	620 8:38
967 13:52	Happy Valley-Goose Bay 1135 16:18
89 13:52	533 6:06
119	Labrador City
	Red Bay
	1052 15:05

Newfoundland

[illegible]

t Based on Google distance, which assumes a driving speed of 80 km/h. Times will be shorter for highway driving where the speed limit is 100 km/h.

Book car rentals and accommodations in advance

It's always a good idea to make reservations before you travel. You can travel when you want, stay on budget, and avoid lineups during the busy summer season. This is especially true for car rentals and accommodations. Newfoundland and Labrador is becoming a more popular destination, and there is greater demand for these tourist services. By booking your rental car and at least your first and last night's stay – in addition to your air or ferry arrangements—you can have a worry-free holiday with the flexibility to go where you want, and do what you want.



Car Rental Companies

NewfoundlandLabrador.com/RentalCars

Firearms

Firearms are strictly controlled in Canada, and fully automatic weapons are banned. Visitors may bring firearms only for a legitimate purpose, such as hunting or a target shooting competition. For more information, visit rcmp-grc.gc.ca/en/firearms or call the Canadian Firearms Program at 800-731-4000 (Canada and the U.S), or 506-624-6626 from other countries.

Deposits, credit cards, refunds

When you make a reservation, it's always a good idea to ask the operator about the cancellation of reservations, what credit cards are accepted, and the establishment's policies on deposit refunds and late arrivals. Some seasonal operators may have a minimum-stay policy in effect. Some operators do not accept credit cards.

Provincial public holidays

Most stores and offices are legally required to close on the following 2025 holidays:

New Year's Day – Wednesday, January 1

Good Friday – Friday, April 18

Easter Sunday – Sunday, April 20

Victoria Day – Monday, May 19

Memorial Day/
Canada Day – Tuesday, July 1

Labour Day – Monday, September 1

National Day for Truth and
Reconciliation – Tuesday, September 30

Thanksgiving Day – Monday, October 13

Remembrance Day –
Tuesday, November 11

Christmas Day –
Thursday, December 25

Boxing Day – Friday, December 26

Other traditional holidays include:

St. Patrick's Day – Monday, March 17

St. George's Day – Monday, April 21

June Holiday – Monday, June 23

Orangemen's Day – Monday, July 14

On these four holidays, stores are not required to close, but many offices do. The holiday is usually celebrated on the closest Monday to the actual date.

Entering Canada

Passports

At present, American citizens and permanent residents of the United States do not need a passport to visit Canada, but should carry a birth, baptismal, or voter's certificate, or other documentation establishing their citizenship. Naturalized U.S. citizens should carry evidence of citizenship, such as a naturalization certificate. Re-entry to the U.S. by land or sea requires a passport, passport card, or a trusted traveller card such as a Nexus card, and re-entry by air requires a passport. Visitors from other countries must have valid national passports and visitors from certain countries also require a visa.

For a list of visa-exempt countries, go to canadainternational.gc.ca

Customs regulations

You can bring sporting equipment (fishing tackle, cameras, outboard motors, camping equipment, portable boats, hunting rifles, etc.) into Canada by declaring these items to Customs at your point of entry. Carrying a duplicate list that includes descriptions and serial numbers of each item is the quickest way to clear Customs on your return.

The Government of Canada maintains a website with links to government services, information, and resources for people planning a visit to our country, including downloadable forms, frequently asked questions, and a currency converter to help you plan your trip. Visit canadainternational.gc.ca

Currency

The Canadian dollar is the currency used in Newfoundland and Labrador, and we strongly advise you to convert your national currency into Canadian dollars before leaving home.

Some retailers will accept U.S. dollars, but probably not at the official exchange rate, and they will not accept any other foreign currency. If you bring foreign currency into Canada, please contact any chartered bank for current exchange rates. There is no currency exchange house/kiosk in Newfoundland and Labrador.

Medical services

All visitors to Canada are strongly urged to obtain health insurance before leaving their home country. Canadian hospital and medical services are excellent, but a hospital stay can cost in excess of \$500 a day, and an extended stay can be cost-prohibitive. Be sure you are covered. If you are taking medicine prescribed by your doctor, it's a good idea to bring along a copy of your prescription in case you need to have it renewed by a doctor in Canada.

Visiting Saint-Pierre et Miquelon

Saint-Pierre et Miquelon is a part of France, only 20 kilometres from Fortune, Newfoundland and Labrador. For information on travel and customs regulations, visit their website at www.spm-tourisme.fr

There is ferry service from Fortune to Saint-Pierre et Miquelon (see page 253), and an airline services Saint-Pierre (page 251). If you wish to visit Saint-Pierre et Miquelon, you have to clear Canadian Customs in Fortune upon your return.

Please note: Insurance law varies from country to country, and as a result your policy may not cover you on European soil. Be sure to confirm coverage with your insurer prior to travel.



Bienvenue à Terre-Neuve-et-Labrador!

Découvrez des paysages à couper le souffle, les vestiges
d'une culture francophone ancienne et une nouvelle
communauté multiculturelle prête à vous accueillir!

Scannez-ici



Téléchargez nos guides, explorez nos
circuits thématiques, découvrez nos
activités et **partez à l'aventure en
français** à travers nos cinq régions
éblouissantes !



Book now, sleep easy.

The last thing you want to worry about while finding yourself off the beaten path is where you're going to sleep. To avoid disappointment on your trip, make your reservations in advance. The range of accommodations is as varied as the scenery you'll find across the province, so book before you arrive, and sleep easy while you're here.



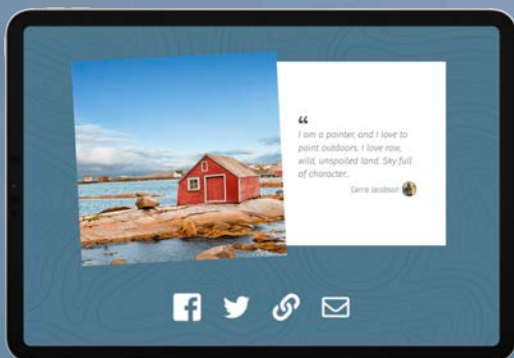
Newfoundland
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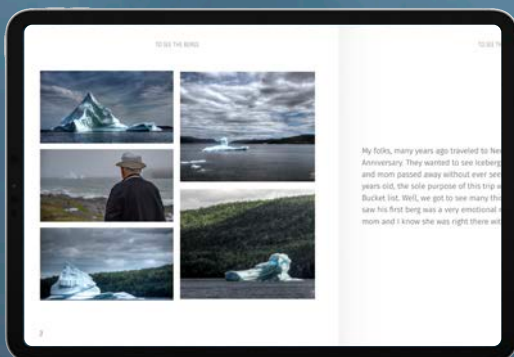
Newfoundland
&
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Newfoundland and Labrador Tourism has made every effort to ensure that the information contained in this guide is complete and accurate at the time of printing.

Visit NewfoundlandLabrador.com for the most up-to-date listings and information, or while in the province visit one of our provincial Visitor Information Centres. See pages 8 and 9 for more information.

If you have any questions or comments please contact us:

Newfoundland and Labrador Tourism
P.O. Box 8730, St. John's NL, Canada A1B 4K2
contactus@NewfoundlandLabrador.com

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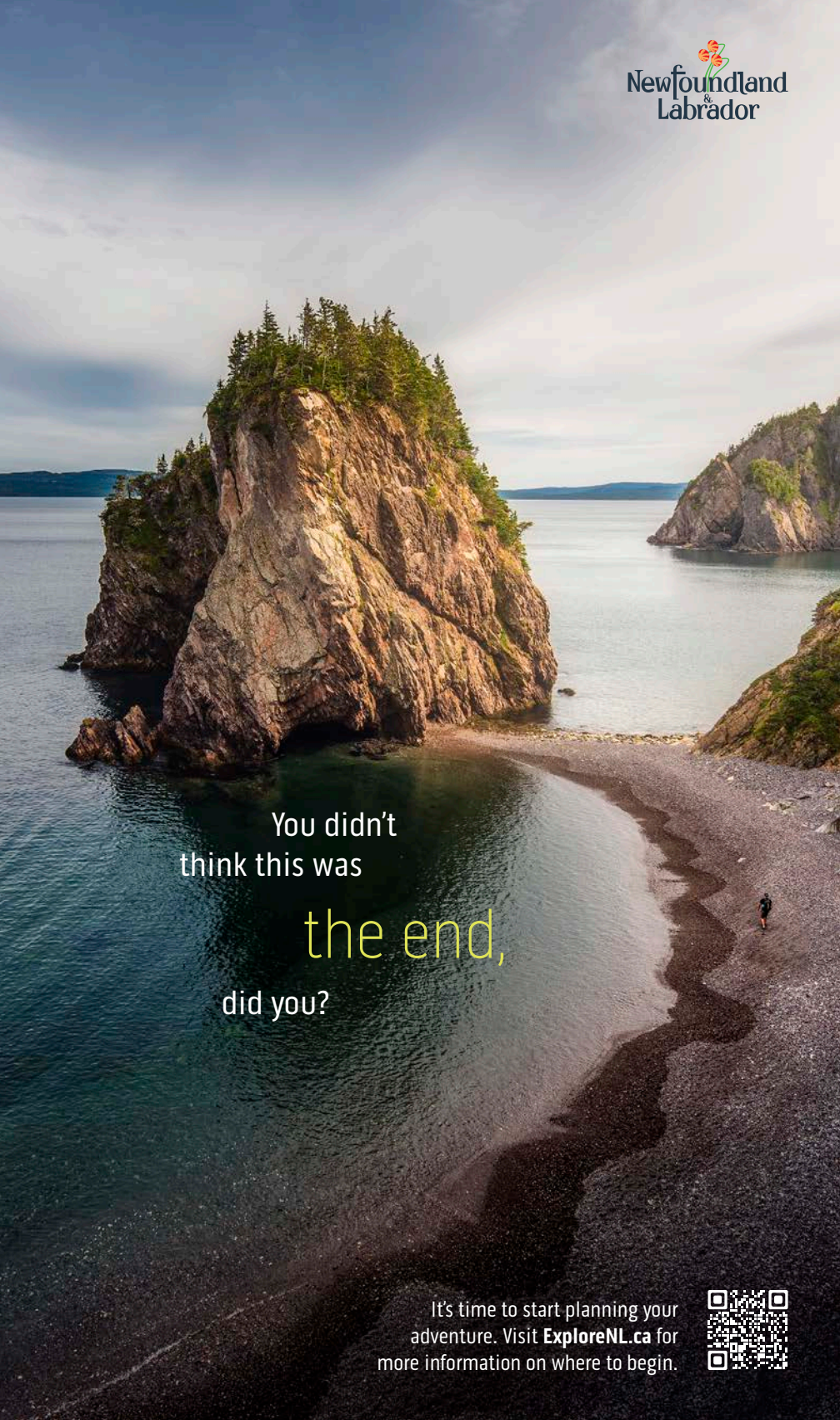
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Concept and design

Target, St. John's, Newfoundland.





You didn't
think this was
the end,
did you?

It's time to start planning your
adventure. Visit **ExploreNL.ca** for
more information on where to begin.





Wiggle { ROOM }

Stretch your legs. Get the wiggles out. Play. There's plenty of space to stroll (and saunter, and shimmy) on a ferry ride to Newfoundland and Labrador.



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