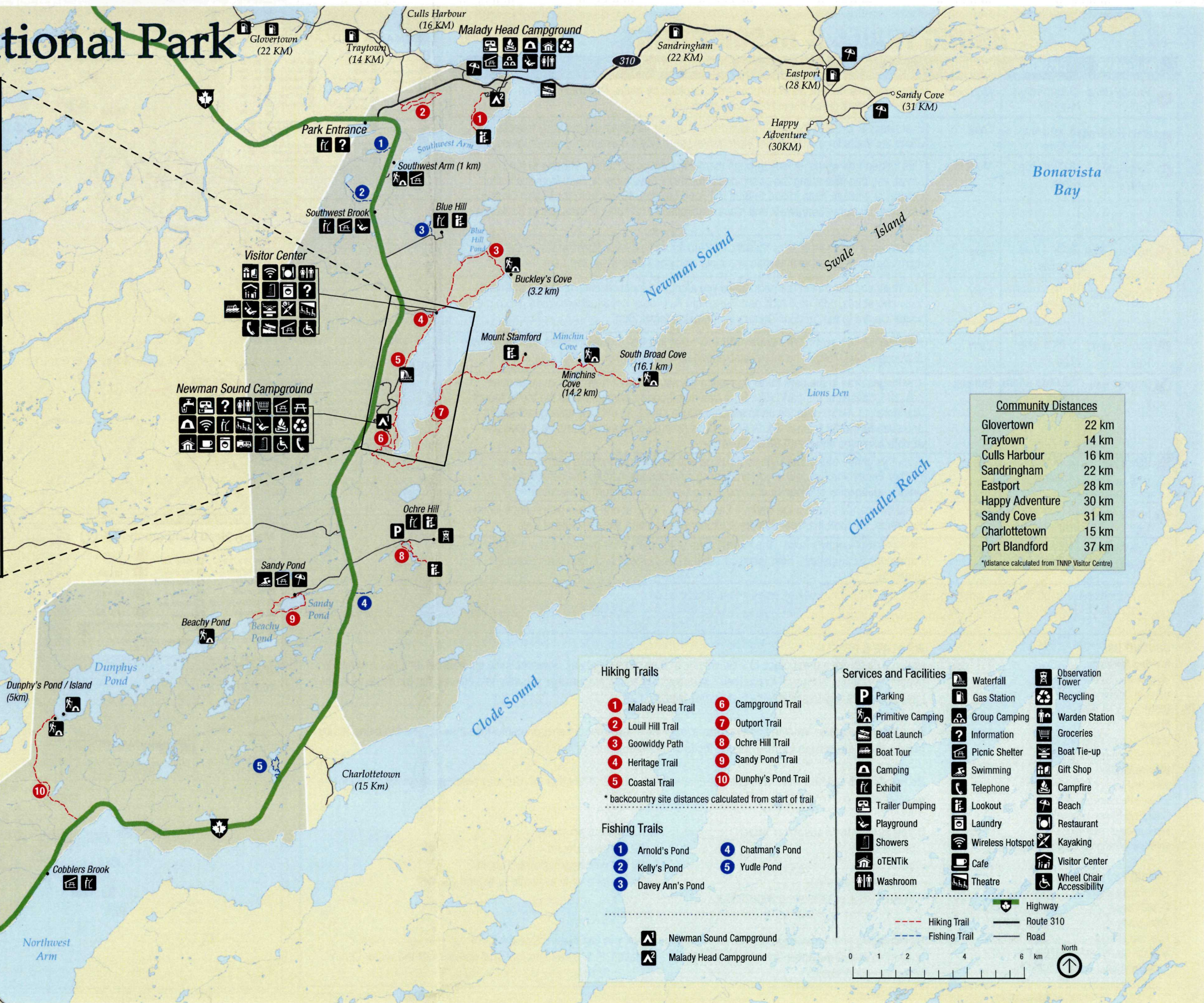
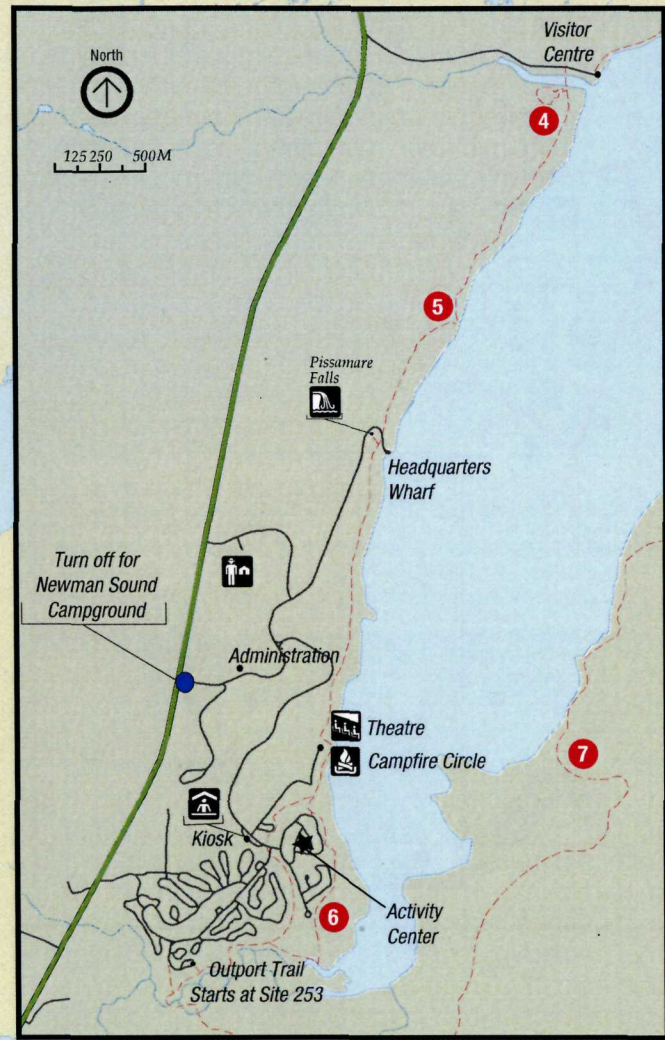


Terra Nova National Park



Community Distances

Glovertown	22 km
Traytown	14 km
Culls Harbour	16 km
Sandringham	22 km
Eastport	28 km
Happy Adventure	30 km
Sandy Cove	31 km
Charlottetown	15 km
Port Blandford	37 km

*distance calculated from TNNP Visitor Centre

- Hiking Trails**
- 1 Malady Head Trail
 - 2 Louil Hill Trail
 - 3 Goowiddy Path
 - 4 Heritage Trail
 - 5 Coastal Trail
 - 6 Campground Trail
 - 7 Outport Trail
 - 8 Ochre Hill Trail
 - 9 Sandy Pond Trail
 - 10 Dunphy's Pond Trail
- * backcountry site distances calculated from start of trail

- Fishing Trails**
- 1 Arnold's Pond
 - 2 Kelly's Pond
 - 3 Davey Ann's Pond
 - 4 Chatman's Pond
 - 5 Yudle Pond

- Services and Facilities**
- P Parking
 - Primitive Camping
 - Boat Launch
 - Boat Tour
 - Camping
 - Exhibit
 - Trailer Dumping
 - Playground
 - Showers
 - oTENTik
 - Washroom
 - Waterfall
 - Gas Station
 - Group Camping
 - Information
 - Picnic Shelter
 - Swimming
 - Telephone
 - Lookout
 - Laundry
 - Wireless Hotspot
 - Cafe
 - Theatre
 - Observation Tower
 - Recycling
 - Warden Station
 - Groceries
 - Boat Tie-up
 - Gift Shop
 - Campfire
 - Beach
 - Restaurant
 - Kayaking
 - Visitor Center
 - Wheel Chair Accessibility

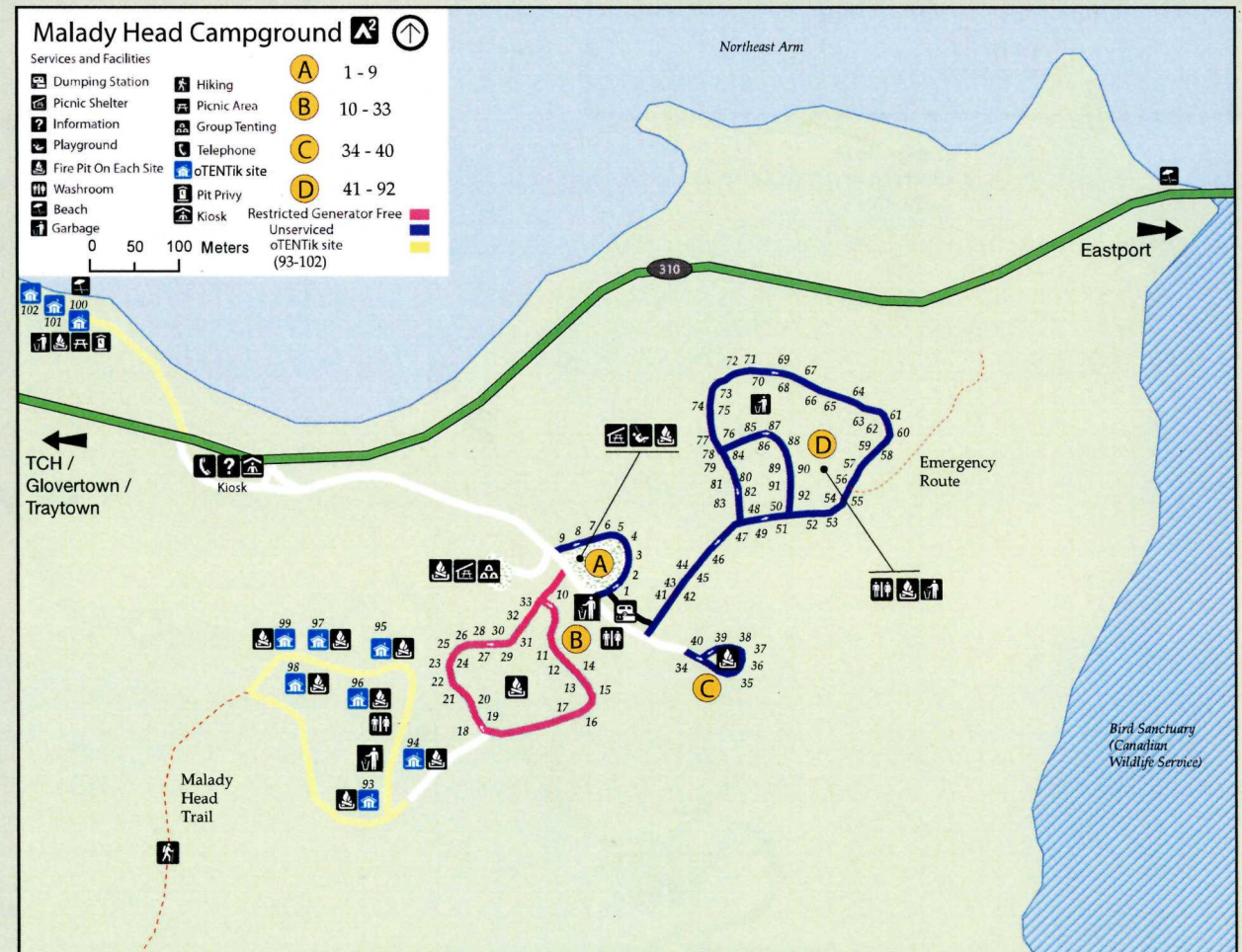
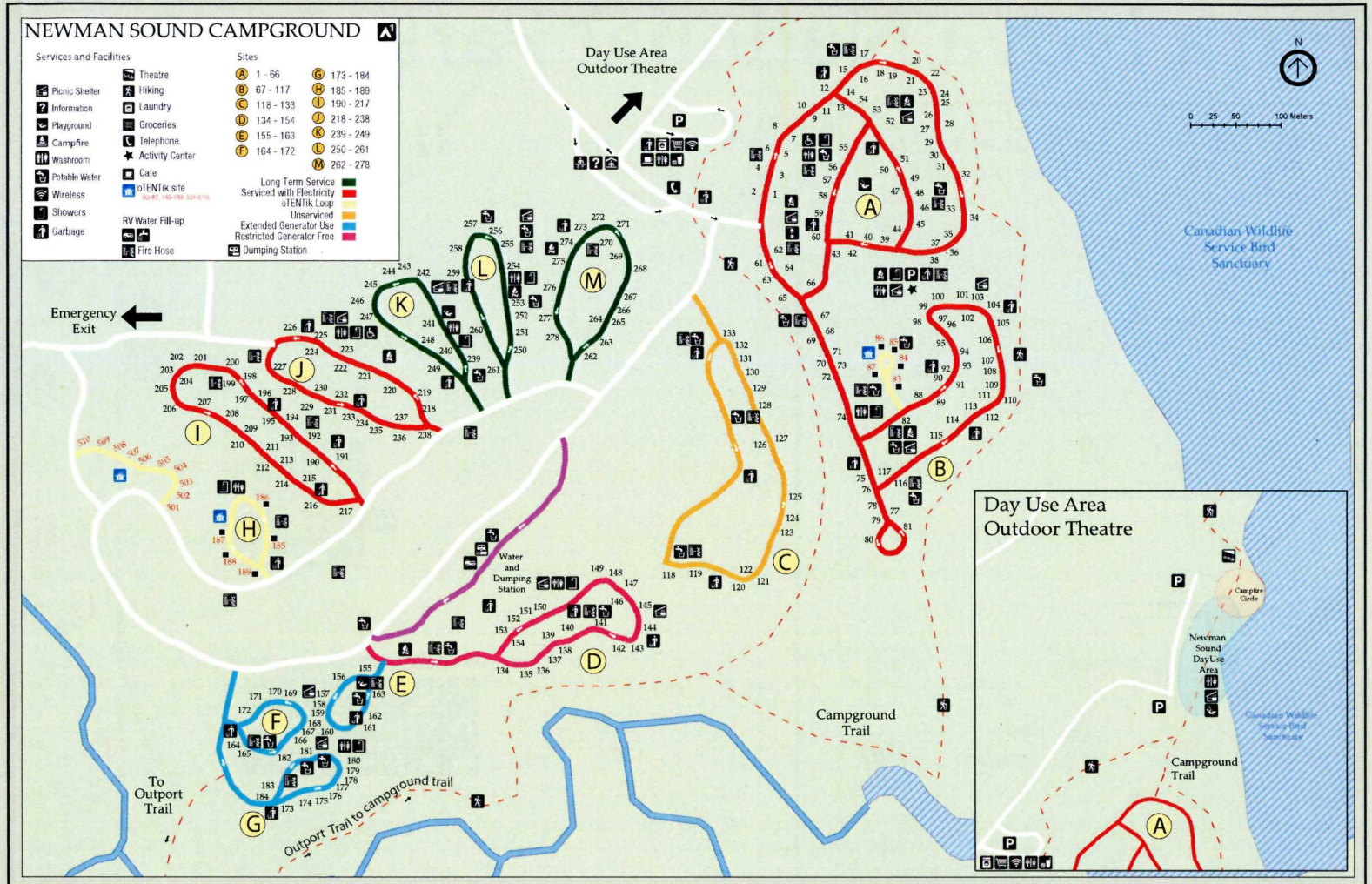
- ▲ Newman Sound Campground
- ▲ Malady Head Campground



HIKING TRAILS & DESCRIPTIONS

TRAIL NAME	DISTANCE	DIFFICULTY	DESCRIPTION
1 Malady Head Trail	3.2km return 1.25hrs	Moderate	Hike through a mature black spruce forest carpeted by moss. This trail offers an impressive view of Southwest Arm & Alexander Bay.
2 Louil Hill Trail	3.5km loop 1.5hrs	Easy	Experience a forest in transition-this balsam fir forest has been damaged by insects. Climb the stairs for a spectacular view of Alexander Bay & surrounding communities.
3 Goowiddy Path	8.0km loop 3hrs	Moderate	This looped trail winds its way through many different ecosystems. Starting in the boreal forest, you can hike along the coastline to Buckley's Cove (approx. 3km from the Visitor Centre) or you can head inland to Blue Hill Pond (approx. 1.8km from the Visitor Centre). This trail has some boardwalk and stairs. Backcountry camping is available at Buckley's Cove*.
4 Heritage Trail	0.5km loop 15mins	Easy	A short easy walk and stroller friendly. Pick-up an audio device from the Visitor Centre to learn about the seasonal lifestyles of people who once lived & worked here.
5 Coastal Trail	9.5km return 3.25hrs	Easy	The most popular trail in the park, takes you along the inner reaches of Newman Sound. View shorebirds, tidal mud flats and Pissamare Falls near Headquarters Wharf. From the Visitor Centre to the Outdoor Theatre is approximately 4.7km.
6 Campground Trail	3.0km loop 1hr	Easy	Meander along beautiful Big Brook. This is a great location to view beavers, spruce grouse & woodpeckers. Follow the interpretative panels to uncover some forest mysteries.
7 Outport Trail	32.0km return 11hrs	Difficult	The longest trail in the park takes you along the south side of Newman Sound to outer coastal locations of the park. Hike from Newman Sound Campground to the top of Mount Stamford (11.4km), continue on to Minchins Cove (3km), an old saw milling settlement and even further to tranquil South Broad Cove (2km). Backcountry camping is available at both Minchins and South Broad Cove*.
8 Ochre Hill Trail	2.0km loop 45mins	Easy	Walk this gentle trail around Ochre Hill Pond and look for carnivorous plants such as Pitcher Plants and Sundew. If you are feeling adventurous, hike to the look-off for a breath taking view of Clode Sound and Bread Cove (2.5km return to the loop)
9 Sandy Pond Trail	3.0km loop 1hr	Easy	Stroll this gentle loop around tranquil Sandy Pond. Picnic at one of our picturesque locations. See ferns, mushrooms, twin flowers & pitcher plants along this self-guided trail.
10 Dunphy's Pond Trail	10.0km return 2.5hrs	Easy	Hike or bike Dunphy's Pond - the largest pond in the park. Stay overnight at one of the backcountry campsites*. Hear loons call on the pond or watch caribou stroll along the shoreline.

*If you are interested in backcountry camping, please call (709) 533-2942 or email info.tnp@pc.gc.ca.



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 Reservations: 877.737.3783
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EMERGENCY NUMBERS
 Park Emergencies (709) 533-6090
 RCMP/Police (709) 533-2828
 Ambulance (709) 533-2111
 Fire Department (709) 533-1111
 Medical Clinic (709) 533-2372
 Canadian Coast Guard (709) 533-2590

WILDLIFE & PEOPLE
 National Parks are a great place to view wildlife in their natural habitat. However, once animals become accustomed to people, they are in danger of losing their "wildness". By acting responsibly, you can help ensure that future generations have an opportunity to see wildlife that is truly wild.

Do not feed wildlife: Wildlife find their healthiest food in their natural environment. Once they get used to being fed by people, they stop looking for their natural foods and lose their fear of humans.

Do not disturb wildlife: Give wild animals space. Bears, coyote, and other wildlife may react aggressively if they feel threatened by you or your pet.

If you encounter a coyote or bear:
 ◇Keep calm;
 ◇Don't run;
 ◇Back away slowly;
 ◇Leave the area or make a wide detour.

If the animal pursues:
 ◇Stand your ground;
 ◇Shout with aggression not shrills;
 ◇Use whatever is available to defend yourself.

By increasing your knowledge of bear and coyote behavior, you can help reduce the likelihood of an unpleasant encounter, and at the same time, help protect their population. Pick up an informational pamphlet at the Visitor Centre or Campground Kiosk.