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Main Cover Photo: The City of Corner Brook.
Photo credits - Rebecca Lynn Pike, Michelle Walsh, Marble Zip Tours.

Every effort has been made to ensure that the information contained in this guide is complete and accurate at the time of printing. Corner Brook Visitor Guide 2014©

NL Pitcher Plant
Corner Brook Visitor Information Centre
15 Confederation Drive
709-639-9792
www.cornerbrook.com

Go Western Newfoundland
2 Herald Avenue, Millbrook Mall
Suite 303, 709-639-4787
www.gowesternnewfoundland.com

Newfoundland Labrador Tourism
1-800-563-6353
www.newfoundlandlabrador.com
Contact us @newfoundlandlabrador.com

IN CASE OF EMERGENCY
Police-Fire-Ambulance: 911

Royal Newfoundland Constabulary
9 University Drive
709-637-4100

Royal Canadian Mounted Police
78 Mount Bernard Avenue
709-637-4433
1-800-709-7267 (province wide emergencies)

Western Memorial Regional Hospital
1 Brookfield Avenue
709-637-5000

Moose and Road Safety
Take extreme caution while driving, especially at dusk and dawn. If you see a moose on the highway, be sure to slow down and wait until it has crossed your path before you continue. Using your high-beam lights will also assist in keeping a lookout for moose on the highway. If you do see a moose, flick your lights to warn oncoming traffic.

Also, listen to your local radio station 103.9 K-Rock, 570 CFCB/VOCM, or CBC for updated moose sightings in the area.

Radio Stations
CBC Radio 1  990 AM
CBC Radio2  91.1 FM
K-Rock  103.9 FM
CFCB – VOCM  570 AM

Internet Access
Corner Brook Public Library
Park Street, City Hall
634-0013

Humber Community YMCA
2 Herald Avenue, Millbrook Mall,
Lower Level
709-639-9676
www.humbercommunityymca.ca

All hotels offer free wireless, along with some restaurants such as Brewed Awakening, Harbour Grounds and Brewed on Bernard have a laptop available to access the internet for a small fee.

TRANSPORTATION

Car Rentals
Budget
65 Humber Road - Unit 103,
709-639-9951

Enterprise Rent-A-Car
1 Mt. Bernard Avenue, Valley Mall
709-634-6633 / 1-877-888-1145

There are a number of car rental agencies located in the Deer Lake airport: Avis, Budget, National, Thrifty and Enterprise.

Taxi Companies
Birchy Taxi Cabs 709-634-8294/709-785-2540
City Cabs 709-634-6565
Corner Taxi 709-634-5662
Star Taxi 709-634-4343

Corner Brook Transit
Bus transfer for all routes is on Park Street, across from City Hall. For a recorded transit schedule, phone 709-639-7287
www.cornerbrook.com

For travel outside of the province:
The Deer Lake Airport is about 59 km east of Corner Brook. Air Canada has daily flights to St. John’s, Halifax, and Toronto. West Jet flys...
6 days a week to Toronto during the summer season of May to October. Provincial Airlines has several flights daily to St. John’s, Goose Bay, and Wabush. www.deerlakeairport.com info@deerlakeairport.com 709-635-5270

The Stephenville airport is 83 km west of Corner Brook. Porter Airlines is offering a once weekly flight to Toronto. Provincial Airlines has daily flights to St. John’s. 709-643-8444. www.cyjt.com cyjt@nfld.net

Marine Atlantic operates a ferry service from Port aux Basques, which is 220 km south west of Corner Brook, to North Sydney, Nova Scotia. t. 1-800-341-7981/1-800-897-2797. www.marine-atlantic.ca customer_relations@marine_atlantic.ca

**FAST FACTS**

- **Population:** 40,000 in immediate commuting area
- **Tax:** 13% will be applied to most goods and services
- **Language:** English
- **Area Code:** 709 for the province of Newfoundland & Labrador
- **Time Zone:** Newfoundland Time Zone (1/2 hour ahead of Atlantic Time Zone)
- **Smoking:** Banned on all public transport, public buildings including restaurants, bars and workplaces, and in vehicles with children under 16.
- **Cell phone usage:** Handheld cell phone use while driving is not allowed by law. You need to use a hands free device or pull off to the side of the road. **Note:** Rogers’ cell service is not available in Western Newfoundland.
- **Alcohol:** You must be 19 years of age to consume or purchase alcohol in Newfoundland & Labrador.

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**Moose**

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**Margaret Bowater Park**
Welcome to Corner Brook  
Our four season destination has so much to offer for both the business and leisure traveler that you will soon be planning your return visit. Our City and area is just brimming with history and culture and our outdoor activities offer an exceptional experience for both the beginner and avid outdoor enthusiast. Read on, enjoy our City, and make memories as you stay in this explorer’s paradise.

The City of Corner Brook is the main service centre for the region. The city boasts three post-secondary education campuses and a wide range of businesses.

Climate  
Summers are comfortably warm and ideal for outdoor activities such as hiking, mountain biking, or sea kayaking. Fall brings cooler temperatures and vibrant autumn colours, which are in their prime around mid-October. Winters are mild and snowy. Activities like alpine and cross country skiing, snowmobiling, and snowshoeing start in mid-December and continue until mid April.

History  
For thousands of years, people have lived and worked along the shores of the Bay of Islands and in the Humber River valley, taking advantage of the abundant resources and access to water for transportation. First the Maritime Archaic people came, followed by the Beothuck people.

In 1767, James Cook, the famous British cartographer and explorer, was the first to survey and record the geography of the Bay of Islands.

By the middle of the 19th century the population of Corner Brook was less than 100.

As the population of the area grew, the economic base began to diversify.

It was the construction of the pulp and paper mill between 1923 and 1925 that triggered the transformation of Corner Brook from a small but bustling sawmill centre into the largest industrial city in Western Newfoundland.

Downtown Corner Brook  
Be sure to visit downtown! Downtown Corner Brook has 3 kilometres of beautiful red interlocking brick sidewalks, heritage lights and lots of greenery to make your experience a memorable one!

West Street offers everything from professional services such as doctors, lawyers, dentists to boutiques, pubs, restaurants and more.

Broadway was the first shopping district in Corner Brook. Many of the businesses are located in retail outlets that were built in the 1930’s and offers the unique experience of shopping in family owned businesses as in years gone by.
MUSEUMS, HISTORIC SITES, AND ATTRACTIONS

Captain James Cook National Historic Site
Crow Hill, Atlantic Avenue
In 1767, the famous British explorer and cartographer James Cook surveyed the Bay of Islands and was the first to map the area. The Captain James Cook Monument is a National Historic Site displaying copies of the charts mapped by Captain Cook. This site is easily accessible by car and offers a vantage point for a breathtaking view of the Bay of Islands.

Corner Brook Museum and Archives
2 West Street, City Hall
Journey through time – visit the Corner Brook Museum and Archives. Built in 1926, this registered heritage building once housed the post office, customs, telegraph office and courtroom. The museum exhibits the social, cultural and natural history of Corner Brook, the Humber Valley and Bay of Islands. Exhibits include History of Corner Brook, Pulp & Paper, Aboriginal, Military, Royal Newfoundland Constabulary and more. Visit our website at www.cornerbrookmuseum.ca 623-2518. info@cornerbrookmuseum.ca

Heritage Tree
Exit 8 - Trans Canada Highway, Steady Brook
Sixty scenes from Newfoundland and Labrador’s history are carved into this 17 metre, 360 year old cedar tree located at the entrance to Marble Mountain.

ARTS AND CULTURE

Theatre
For theatre productions and show times, please contact the following centres or theatre groups.

Arts and Culture Centre
11 University Drive
709-637-2581.
www.artsandculturecentre.com

Fine Arts Program, Grenfell Campus
Memorial University of Newfoundland
20 University Drive
709-637-6209. www.grenfell.mun.ca

Stage West
181 Humber Road
638-4622. www.stagewesttheatrefestival.com
info@stagewesttheatrefestival.com

Swirskys
7 Broadway
709-632-0992. jim@swirskys.com

Theatre by the Bay
709-637-6200 Ext. 6368

Theatre Newfoundland Labrador
12 Maple Valley Road
709-639-7238. www.theatrenewfoundland.com

GALLERIES

Grenfell Campus Art Gallery
Fine Arts Building
20 University Drive
709-637-6209. www.grenfell.mun.ca

JL Art Gallery
79 Broadway
709-632-7099. www.jlgallery.org

L.A.W.N - League of Artists of Western Newfoundland
709-639-1871, 639-2130
www.LeagueOfArtists.ca

Picture It In a Frame
1 Mount Bernard Avenue, Valley Mall
709-634-7594

State of the Arts Gallery
2 Herald Avenue, Millbrook Mall, Lower Level
709-634-9494
**RECREATION**

**Bay of Islands Yacht Club**
The club offers over night docking, seasonal docking, winter storage, showers, laundry, fresh water, electricity, free parking, anchorage, moorings, and boat lift out via crane. Check out the Yacht Club for some local entertainment and a great time during summer weekends.
709-785-1188  www.bayofislandsyachtclub.com

**Blomidon Golf and Country Club**
170 West Valley Road
709-634-2523. www.blomidongolf.com

**Blow Me Down Cross Country Ski Park**
Lundrigan Drive
The ski park's 50km of groomed trails are open daily from sunrise to 9:00 pm from early December to late April. 709-639-2754. www.blowmedown.ca

**Corner Brook Centre Bowl**
24 Reid Street, #17
709-634-4934. www.cornerbrookcentrebowl.com

**Cyber Zone – Laser Games**
6 Commercial Street
709-639-8468
www.cyberzoneplay.com

**Empire Theatres Twin Cinema**
2 Herald Avenue, Millbrook Mall
Upper Level.
639-3456. www.empiretheatres.com

**Marble Mountain Resort**
Exit 8, Trans Canada Highway, Steady Brook
It’s a vertical ride that drops more than 1700 feet. Match your skills to one of 36 runs, from novice to expert. There’s a high-speed quad lift to take you back up and a warm lodge and accommodations waiting when you come down.
www.skimarble.com
637-7601/1-888-462-7253

**Pepsi Centre**
1 Canada Games Place
The Pepsi Centre has two rinks available for public skating and groups of hockey, figure and speed skating. The Pepsi Centre also has a public walking track. The Centre is also available for concerts, conferences, meetings, weddings, and tradeshows.
www.pepsicentre.ca. 637-1230

**Sports Fields**
The city has various fields throughout the city for soccer, baseball, and softball. As well tennis and volleyball courts are available at Wellington Street Complex. For more information please contact 709-637-1232 or email jparsons@cornerbrook.com

**Swimming**
Indoor pools can be found at both the Arts and Culture Center and Grenfell Campus of Memorial University. Check their websites for swimming schedules.
637-6258. www.grenfell.mun.ca

**TOURS, TOUR PLANNERS, GUIDES AND CHARTERS**

**Cycle Solutions**
Road cycling, mountain biking, caving, and snowshoe tours.
Bicycle & Snowshoe Rentals
35 West Street
709-634-7100. www.cyclesolutions.ca
1-866-652-2269

**River Tours Caving**
An adventure tourism-based guiding collective on the west coast of Newfoundland that lets the client choose their own adventure.
638-3167. www.roamtherock.ca
info@roamtherock.ca

**Mountain Tours and Photography**
Hiking, photography, walking, automobile tours
15 Brookfield Avenue
709-634-3780
www.mountaintoursphotography.com

**Marble Zip Tours, Exit #8 TCH**
Year round zip line tours. 9 zip lines take you across the Steady Brook Falls! Daily tours.
Marble Zip Suspended Obstacle Course
Base of Marble Mountain
709-632-5463/1-877-755-5463
Marble Mountain Ski Resort
www.marbleziptours.com
info@marbleziptours.com

**Vision - The Atlantic Canada Company**
Pasadena, NL
sales@visionatlantic.net
709-686-1395
www.visionatlantic.net
BOAT TOURS

Crystal Waters Boat Charters and Tours
Morning and Evening Cruises
Entertainment Cruises are also offered. Bay of Islands Yacht Club
End of Pike’s Avenue and Bartlett’s Avenue, 709-632-1094
www.crystalwatersboattours.com
tracey@crystalwatersboattours.com

True North Charters and Tours
Daily Tours
joanpoxford@hotmail.com
Cox’s Cove, NL - 44 km from Corner Brook
709-688-2718. www.truenorthtours.ca

Humber Boat Tours/Marble Inn
Humber River from Deer Lake to Corner Brook
21 Dogwood Drive, Steady Brook, NL
709-634-2285. www.explorenewfoundland.com

EVENTS

The following is a list of known events as of printing. For up-to-date listing, check out www.cornerbrook.com.

- July 1: Canada Day
- July 16: Corner Brook Day
- August: Humber Valley Regatta
- November: West Coast Craft Fair
- January: Drag Under the Lights, Marble Mountain
- February 20, 2015: Corner Brook Winter Carnival
- March: March Hare
- March: Rotary Music Festival

HOLIDAYS

These are standard public holidays observed in Corner Brook. During these holidays, you will find limited stores or services are open.

New Year’s Day - January 1
Civic Holiday, Feb. 23, 2015
Good Friday - Friday before Easter Sunday
Victoria Day - Monday before or on May 24
Canada Day - July 1
Labour Day - 1st Monday in September
Thanksgiving - Second Monday in October
Remembrance Day - November 11
Christmas Day - December 25
Boxing Day - December 26

RESTAURANTS

Aroma’s Plus
1 Mt Bernard Avenue, Valley Mall
709-632-2255

Dragon Restaurant
8 Caribou Road
709-634-4213

Greco Pizza
93 West Street
709-632-3030

Jackie Tan’s Restaurant
83 West Street
709-634-6363

Jiwen Garden
82 West Street
639-7003

Jungle Jim’s
41 Maple Valley Road
709-639-2222

Mamateek Restaurant & Pub
64 Maple Valley Road
709-639-2767

New China Restaurant
22 Murphy Square
709-632-7288

PHO Vietnamese
26 Caribou Road

Pinchgut Restaurant & Convenience
Pinchgut, TCH
709-634-6346

Pizza Delight - Rooster’s BBQ
2 Herald Avenue, Millbrook Mall, Lower Level
709-634-8100

Pizza Delight - Rooster’s BBQ
24 Murphy Square
709-634-8038

Tai An Restaurant
13 Union Street
709-634-9550
Tuck In
74 Broadway
709-639-8762

Wingin It
13 Union Street
709-388-9464

FAST FOOD AND TAKEOUT
Great for a quick meal on the run, Corner Brook has many fast food outlets or take-out counters.

A&W Drive In Restaurant
15 Union Street
709-634-3053

Bad Azz Burgers
43 Main Street
709-639-8216

Kentucky Fried Chicken
74 West Street
709-639-3151

Louis Gee's
70 West Street
709-632-8500

Lucky Star Takeout
4 Humber Road
709-634-2284

M&D Takeout
68 Humber Road
Marc's Confectionery
709-634-5665

Marine Lounge Takeout
8 Old Humber Road
709-634-8913

Martin's Canteen
University Drive
709-639-8162

Mary Brown's Fried Chicken
24 Murphy Square
709-634-4008

Mary Brown's Fried Chicken
2 Herald Avenue,
Millbrook Mall, Lower Level
709-634-4007

McDonald's
16 Confederation Drive
709-634-4182

McDonald's
16 Murphy Square, Walmart
709-634-7377

Menchies
13 Union Street
709-388-2255

Mudder's Kitchen
55 Broadway
709-639-9578

Newfound Sushi
117 Broadway
634-6666

Star Bucks
44 Maple Valley Road
Corner Brook Plaza

Subway
13 Union Street
709-639-7827

Subway
16 Murphy Square
709-639-7744

Subway
52A Broadway
632-7827

Tim Horton's
1 Mt Bernard Avenue
709-639-2993

Tim Horton's
183 O'Connell Drive
709-634-4157

Tim Horton's
28 Murphy Square
709-634-8115

Tim Horton's
105 West Street
709-634-4946

Z's Fast Pizza
27 Broadway
709-639-3278
FINE DINING

For great food and service
take a break or spend a special evening...

Gitanos’
2 Herald Avenue, Millbrook Mall (Back Entrance)
709-634-5000

Jennifer’s
48 Broadway
632-7979

Shez West
13 West Street
709-639-1895

Sorrento’s
18 Park Street
709-639-3466

The Carriage Room
1b Cobb Lane, Glynmill Inn
709-634-5181. Ext 250

The Wine Cellar
1b Cobb Lane, Glynmill Inn
709-634-5181. Ext 252

CAFES/PUBS

74 Broadway Pub
74 Broadway
634-4812

Bar Room
48 Broadway - 2nd floor
632-7979

Brewed Awakening
35 West Street
709-634-7100. Ext. 2

Brewed on Bernard
93 Mt. Bernard Avenue
709-634-7100. Ext. 3

Crown and Moose Pub
48 West Street
709-634-4276

Harbour Grounds
9 Humber Road
639-1677

MacAvery’s
86 West Street
709-639-9871

King Henry’s Pub
1b Cobb Lane,
Glynmill Inn
709-634-5181. Ext. 251

Main Level Café
2 Herald Avenue,
Millbrook Mall (Main Level)
709-634-8116

Seaport Lounge
47 Main Street,
Hotel Corner Brook
709-634-8211

Star Bucks
44 Maple Valley,
Corner Brook Plaza

West 96
96 West Street
709-639-8499

ACCOMMODATIONS

Hotels

Comfort Inn - 3.5 Star
41 Maple Valley Road
709-639-1980
www.cornerbrookcomfortinn.com

Glynmill Inn
3.5 Star
1B Cobb Lane
709-634-5181
www.glynmillinn.ca

Greenwood Inn and Suites
3.5 Star
48 West Street
709-634-5381
www.greenwoodinn.ca

Hotel Corner Brook
2 Star
47 Main Street
709-634-8211
www.hotelcornerbrook.com

Oceanview Hotel
119 Humber Road
709-634-7829

Mamateek Inn - 3 Star
64 Maple Valley Road
709-639-8901
www.mamateekinn.ca
Memorial University (Grenfell Campus)
University Drive. 709-637-6255. Contact Marie Claude Renaud
45 apartments, May 4 to August
19th.

Rivers End Motel - 2.5 Star
2 North Shore Highway
709-634-4662

BED & BREAKFAST/ HOUSEKEEPING UNITS

Brookfield Inn Bed and Breakfast - 2.5 star
2 Brookfield Avenue
1-877-339-3111

Bell's Inn - 4 star
2 Ford's Road
709-634-1150

Bayview Haven Housekeeping Unit - 3.5 star
168 Humber Road
709-639-9795

Hillside Haven Housekeeping Unit - 3 star
43 Hillside Road
709-639-8487
1-866-525-0294

Stef's Housekeeping Units
2.5 star
54 North Street
709-634-4609

Nudawn Apartments
3.5 star. 60 Gillams Road
709-634-1276/709-576-1495

ACCOMMODATIONS NEARBY

Steady Brook (10 km east of Corner Brook)

Edgewater Inn Bed and Breakfast - 3.5 Star
14 Forest Drive, Steady Brook
709-634-3474
www.visittheedge.com

George's Mountain Village Cottages - 3 Star
Trans Canada Highway, Route 1
Steady Brook, NL
709-639-8168
www.georgesskiworld.com

Humber River Suites
3.5 Star
29 Dogwood Drive, Steady Brook, NL
709-634-2237
www.humberriversuites.com

Huxter's Bed and Breakfast
2.5 Star
2 Forest Drive, Steady Brook, NL
709-634-4999
1-888-489-8377

Marble Inn Resort - 3.5 Star
2 Dogwood Drive, Steady Brook, NL
709-634-2237
www.marbleinn.com

Marble Mountain Cottages
3 Star
29 Dogwood Drive, Steady Brook, NL
709-634-2237
www.marbleinn.com

Marble Villa - 3 Star
Exit 8 from Trans Canada Highway, Marble Mountain, NL
709-637-7666
www.skimarble.com

Marblewood Village Resort
3.5 Star
8 Thistle Drive, Steady Brook, NL
709-632-7900
www.marblemountain.com

Wilton's Bed and Breakfast
3.5 Star
57 Marble Drive, Steady Brook, NL
709-634-5796/1-877-634-5796
www.wiltonsbandb.com

Visit Humber Valley- 4 Star
1 Mountainview
Humber Valley Resort
Exit 11, Trans Canada Highway
709-686-2500
www.visithumbervalley.com

ROUTE 450

Captain Cook's Trail Bed and Breakfast/Cottage
2.5 star - Bed and Breakfast, 3.5 star - cottage
Yorks Harbour, NL
709-681-2906

Candlelite Bay Inn
4.5 Star
439 Main Street
Yorks Harbour, NL
709-681-2853
www.candlelitebay.com

ROUTE 440

Islandview Cabins
3 Star
6 Main Street
Cox's Cove, NL
709-688-2154

RV PARKS/ CAMPGROUNDS

Kinsmen Prince Edward Campground and RV Park
Fully serviced, semi serviced and non serviced sites
Route 440
709-637-1580/709-634-7262
www.princeedwardrvpark.com

George's Mountain Village RV Park
Fully serviced sites
Steady Brook, Route 1
709-639-8168
www.georgesskiworld.com
**Blow Me Down Provincial Park**
Non-serviced sites
Lark Harbour, Route 450
709-681-2430/709-635-4520
www.env.gov.nl.ca/parks

**SHOPPING**

**Downtown**
West Street & Broadway are two main streets in the downtown area that are filled with locally-owned, unique retail stores that you are sure to find treasures within. The downtown area also features two malls: Millbrook Mall and Valley Mall.

**Corner Brook Plaza**
44 Maple Valley Road
The Plaza can be accessed on Confederation Drive at the McDonald’s entrance as well. The Plaza is the main shopping centre with over 60 shops that are mostly part of national chains including Target and Star Bucks.

**Murphy’s Square**
The square is located at the east end of the city at the exit 6 from the Trans Canada Highway on the Lewin Parkway. The square has anchor stores such as Walmart, Staples Business Depot, Canadian Tire, Marks Work Warehouse, Dominion and other retail stores and restaurants.

**NEWFOUNDLAND CRAFTS AND SOUVENIRS**

**Fancy that**
98 Broadway
709-634-2200
www.fancythatgifts.ca

**Island Treasures**
44 Maple Valley Road, Corner Brook Plaza
709-639-9813/639-1956
www.islandtreasures.ca

**Newfoundland Emporium**
11 Broadway
709-634-9376

**GROCERY STORES**

**Coleman’s Food Centre**
26 Caribou Road
709-637-6635
73 Humber Road
709-637-6655

137 O’Connell Drive
709-637-6767

**Dominion Store**
5 Murphy Square
709-634-9450

**Sobeys’**
1 Mount Bernard Avenue
709-639-7193
Upper Level, Valley Mall

**Liquor Stores**
44 Maple Valley Road, Corner Brook Plaza
709-639-3490

137 O’Connell Drive
709-639-3480

Beer can also be purchased at convenience stores.

**BANKS**

**Bank of Montreal**
1 West Street
709-637-6500

Coleman’s, 26 Caribou Road
709-637-6565

**Leading Edge Credit Union**
2 Herald Avenue, Millbrook Mall
709-634-4632

**CIBC**
9 Main Street
709-637-1700

**Newfoundland and Labrador Credit Union**
38 Main Street
709-634-5341

**RBC Royal Bank**
66 West Street
709-639-4000

**Scotiabank**
62 Broadway
709-637-4720
Corner Brook Plaza

44 Maple Valley Road
709-637-4700

**TD - Canada Trust**
1 Mt. Bernard Avenue, Valley Mall
709-637-1076
explore » the » region

NORTH SHORE, BAY OF ISLANDS - ROUTE 440

(Admiral Palliser’s Trail)
Via Riverside Drive, the Bay of Island’s North Shore Highway extends 38 km from Corner Brook. This scenic drive is known as Admiral Palliser’s Trail, named after Sir Hugh Palliser. Sir Palliser sent Captain Cook to explore and chart the west coast of Newfoundland in the 18th century. This route will take you through six communities: Hughes Brook, Irishtown-Summerside, Meadows, Gillams, McIvers, and Cox’s Cove. Hike the Hughes Brook Trail; look for the Arctic Tern colony just off McIvers; or take a boat tour at Cox’s Cove and learn about the three “arms” in the area: Middle Arm, Goose Arm and North Arm. You might just spot a whale!

SOUTH SHORE, BAY OF ISLANDS - ROUTE 450

(Captain Cook’s Trail)
Via Curling Street, the Captain Cook’s Trail extends 50 km from Corner Brook. You will visit the communities of Mount Moriah, Benoit’s Cove, John’s Beach, Frenchman’s Cove, York Harbour, and Lark Harbour. Take a swim at Cook’s Brook, named after Captain Cook who was said to have wintered here because of ice conditions in the Bay. Hike the Blow Me Down Mountains or visit the Blow Me Down Provincial Park at York Harbour and take the hiking trails that will lead you to scenery that will leave you breathless. At Little Port, visit Bottle Cove and have a picnic lunch or at low tide you can walk to a naturally carved “sea cave” on the south side of the cove.

HUMBER VALLEY: CORNER BROOK TO DEER LAKE

Trans Canada Highway, East of Corner Brook
The mighty Humber River is known as one of North America’s best Atlantic Salmon rivers. Salmon anglers from all over the world travel here to take advantage of the slow deep steadies to cast for the champion Atlantic salmon. Out of Province visitors require a fishing license and a licensed guide.

Fall in the Humber Valley is spectacular. Vibrant Autumn colours appear in mid-September as thousands of leaves turn brilliant shades of red, orange, and gold. Colours are in their prime around mid-October. The Humber Valley is also a good place to make roadside purchases of fresh fruit and vegetables in season.

Steady Brook, located in the Humber Valley, is home of Marble Mountain Ski Resort. This 1700 foot vertical mountain sees locals and visitors from all over the world. During summer take a hike to the top and view the beautiful Bay of Islands from its peak. You can Zipline your way across the Steady Brook Gorge and view the magnificent Steady Brook Falls.

Eastward along the Trans Canada Highway is Pasadena, a growing community nestled on the
shores of Deer Lake. Pasadena Beach is a popular swimming area during summer.

Deer Lake began as a logging community that was first settled in the 1860s. Today, the town is the transportation hub of the Western Region. Deer Lake Regional Airport offers easy air access to Western Newfoundland. Deer Lake is also the access point to the Viking Trail (Route 430), the highway travelling up the Great Northern Peninsula to Gros Morne National Park and St. Anthony.

**GROS MORNE NATIONAL PARK - ROUTE 430**

Gros Morne National Park is approximately a 1.5 hour drive from Corner Brook. The park, a UNESCO World Heritage Site, has great natural beauty with a rich variety of scenery, wildlife, and recreational activities. Waterfalls, marine inlets, sea stacks, sandy beaches, and colourful nearby fishing villages complete the phenomenal natural and cultural surroundings. Visitors can hike through wild, uninhabited mountains and camp by the sea. Boat tours bring you under towering cliffs of a freshwater fjord carved out by glaciers. Check out the popular Gros Morne Theatre Festival at Cow Head throughout the summer. 709-458-2417. www.parkscanada.gc.ca/grosmorne

**BAY ST. GEORGE**

The town of Stephenville is located at Routes 460 and 490. The Harmon Air Force Base was located here from 1941 - 1966 and much of the American influence can be seen today. Visit the Port au Port Peninsula (Routes 460 and 463) where you can explore the French Ancestors Route/La Route des Ancetres or you can visit St. George’s (Routes 461 and 490) where the first official Mi'kmaq cultural and historic museum in Newfoundland is located. 709-647-3022 / www.sgib.ca/index.htm

*It’s yours to discover and only a day’s trip from Corner Brook!*
Newfoundland Trivia

1. Who discovered Corner Brook?
   A. Captain James Cook
   B. Christopher Columbus
   C. Leif Erickson

2. What is the name of the ski hill in Steady Brook?
   A. Marble Mountain
   B. White Hills
   C. Rocky Mountain

3. What is the name of the body of water near Corner Brook?
   A. Bay of Islands
   B. Humber Bay
   C. Corner Bay

4. What is the name of the park in Corner Brook?
   A. Blomidon Park
   B. Grenfell Park
   C. Margaret Bowater Park

5. What colors are on the Newfoundland Flag?
   A. Green, Red, Blue
   B. Blue, Green, Yellow
   C. Red, Blue, Yellow

6. What is the capital of Newfoundland?
   A. Corner Brook
   B. St. John’s
   C. Gander

7. What is the official bird of Newfoundland?
   A. Seagull
   B. Crow
   C. Puffin

Answer Key:
1. A. Captain James Cook
2. A. Marble Mountain
3. A. Bay of Islands
4. C. Margaret Bowater Park
5. C. Red, Blue, Yellow
6. B. St. John’s
7. C. Puffin

Open daily from 11am - 11pm
13 Union Street . Corner Brook
388.2255
colouring sheet
Margaret Bowater Park
O’Connell Drive (between University Drive & West Valley Rd)
This public park offers a supervised natural swimming area with change area and canteen services. It is also a site for events like the Canada Day, and Corner Brook Day. The play area is a family delight with tables for picnicking and well lit for evening activities. Large playground and entrance to walking trail.

Kinsmen Prince Edward Campground and RV Park
Route 440, Corner Brook
This park has a lovely day use and playground area. Fully, semi and non-serviced sites are available with showers and laundry facilities. 709-637-1580. www.princeedwardpark.com. Off season: 709-634-7262.

Bottle Cove Day Park
Wander along a sandy beach and stroll along beautiful walking trails. Located on the south shore of the Bay of Islands at Little Port, Route 450. Approximately 50 km from Corner Brook.

Blow Me Down Provincial Park Trail
This half-kilometre trail leads to a lookout platform offering panoramic views of the rugged coastline of York Harbour, Lark Harbour and the Bay of Islands. The trail continues on for another two kilometers to the end of Tortoise Point. 28 Unserviced sites, dumping station, washrooms/showers, laundry facilities - located on the south shore of the Bay of Islands in Lark Harbour, Route 450. Approximately 47 km from Corner Brook.

Hughes Brook Trail
The trail travels from the Hughes Brook Bridge along the river, all the way to the estuary leading into the harbour. Located at Hughes Brook on the North Shore of the Bay of Islands, Route 440.

Man in the Mountain
Exit 7 - Trans Canada Highway, Riverside Drive
According to local legend, the Spanish buried a treasure on Shellbird Island in the Humber River. If you look closely, you will see the face of an old man in a rock formation overlooking the island. “The Old Man in the Mountain” is said to be a marker for the treasure. This is best viewed from the rest area at the exit. An information board will help you find the “Old Man”.

TRAILS, PARKS AND WILDERNESS AREAS
Railway Society of Newfoundland
Historic Train Site
Riverside Drive at Station Road
The Historic Train Site features rolling stock, trackage, freight and shed. Artifacts also include telegraph instruments, train order sophomore signal board, train orders, phones and a collection of historic photos. Steam engine locomotive No. 543, working diesel locomotive No. 931 and other train cars can be visited. 709-634-2720.
Off season: 709-634-6089
www.cornet.nf.ca/web/rsn

Captain Cooks Monument
Captain Cook is an historical figure; his voyages to the South Pacific, in particular, are a well-known chapter of British colonial history. The fact that Cook honed his surveying and cartographic skills in the adjacent Bay of Islands makes this area relevant to a significant portion of his career.

Wetland Interpretation Site
In many places in Canada, nearly 70% of wetland habitats have been destroyed. According to Duck's Unlimited, wetlands are key to the lifecycles of nearly 600 species of waterfowl and wildlife. In an effort to conserve wetland habitat, the Corner Brook Stream Development Corporation in partnership with Duck's Unlimited constructed a wetland's interpretation site. www.cbstream.com/news/wetlandinterpretationsite.pdf

Corner Brook Gorge
The Corner Brook Stream gorge boasts one of the most spectacular views on the trail system. A must see, the gorge reaches high and is a magnificent geological feature.

Three Bear Mountain View
Take a walk around the Three Bear Mountain Trail for a spectacular view of the city, the Bay and the Blomidon Mountains. Along with its spectacular views, this section of trail features historical panels along the way describing Corner Brook in its earlier years.

Salmon Ladder
For nearly 50 years, salmon were unable to return to their original spawning grounds due to the construction of the dam at the Glynmill Inn Pond. In 2002, a fish ladder was constructed and several organizations assisted with the release of fry into the stream, salmon are now returning to the Corner Brook Stream trail to spawn.

Corner Brook Stream Trail
The trail winds through the city, following the meandering Corner Brook Stream. The trail is groomed and has rest areas throughout the three diverse sections of the trail.

The downtown trail features the Glynmill Inn Pond. You can access this part of the trail via:

- Glynmill Inn - 1B Cobb Lane
- Margaret Bowater Park - O'Connell Drive
- Old Corner Brook City Hall - 2 Mount Bernard Ave.
- Sir Richards Squires Building - O'Connell Drive at Mount Bernard Avenue
- Park Street - next to Sorrento's
- Corner Brook Port
The upstream section takes walkers through an exciting natural gorge area offering spectacular views. The sunset from this area is amazing! Access this part of the trail via:
• Crocker’s Road - near Exit 5, Trans Canada Highway

Three Bear Mountain offers walkers a panoramic view of the City of Corner Brook. A short walk will bring you to information panels on the various scenes that you are able to view from this spot. Access point is:
• From the parking lot of O’Connell Centre located at 1 Hospital Hill

Online maps and trail descriptions are available at www.cbstream.com/trailmap.html

**International Appalachian Trail**
Route 440, Corner Brook
A trail within the city starts at Route 440, immediately after crossing the bridge over the Humber River, from Riverside Drive. The hike takes about 4 hours and brings you to the top of the “Old Man in the Mountain”. www.iatnl.ca. iatnl.org@gmail.com

**The Lark Harbour Trail**
Route 450, Lark Harbour
The Lark Harbour Trail is 3.5 km hike to Tortise Point. The Governor’s Staircase, viewing tower and viewpoints let you see the beautiful Bay of Islands. Season: Staffed June to October. 709-681-2430. parksinfo@gov.nl.ca

**Copper Mine Hiking Trail**
A round-trip of the 3 km (1.8 mile) trail begins at the abandoned century plus old copper mine just above Route 450 (Captain Cook Trail) at the eastern end of York Harbour. It takes approximately 4 hours to complete and provides a 360º view of the Outer Bay of Islands, North Arm Hills, Humber Arm to Corner Brook, Gulf Coast and the Blow-Me-Down Mountains.

**Hiking the Southhead Lighthouse Trail**
This is another fine trail that the Outer Bay of Islands Enhancement Committee (OBIEC) has just created. It is accessed by the Bottle Cove parking lot and provides fine vistas of not only the rugged shoreline of Little Port Head and Bottle Cove but also the scenic islands of the Outer Bay of Islands. The trail is about 3.5 km one way and climbs steeply in one section. There is a waterfall along a side trail that is worth a look especially after a heavy rain. The trail is well marked and ends at an overview of Weebal and the other islands that mark the entrance to the Bay of Islands.

**Copper Mine Cape, York Harbour**
This new trail is a standout. It ascends 650 meters to the top of Blow me down Mountain which is uniquely positioned to offer superb views of much of the Bay of Islands. It has been created as part of the new Appalachian Trail in Newfoundland.

This 7.5 km long trail is perhaps one of the finest on the island given the vistas it offers of headlands, bays, islands and mountains. The trail winds through the woods before gradually climbing above treeline. Expect strong winds in this area in all seasons.

**Hiking the Bottle Cove Trails near Corner Brook**
This area has some of the finest coastal scenery in the province. Recently the OBIEC has created a series of well marked and sign posted trails that leave from the parking lot located overlooking Bottle Cove. Bottle Cove is located near the end Highway 450 which winds along the south shore of the Bay of Islands. Allow about 50 minutes of driving from Corner Brook. These trails are all short so are suited to the entire family. If you are there at sunset be sure to hike to ‘sunset rock’ to take in the view. Also if you are there on a sunny warm day you can dip into the cool water of Bottle Cove from a long sandy beach.
Deer Lake Regional Airport

Minutes from Deer Lake & Corner Brook

20 minute drive to Gros Morne National Park, a UNESCO World Heritage Site

The Gateway to the Viking Trail

For up to date flight information and special flight offers, visit our website: www.deerlakeairport.com
Hiking to Cedar Cove near Corner Brook
The Cedar Cove trail is a short one (1.8 km) that will appeal to a wide range of hikers. It is short and fairly level and ends at Cedar Cove (also know as Wild and Caplin Cove). The large raised terrace makes for fine lunch spot with views looking out into the Gulf of St. Lawrence. You can make a fire on the beach since the piles of drift wood are astounding. You can also connect to the Little Port Head trail if you want a longer hike. To reach the trailhead drive to Little Port Head trail if you want a longer hike. To reach the trailhead drive to Little Port (end of the South Shore Highway) and look for the large signs at the end of the parking lot.

Hiking Wood’s Island, Bay of Islands
This is a combination hike-cruise with Crystal Waters Boat Tours. The trip overall is about 6-6.5 hours and includes a boat tour from the Bay of Islands Yacht Club to the east end of Wood’s Island. From there a dory will get you to shore and then walk along one of the old roads on the western side of the island to the harbour where the tour boat is waiting. At one point hundreds of people lived on Wood’s Island but it was resettled in the 1960’s. Today many people have summer homes on the island and it offers fine views of the Blow me down Mountains. The hike is about 5.5 km long and is suitable for all ages. Check out the website: wwwz.swgc.mun.ca/~knicol/NLhiking.htm

SEA KAYAKING IN CORNER BROOK AND THE BAY OF ISLANDS
This area offers numerous put ins and take out options depending on the weather, winds and your comfort zone. The inner bay is often quite protected and is shore line paddling for the most part. The outer bay has several islands that are worth visiting but be prepared for higher winds and swell conditions.

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