



EXPLORE THE TRAILS AND RUGGED COASTLINE OF MAGICAL NEWFOUNDLAND, CANADA

7 Days / 6 Nights
July 20-26, 2019

DIFFICULTY LEVEL: **Intermediate** -- Recent experience hiking 13km (8mi)/day or more required.

PLACES TO SEE

St. John's, Fort Amherst, Blackhead, Tors Cove, Mobile, Cape Spear, Calvert, Ferryland, La Manche, Maddox Cove

HIGHLIGHTS

Take part in the ultimate Atlantic-Coast hiking adventure in one of Canada's most fascinating and hospitable provinces -- Newfoundland and Labrador.

The **East Coast Trail** is a series of 26 wilderness paths totalling over 300km (187mi) along the *Avalon Peninsula*, ranked the world's top coastal destination in 2016 by *National Geographic!* Enjoy ocean splendours from the shore while traversing towering cliffs and headlands, sea stacks, and coves. Along the way, enjoy picturesque bay-side communities, historic sites, and ecological reserves. Our guided adventure allows for a taste of the trail, sampling some of our favourite sections in less than a week.

ITINERARY

Day 1

Welcome to Newfoundland!

You will be greeted by our trip organizer, *Walter*, at the **St John's, NL Intl Airport (YYT)**, and picked up by our local host. Transfer to Tors Cove by chartered minibus and check into our cabins. In the evening, enjoy a wonderful supper prepared by our local hostess. Your hiking vacation has now begun! **Meals:** D included.

Day 2

[Guided hike from Calvert to Ferryland](#)

5.3km (3 1/4mi), 2-3 hour hike (one way), rated easy.

Features: A woods walk with several access points, a farm meadow crossing, and a section of elevated old railway track with views. Beach access at Deep Cove and Ferryland. Views of Lance Cove and the Ferryland islands. Take the side trail up the Gaze for panoramic view of Ferryland harbour, downs, and Ferryland lighthouse. **Meals:** B, L, D included.

Day 3

[Guided hike from Fort Amherst \(St. John's\) to Blackhead](#)

13km (8mi), 5-8 hour hike, rated moderate to difficult.

Features: Coastal with steep climbs, long ridge hike, descent into Freshwater (former settlement), a barachois crossing, hilly section with cliffs, bird nesting views, mixed woods and berry picking grounds. Fort Amherst (lighthouse), swimming holes on the Southside Hills, Freshwater (former settlement), the barachois with rusted pieces of the SS Thetis shipwreck, berry picking, bird watching. **Meals:** B, L, D included.

Day 4

[Guided hike from Mobile to Tors Cove](#)

5km (3mi) 2-3 hour hike (one way), rated easy.

Features: A gentle beachside, wooded path suitable for families and with shore and island views. Beach access, sea bird and whale watching, meadow ideal for picnicking. Limited facilities in Mobile and Tors Cove. **Optional tour:** Scenic boat tour around the coastline. Experience the sea birds, whales and icebergs (when in season). **Meals:** B, L, D included.

Day 5

[Guided visit to Lake Quidi Vidi and hike in Signal Hill \(St. John's\)](#)

12km (7.5mi) 6-7 hour hike, rated moderate

Features: Quidi Vidi is a lovely lake, bordering the city of St John's. Take an easy scenic hike around the lake, followed by a lakeside lunch break. In the afternoon, hike to the Cabot Tower at the summit of Signal Hill, and enjoy amazing views of the city and the coastline. **Meals:** B, L, D included.

Day 6

[Guided hike from Cape Spear to Maddox Cove](#)

11.3km (7mi) 4-6 hour hike (one way), rated moderate

Features: A day outing with variety of terrain, hills, long views, boardwalked bog crossing at Staffordside, erratics along the shore, two river crossings. Trail passes through a Nature Conservancy area in Maddox Cove. Attractions include Cape Spear Historic Site, (easternmost point of North America), lighthouses, museum, berry grounds. Whale watching from a high ridge. Picnic spot at North Head. **Meals:** B, L, D included.

Day 7

[Guided hike from La Manche Village to Tors Cove & Departure](#)

6.4km (4mi), 2-3 hour hike (one way), rated easy.

Features: La Manche Village Path is an easy hike from Bauline East to the former settlement of La Manche ending at the 50m suspension bridge. One major hill (on a gravel road) then a relatively flat wooded hike into the Provincial Park and on to the former settlement. This path is not a loop. See the Witless Bay Ecological Reserve, islands supporting seabirds, puffins, and watch whales in season. Side trail down to rocky Doctors Cove offers a nice spot for a break. La Manche Village features old slate foundations of the homes once nestled in the community. Serviced camping, swimming, picnicking in La Manche Provincial Park. **Meals:** B included.

After the hike, return to the **St John's, NL Intl Airport (YYT)** aboard our chartered minibus. We will bid goodbye to our local host and the new friends we have made on our hiking adventure.

CONTACT

Walter is an avid hiker and amateur organizer of outdoor events and trips with **TorontoHiking**, as well as several Meetup groups. He will escort the group and lead all the hikes on this amazing journey.
TEL +1.416.258.7430 **Email** thats.walter@yahoo.com

