The background of the cover is a photograph of a bronze statue of a man in a suit playing a harp. The statue is positioned in the center-right, standing on a stone-paved area. Behind the statue is a blue metal railing, and beyond that, a scenic view of a body of water and distant hills under a cloudy sky. The title 'CORNER BROOK' is at the top in a blue serif font, with a stylized sunburst logo above it. Below it, 'VISITOR' is written in large, bold, blue sans-serif letters. To the right of 'VISITOR', '2017 Guide' is written in a white, elegant script font.

CORNER BROOK
VISITOR
2017 Guide

**VISITOR INFORMATION
TRAILS AND PARKS**

TOURS EVENTS

ATTRACTIONS

ACCOMMODATIONS

NEWFOUNDLAND AND LABRADOR, CANADA

www.CornerBrook.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



Find us on Facebook

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SALTWIRE
NETWORK

Main Cover Photo: Dru Kennedy.
Photo credits - Darren Buckle, Meagan Barnes, Cory Patey, Nikita Elliott, Jerome Jesseau, Boyd Kendall, Paul Quigley, Michelle Walsh and Pauline Anderson.

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©



Margaret Bowater Park



visitor » information » the basics

Bruce Kendall photo

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

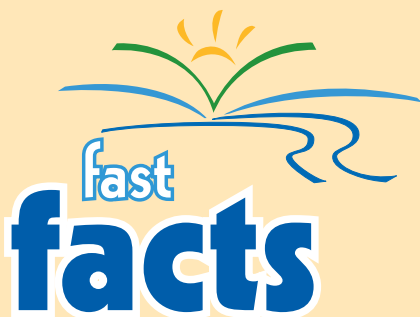
www.cjyt.com

cjyt@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: 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.

ATVs, Motorcycles, Generators, Snowblowers and More!

2017 Grizzly

We're your authorized Yamaha dealer for all seasons.

12 Commercial Street, Corner Brook

634-5984

www.twinpeaksmotorsports.com



Moose



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](https://twitter.com/cbrookmuseum)

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

Corner Brook Museum





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 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
cornerbrookcentrebowl@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 tradeshow. www.cbcciviccentre.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 wright@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.mountainstourphotography.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



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

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

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
709-639-2222

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
632-7827

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
709-632-7370

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

The map illustrates the layout of Lewin Park and its surrounding areas. Key features include:

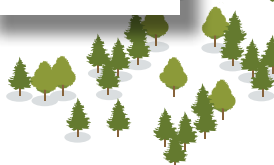
- Streets:** Major roads such as O'Connell Drive, Country Road, and Lewin Parkway are clearly marked. Other streets include Bony Pl, Star St, Boland's Ave, Brennan St, Woodcrest Ave, Parson's Ln, Blanchard's Ave, Forewell Pl, Parkway Heights, Valley View Dr, Wilson Dr, Kowala Dr, Green Garden Road, Farmdale Rd, Hendon Dr, Owen Pl, Herby Village Rd, Port St, Payne's Rd, Burton's Rd, Neville Ln, Culbert's Rd, Siver St, Carrage Lane, Macdonalds Brown Dr, Russell St, Filibre Ave, Tapping Place, Lundrigan Drive, and Griffin Drive.
- Landmarks and Sites:**
 - Captain Cook's Look Out:** A statue of Captain Cook is shown with a photo.
 - Captain James Cook National Historic Site:** A green area with trees and a photo.
 - City of Comer Brook:** A photo of a cityscape.
 - Blow - Me - Down Cross Country Ski Park:** A photo of a person skiing.
- Other Features:**
 - A large crest is located on the left side of the map.
 - Various icons for facilities like a playground, a library, and a park are scattered throughout.
 - Green areas represent parks and landscaped zones.



Cross country skiing at Blow-Me-Down



City of Corner Brook



Blow - Me - Down Cross Country Ski Park

LEWIN PARKWAY

explore



Corner Brook
Stream Trail

ACCOMMODATIONS

Hotels

Comfort Inn

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

Glynnmill Inn

3.5 Star
1B Cobb Lane
709-634-5181
Toll free 1-800-563-4400
www.glynnmillinn.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
709-634-2237
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/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
709-681-2906
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

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

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

GROCERY STORES

Coleman's Food Centre

26 Caribou Road
709-637-6635

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

LIQUOR STORES

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Corner Brook Plaza
709-639-3490

137 O'Connell Drive
709-639-3480

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convenience stores.

BANKS

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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

CitiFinancial

1 Mt. Bernard Ave.
709-634-1709

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 Islands' 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

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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 Ancêtres 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!





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Newfoundland trivia

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

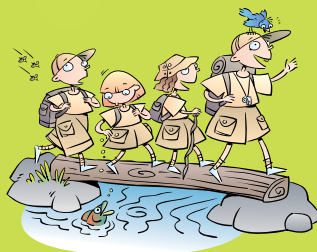
6. In 2016 which major event did Corner Brook host?

- 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. Legendary explorer Captain James Cook surveyed and charted the Bay of Islands in 1767 and named many of the fishing villages in that area.
 2. True
 3. B 60th Anniversary
 4. B 3 City of Corner Brook City of Mount Pearl City of St. John's
 5. True
 6. A -- Special Olympics Canada Winter Games
 7. A. Puffin



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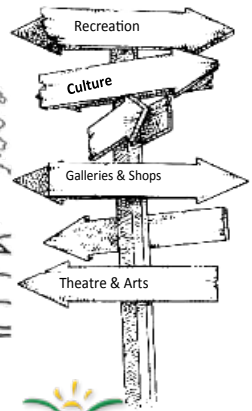
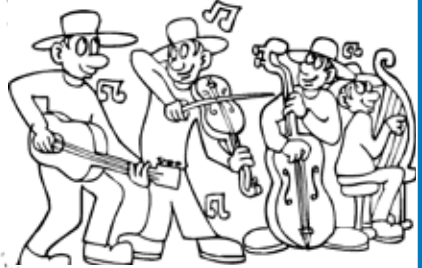
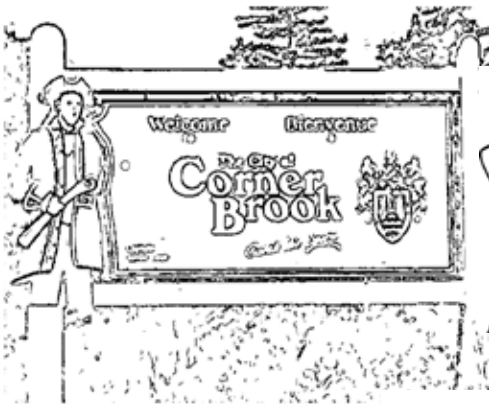
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Just for fun

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 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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TRAILS, PARKS AND WILDERNESS AREAS

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.

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.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 Tortoise Point. 28 Unserved 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 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



Photo provided by: Nikita Elliott

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 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 Weeabal 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.




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.vz.swgc.mun.ca/~knicol/NLhiking.htm

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

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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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.



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