



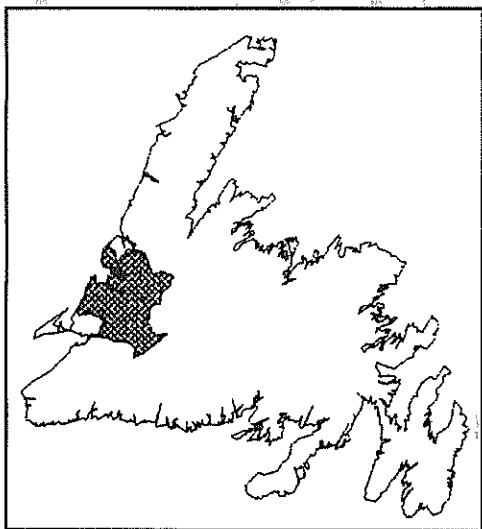
Hiking, Mountain Bike and Canoeing Guides and Maps

Corner Brook
Newfoundland
Canada

Prepared By:
K. Nicol

HIKING

GUIDE AND MAP



Corner Brook

NEWFOUNDLAND

CANADA

WESTERN
NEWFOUNDLAND



MODEL FOREST
NETWORK

RÉSEAU DE
FORÊTS MODÈLES

HIKING TRAILS

1 Corner Brook Stream Trail

This is a newly constructed trail which provides access to one of Corner Brook's nicest natural features—Corner Brook stream and the Glynmill Inn Pond. This trail has benches, interpretive signs, and a bridge which crosses Corner Brook stream. The bridge connects to side trails which run to Margaret Bowater Park and along Glynmill Inn Pond. There is a total of 2.2 kilometers of trail in this area with more planned for the future.

Access: This trail has many starting places but common ones are from the north end of Margaret Bowater Park, the rear parking area of the Sir Richard Squires Building or the Glynmill Inn parking lot.

2 Showy Mountain Trail

This is a recently constructed trail located at the Blow Me Down X-Country Ski Club trails near Corner Brook. This trail gets its name from the showy lady slippers which are found along this trail in July and because of the good views of the Blow Me Down Mountains to the northwest. The trail has various picnic tables and look-

*"The swiftest
traveller is he that
goes afoot".*

Henry David Thoreau

outs along its 2 kilometer length. The trail winds through stands of birch and spruce trees and also includes some of the lowest elevation 'alpine barrens' in the area. Side trails exist in some places for hikers interested in a longer hike.

Access: To reach this trail, follow Corner Brook's Lewin Parkway to Lundrigan Drive (at an industrial park). Follow the signs to the Blow Me Down X-Country Ski Club trails, park in the lot and walk to the main lodge. Follow the downhill trail to the right to the start of the Showy Mountain Trail.

3 Steady Brook Falls Trail/ Marble Mountain Ski Area

Steady Brook Falls is one of the Humber Valley's most scenic features and can be seen 'up close' by following a short 1.0 kilometer trail. It tumbles over 100 feet and is particularly spectacular after a heavy rain or when the winter snow pack melts in the spring. Because of the steep drop-off, use extreme care when visiting the viewpoint, especially if young children are in the group.

*"Today I have grown
taller from walking in
the trees".*

Karle Wilson

Access: Drive east of Corner Brook on the Trans

Canada Highway to the community of Steady Brook. Take the Marble Mountain turnoff and park in the ski area parking lot. Proceed to the new day lodge and from the large deck facing the mountain you will see a new trail heading off on your left. This trail winds across the lower ski runs to the falls lookout.

NOTE: Marble Mountain Ski Area also has numerous hiking opportunities. You can follow the ski runs right to the top for a superb view of the Humber Valley.

Pasadena Nature Trail

The Pasadena Nature Trail uses part of the x-country ski trail system of the Pasadena Nordic Ski Club. The trail has a recently published 143 page guide which makes this trail the best in the region from an interpretive standpoint. There are 117 stops and the guide highlights plants, animals, birds, insects and various ecological relationships at work in this forest. The guide has good sketches and text to describe each marked site. The entire trail is roughly 6 kilometers but there are various cutoffs for people interested in a shorter hike. Copies of the guide can be picked up near the start of the trail and can be returned when leaving.

Access: If you are driving from CornerBrook, head east on the Trans Canada Highway to the community of Pasadena. Once in Pasadena turn right on to 4th Avenue. Turn right again on Midland Row and then left on Carroll Avenue. Turn left again on to Castlewood Drive and watch for ski trail signs. Park in the lot provided and walk 1 kilometer down Snowflake Lane to the ski club chalet and the rest of the trail network.

The Evergreen Path in the Bottom Brook Arboretum

This trail winds through one of the most interesting man made forests in the province—the Bottom Brook Arboretum. An arboretum is a place for the study and an appreciation of trees and this one was established in the mid 1960's by the Canadian Forest Service. The 1.5 kilometer nature trail has an interpretive booklet (with over 20 stops) which is being printed (by mid 1997) to help you understand the various tree types in this forest. There are also plans to create a 4 kilometer trail leading through a large spruce plantation and to First Pond.

*"Earth and sky,
woods and fields,
lakes and rivers,
the mountain and
the sea, are excel-
lent schoolmasters,
and teach some of
us more than we
can ever learn from
books".*

John Lubbock

Access: From CornerBrook drive south toward Stephenville on the Trans Canada Highway. Drive 10 km. past the Stephenville turnoff and just before you

cross South West Brook look for a Hydro Substation on your left. Turnoff on this gravel road and turn left for 0.7 km to the arboretum parking lot. Allow about 40 minutes for the drive from CornerBrook.

Blow Me Down Nature Trail

If you are visiting this area on a hot summer day then be sure to try out this trail. The trail cuts across the base of the Blow Me Down Mountains to one of the best natural swimming areas in the whole region. The boardwalk trail winds past pitcher plants (Newfoundland's insect eating provincial flower) and rare pine trees for 1 kilometer to the swimming area. Here Blow Me Down Brook cascades over smooth bedrock providing 2 large pools for swimming. Another interesting aspect of this hike is that it passes by reddish-brown peridotite boulders which mark a time when this region was much more geologically active. The peridotite rock originates in the earth's mantle and was pushed to the surface millions of years ago when the continents of North America and Africa collided!! For the more serious hiker a rough trail continues on past the swimming area for several kilometers into the Blow Me Down Brook Valley.

Access: To reach this trail follow the South Shore Highway (#450) from CornerBrook past the community of Frenchman's Cove. When Highway 450 crosses Blow Me Down Brook drive for 0.5 kilometers and park in the parking lot on the left hand side of the road. The boardwalk trail starts here.

Blow Me Down Provincial Park Trail

This 1/2 kilometer trail leads to a lookout platform which provides panoramic views of the rugged coastline of both York Harbour, Lark Harbour and the Bay of Islands. From here the route continues 2 kilometers to the very end of Tortoise Point where the views are inspiring. The route to the lookout is very well maintained and suited to most ages. The extension to Tortoise Point may have wet areas so wear hiking shoes.

*"In wildness is the
preservation of
the world".*

Henry David Thoreau

Access: Follow the South Shore Highway (#450) to Blow me down Provincial Park (a small user fee may be charged). Ask for directions to the trail head at the visitor's kiosk or drive to the day use parking lot where the trailhead sign will be visible.



"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books"
John Lubbock

This pamphlet is intended to illustrate a sample of some of the trails to be walked in the Western Newfoundland Model Forest (W.N.M.F.). Only trails that are well established and are maintained have been included but there are many other trails and areas for walking that are worthwhile exploring. For instance, some of the most scenic terrain in Eastern North America lies within the W.N.M.F. For the experienced hiker or backpacker, the North Arm Mountains, Blow Me Down Mountains, or Lewis Hills all offer a superb wilderness experience off the beaten track. These areas are home to moose, caribou, ptarmigan, and even arctic hare. However there are few trails in these areas and hikers should be well equipped with appropriate topographic maps and a compass and experienced at wilderness travel. Although every effort has been made to make the guide complete upon publication, due to natural changes the W.N.M.F. makes no claim as to its accuracy. Interested hikers may wish to purchase the book-"Best Hiking Trails in W.Newfoundland" by K. Nicol for other hikes in this region. Also Glenn Noel operates a water transportation service to the North Arm Mountains (ph. 783-2712), Gary Sparkes offers accommodations in the Serpentine Lake Valley (ph.639-1968), and Barnes Sporting Goods has topographic maps of this area for sale (ph.634-2291).

THE WESTERN NFLD. MODEL FOREST

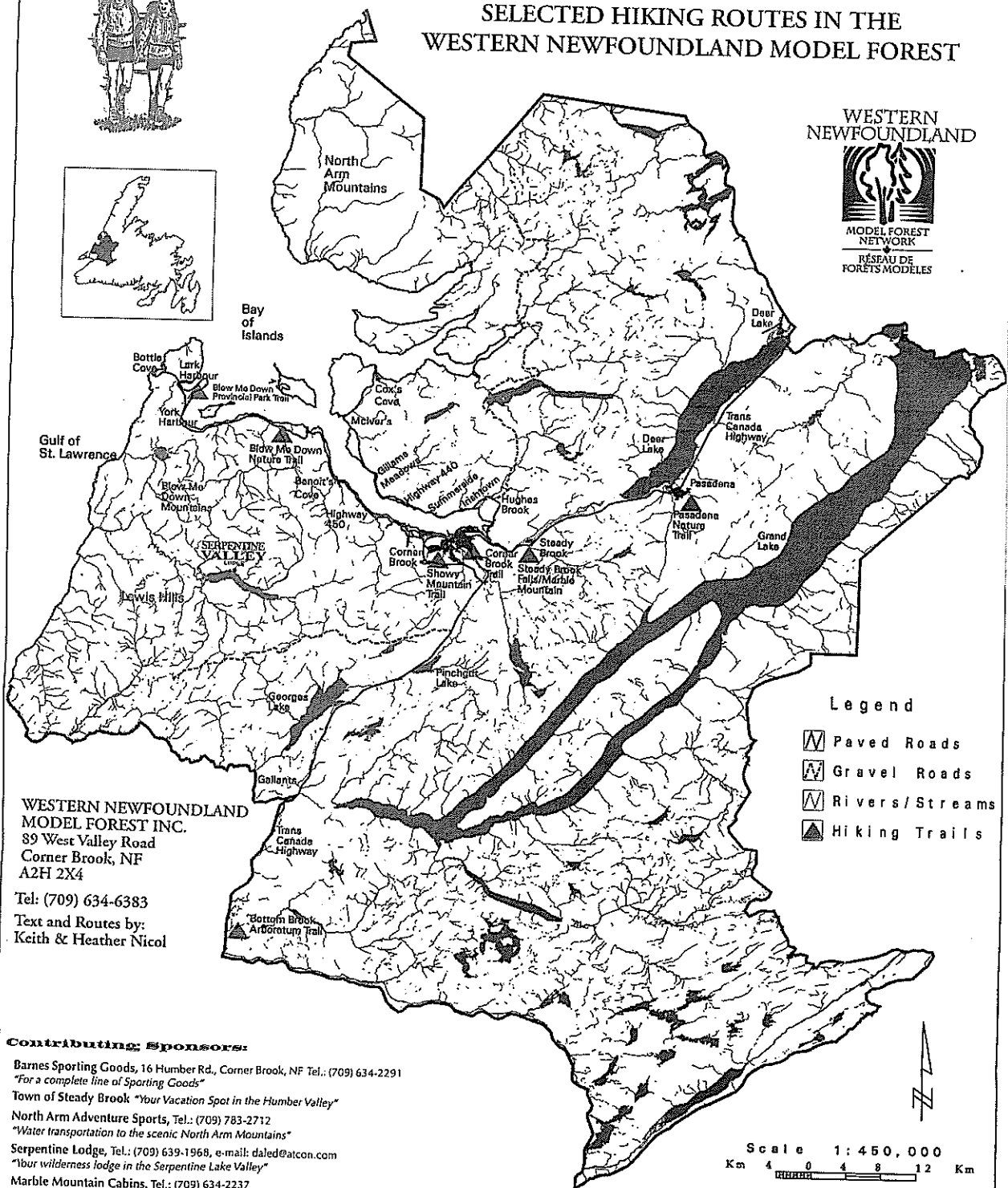
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Forestry is moving away from treating land as simply a place to produce the raw material for sawlogs or pulp. Changing social values and the growing demand for products and services from the forest are forcing this reconsideration of traditional forest practices. Issues of logging on one hand and wildlife preservation, maintenance of good quality drinking water, preserving ecosystem integrity, and recognition of the forest's role in tourism and outdoor recreation on the other, are all examples of potentially conflicting values that forest managers must now deal with. The principal goal of the W.N.M.F. is to manage the forest of this region within a framework whereby short-term (1-5 year) management options are identified and decisions are rationalized within the context of long-term (50-100 year) goals of protecting biodiversity and providing social benefits including employment, recreation, and a healthy environment.

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SELECTED HIKING ROUTES IN THE WESTERN NEWFOUNDLAND MODEL FOREST



Legend

- Paved Roads
- Gravel Roads
- Rivers/Streams
- Hiking Trails

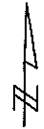
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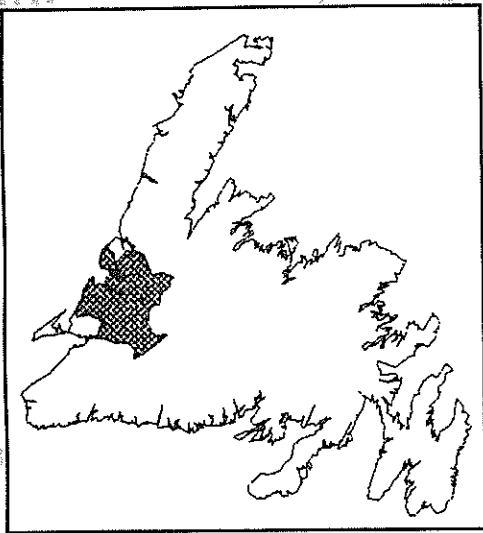
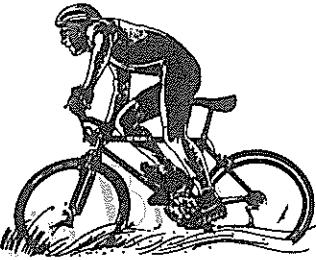
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- Town of Steady Brook "Your Vacation Spot in the Humber Valley"
- North Arm Adventure Sports, Tel.: (709) 783-2712
"Water transportation to the scenic North Arm Mountains"
- Serpentine Lodge, Tel.: (709) 639-1968, e-mail: daled@atcon.com
"Your wilderness lodge in the Serpentine Lake Valley"
- Marble Mountain Cabins, Tel.: (709) 634-2237
"Your canoe and kayak stop on the west coast"

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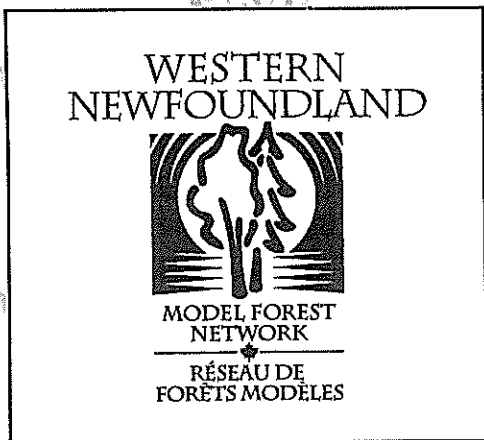


MOUNTAIN BIKE

GUIDE AND MAP



Corner Brook
NEWFOUNDLAND
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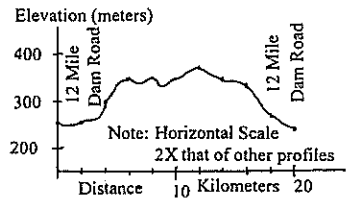


T & T CYCLES

MOUNTAIN BIKE TOURS

12 Mile Dam - Lady Slipper Road Loop

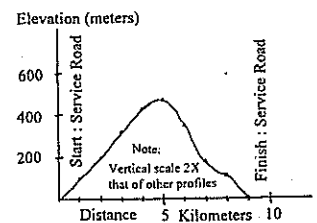
Several years ago when I purchased a mountain bike my first gravel road trip was the 12 Mile Dam - Lady Slipper Road loop. It is still one of the most popular trips in the Corner Brook area since it is close by and is particularly scenic for the first 10 kilometers. The 20 kilometer route travels to Corner Brook Lake and then swings back along a new logging road (Lady Slipper Road) to the Trans Canada Highway (TCH). There are almost 3 kilometers of pavement cycling along the TCH back to the starting point at 12 Mile Dam Road.



Access: Because this route is so close to Corner Brook many people cycle right from town. Alternatively you can drive 4 kilometers south on the TCH (from Confederation Drive highway entrance/exit) to where 12 Mile Dam Road starts on your left. There is a large parking area and you will usually have to lift your bike past the gate to start. Proceed right at the first intersection and continue to take right turns at all main intersections. When you cross the bridge near the dam you are roughly halfway. Take topographic map 12 A/13.

2 Marble Mountain Summit Trail

Over the past couple of years Marble Mountain has been the focus of several competitive mountain bike events. From slalom to cross country events, Marble has the terrain to challenge the province's best cyclists. Although some of the steep routes favour fitness and nerve, the recreational cyclist will also find that by choosing the right trail that cycling to the mountain top and back down isn't that tough. By following a new service road up (the New Country Road ski run) and taking the old service road down (starting at the Knute Chute ski run) you can minimize the effort. The views are superb in many directions but be warned, this is probably the steepest sustained climb of any mountain bike route on the Island since you must climb a total of 1700 vertical feet. And your brakes should be in top notch shape for the descent. Total distance is roughly 9 km.

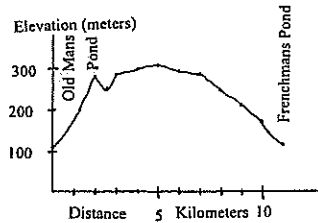


Access: Start by either cycling or driving to the community of Steady Brook. You could start at many locations but the easiest is to start from the road that passes behind the gas station near George's Ski World. Park your car where the service road starts to climb and proceed from there. The service road switchbacks

and then passes by a small green building. Continue on bearing right at the fork (you may have to lift your bike over the gate) and once on top the road winds past one quad chairlift to the top of the new detachable quad chairlift. From there check your brakes and descend carefully down the service road which switchbacks to the bottom.

3 Old Mans Pond to Frenchmans Pond

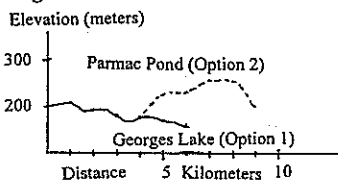
One of the most highly ranked areas for mountain biking in the Western Newfoundland Model Forest is the Old Mans Pond area. Although you can cycle around Old Mans Pond the route is long with many 'heartbreak hills'. A shorter but still very scenic route which could be cycled in either direction is the Old Mans Pond to Frenchmans Pond road. This road climbs steeply (no matter which end you start on) and then follows a high plateau which offers views of the Blow Me Down Mountains, North Arm Mountains, and the ocean. If you start at Old Mans Pond the run ends with a long descent with Frenchmans Pond on your left. The road is good cycling but rough enough so that ATV's and the odd truck are all that traverse it.



Access: Starting from Corner Brook you could drive either to Cox's Cove or the Hughes Brook road (take Highway 440). The Cox's Cove route is longer but mostly paved whereas the shorter Hughes Brook access has 13 kilometers of gravel road. The Hughes Brook turnoff is on your right roughly 12 kilometers from Corner Brook. You will quickly leave the pavement and then travel the main gravel road for 13 kilometers to the end of Old Mans Pond. The Frenchmans Pond Road comes in on your left near a small parking lot. The biking route from here is straight forward (always follow the main road) and after 11 kilometers you should be coming to the end of Frenchmans Pond. Turn off to your left to a great picnic/rest spot where a stream drains out of Frenchmans Pond. If you use the Cox's Cove starting point drive through the community and follow the Frenchmans Pond access road. Start cycling at the western end of the pond. Get topographic maps 12 H/4 and 12 G/1 before you leave.

4 Logger's School Road Loop

Logger's School Road offers many mountain biking opportunities from short routes to marathon trips between the communities of Stephenville and Corner Brook. One route which offers both a loop or a return trip on the same road is the 'Logger's School - Georges Lake' trail. Although the road is washed out in many places (requiring walking around the roughest sections) it means that few other vehicles can negotiate the road so you prob-

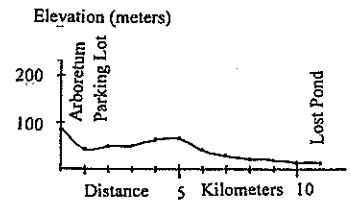


ably will have most of it to yourself. Highlights are scenic views of Georges Lake, Parmac Pond and other wetlands/ponds along Logger's School Road.

Access: Drive south of Corner Brook toward Stephenville on the Trans Canada Highway for about 12 kilometers to the Logger's School Road turnoff which will be on your right. Drive for another 7.5 kilometers on Logger's School Road to the start of the route. There is a small area to park your car on the left hand side of the road and the route starts on this side road. Depending on your route choice you could (1) cycle to Georges Lake and return back along the same route (distance is 6 km.-one way) or (2) turn right after cycling for 3.5 km. and follow the steep trail uphill to Parmac Pond. This route may be wet in places and one section near Parmac Pond is quite rough. Once at Parmac Pond head left around the Pond to Logger's School Road and then turn right for a delightful downhill run to the start (a 9 km. loop). A final option is to cycle to Georges Lake and then on the return trip take the side trail to Parmac Pond (a 13.5 km trip). Use topographic map 12 B/16.

5 Lost Pond Trail

At the very southern boundary of the Western Newfoundland Model Forest (W.N.M.F.) there is an interesting mountain bike trip that could be combined with an interpretive walk. There are more details about the Evergreen Path in the Bottom Brook Arboretum in the "Hiking Brochure" in this series and you could start this mountain bike trip from the arboretum parking lot. The cycling route travels about 1/4 kilometer from a series of ponds (First, Second and Third Pond) and the cyclist gets glimpses of the ponds while cycling. There is a large plantation of black spruce on the north side of the road for the first several kilometers and the hills are some of the easiest of all the bike routes featured in this guide. However the road is rough in spots and there are two locations where water extends across the road. Just before reaching Lost Pond a beaver dam has flooded the road (you can usually cycle through the water) and shortly thereafter a major washout (which might require wading) is encountered. Although the gravel road continues for many more kilometers, a logical end point is Lost Pond where the road passes next to the water.



Access: From Corner Brook drive south toward Stephenville on the Trans Canada Highway (TCH). Drive 10 km. past the Stephenville turnoff and just before you cross South West Brook look for a Hydro Substation on your left. Turn off on this gravel road and turn left. Proceed for about 0.7 km. to the arboretum parking lot. To cycle to Lost Pond return back toward the TCH and turn left. Continue on this road roughly 11 km. to Lost Pond. Get topographic map 12 B/9 before leaving. Allow 40 minutes for the drive from Corner Brook.

"Every time I see an adult on a bicycle, I no longer despair for the human race". H.G. Wells

The mountain bike routes presented in this guide are just a sampling of the possibilities that await the back road cyclist. Listed are a mix of easy and more difficult routes in a variety of different areas of the Western Newfoundland Model Forest (W.N.M.F.). However, armed with up to date topographic maps and a sense of adventure, there are many other routes that could be done. For instance, cyclists from Stephenville and Corner Brook have discovered back country routes that connect those two communities as well as routes connecting Corner Brook to Wiltondale in Gros Morne National Park. These runs are roughly 80-100 kilometers on back roads so anyone contemplating cycling these routes needs to be fit and self sufficient in terms of repairs and know how to navigate with map and compass. Although every effort has been made to make this guide complete upon publication, due to natural changes the W.N.M.F. makes no claim as to its accuracy. Therefore, have fun but cycle at your own risk. Be sure to wear a helmet, take repair equipment and a spare inner tube, and a trip odometer will help with navigating on many of these trails. For bike rentals in the Corner Brook area contact T and T Cycles (ph.634-6799).

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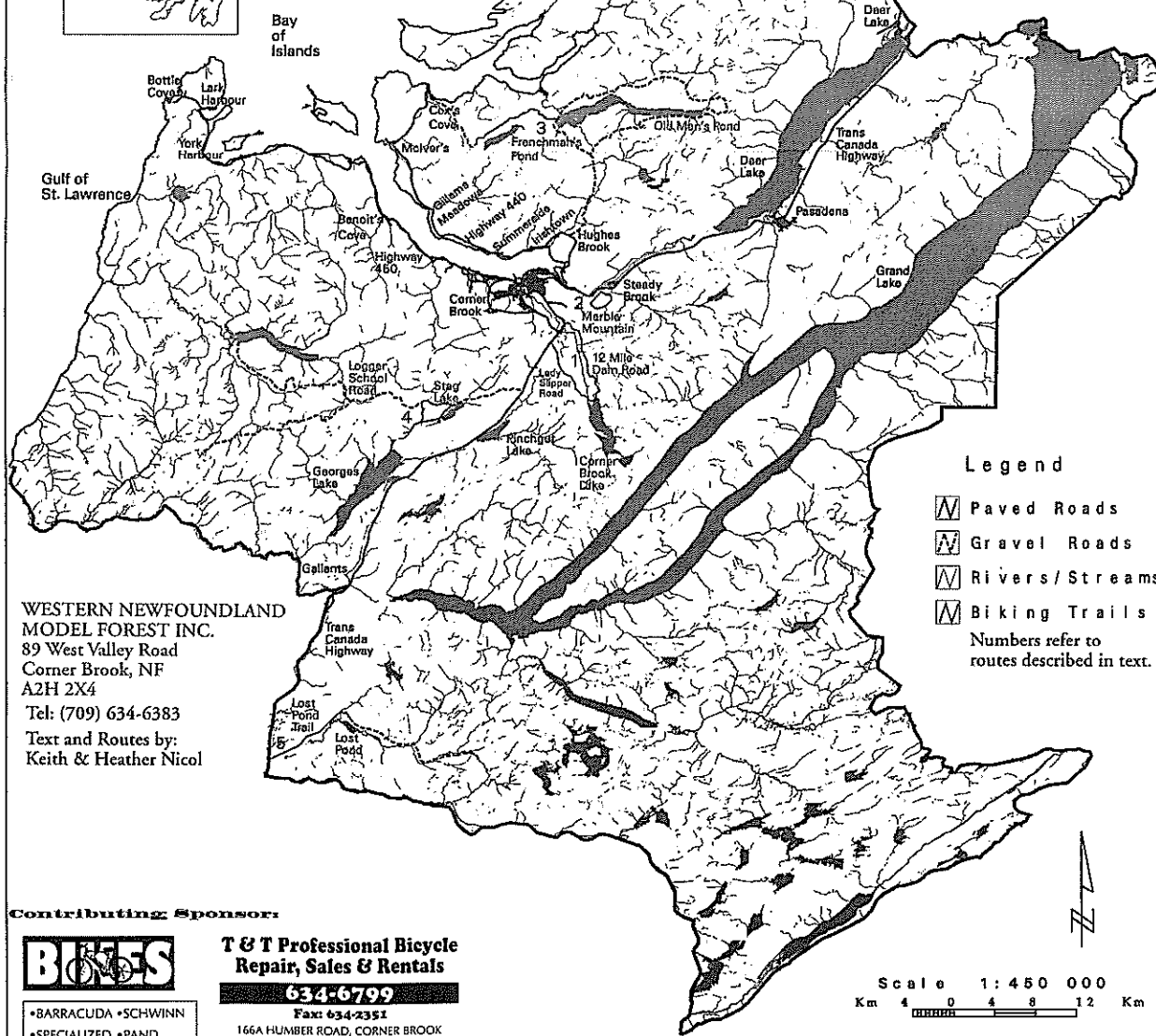
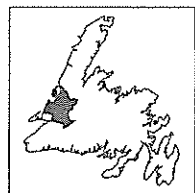
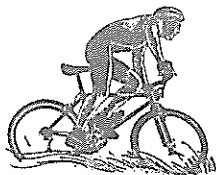
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Legend

- Paved Roads
 - Gravel Roads
 - Rivers/Streams
 - Biking Trails
- Numbers refer to routes described in text.

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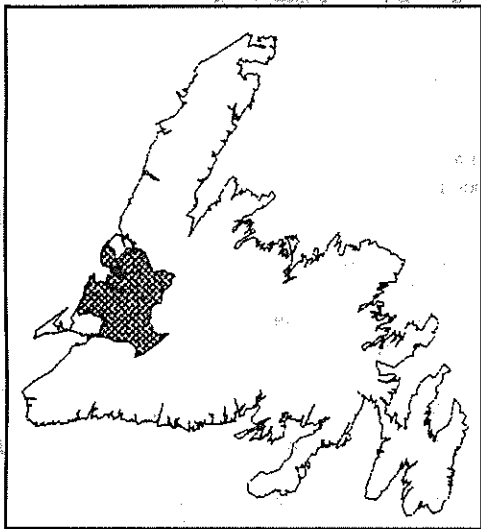
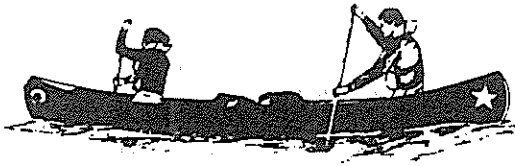
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CANOEING

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1 HUMBER RIVER

(Boom Siding to Ballam Bridge)

This section of the Humber River winds through the scenic Humber Valley. This is the most popular canoeing river in the Western Newfoundland Model Forest (W.N.M.F.) mainly because it always has lots of water, is close to Corner Brook, has many access and egress points and is an easy paddle (except in a strong west wind). A trip from Boom Siding at the western end of Deer Lake to Ballam Bridge is about 19 kilometers and in reasonable wind conditions this will take about 4 hours. The first several kilometers are the most natural with the forested hillsides extending up to 600 meters on either side. Much of the forest cover is hardwoods which make for beautiful fall canoe trips when the valley sides are ablaze in yellows and reds. Further downstream you will see strawberry fields and farms and at the community of Steady Brook, Marble Mountain Ski Area is clearly evident. From here, the river approaches the Humber Canyon and the trickiest water is at Shellbird Island. Depending on the tide, the rapids might be almost non-existent or fairly large (1 meter waves). The current is quite strong in this lower section and if you 'dump' you might swim for some distance. In the final section the small whirlpools demand attention before the pullout at Ballam Bridge.

Access/Egress: There are 3 logical access points- Boom Siding, Humber Village bridge, and the community of Steady Brook boat launch. There are also 3 egress points- Humber Village bridge, community of Steady Brook boat launch and Ballam Bridge. Most of these locations are just off the Trans Canada Highway (TCH). For instance, Boom Siding is located on the north side of the Highway just east of Rapid Pond (see topographic map 12A/13) and Ballam bridge is just off Riverside Drive where Highway 440 crosses the Humber River.

2 PINCHGUT CREEK

(Pinchgut Lake to Georges Lake)

Pinchgut Creek is a popular 'first run of the season' for many West Coast paddlers. Often it is paddled while there is still ice on Pinchgut Lake and snow on the river banks! This is because the creek has such a short canoeing season (usually late April to late May). The entire trip from lake to lake is about 7 kilometers and will take 1-1 1/2 hours. At one point you will cross under a private bridge that will have to be portaged around in very high water. There are several class 1-2 rapids, so don't treat this creek lightly...it has taken more than one canoe.

Access/Egress: The put-in is at the south west end of Pinchgut Lake. If you are travelling from Corner Brook go south on the Trans Canada Highway (TCH) for 15 km and take the gravel road on your left as you pass Pinchgut Lake. A possible egress is at the TCH Highway bridge 4 km. downstream or at George's Lake. A private road follows the creek to Georges Lake

but the gate is often locked. A safer bet is to pull-out at the gravel parking lot at the Northern end of Georges Lake (this parking area is on the lake side of the TCH). Pulling out at this point will add an extra 3 km. of lake paddling to your trip. Use topographic map 12B/16.

3 GEORGES LAKE & HARRYS RIVER

Georges Lake is an easily accessible lake for canoeing and also leads into Harrys River for those interested in a challenging river trip. Because of its orientation, Georges Lake is subject to wavy conditions particularly under southwest winds so you may want to pass on the 10 kilometer lake paddle under these conditions. If you decide to go straight to Harrys River then you are in for a good river experience. Although it can be canoed 37 kilometers to the ocean most people pull out at Gallants or Dhoon Lodge (near Stephenville). The river has several areas of class 1 and 2 rapids (depending on water levels) and is best from late April to early June. Although the old rail bed parallels the river in places it is generally a semi-wilderness trip.

Access/Egress: The easiest place to put in is the gravel parking lot at the north end of Georges Lake (for lake paddling). For those wanting to directly access Harrys River (and avoid the lake paddle), turn off the Trans Canada Highway and drive 5 km. to the community of Gallants. Then proceed through the town on a gravel road which takes you to the south end of Georges Lake. One put-in is a rough road leading to a warden's cabin where the trip begins. The paddle back to the highway bridge at Gallants is 5 km. of fast, exciting water. Another alternative is to start at Gallants and proceed 17 km. to Dhoon Lodge. This portion of the trip is outside the Model Forest. Use topographic maps - 12B/16 and 12B/9.

4 SOUTHWEST BROOK

Hugging the lower boundary of the Western Newfoundland Model Forest (W.N.M.F.) is a delightful canoeing river called Southwest Brook. It is highly ranked amongst local paddlers mainly because of the scenic setting and its varied but challenging (grade 1-3 whitewater) canoeing experience. Although the Burgeo Highway parallels the river for much of its length (which provides many access/egress points) the road is hardly noticeable from the river providing a wilderness like experience. It is also a popular salmon river, so for paddlers that like to fish this is an ideal place to pursue both activities. Like most of the rivers within the W.N.M.F. the best canoeing is in May and early June (due to snow melt) and again in October and early November (due to rain).

Access/Egress: This river has basically 4 stretches and this guide covers the lower three. Depending on if you want whitewater or flat water choose the access/egress points accordingly. To ac-

cess Southwest Brook drive 60 km. east of Corner Brook on the Trans Canada Highway to Highway 480 (to Burgeo). The first section has many rapids and takes about 1 - 1 1/2 hours to paddle. To access this section drive for 6.5 kilometers along Highway 480. There is a pull-out on the left which ends at the remains of an old bridge. Above this section the next 13 kilometers of river are relatively flat and would be suited to beginning paddlers. The access points are varied but by driving to where a major tributary crosses the road and near a sign that says 'Southwest Brook' this section is maximized (allow 3 hours). The last 13 kilometer section is a faster whitewater run (allow 3 hours). Drive roughly 32 kilometers from the Highway 480 and look on the left hand side for a gravel road which heads down to the river. Southwest Brook above this point has waterfalls which make it suited for experienced kayakers or decked canoes. Use topographic maps 12 B/8, 12 B/9, and 12 A/5.

5 LLOYDS RIVER & LLOYDS LAKE

In the southeast corner of the Model Forest lies one of the area's best canoeing rivers. For many local paddlers this is their favourite trip since it offers a multiday canoeing experience with good camping in a semi wilderness setting. Expect to see lots of wildlife. This river is best canoed in the spring and early summer to avoid dragging canoes in shallow water areas. This is not to say that the river is easy-there are several areas of class 1-2 rapids in higher water so this river shouldn't be underestimated, particularly in the cold water of spring (in fact spray covers are needed at very high water). The river is especially scenic to start with since it flows for 12 kilometers next to the Annieopsquotch Mountains (with summits over 650 meters). The delta formed where Lloyds River flows into Lloyds Lake offers superb camping. Grassy meadows, and stands of birch and pine all provide an ideal natural campground. After 10 kilometers of lake paddling, Lloyds River then flows 22 kilometers to Red Indian Lake. In this section the rapids are minor and a logging road parallels the river's north bank.

Access/Egress: To reach the put in on the Burgeo Road, follow the TCH south of Stephenville and take Highway 480 toward Burgeo. The most common egress point would be at the second highway bridge located just before the river empties into Red Indian Lake. Access to this takeout is via a logging road which extends off the Burgeo Highway. Alternatively there is another bridge just downstream where Lloyds River empties out of Lloyds Lake. It could provide an access point for anyone interested in paddling just the lower section or a pull-out for people wishing a shorter trip. Also for paddlers wishing a longer trip outside the Model Forest, continuing on into Red Indian Lake (the second largest lake on the Island) and down the Exploit's River is possible. Obtain topographic maps 12A/5, 12A/6 and 12A/11 before heading out on the sections described above.

"Rivers are at the very heart of this nation. Without them, who would we be." James Raffan

The rivers presented in this guide include most of the paddling opportunities in the Western Newfoundland Model Forest (W.N.M.F.). The only river which is not discussed is the Serpentine River. This is because the access is difficult and it ends at the ocean over 20 kilometers from the nearest community. Steep cliffs and potentially high seas make this challenging ocean paddling so it is reserved for only very experienced canoeists. The International River Classification Scale has been used to rate rivers for difficulty-Class 1-small rapids and few obstructions; Class 2-rapids with waves up to 1 meter, some maneuvering required and Class 3-6-rapids of increasing difficulty.

Also there are several lakes within the W.N.M.F. that are suitable for canoeing but only some have been included in this brochure. The more commonly used are Deer Lake, Pinchgut Lake, Georges Lake and people have canoed on Grand Lake (the Island's largest lake), Frenchmans Pond, Little Grand Lake and other smaller ponds. Most of these lakes are subject to windy conditions so they are best paddled in the early morning or evening. Wherever you paddle always wear a personal floatation device and appropriate clothing. A wet/dry suit is a good idea in the spring when water and air temperatures are cool. Plan to bring a spare paddle, extra clothing, food and fire starting materials even on short day trips. Although every effort has been made to make this guide complete upon publication, due to natural changes the W.N.M.F. makes no claim as to its accuracy. Therefore have fun but paddle at your own risk! Marble Mountain Cabins rents canoes and ocean kayaks (ph. 634-2237) and North Arm Adventure Sports will provide water transportation within the Bay of Islands for ocean kayak trips (ph.783-2712).

THE WESTERN NFLD. MODEL FOREST

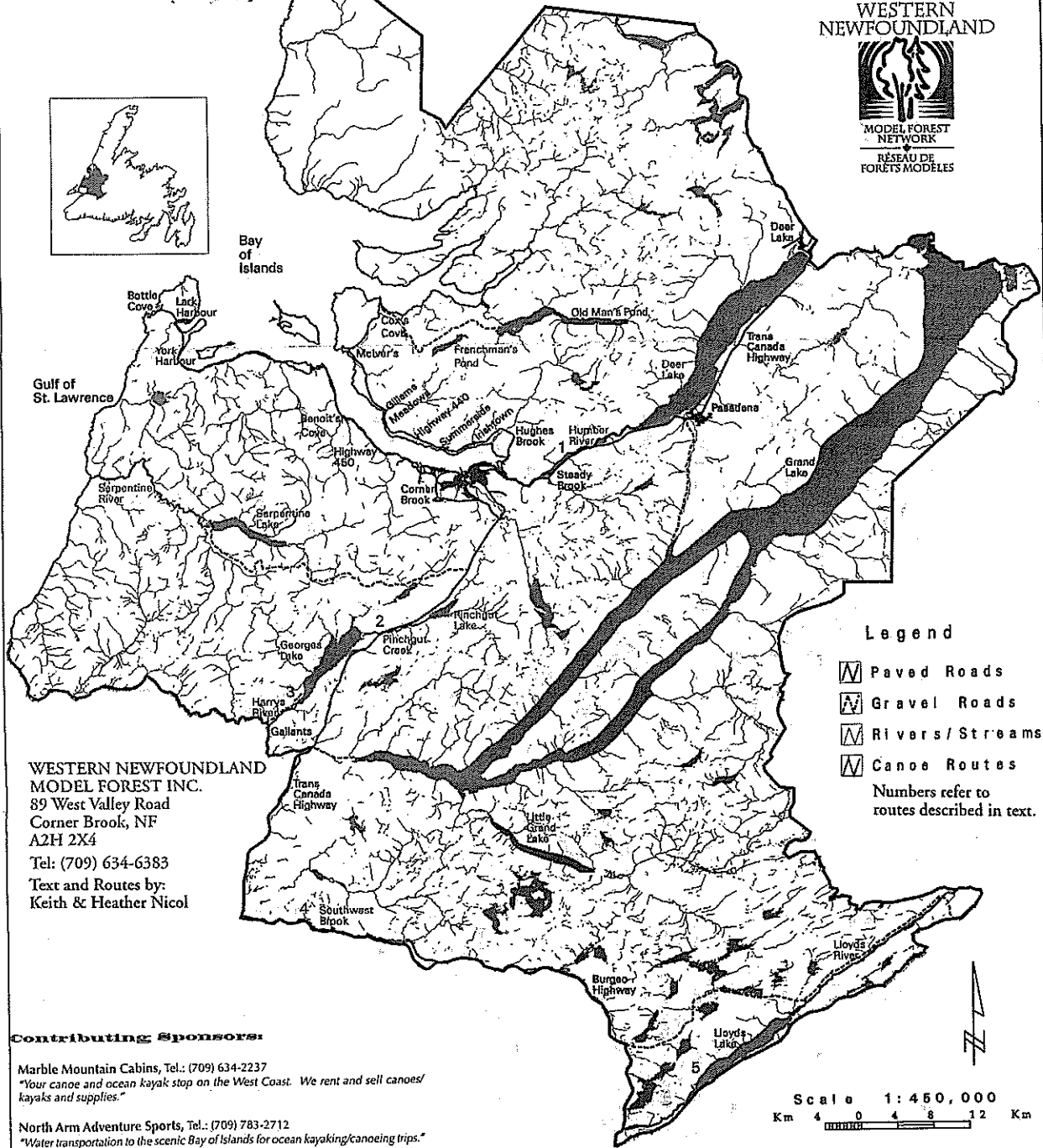
As a resident or visitor of the Western Newfoundland Model Forest (W.N.M.F.) you will notice a variety of forested and non-forested landscapes. Of the over 700,000 hectares of land in the W.N.M.F.- 50% is productive forest land, 20% is softwood scrub, 17% is rock or soil barrens and bog. The remainder is water, residential, rights-of-way or cleared land.

Forestry is moving away from treating land as simply a place to produce the raw material for sawlogs or pulp. Changing social values and the growing demand for products and services from the forest are forcing this reconsideration of traditional forest practices. Issues of logging on one hand and wildlife preservation, maintenance of good quality drinking water, preserving ecosystem integrity, and recognition of the forest's role in tourism and outdoor recreation on the other, are all examples of potentially conflicting values that forest managers must now deal with. The principal goal of the W.N.M.F. is to manage the forest of this region within a framework whereby short-term (1-5 year) management options are identified and decisions are rationalized within the context of long-term (50-100 year) goals of protecting biodiversity and providing social benefits including employment, recreation, and a healthy environment.

The W.N.M.F. is not a provincial park or protected area where there are restrictions on various activities. Nor is it a demonstration forest where only the latest and best forestry practices are presented. Rather it is a planning process where all interested stakeholders are being asked to come together and to provide ideas and solutions in the creation of an integrated resource management plan which recognizes a variety of forest values.

DISCLAIMER - The study on which this map is based was funded in part by the Western Newfoundland Model Forest Corporation.
The views, conditions and recommendations are those of the authors. The exclusion of certain manufactured products does not necessarily imply disapproval nor does the mention of other products necessarily imply endorsement by the Western Newfoundland Model Forest.

SELECTED CANOE ROUTES IN THE WESTERN NEWFOUNDLAND MODEL FOREST



Legend

- Paved Roads
- Gravel Roads
- Rivers/Streams
- Canoe Routes

Numbers refer to routes described in text.

WESTERN NEWFOUNDLAND MODEL FOREST INC.
 89 West Valley Road
 Corner Brook, NF
 A2H 2X4
 Tel: (709) 634-6383
 Text and Routes by:
 Keith & Heather Nicol

Contributing Sponsors:

Marble Mountain Cabins, Tel.: (709) 634-2237
 "Your canoe and ocean kayak stop on the West Coast. We rent and sell canoes/kayaks and supplies."

North Arm Adventure Sports, Tel.: (709) 783-2712
 "Water transportation to the scenic Bay of Islands for ocean kayaking/canoing trips."

Town of Steady Brook "Your Vacation Stop in the Humber Valley."

