

The Exploits Valley and Coast of Bays are home to adventure and history. From Miawpukek First Nation to aviation, you'll learn incredible stories of the province. Add kayaking, rafting, ziplining and fishing, and you have an adventure of a lifetime.



#ExploreNL

ADVENTURE

The Exploits Valley & the Coast of Bays

Look for this logo to find Indigenous Tourism experiences in Central Newfoundland and check out www.nilita.ca for more things to do, places to go, and people to meet.



Experience the island like never before as you start your Coast of Bay journey along Route 360. This part of the island is home to the only First Nation Reserve in the province. During the first weekend of July, you can experience an authentic powwow, featuring cultural and traditional activities like sweat lodge ceremonies, feasts, dancing, and drumming. Continuing down the coast, visit outpost towns perched on the edge like Belleoram and St. Jacques – Coomb's Cove. In the end, you will find yourself in Harbour Breton, the main hub with a history of rum running, fishing and resettlement. With a sandy beach and views of Saint-Pierre et Miquelon, you'll never want to leave. Take a unique ferry ride, leaving Hermitage, and see towns like Gaultois and McCallum - where cars aren't in use! If it's peace and serenity you seek, you'll sure to find it in these towns.

Coast of Bays

Follow the Exploits Valley from Newfoundland's interior boreal forests to the open Atlantic Ocean, following the river for an adventure of your own. Botwood and Norris Arm boast impressive aviation histories. While checking out Botwood take in their incredible array of 18 murals. Experience the power of the Exploits River through white-water rafting or contemplate the quiet strength of the ocean on one of the boat tours in the region. At the centre of the region are the towns of Grand Falls-Windsor and Bishops Falls – explore their rich railroad and papermill histories that were the backbones of their development. The story of the island's Indigenous peoples can be found throughout the Exploits Valley. The tragic story of the Beothuk and Shanawdithit, the last of her people, can be learned as you travel the region.

Exploits Valley



Photo Credit: AdventureCentral.ca

Pool's Cove to Rencontre East is a hour and 15 minute journey across 31 km of water. Hermitage to Gaultois is 20-minute journey across 6 KM of water and Gaultois to McCallum is a hour and half hour hrs across 26 KM of water.

HISTORICAL & CULTURAL ATTRACTIONS

EXPLOITS VALLEY

- 1 Bishop's Falls Heritage Centre, Bishop's Falls
- 2 Bishop's Falls Trestle, Bishop's Falls
- 3 Botwood Heritage Park, Museum and Archive, Botwood
- 4 Botwood Murals Art Society, Botwood
- 5 The Canadian Glove Museum, Point Leamington
- 6 Corduroy Brook Nature Centre and Trail, Grand Falls-Windsor
- 7 Demasduit Regional Museum, Grand Falls-Windsor
- 8 Giant Squid Interpretation Site, Glover's Harbour
- 9 Grand Falls-Windsor Heritage Centre, Grand Falls-Windsor
- 10 Grand Falls-Windsor Ski Trail, Grand Falls-Windsor
- 11 Indian Point Beothuk Interpretation Site, Millertown
- 12 Jack Ward Memorial General Store Heritage Centre, Leading Ticks
- 13 Lewis Miller Room Museum, Millertown
- 14 Mark's Market, Grand Falls-Windsor
- 15 Mill River, Point Leamington
- 16 Norris Arm Heritage and Arts Centre, Norris Arm
- 17 Ocean View Park Attractions, Leading Ticks
- 18 Peterview Heritage Centre, Peterview
- 19 Point Leamington Heritage Interpretation Centre, Point Leamington
- 20 Point Leamington Marina, Point Leamington
- 21 Royal Canadian Legion Museum, Grand Falls-Windsor
- 22 Salmonid Interpretation Centre, Grand Falls-Windsor

COAST OF BAYS

- 23 Bay du Nord Wilderness Reserve, Coast of Bays
- 24 Deadman's Cove Beach & Trail, Harbour Breton
- 25 The Elliott Premises / Dockside Cafe, Harbour Breton
- 26 John Cluett Heritage House, Belleoram
- 27 Miawpukek Culture and Family Recreation Park, Conne River
- 28 Rocky Point Lighthouse, Harbour Breton
- 29 Sunny Cottage Heritage Centre, Harbour Breton

OUTDOOR ADVENTURE

EXPLOITS VALLEY

- 30 Adventures Newfoundland, Lawrence Harbour
- 31 ATV Railbed Tours, Badger
- 32 Brookdale Adventures, Bishop's Falls
- 33 Central Newfoundland Expeditions, Grand Falls-Windsor
- 34 Exploits Extreme Ziplines Ltd., Grand Falls-Windsor
- 35 Mary March Wilderness Adventure, Buchans
- 36 Rafting Newfoundland, Grand Falls-Windsor
- 37 Riverfront Chalets ATV Tours, Grand Falls-Windsor
- 38 Riverfront Chalets Snowmobile Tours, Grand Falls-Windsor

COAST OF BAYS

- 39 Harbour Breton Boat Tours, Harbour Breton

FOOD & BEVERAGE

EXPLOITS VALLEY

- 40 Badger Diner Bar and Grill, Grand Falls-Windsor
- 41 Clem's Dining Room, Grand Falls-Windsor
- 42 Gordon High Lander Tea Room & Gifts, Grand Falls-Windsor
- 43 Jungle Jim's, Grand Falls-Windsor
- 44 Queen Street Dinner Theatre, Grand Falls-Windsor
- 45 Third Place Café, Grand Falls-Windsor
- 46 Wingin' It, Grand Falls-Windsor

COAST OF BAYS

- 47 Dockside Café, Harbour Breton
- 48 Greco, Harbour Breton
- 49 Robins, Harbour Breton

SHOPS & GALLERIES

EXPLOITS VALLEY

- 50 C & S Unique Gifts & Nfld Souvenirs, Grand Falls-Windsor
- 51 Hunters Framing & Gallery, Grand Falls-Windsor
- 52 Norris Arm Heritage and Arts Centre Gift Shop, Norris Arm

HIKING & WALKING

EXPLOITS VALLEY

- 53 Bear Head Look-out, Leading Ticks
- 54 Botwood Walking Trails, Botwood
- 55 Grand Falls-Windsor Walking Trail, Grand Falls-Windsor
- 56 Oceanside Nature Trail, Leading Ticks
- 57 Otter Pond, Point Leamington
- 58 Rowsell's Hill Nature Trail, Point Leamington

COAST OF BAYS

- 59 Blue Pinion Walking Trail, Mose Ambrose
- 60 Gun Hill Lookout, Harbour Breton
- 61 Iron Skull Mountain Hiking Trail, Belleoram
- 62 Mile Pond Boardwalk, Harbour Breton
- 63 Stones Head Trail, Boxey Harbour

