VISITOR INFORMATION
TRAILS AND PARKS
TOURS EVENTS
ATTRACTIONS
ACCOMMODATIONS

NEWFOUNDLAND AND LABRADOR, CANADA
www.CornrBrook.com
Large Selection

of paintings, prints, and photography from Newfoundland and Labrador artists.

Located in the heart of downtown Corner Brook, directly across the street from The Greenwood Inn & Suites

WE PACKAGE AND SHIP ARTWORK WORLDWIDE!

51 West Street, Corner Brook

709-634-7594

www.pictureitinaframe.ca
Email: pif@bellaliant.com

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Visitor Information - The Basics .......... 2
Fast Facts ........................................ 3
About Corner Brook ...................... 4
Museums, Historic Sites &
Attractions ..................................... 5
Arts & Culture .................................. 5
Galleries .......................................... 5
Recreation ...................................... 6
Tours, Tour Planners,
Guides & Charters ....................... 6
Boat Tours ................................... 7
Events .......................................... 7
Holidays ...................................... 7
Restaurants/Family Dining ........... 7
Fast Food and Takeout .................. 8
Fine Dining .................................. 9
Cafes/Pubs .................................. 9
Accommodations .......................... 12
City Map ..................................... 10-11
Bed & Breakfast/
Housekeeping Units ...................... 12
Accommodations Nearby ............... 12
Route 450 ..................................... 12
RV Parks/Campgrounds .................. 13
Shopping ..................................... 13
Newfoundland Crafts and
Souvenirs ..................................... 13
Grocery Stores .............................. 13
Liquor Stores ................................ 13
Banks .......................................... 13
Explore the Region ...................... 14-15
Kids Corner ................................. 16-19
Trails, Parks, Wilderness areas .... 20-23
Sea Kayaking ............................... 23
City Facilities .............................. 24

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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 2017©
Corner Brook Visitor Information Centre  
15 Confederation Drive  
709-639-9792  
www.cornerbrook.com

Go Western Newfoundland  
2 Herald Avenue, Millbrook Mall  
Suite 303, 709-639-9624  
www.gowesternnewfoundland.com

Newfoundland Labrador Tourism  
1-800-563-6353  
www.newfoundlandlabrador.com  
contactus@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  
709-634-0013

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

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  709-785-2540
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. For more information call Murphy Brothers at 634-3345.  
www.cornerbrook.com/bus-transit
For travel outside of the province:
The Deer Lake Regional Airport is about 59 km east of Corner Brook. Air Canada has daily flights to St. John’s, Halifax, and Toronto. West Jet flies 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 709-635-3601 Sunwing flies winter months to Varadero, Cuba and Punta Cana, Dominican Republic.

The Stephenville airport is 83 km west of Corner Brook. Porter Airlines is offering a once weekly flight to Toronto and summer flights to Halifax. Provincial Airlines has daily flights to St. John’s.
709-643-8444
www.cyjt.com
cyjt@nlrd.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: 15% 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.
Welcome to Corner Brook
Our four season destination has so much to offer for both the business and leisure traveller 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 634-2518. info@cornerbrookmuseum.ca cbrookmuseum@twitter.com

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

Rotary Arts Centre
Feat. The Tina Dolter Gallery
5 Park Street, City Hall
709-660-0012. 709-660-1031. www.rotaryartscentre.ca

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

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

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

For more information on recreation activities, view our Activity Guide on our website: www.cornerbrook.com

Bay of Islands Yacht Club
The club offers overnight 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
139 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
comberbrookcentrebowl@hotmail.ca

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

Cineplex Cinema
2 Herald Avenue, Millbrook Mall
Upper Level.
639-3456. www.cineplex.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

Civic Centre
1 Canada Games Place
The Civic Centre has two rinks available for public skating and groups of hockey, figure and speed skating. The Civic Centre also has a public walking track. The Centre is also available for concerts, conferences, meetings, weddings, and tradeshows. www.cbciviccentre.com. 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 rwight@cornerbrook.com

Swimming
Indoor pools can be found at both the Arts and Culture Center. Check their website for swimming schedules. 637-2584. www.artsandculturecentre.com.

Margaret Bowater Park
Supervised outdoor swimming during the summer season. Open on July 1st to the end of August, from Sunday to Saturday, 12 pm to 8 pm. For more information, please call 637-1232.

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. 1-866-652-2269
www.cyclesolutions.ca
info@cyclesolutions.ca

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
**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

**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

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**EVENTS**

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

- Canada Day - July 1  
- Tall Ships Festival - July 29-31  
- Corner Brook Day - July 30th  
- Intergenerational Day - September 30  
- Sounds of Summer Thursdays - July & August  
- Stage West Haunted Hikes  
- CB Museum and Archives Movies in the Park

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**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. 22, 2017  
- 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

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**RESTAURANTS**

**FAMILY DINING**

**Aroma’s Plus**  
1 Mt Bernard Avenue, Valley Mall  
709-639-1895

**Dragon Restaurant**  
8 Caribou Road  
709-634-4213

**Greco Pizza**  
93 West Street  
709-632-3030

**New Garden Restaurant**  
83 West Street  
709-634-6363

**Jiwen Garden**  
82 West Street  
639-7003

**Jungle Jim’s**  
41 Maple Valley Road  
709-639-2922

**The Lookout**  
64 Maple Valley Road  
709-639-2767

**New China Restaurant**  
22 Murphy Square  
709-632-7288

**PHO Vietnamese**  
26 Caribou Road  
709-388-8989

**Pinchgut Lake 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

**Taste of Jamaica**  
33 Broadway  
709-632-7370

**The Grove**  
20 University Drive  
709-660-0778 or 709-632-7878
Tai An Restaurant
13 Union Street
709-634-9550

The Best Coast Cafe
74 Broadway
709-660-1136

Wing’N 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

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

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

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

Mr. Wilson’s Takeout
68 Humber Road
Mr. Wilson’s Convenience
709-634-4859

T&M Takeout
55 Broadway
709-388-1333

Mug Up Gallery
43 Main Street
709-639-8216

Newfound Sushi
117 Broadway
709-634-6666

Subway
13 Union Street
709-639-7827

Subway
16 Murphy Square
709-639-7744

Subway
52A Broadway
639-7827

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

Tim Horton’s
1 Mt. Bernard Avenue
709-639-2993

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
48-50 Broadway
632-7979

Shez West
13 West Street
709-632-2255

Sorrento
18 Park Street
709-639-3466

Taste of Jamaica
33 Broadway
709-639-7370

The Carriage Room
1b Cobb Lane, Glynmill Inn
709-634-5181. Ext. 250
Toll Free: 1-800-563-4400

The Wine Cellar
1b Cobb Lane, Glynmill Inn
709-634-5181. Ext. 252
Toll Free: 1-800-563-4400

CAFES/PUBS

74 Broadway Pub
74 Broadway
634-4812

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

Curling Ranger Club
336 Curling Street
709-785-7020

Flynn’s Pub
34 Broadway
709-639-2255

Harbour Grounds
9 Humber Road
639-1677

Jennifer’s
48 Broadway - 2nd floor
632-7979

MacAvery’s Sports Bar
86 West Street
709-639-9871

Tallboys Pub & Grill
8 Broadway
709-639-3900

King Henry’s Pub
1b Cobb Lane, Glynmill Inn
709-634-5181. Ext. 251.
Toll free 1-800-563-4400

Leah’s
14C Herald Ave.
709-634-2823

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

Robin’s Donuts
Corner Brook Plaza
Opening Soon

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

The 86er Club
86 Broadway

The Landing
4 Caribou Road
709-634-1466

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  
Toll free 1-800-563-4400  
www.glynmillinn.ca

**Greenwood Inn and Suites**
3.5 Star  
48 West Street  
709-634-5381  
www.greenwoodcornerbrook.com

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

**Oceanview Hotel**
119 Humber Road  
709-634-7829

**Quality Inn**
3 Star  
64 Maple Valley Road  
709-639-8901  
www.qualityinncornerbrook.com

**Memorial University**  
(Grenfell Campus)  
University Drive, 709-637-6255  
Contact Marie Claude Renaud  
45 apartments, May to August.

**Nudawn Manor**
3.5 Star  
60 Gillams Road  
709-634-1276/709-576-1495

**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  
709-639-3111

**Garden Hill Inn**
4 Star  
2 Ford's Road  
709-634-1150

**Stef's Suites**
3.5 Star  
54 North Street  
709-634-4609

**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  
709-634-9937  
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  
709-634-9237  
www.marbleinn.com

**Marble Mountain Cottages**
3 Star  
29 Dogwood Drive, Steady Brook, NL  
709-634-9237  
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/marblevilla

**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

**ROUTE 450**

**Captain Cook’s Trail Bed and Breakfast/Cottage**
2.5 Star - Bed and Breakfast, 3.5 Star - cottage  
York Harbour, NL  
709-681-9906  
www.captaincookbb.ca

**Candlelite Bay Inn**
4.5 Star  
439 Main Street  
York Harbour, NL  
709-681-2853  
www.candlelitebay.com
**RV PARKS/CAMPGROUNDS**

- **Kinsmen Prince Edward Campground and RV Park**
  - Fully serviced, semi serviced and non serviced sites
  - Route 440
  - 709-637-1580
  - 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

**NEWFOUNDLAND CRAFTS AND SOUVENIRS**

- **FancyThat**
  - 98 Broadway
  - 709-634-2200
  - www.fancythatgifts.ca

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

- **Mala Local Crafts**
  - 74 Broadway
  - 709-634-4004

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

**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.

- **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**

- **Lady’s Hand**
  - 137 O’Connell Drive
  - 709-637-6767

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

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

**GROCERY STORES**

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

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

- **Sobey’s**
  - 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

- **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**
  - 709-639-8168

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

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

- **CitiFinancial**
  - 1 Mt. Bernard Ave.
  - 709-634-1709

- **Newfoundland and Labrador Credit Union**
  - 38 Main Street
  - 709-637-4300

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

- **Scotiabank**
  - 62 Broadway
  - 709-637-4720

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

It’s yours to discover and only a day’s trip from Corner Brook!
1. Who discovered Corner Brook?
   A. Captain James Cook  
   B. Leif Erickson  
   C. Christopher Columbus

2. Corner Brook was the smallest community to host the Canada Winter Games in 1999.
   True False

3. 2016 marked the ______ Anniversary of Corner Brook
   a. 50th  
   b. 60th  
   c. 75th

4. How many Cities are in Newfoundland and Labrador?
   a. 1  
   b. 3  
   c. 5  
   d. 7

5. Corner Brook is the most northern city in Atlantic Canada.
   True False

6. In 2016 which major event did Corner Brook host?
   a. Special Olympics Canada Winter Games  
   b. UCI World Tour  
   c. Summer Olympics  
   d. Reebok CrossFit Games

7. What is the official bird of Newfoundland?
   A. Puffin  
   B. Eagle  
   C. Fish

**Answer Key:**

1. B  
2. True  
3. B 60th Anniversary  
4. B 3 
5. True  
6. A -- Special Olympics Canada Winter Games  
7. A. Puffin

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colouring sheet
1. What has red, yellow, and blue and only flies when it’s windy?

2. I’m tall when I’m young, but short when I’m old. What am I?

3. What has hands but can not clap?

4. What comes down, but never goes up?

Answer Key:
1. Newfoundland Flag. 2. Candle. 3. Clock. 4. Rain

Can you SPOT the difference
There are 15 differences. Can you spot at least 10?

Knock
Who’s there?
Wooden shoe.
Wooden shoe who?
Wooden shoe like to hear another joke?

What do cows listen to?
Moo-sic.

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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 Canada Day and Corner Brook Day. The play area is a family delight with tables for picnicking and well lit for evening activities.

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.princeedwardrvpark.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 Tootoise 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”.

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: 709-640-8685

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 damn 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. parkinfo@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 360° 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 and 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.
**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 known 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: www.z.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.
**DOG PARK**

**Rotary Club of Humber Dog Park**
Located on Wellington Street, this off leash dog park is open 7 days a week to exercise and socialize your dog.

Pet Owners are asked to please help keep the facility clean and follow all rules and regulations posted.

**PARKS**

**Margaret Bowater Park**
Margaret Bowater Park offers a supervised natural swimming area with change area and canteen services during July and August. There are two playgrounds, and a performance stage and open spaces.

The space, facilities and central location makes it “the” host venue for special events including: Concert Series, Canada Day Celebration, Corner Brook Day Celebration, and the Corner Brook Winter Carnival.

Located on O’Connell Drive (between University Drive & West Valley Road)

**Majestic Lawn**
Situated near the West Street business district, Majestic Lawn boasts a large open space area, a gazebo with access to electricity and a tree lined perimeter. Whether eating lunch on a summer day or listening to entertainment, this facility offers a variety of recreational and cultural events. To book this space for an event please call 709-637-1232.

**PLAYGROUNDS**
The City of Corner Brook has a number of unsupervised playgrounds designed for children from 2 to 12 years of age. The playgrounds are regularly maintained and adhere to Canadian Standards for Children’s Play Spaces.
44 Maple Valley Road • Corner Brook • 709-634-3872
Sun 12:00 - 5:00 • Mon, Tues & Sat 9:30 - 6:00 • Wed, Thur, Fri 9:30-9:00

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