

Photo Credit: Alison Sloan



You'll Find It all up Here

Where else can you stand with **rare arctic-alpine blooms** and **ancient fossils** at your feet . . . where **humpback whales** breach next to giant icebergs and the waves have carved **sea caves** and pinnacles of limestone along the shore?

Where else can you hear haunting tales of **Vikings**, wandering Irish Monks, **shipwrecks**, demon isles and French **explorers** . . . where life between land and sea is much as it has been for hundreds of years?

It's all up here . . . From big to small, Newfoundland's Great Northern Peninsula is a place of unexpected extremes. We're as far north on the Island as you can go.

Come, discover life on a higher level.



Photo Credit: Alison Sloan

Small Wonders

Look closely. This landscape holds small wonders. In May and June, the barrens bloom with miniature orchids and other rare arctic-alpine plants. The **Burnt Cape Ecological Reserve** is home to over 300 different plant species. Several, including the endangered **Burnt Cape Cinquefoil**, are found nowhere else but here on the Great Northern Peninsula.

The elements have carved amazing rock-features into this limestone landscape. You'll find dramatic **sea stacks** and **sea caves** called "ovens" dotting the shore, bearing the traces of the ancient seabed it once was, the limestone tells a tale of life millions of years ago - **trilobites** and other fossils are trapped for eternity in the rock layers.



Photo Credit: Angela Loring



Photo Credit: Kathleen Walker

United Church in Cook's Harbour

Northern Adventures

From **Leif Eriksson** to **St. Brendan**, from **Jacques Cartier** to **Sir Wilfred Grenfell** - this peninsula's history comes big and small.

This peninsula was "Vinland" to the vikings, and "Le Petit-Nord" - the little North - to the French. You can still feel the mystery and adventure of these early explorers crackling in the crisp northern air.

Most will know about the Vikings, but scratch the surface and you'll find a thousand hidden histories. Shipwrecks, rescues and abandoned mines. A **demon isle**, a **bottomless pit**, and the haunting **Brown Man** of Muddy Cove.

The Folk stories here stretch back generations. There's even a nugget of truth in them . . . usually!



Photo Credit: Kathleen Walker

A Life between Land + Sea

There's a flavour here of life on the edge - before supermarkets, highways and transport trucks.

Vegetables are home-grown in roadside gardens, houses are still heated with logs cut from the woods, and there's usually a jar or two of moose meat and wildberry jam in the pantry for winter.

Roadside gardens aren't just charming, they're practical. It's the way things are done up here. Why clear your land when a road crew has already turned the topsoil on a sheltered, inland plot? Fences adorned with bags are all you need to keep the potatoes safe. **Moose** are the only thieves to worry about up here.

There's **wood drying** in tee-pee stacks. Wild berries grow along every trail. "Fill your boots" with **partridgeberries**, **bakeapples**, and **blueberries**. The cooler climate concentrates the sugars and makes everything sweeter.



Photo Credit: Kathleen Walker

Ocean Abundance

Forget what you think you know about northern climates. This is where arctic species meet their southern cousins. The result is a place teeming with life big and small.

Humpbacks, **minkes**, **dolphins** and **orcas**. **Eider ducks**, **arctic terns**, **bald eagles** and **ospreys**. The cold Labrador current draws creatures here to feed and breed. Hear a blow and look up to see a humpbacks balloon-shaped spray drift across the water. The humpbacks and he calves will feed here all summer before returning to the caribbean to breed.

Gaze up a telephone pole to spy on an ospreys nest. See the gannets diving like darts into the water as they hunt for prey.

This is also the island's nothern tip of **Iceberg Alley**. June to August, the bights are blocked with **bergy bits** and **growlers** ("small" house-sized bergs). Their long journey from Greenland comes to an end as they melt slowly in the coves.



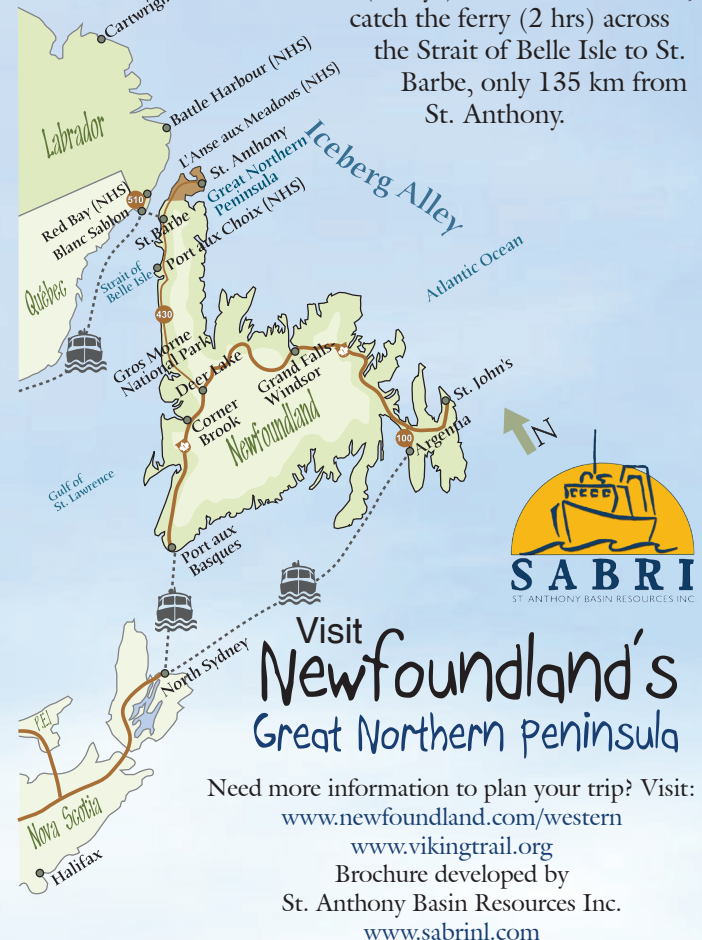
Photo Credit: Alison Sloan

Getting Here

By air: Several regional airlines make daily stops at airports connecting St. Anthony, Deer Lake, and St. John's. The St. Anthony airport is just 50 km from the Town of St. Anthony. Car rentals and taxi service are available at each airport.

By car: Take the Trans Canada Highway to Deer Lake, then turn north up The Viking Trail - Route 430. We're approximately 3½ hours (330 km) north of Gros Morne National Park.

By car ferry (seasonal): Book well ahead to take the ferry along Quebec's Lower North Shore from Rimouski to Blanc Sablon (3 days). From Blanc Sablon, catch the ferry (2 hrs) across the Strait of Belle Isle to St. Barbe, only 135 km from St. Anthony.



Route 430 to Northern Adventure

So many icebergs run aground off the **St. Anthony Bight Loop Trail** (10 min) that it's known as an **iceberg graveyard**. You'll find this trail 2 km north of the community. For more icebergs, try the **John Patey's Trail** (20 min) in **St. Carol's**. The **Flat Point Trail** (25 min) behind the cemetery in **Great Brehat** (pronounced "braha") is known as a great spot for berry picking.

In **St. Anthony**, the **Grenfell Historic Properties** are a must-see. Sir Wilfred Grenfell rubbed shoulders with the Roosevelts and

Rockefellers as he raised funds for this medical mission here. Relive Dr. Grenfell's story through multimedia exhibits at the **interpretation centre** and a tour through Grenfell's **1909 period house**. From the lighthouse at Fishing Point Park in St. Anthony, climb the 400 steps to a lookout high above the icebergs and whales that often gather here.

Walk the **Back Cove Trail** (1 hr) from the **Goose Cove** town hall to find the abandoned shafts of the **copper mine** that closed here in 1911. Stop in at the **Pumley Cove Trail** (30 min) in **goose Cove** to see if you can find a **humpback** playing in the waves.

Route 435 to The Highlands

Captain James Cook named **Cook's Harbour** when he charted this coast in 1764. Back then, this was part of the French Shore. Hundreds of Breton sailors fished here every summer until late 1800s. The old wooden **United Church** is a reminder of this community's more recent English past as a prosperous supply stop for shooners sailing by to fish 'up the Labrador'.

Walk the **Whale Point Trail** (1 hr) in **Wild Bight** to see icebergs, harpseals, and humpback and minke whales. The trail continues for one hour towards the **Cape Norman Lighthouse**, the northernmost point on the Island. From here, the Labrador Coast can be seen clear across The Strait of Belle Isle.

At **North Boat Harbour**, start on the beach at the 1907 wreck of the schooner Eastwood, and take the **Highlands Trail** (2 hrs) across the **limestone barrens**. You'll find fossils and rare plants against a backdrop of rocky limestone pinnacles shaped by the sea.

At the abandoned community of **Big Brook**, on the aptly named **Unfortunate Cove**, look for the skeletal remains of the **Empire Energy**, a cargo ship wrecked by German U-boats in 1942.

Route 437 to The Cape

At the **Burnt Cape Ecological Reserve** you'll see plants that are unique in the world, touch 400-million-year-old fossils, and step into the eerie echo of a sea cave known as 'The Big Oven'.

Back at **Raleigh**, experience the past first-hand with the Raleigh Historical Corporation. The community offers adventure holidays on which visitors have the chance to work and live as members of a fishing crew, catching and curing cod as it was done in the old days.

At **Ship Cove**, Icelandic poppies blow and residents have a knack for whimsical yard art. **Treena's Trail** (2.5 - 3 hrs) circuits the community and offers views of the Sacred Islands and 'Album Rock'. In 1858, French photographer Paul-Émile Miot painted and photographed the word 'album' on this 20-foot sea stack to create the cover for his famous collection of pictures from the French Shore.

French fishing here was in decline when the Adams family settled on nearby **Cape Onion** in 1874. Their steep-gabled **1890 house** still stands as a testament to their history as merchants and ship builders who stepped in as the French ships sailed away.

Route 436 to Vinland

St. Lunaire-Griquet's French past is kept alive through its name, and through the **Capitaine Liberge de Granchain Exhibit** at the Dark Tickle Company: for stories steeped in myth, ask a local about the bottomless pit and walk the **St. Brendan's Trail** (30 min). find a guide to help you uncover the carved stone that some say lends credit to the theory that Irish monks sailed here around 500 A.D. Before you leave town, visit the **Economuseum** to get a different kind of story on the journey from berry to jam jar.

On to **Gunner's Cove**, where the name says it all. The birds here are more likely to be shot with a camera these days. The name for Noddy Bay came naturally to Captain Cook when he saw hundreds of noddies, or **Atlantic Fulmars**, nesting on the cliffs. This is bird-watching heaven. Walk the **Squid Jiggin' Point Trail** (1 hr) from the end of the gravel road in **Noddy Bay**

the **Cape Raven Trail** (45 min) in **Straitsview**, and the **Noddy Bay Head Trail** (60 - 90 min) in nearby **Hay Cove** to see fulmars, gannets, and gulls galore.

Jacques Cartier anchored in **Quirpon** (pronounced car-pon) in 1534 when this was **Le Kerpont** - a busy fishing station. You'll find a taste of this history restored at the **French bread oven** site. Merchant William Henry Pynn arrived and built a home here in 1892. It still stands, as does the **1908 lighthouse** that guided his schooners from atop the cliffs at **Cape Bauld** on **Quirpon Island**, also known as the Isle of Demons. You can reach the island by boat or see it from the **Tickle Lookout Trail** (30 min).

Still up for a walk? Seabirds, a **sea cave**, and the **1947 wreck of the S.S. Langleecrag** can be seen from **Lacey's Trail** (2 hrs), which starts off the main road to **L'Anse aux Meadows**. At **L'Anse aux Meadows National Historic Site of Canada**, a UNESCO World Heritage Site, the story of the Norse who came here around 1000 A.D. comes alive. Nearby, **Norstead: A Viking Port of Trade**, is an imaginative re-creation of life as it might have been had the Vikings stayed and put down roots.

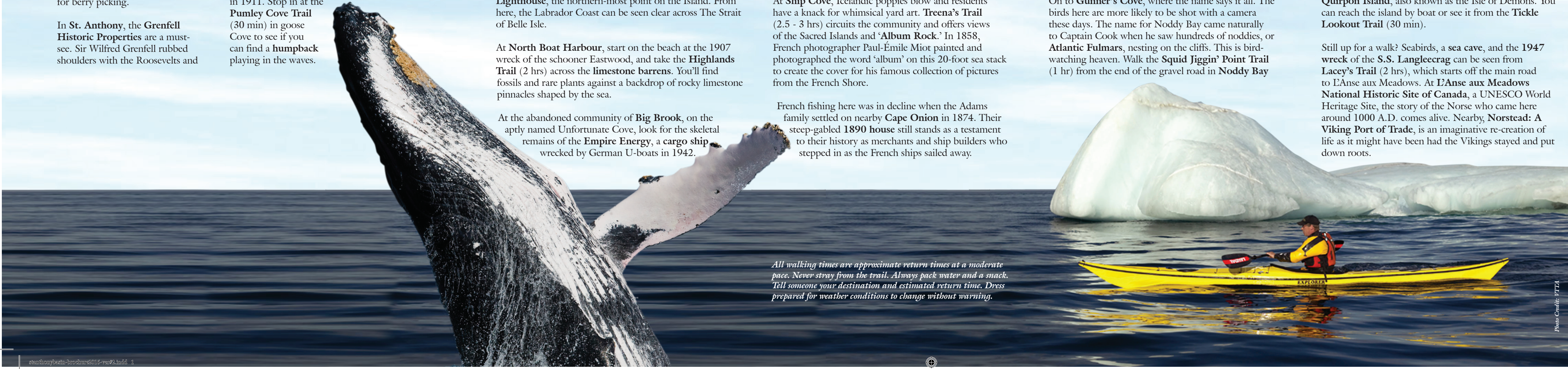


Photo Credit: TTTA

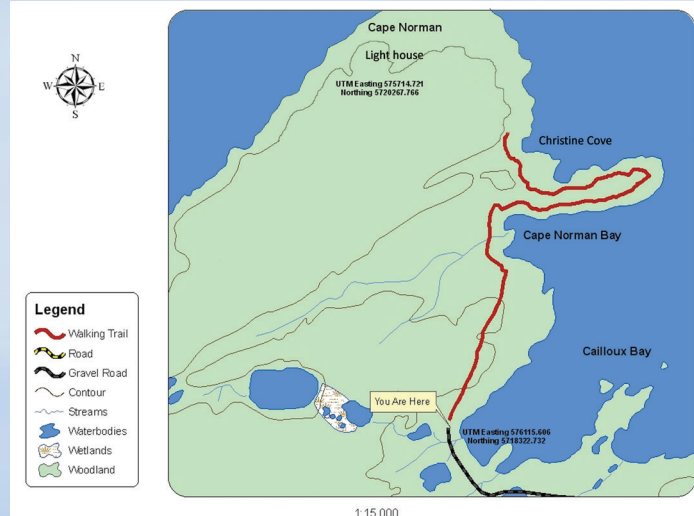


All walking times are approximate return times at a moderate pace. Never stray from the trail. Always pack water and a snack. Tell someone your destination and estimated return time. Dress prepared for weather conditions to change without warning.



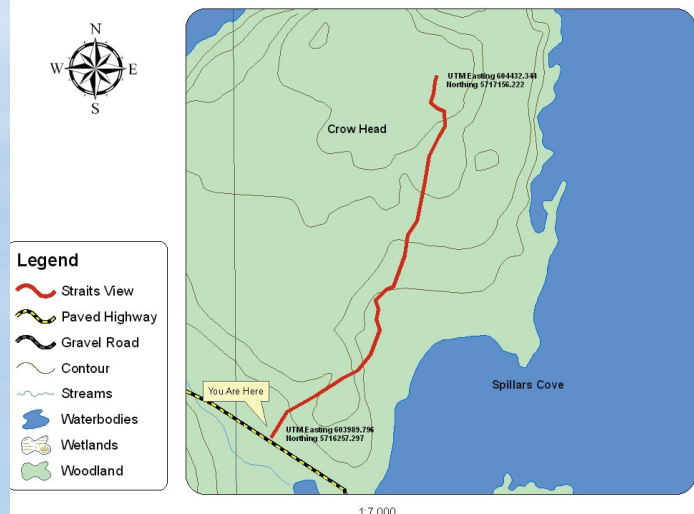
Whale point Trail (Wild Bight)

This is an easy 8km walking trail (return). It will take about 2 hours to complete the return trip. This trail provides the opportunity to view marine life such as whales and seabirds, as well as icebergs. The shipping lane is off in the distance, therefore, at the right time of the day you may see some ships steaming by.



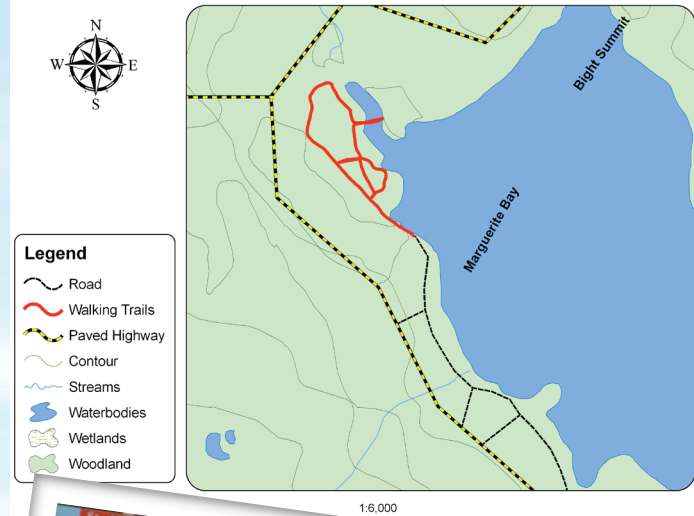
Cape Raven Trail (Straitsview)

This trail is a moderately difficult 45-minute hike with steep sections. It will take you about 20 minutes to reach the scenic lookout where Captain James Cook is said to have surveyed Noddy Bay in 1763. The lookout provides a panoramic view of the community of Straitsview. It's also a great spot to see icebergs, humpback whales, and feeding herring gulls and eider ducks. This trail is the Northern Terminus of the International Appalachian Trail.



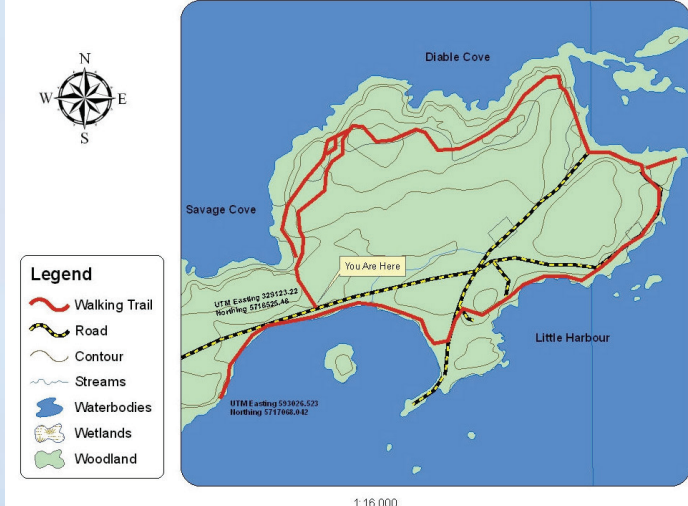
Bottom Brook Park Trail (St. Anthony)

This is an easy 1km trail. It is the original trail that residents traditionally used to connect the east side of St. Anthony harbour to the west side prior to the road connection. A waterfowl sanctuary is located at Bottom Brook which aids to protect various species of ducks and other birds. So, don't forget your binoculars during this leisurely stroll because you may get an opportunity for bird watching! For your convenience, Bottom Brook Park also has a gazebo where you can sit and watch nature at its best in northern Newfoundland.



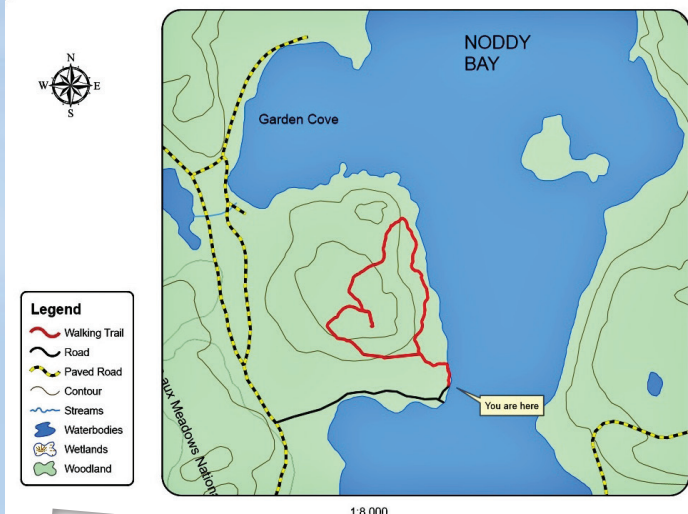
Treena's Trail (Ship Cove)

This is a moderate 7km walking trail. It will take you about 2 1/2 to 3 hours to complete the loop. This trail has great scenic views with 3 designated lookouts. These lookouts provide excellent views of the surrounding communities, coastlines, whales, icebergs and wildlife. The trail leads to various tourist attractions including Mior Exhibit, Mini-village; Album Rock; Tickle Inn; Yard Art and Flower Gardens.



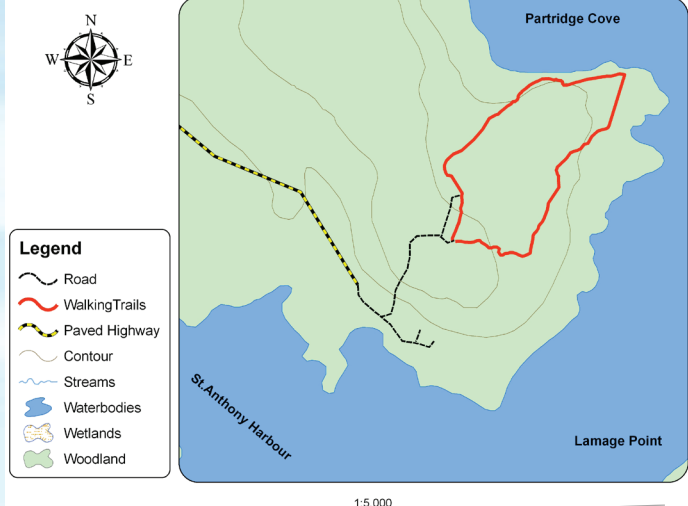
Squid Jigging Point Trail (Noddy Bay)

This is a moderate 2.1km loop walking trail with some steep sections. It will take you about 1 hour to make the round trip. This trail provides a great view of the surrounding area as well as views of Belle Isle and the Labrador Coastline. On the right days you can also see icebergs, whales and fishing activity. Keep a watchful eye for birds, rabbits and other animals which can be found in the area as well.



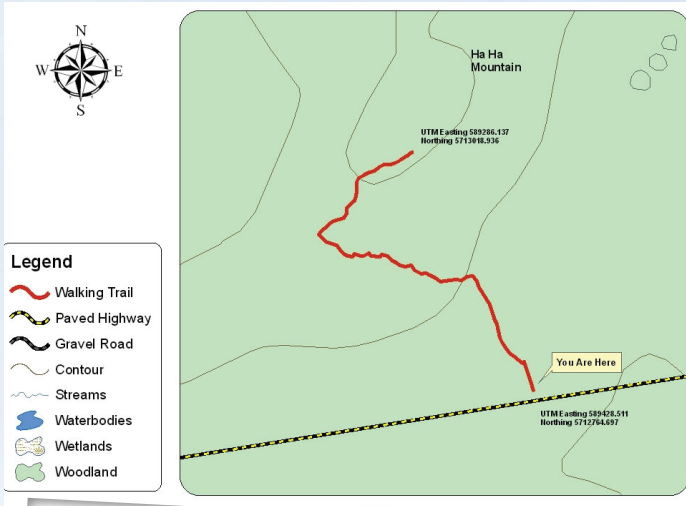
Lamage point Trail (St. Anthony)

This is a moderate 1km trail. The history of this trail goes back to the first people that settled on the East side of St. Anthony harbour, back to a time when people depended solely on the land and sea for their food and their survival. During the late fall, winter, and spring, men living in this area would make daily trips along this trail to the ocean front to hunt sea birds for food. At that time, very few people owned small boats and motors so bird hunting was done from land. The birds were retrieved by using an instrument called a Floating Jigger. When you walk this trail have your camera ready as it is known to have a selection of local berries, wild Lilies of the Valley, moose and even an Iceberg or two!



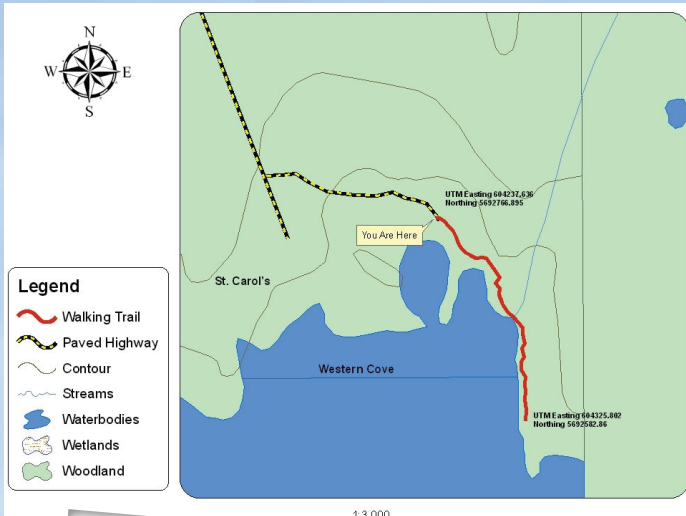
Nuddick Trail (Raleigh)

This is an easy 1km walking trail (return) with some loose rock and steep sections. It will take you about 15-20 minutes to make the return trip. This trail provides a panoramic view of the community of Raleigh and a clear view of Burnt Cape.



John patey's Trail (St. Carol's)

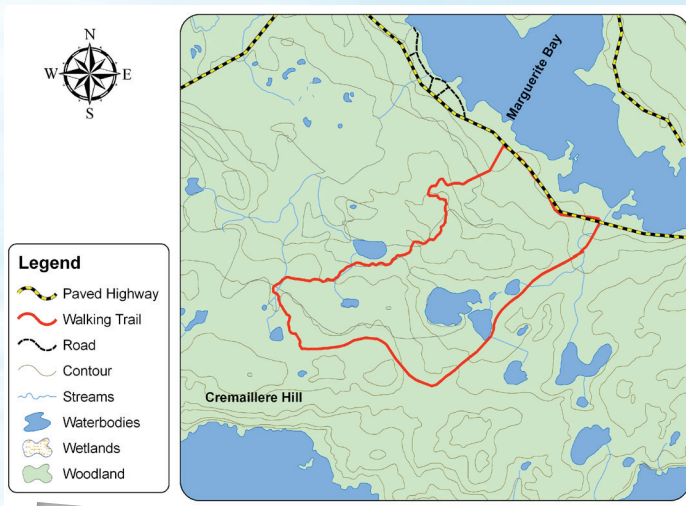
This is an easy 0.5km trail (return) with a few steps. It will take you about 20 minutes to make the return trip. Along this trail you will have the opportunity to view whales, icebergs, and sea birds. There are also some great places to do some berry picking.



Tea House Hill Trail American Base Trail (St. Anthony)

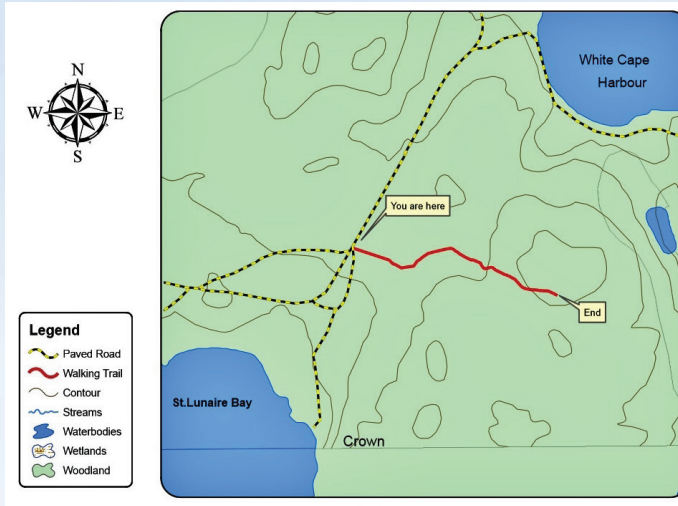
Decades ago, Dr. Grenfell and many other town residents used to walk to the scenic tea house after a long day of work. Interpretative panels and seating are placed along the route to the top of the hill where a lookout is placed upon the original foundations of the old tea house. There is a site, just beside the "Tea House", where Dr. Grenfell and other high profile residents of the mission and our community are memorialized. This 1 km trail is rated moderate due to much uphill walking.

About halfway through the Tea House Hill Trail there is a marked turn-off, which allows you to walk to the former U.S. Military Base. This trail overlooks a spectacular vista of coastal mountains and ocean scenery. This well-groomed trail winds up and down hills and incredibly pristine valleys, dotted with lakes and ponds, hikers ultimately arrive at the former military base. You can explore the grounds of the former military base to view incredible scenery of ocean, mountains and islands. The site for the military base was originally designated due to its superior radar vantage point over the Atlantic Ocean. Please allow 2-3 hours for return trip.



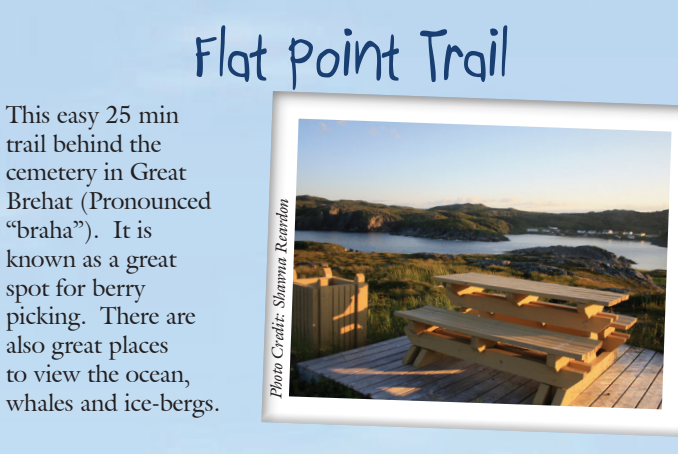
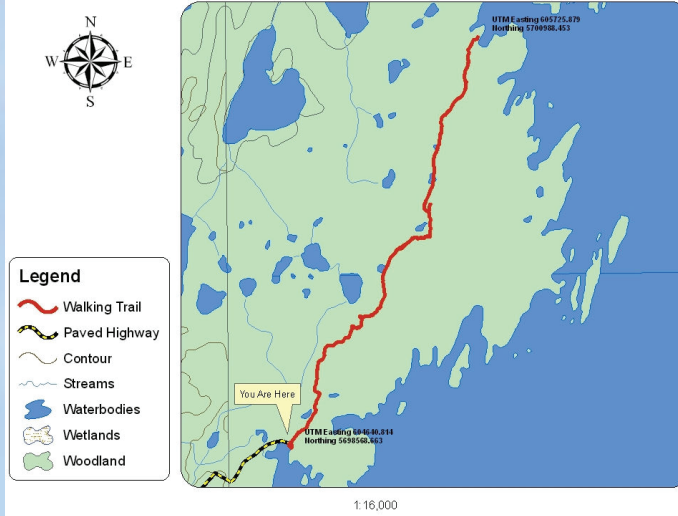
St. Brendan's Trail (St. Lunaire-Griquet)

This is a moderate 0.67km return walking trail with a steep section at the end of the trail. It will take you about 1/2 hour to make the return. This trail has spectacular scenery as well as great opportunities for viewing whales, icebergs and sea birds.



Little Brehat Trail (Great Brehat)

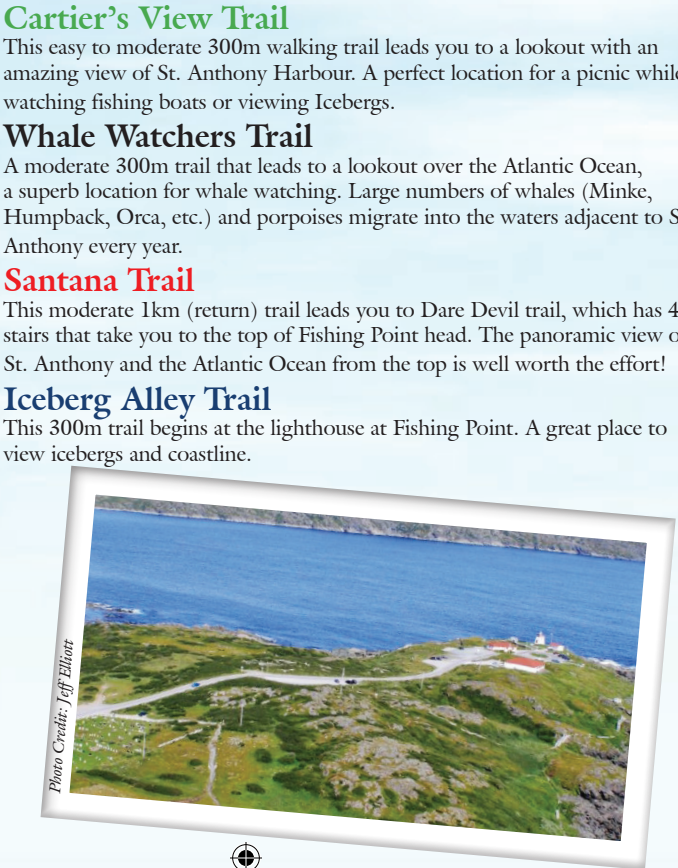
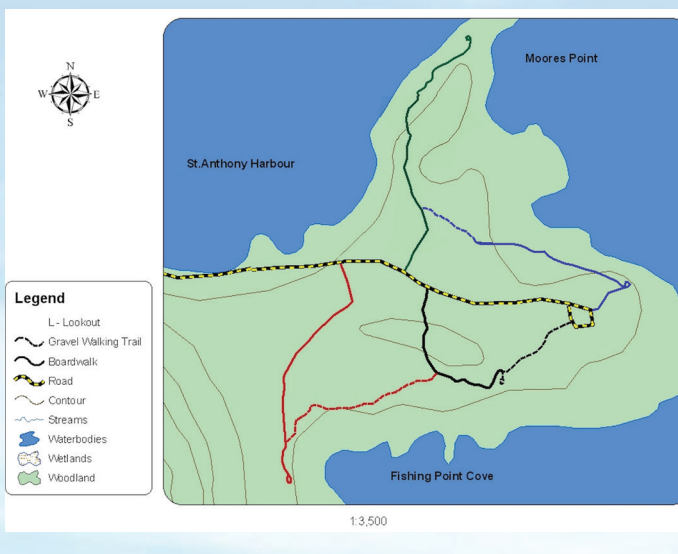
This is an easy 5.5km walking trail (return) with some steep hills. It will take you about 60-75 minutes to reach a resettled community known as Little Brehat before you begin the return trip. Along the way there are some great places to view the ocean, whales and icebergs. There are also some great places to do some berry picking.



Flat point Trail

This easy 25 min trail behind the cemetery in Great Brehat (Pronounced "braha"). It is known as a great spot for berry picking. There are also great places to view the ocean, whales and ice-bergs.

Fishing point Park (St. Anthony)



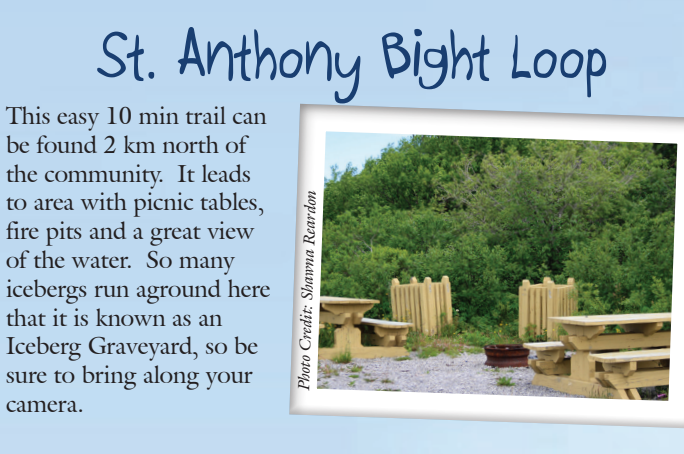
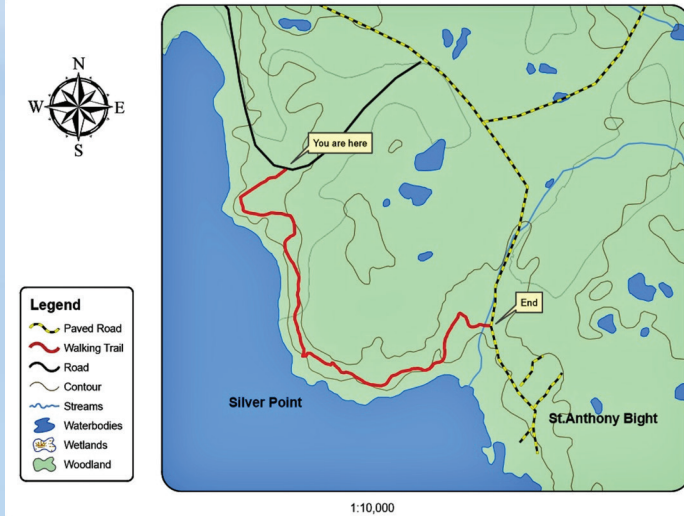
Camel's Back (St. Lunaire-Griquet)

Nearing the end of the community take the turn at Dark Tackle Junction, as you approach a fork in the road pull to the right and park your vehicle. From there you will see a sign leading you to a moderate 2km return walking trail with some loose rock and steep sections. It will take you about 1 hour to make the return trip. This trail has spectacular scenery as well as an opportunity for viewing whales and icebergs.



Silver point Trail (St. Anthony Bight)

This is a moderate 2km return walking trail with portion being a marked footpath which can be difficult in sections. It will take you about 1 hour to make the return trip or if you prefer, you have the option to continue a loop by taking the main road. This trail has spectacular scenery with great views of St. Anthony Bight and Fishing Point, as well as an opportunity for viewing whales and icebergs.

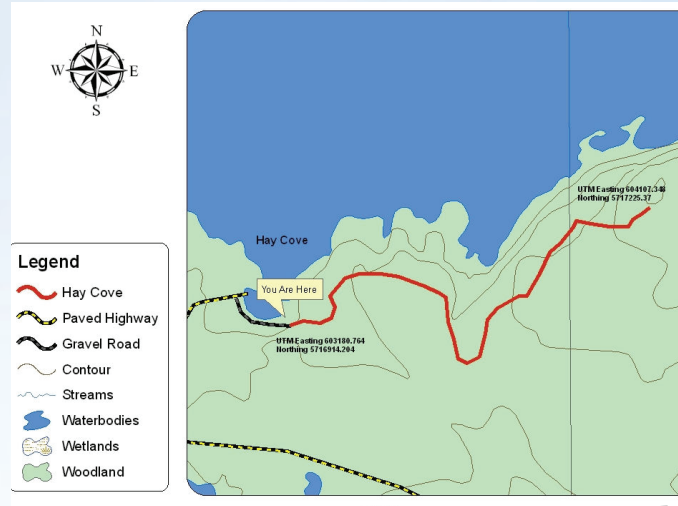


St. Anthony Bight Loop

This easy 10 min trail can be found 2 km north of the community. It leads to area with picnic tables, fire pits and a great view of the water. So many icebergs run around here that it is known as an Iceberg Graveyard, so be sure to bring along your camera.

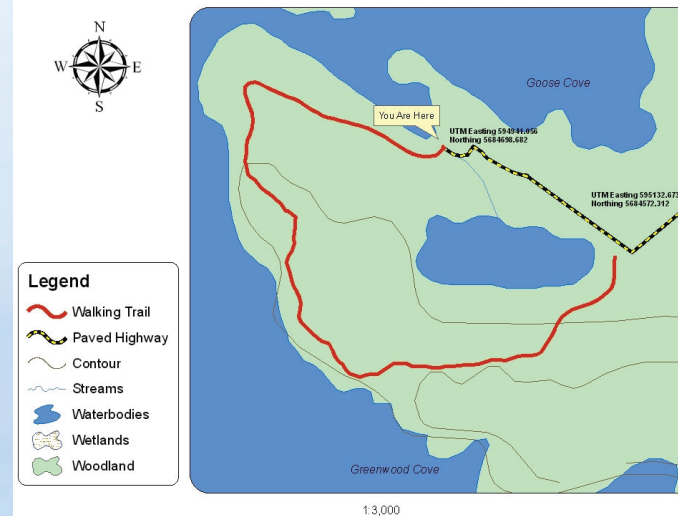
Noddy Bay Head Trail (Hay Cove)

This is a moderate 3km (return) walking trail. It will take you about 60-90 minutes to complete the return trip. On this trail there is a lookout with a great view of the ocean, a perfect spot to view whales and icebergs.



Pumley Cove Trail (Goose Cove)

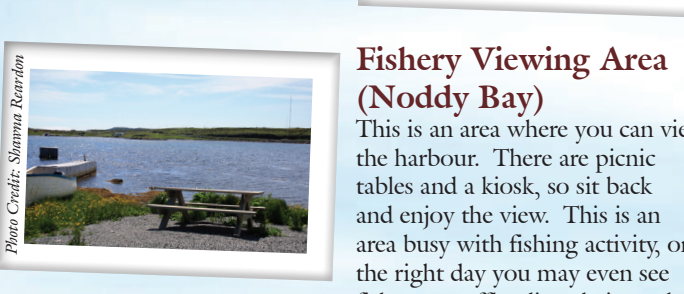
This is an easy 1km walking trail. It will take you about 30 minutes to complete the trail. On this trail you can see a great view of Hare Bay, the place where Dr. Grenfell was adrift on an ice pan. You will also have the opportunity to view whales, icebergs and local people doing some fishing.



Other points of Interest

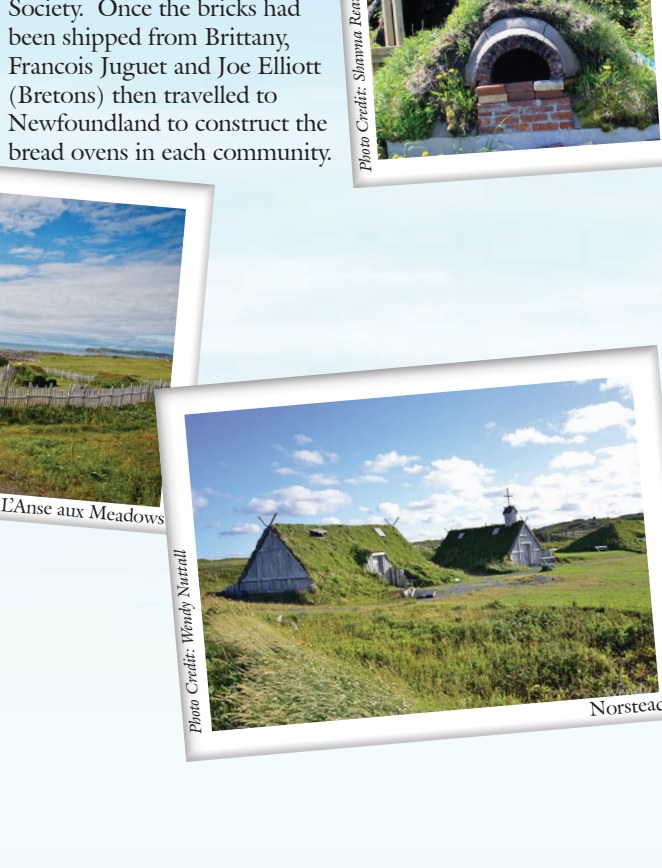
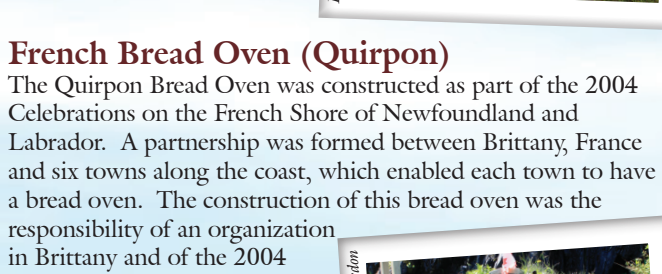
Highlands (North Boat Harbour)

The highlands is a great picnic and viewing area located on the limestone barrens. Here you can find fossils and rare plants against a backdrop of rocky limestone pinnacles shaped by the sea. This area has many high cliffs, be sure to stay inside the roped off area.



Garge Coates' Point (Cook's Harbour)

A favourite spot for the locals to hold get togethers, cook ups, and bonfires. With newly installed picnic tables and a fire pit, this is a great place for a scenic area. Sit back, relax and enjoy the view of the ocean in a Rural Newfoundland Community while eating some favourite foods and listening to a crackling fire.



French Bread Oven (Quirpon)

The Quirpon Bread Oven was constructed as part of the 2004 Celebrations on the French Shore of Newfoundland and Labrador. A partnership was formed between Brittany, France and six towns along the coast, which enabled each town to have a bread oven. The construction of this bread oven was the responsibility of an organization in Brittany and of the 2004 Society. Once the bricks had been shipped from Brittany, Francois Juguet and Joe Elliott (Bretons) then travelled to Newfoundland to construct the bread ovens in each community.



Trail Warnings

- These trails may have natural hazards including high cliffs, slippery slopes, sharp rocks and deep frigid waters, please proceed with caution and stay on the trails.
- Moose can be unpredictable and it's best to avoid them. Although they're usually shy, a surprised or threatened moose may charge and kick. Make a noise as you walk to let any moose know that you're coming. If you meet one on the trail, keep your distance, keep your eyes down, back away slowly, and wait for the moose to leave on its own.
- If you see a coyote, stop, remain calm and assess your situation. Never approach a coyote. If the coyote seems unaware of you, move away quietly. If the coyote is aware of you, respond aggressively: wave your arms, shout, and maintain eye contact. Carry a whistle and blow it to startle the animal. Throw rocks, sticks or other objects to approach, back away slowly, do not turn away or run. If the coyote attacks you, fight back. (As per Department of Environment and Conservation website)
- Dogs should be kept on a leash for their own safety



Limestone Barrens

By Dulcie House

Visitors and local residents to the area can anticipate viewing unique limestone barrens vistas and showy arctic-alpine plants including two endemic plant species. The limestone barrens are home to the Endangered, Barrens willow and the Threatened Fernald's braya plant species at risk. Each year visitor's come from all over the world to see these special plants and their habitat.

Merritt Lyndon Fernald, a botanist at Harvard University, drew attention to these rare plants in the early 1900's. In recent years scientists have identified the limestone barrens as a rare and fragile ecosystem.

Local residents, students, naturalists, government agencies and scientists are working together to conserve the natural heritage of this unique habitat. Their goal is to ensure these plants and their habitat remains for present and future generations. Visitors and local residents are encouraged to be careful where they walk and are asked to stay on marked trails.

Please remember the habitat is very fragile and driving ATVs and other vehicles on the limestone barrens kill plants and damages their home. Responsible use by local residents and visitors is essential to ensure protection of this habitat for present and future generations.

For more information about the limestone barrens and its plant species at risk visit www.limestonebarrens.ca or call (709)225-3126.



Barrens willow *Salix jeffera* Endangered



Fernald's braya *Braya fernaldii* (Threatened)