



1 Caul's Pond Park - Little Catalina

Located 1/2km by car along a gravel road past the air strip on Route 230 or via Church Road on foot. A hidden gem used by many for old fashion boil ups. Roads may be rough in areas.

2 Arch Rock Trail - Little Catalina

Located on Route 230-26 near the gas bar. Hike to a breathtaking sea arch carved out by the Atlantic Ocean. From Arch Rock trail there is a rugged path to Roaring Cove, a sandy beach. 1km Trail Easy to Moderate

3 Little Catalina to Maberly - Little Catalina

Located at the end of the Main Road in Little Catalina, this trail offers stunning coastal scenery with great opportunities to view icebergs, seabirds, whales, plants and berries, when in season. 15km Trail Difficult (length)

4 Lookout Park & Trail - Catalina

On Route 237 the hiking trail is a combination of boardwalk & natural ground encircling Lookout Pond with an idyllic flat rock beach carved from glaciers 18000 years ago. Features natural freshwater swimming, day use facilities, play area & look out. 2km Loop Trail Easy

5 Points of Interest - Catalina

In the town of Catalina, Community Gardens, Business Service Area, the first Public Library outside of St John's: The Joseph Clouter Library (WiFi), Catalina School House (Arch's Dream) view of Manual Island & more.

6 Historic District - Port Union

National Historic Site of Canada's only union built town, shoreline boardwalk, Fisherman's Protective Union (FPU) Factory & Gift Shop, The Bungalow - Estate of William Coaker, Union House Arts, Port Union Museum & more.

7 Lodge's Pond & Murphy's Cove - Port Union

Located off Route 230 on Reid Road in Port Union, a coastal trail that passes through an abandoned community of Murphy's Cove. Stunning view of Green Island lighthouse with 565 million year old fossils in geological strata of global UNESCO importance. 7.7 km Loop Trail Moderate

8 Thompson's Pond, Park & Trail - Port Union

Located across from the Women's Institute Craft & Tourist Information on Route 230. A short loop trail around Thompson's Pond within the park. Swimming, play area & day use facilities. 3/4km Loop Trail Easy

Melrose to Squirter - Melrose

9 At the end of Shore Road in Melrose, find a rugged trail that connects to the Lodge's Pond & Murphy's Cove. 1km Trail Moderate

Peaches Cove - Melrose

10 At the end of Harbour Road in Melrose, multipurpose & coastal trails to the abandoned fishing village of Peaches Cove. Future trails planned. 3km Loop Trail Easy to Moderate

