



Wayfinder Map Series

Viking Trail
Gros Morne
Humber Valley
Southwest Coast

Find Yourself(ie) in Corner Brook & Deer Lake

The Bay of Islands & Humber Valley

#ExploreNL

Your guide to
summer adventure.



Captivating Treks

- 1 Big Falls Trail.** In July & August see salmon jump the salmon ladder to get further upstream to spawn. Sir Richard Squires Memorial Provincial Park, Route 422, Cormack.
 - 2 Corner Brook Stream Trail.** Trail network in & around Corner Brook. cbstream.com
 - 3 Deer Lake Walking Trails.** Stroll along the sandy beaches of Deer Lake and the meandering Humber River. Route 1, Deer Lake; deerlake.ca
 - 4 Governor's Staircase.** 30-minute climb through 450 million year old volcanic rock. Route 450, Blow Me Down Provincial Park.
- International Appalachian Trails:**
- 5 Blow Me Down Mountain.** Take the **Cape Blow Me Down** trail 3.8 km & ascend 650m for scenic views. For a 2-3 day hike continue along top of the Blow Me Down Mountains; 16 km; moderately difficult.
 - 6 Humber Valley.** Ascend 2.5 km & 300m to the top of the 'Old Man in the Mountain' for breathtaking views. For a 1-2 day hike continue along the hilltops above the Humber River Valley. 25 km; Backcountry experience or guide recommended; iatn.org
- Outer Bay of Islands Trails (Route 450):**
- 7 Bottle Cove.** Boardwalk, sunsets, caves, & whale watching; Lark Harbour; 2 km; Easy.
 - 8 Cedar Cove.** Lark Harbour; 1.8 km; Easy to Moderate
 - 9 Southhead Lighthouse.** Magnificent views of the entrance of Bay of Islands. Steep in areas. Departs Bottle Cove parking lot. obiec.ca

Social Scenes

- 1 Bootleg Brew Co.** Local brews, live music & other events in the heart of downtown Corner Brook. 92 West St., Corner Brook. (709) 634-2964; facebook.com/BootlegBrewCo
- 2 Crooked Feeder Brewing Co.** Located in a repurposed sawmill, look for the saw blade logo. 351 Veterans Dr., Cormack. facebook.com/CrookedFeederBrewing
- 3 Corner Brook Arts & Culture Centre.** Modern theatre & art exhibitions. University Drive, Corner Brook; (709) 637-2582/2580; artsandculturecentre.com
- 4 Deer Lake Beach.** Ideal for picnics & wading in the shallow lake waters, relax & enjoy the sand between your toes. Nicholsville Rd, Deer Lake. (709) 635-0165; deerlake.ca
- 5 Deer Lake Strawberry Festival.** Visitors and locals enjoy a weekend of music, talent, games, food and, of course, strawberries. 3 days in July; (709) 635-2451; deerlake.ca
- 6 Gros Morne Summer Music.** Join world class musicians and actors for lively theatre performances. Corner Brook; (709) 639-7293; gmsm.ca
- 7 Rotary Arts Centre.** The heart of downtown Corner Brook, finest traditional music for floor-stomping entertainment. Gallery & theatre. City Hall, Corner Brook; (709) 660-1031; rotaryartscentre.ca
- 8 Royal Canadian Legion Corner Brook.** A hot spot for locals & visitors, traditional culinary delights, Screech-In ceremonies, music by local musicians. Contact for schedule. 7 West St., Corner Brook. 634-5655/2040; facebook.com/rcldcornerbrooknl

Rain or Shine: Museums, Heritage and Culture

- 1 Cabox Information Centre.** Discover the history and geology of the Bay of Islands. Located in the Saltbox Restaurant, 410 Main St., Benoit's Cove. facebook.com/caboxgeopark
- 2 Corner Brook Museum & Archives.** Exhibits the natural, cultural and social history of the region. 2 West St, Corner Brook; (709) 634-2518; cornerbrookmuseum.ca
- 3 Historic Train Site.** A showcase of the proud rail heritage of Newfoundland. 86 Riverside Dr, Corner Brook. (709) 640-8685
- 4 Newfoundland Insectarium.** Award winning nature experience. Get hands-on with live stick insects, visit a honey bee colony, leaf-cutter ants & the butterfly pavilion. Route 430, Reidville; (709) 635-4545; nfinsectarium.com
- 5 NL Stone Gardens.** Meander through elfin footpaths amongst large willow & oak, geological wonders & fossils. Pick an apple or other fruit. Ebird hotspot. Pynn's Brook (709) 660-2050; facebook.com/tuachgarden/
- 6 The Stanley Ford Property & Outbuildings.** Taste traditional Fish & Brewis or Salmon prepared outdoors amongst a cluster of buildings exemplifying early outport life. 87 Main St, Jackson's Arm; (709) 549-3130; fordproperty.ca

Scenic Drives

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

Soft Adventure Experiences

- 1 Cache Rapids Stable.** Scenic trail rides, pony rides and backcountry tenting tours. 255 Reidville Road, Reidville; (709) 635-5535; cacherrapidsstable.com
- 2 Cycle Solutions.** All-inclusive road, hybrid & mountain bike adventures, self guided options available or explore our hidden cave system. 35 West St, Corner Brook; (709) 634-7100; cyclesolutions.ca
- 3 Delaney's Adventure Tours.** Boat tours in the breathtaking Bay of Islands. Cod fishing when in season. (709) 688-2822. 5 Hanks Rd., Cox's Cove.
- 4 Everoutdoor.** Outdoor adventures in the Bay of Islands. Located in the Saltbox Restaurant. (709) 789-3752. 410 Main St., Benoit's Cove.
- 5 Explore Newfoundland Adventures.** Salmon fish the Humber River, photography, kayaking, rafting & canoeing tours offered throughout the region. Expert guides or self-guided options. 51 Dogwood Dr, Marble Inn Resort, Steady Brook; (709) 634-2237; marbleinnandsuites.com
- 6 Four Seasons Tours.** Traditional deep sea dory fishing, mussel boil ups, & sightseeing tours. 52 Country Rd, Cox's Cove; (709) 688-2125; fourseasonstours.ca
- 7 Linkum Tours.** Customized itineraries, guided hiking / walking tours and unguided single/multi-day biking holidays. (877) 254-6586; linkumtours.com
- 8 Marble Zip Tours.** Soar across the picturesque Steady Brook Gorge or try the high ropes Spider Challenge. Marble Mountain Resort, Steady Brook; (709) 632-5463; marbleziptours.com
- 9 Mount Musgrave ATV Tours.** Go beyond the Marble Mountain chairlift to the summit of Mount Musgrave in a 5-passenger ATV. Route 1, Exit 8, Steady Brook; (709) 632-8866; mountmusgraveatv.wixsite.com/tours
- 10 Pasadena Ski & Nature Park.** Enjoy the breathtaking views and wildlife from the 24 km of hiking trails. Pasadena; (709) 686-5515; pasadenaskipark.org
- 11 Rugged Edge ATV & Snowmobile Rentals and Tours.** Take an ATV ride along our legendary coastline. Customized tours for any riding level. 8 Lundrigan Drive, Corner Brook; (709) 634-6683; ruggededge.ca

Exceptional Golfing

- 1 Blomidon Golf & Country Club.** Panoramic city vistas & views of the surrounding mountains. 170 West Valley Road, Corner Brook; (709) 634-5550; blomidongolf.com
- 2 Humber River Golf Club.** 21 Airport Road, Deer Lake; (709) 635-5955; humberrivergolfclub.com
- 3 The River Course at Humber Valley Resort.** Award-winning, 18 hole, par 72 championship course; dramatic views & elevated tees. Exit 11 from Route 1. (709) 686-2710; humbervalley.com

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

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



Favorite Photo Locations

Share your photos & selfies using #ExploreNL

- 1 | **Bottle Cove.** Majestic coastal cliffs and scenery. Route 450.
- 2 | **Captain James Cook Historic Site.** Impressive views of the city and the Bay of Islands. Crow Hill Rd, Corner Brook.
- 3 | **Steady Brook Falls.** Short trail to view the falls plunging from 60m. From Route 1 take Exit 8, Steady Brook.

Where to Eat

- 1 | **Crown & Moose.** Greenwood Inn & Suites. 48 West St., Corner Brook. (709) 634-4276
- 2 | **Glynmill Inn.** 3 dining options: Carriage Room, Wine Cellar & The Lounge. 1B Cobb Lane, Corner Brook. (800) 563-4400
- 3 | **Madison's at Marble Inn Resort.** 51 Dogwood Dr., Steady Brook. (709) 634-2237
- 4 | **Newfound Sushi.** 117 Broadway, Corner Brook. (709) 634-6666
- 5 | **Sorrento.** 18 Park Street, Corner Brook. Dine in (709) 639-3555 & Take out (709) 639-3466
- 6 | **Z's Fast Pizza.** 27 Broadway, Corner Brook. (709) 639-3278