

# guided east coast trail



## trip highlights

Hike the best sections from the northern tip to the southern end of the East Coast Trail.

Opportunities to spot whales, icebergs, puffins, and moose

Discover colourful and historic fishing villages and communities

Step foot on the most easterly point of North America

Experience friendly Newfoundland hospitality first-hand



<b>Trip Duration</b>	9 days	<b>Trip Code:</b> ETG
<b>Grade</b>	Moderate	
<b>Activities</b>	Guided Hiking	
<b>Summary</b>	6 nights B&B's/guesthouses	
	2 nights hotels	

## welcome to Great Canadian Trails

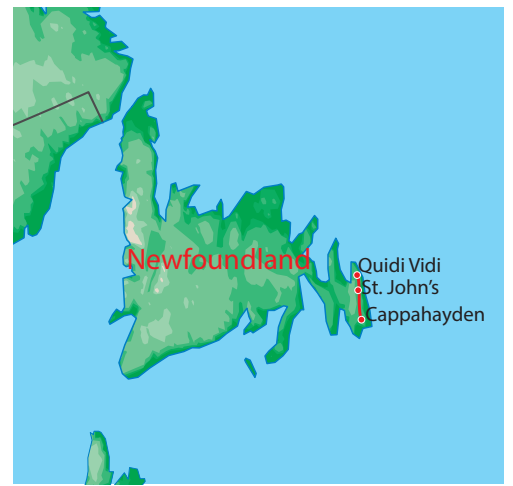
Thank you for your interest in our Guided East Coast Trail trip. With a small population compared to its vast size, Canada's wilderness is immense, wild, and largely untouched; an endless natural playground with countless opportunities for outdoor adventure. And, with history and character unique to each region, Canadian culture is a rich mosaic of customs. With Great Canadian Trails, experience charming communities and changing landscapes on foot or by bike, paddle along dramatic shorelines, or hike rugged trails with the support of our expert local teams. If you enjoy a physical challenge in the great Canadian wilderness or prefer a more leisurely pace, we're here to provide all you need so that you can enjoy your active holiday to the fullest. From the grand mountains of the West to the impressive Great Lakes and jovial Maritime culture of the East, not to mention the unimaginable scale of the remote North, there is no shortage of beauty and wonder awaiting the active traveller. We invite you to discover all of Canada's treasures from coast to coast to coast.

## why travel with Great Canadian Trails?

We are Canadian, our team is highly-experienced, and our understanding of the land means carefully-crafted hiking and cycling holidays that offer the active traveller an immersive and truly authentic experience. Our unique selection of itineraries draws upon some of the country's most inspiring landscapes, incredible networks of trails, and stunning national parks while showcasing communities along the way. Our wide range of accommodations include our selection of friendly bed & breakfasts, charming inns, perfectly-located hotels, and quiet cottages or cabins. Our drivers are local, professional, and full of information which they are eager to share as they take you to the trailheads and move your luggage ahead to the next overnight stay. We provide you with sectional maps, an emergency hotline, and a customized route booklet with detailed local information and the inside scoop on where to eat, visit, and explore each day. Each itinerary has been tried and tested with every detail accounted for, so that all you need to do is spend the day exploring at your own pace, to your heart's content. By travelling with Great Canadian Trails you are also making a positive impact, since most of our trips include a donation to the local non-profit organization who builds and maintains the trail. This helps others get out and experience Canada's natural wonders.

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Explore Newfoundland's East Coast Trail on a guided small-group hike showcasing its best sections, dramatic cliffs, hidden coves, and rich coastal culture.



We will arrange for you to share accommodation with another traveller of the same gender and, if we can not match you up, we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above. Note regarding single rooms: The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

## trip dates

**2026** 19 Sep - 27 Sep

## important notes

**Note:** - Two single rooms available per departure

## fast facts

### Visas:

Please check visa requirements with your reservations consultant\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

## responsible travel

The natural environments that you'll travel through are fragile and the cultures and traditions precious. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact.

## trip grading

Moderate

## the trip

This journey takes you through Newfoundland's East Coast Trail, a stunning network of wilderness paths blending towering cliffs, serene coves, and vibrant coastal communities. From the lively streets of St. John's to the remote beauty of Berry Head, share the thrill of exploration with fellow hikers, forming bonds as you uncover the history, wildlife, and breathtaking vistas of this rugged coastline. Wander lush woodlands, cross suspension bridges, spot whales and puffins, and marvel at ancient geological wonders—all while enjoying comfortable accommodations and the camaraderie of a shared adventure. Every step connects you to Newfoundland's unique culture, story-rich locals, and delicious seafood. With moments of quiet reflection and laughter-filled evenings, this group experience creates memories as vivid as the painted clapboard houses along the coast. Immerse yourself in boundless beauty and vibrant tradition—where every trail invites connection.

## at a glance

DAY 1	ARRIVE ST. JOHN'S
DAY 2	CAPE ST FRANCIS (APPROX. 4-6 HRS, 8.5KM/5.3MI)
DAY 3	POUCH COVE TO FLATROCK (APPROX. 5-7HRS, 15.1KM/9.4MI)
DAY 4	PETTY HARBOUR TO CAPE SPEAR (APPROX. 3.5-5.5HRS - 10.2KM/6.3MI)
DAY 5	WITLESS BAY TO BEAULINE SOUTH (APPROX. 6HRS, 16KM/10MI)
DAY 6	LA MANCHE VILLAGE TO BRIGUS SOUTH (APPROX 5-8HRS - 13.8KM/8.6MI)
DAY 7	SPURWINK ISLAND PATH (APPROX. 6-9HRS - 16KM/10MI)
DAY 8	LOGY BAY TO ST JOHN'S (4.5-6.5 HOURS, UP TO 12.7KM/7.9MI)
DAY 9	TOUR CONCLUDES

## what's included

- 8 breakfasts, 7 lunches, 6 dinners
- 8 nights in B&B's/guesthouses/hotels on a double occupancy basis
- Certified Guide
- Luggage transfers (1 piece per person)
- Transfers to/from trailheads as indicated in itinerary
- \$50 donation to the East Coast Trail Association

## detailed itinerary

### DAY 1 Arrive St. John's

Welcome to the windy, colourful and boisterous capital of Newfoundland. Make your way to your St John's Hotel (details are provided with your final documents). Spend the rest of the day exploring one of the oldest cities in North America, discovering its bright-painted heritage houses and buildings, restaurants, galleries and antique shops. Your accommodation is also close to the legendary nightlife and live music on George Street. Meet your guide before dinner for a group orientation.

**meals:** NIL

### DAY 2 Cape St Francis (Approx. 4-6 hrs, 8.5km/5.3mi)

Your guide will accompany the group from the St John's hotel. Today's stretch of trail features steep hills, a rugged coastline, and sweeping ocean views, with the chance to spot whales and seabirds, especially in the summer. About halfway from the Biscan Cove trailhead, you'll find an ideal picnic spot and scenic viewpoint called Champs Lookout. The trail also passes through prime berry-picking areas and the remnants of the Cape St. Francis Lighthouse, along with a still-operational helicopter pad. Walk back with your group to a beautiful B&B in Pouch Cove for a lovely homecooked dinner. We return you to Saint John's after dinner.

**meals:** B,L,D



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Moderate. Daily walks are between 8km and 16km on well marked trails over diverse and often rugged terrain – from relatively flat to short, steep sections. Most of the walk is on trail with some boarded surfaces, exposed tree roots, and likely mud and/or rocks to scramble over. You should pay particular attention to your footwear to ensure that it is suitable to avoid blisters and rolling ankles. This is not a trip for breaking in new hiking boots! Be sure you have tried and tested your boots in wet conditions and over uneven terrain. Route finding will be reasonably straightforward but days are long and weather conditions will be variable. The main areas to concentrate on route finding are arriving and leaving towns and cities, and along rocky shores. The accent is on keeping a steady pace to take in all of the views, with time to stop and take photos. You will need a good level of fitness to participate fully in this adventure.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. When hiking, expect rugged terrain with plenty of dirt, roots and rocks. In wet conditions, trails can be muddy and slippery, potentially raising the level of difficulty of your trip. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

### DAY 3 Pouch Cove to Flatrock (Approx. 5-7hrs, 15.1km/9.4mi)

This morning your group will be dropped in Pouch Cove and hike past Shoe Cove, which was mostly used as a summer fishing station. Shoe Cove Road, constructed circa 1900, links the cove to the highway and allowed local families to homestead in the area nearby. After heading west and crossing Shoe Cove Brook, the trail continues along a traditional cow path through coastal woods on the cove's steep eastern slope. Cattle used to roam the community pasture nearby between the 1960s and the early 2000s, the early operational years of Shoe Cove's chief pasture. Lookout points and side trails along the day's route overlook Shoe Cove Island, exposed rock ledges and a few gorgeous waterfalls. You will reach Stiles Cove, where seals would haul up on sea ledges to rest and hunt in coves with streams frequented by salmon. Beyond this point are more wooded tracks, a known eagle's nest to keep an eye out for, and more sweeping views. Your group will be shuttled to a B&B in Bay Bulls for the next two nights after you reach the Flatrock trailhead.

meals: B,L,D

### DAY 4 Petty Harbour to Cape Spear (Approx. 3.5-5.5hrs – 10.2km/6.3mi)

Your group will be picked up after breakfast and taken to the trail head at Petty Harbour for a hike to Cape Spear, the most easterly point of the continent, in the shadow of the oldest surviving lighthouse in Newfoundland and Labrador, and an iconic symbol of the province's maritime history. Your hike will feature board-walked bog crossings, a variety of terrains, two river crossings and expansive views of deep swells rolling in across the Atlantic. Before your group is transferred back to the B&B in Bay Bulls, you will all have plenty of time to explore the Cape Spear Lighthouse. Originally built in 1836, the lighthouse was rebuilt in 1955 using the active light of the original lighthouse.

meals: B,L,D

### DAY 5 Witless Bay to Beauline South (Approx. 6hrs, 16km/10mi)

After a hearty breakfast, your group will take on two of the easier sections of the East Coast Trail, ending at the famous brightly-painted saltbox houses in the community of Tors Cove. With its epic views of blue ocean, rocks, field and forest, "the Cribbies" is the most photographed meadow in Newfoundland. It has one of the best views of the Witless Bay Ecological Reserve, and fairy-tale magic about the place. The trail hugs the shoreline with lovely shore and coastal views all the way to the reserve, which is a sanctuary for puffins and migrating seabirds. The area is also a popular feeding ground for humpback whales, so keep an eye out for tails and breaches. The hike concludes in Beauline South, a charming, picturesque community that preserves the island's rich fishing heritage.

meals: B,L,D

### DAY 6 La Manche Village to Brigus South (Approx 5-8hrs – 13.8km/8.6mi)

Today, sparkling turquoise waters and cliffside boardwalk await you at La Manche Provincial Park. The 50-metre/164-foot long swaying La Manche suspension bridge is another highlight of the East Coast Trail, crossing a tranquil cove that once serviced a long-abandoned fishing village. Your group will continue south along the Flamber Head Path, one of the more remote, underrated sections of the ECT. The trail rolls over wooded hills, headlands and cliff-faces with sweeping coastal views, concluding at the pick-up point in the charming little harbour community of Brigus South. You should note that the segment of trail approaching Brigus South involves some rugged terrain and can be more challenging in adverse conditions.

meals: B,L,D

### DAY 7 Spurwink Island Path (Approx. 6-9hrs – 16km/10mi)

If there's a single photo of your trip that will stop people in their tracks, it will be the massive sea arch at Berry Head located on the Spurwink Island Path section of the trail. Chunks of the stratified archway continue to fall to the ground below, while the reflecting ocean window is sublime on a summer day. After the hike your group will be shuttled back your B&B in Beauline South.

meals: B,L,D



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## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 8 Logy Bay to St John's (4.5-6.5 hours, up to 12.7km/7.9mi)

A morning transfer awaits after breakfast to join this diverse coastal trail connecting Logy Bay with St. John's. The trail features two significant elevation changes of 150 meters. Along the way, you'll enjoy stunning coastal vistas from atop Sugarloaf Head to the north, explore unique rock formations at the Skerries, and take in panoramic 360-degree views of St. John's and Quidi Vidi from the Bawdens Highlands in the south. Be aware that the hiking trail and biking route, both well-marked, criss-cross up Bawdens Highland. After crossing White Hills and Bawdens Highland, Quidi Vidi Village offers a range of services for visitors and a community link to Signal Hill National Historic Site. The 175-meter climb up Signal Hill is worth it, as viewers who have experienced the historic viewpoint will attest. Your group will walk back to the St. John's hotel after climbing Signal Hill for the impressive views of the city harbour and surroundings. Having ticked off some of the most magnificent hikes in Newfoundland, celebrate with some screech in the boisterous pubs on George Street.

meals: B,L

### DAY 9 Tour Concludes

Services end after breakfast. We hope you enjoyed your stay at 'the Rock'!

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## joining instructions

You will receive details of your joining accommodations with your final documents. Upon arrival in St. John's you will need to arrange transport to your accommodations.

## country information

With the North Atlantic Ocean at its doorstep, Newfoundland and Labrador (commonly referred to as 'The Rock') is home to "Iceberg Alley", one of the best places in the world to view icebergs. On a sunny day (in season), view these 10,000-year-old glacial giants from many points along the northern and eastern coasts – With varying shapes and sizes and colours ranging from snow-white to the deepest aquamarine.

The meeting of the cool Labrador Current and the warm Gulf Stream creates an abundance of marine life that attracts thousands of whales (22 species including minke, sperm, pothead, blue, orca, and the world's largest population of humpbacks), and provides rich nesting grounds for millions of seabirds (gannets, puffins, storm-petrels, etc). Inland, keep an eye out for rare birds such as the European golden plover, Northern wheatear, harlequin duck, piping plover, and birds of prey such as hawks, falcons, ospreys, owls, and American bald eagles.

## climate

The warm/dry weather tends to arrive later here than elsewhere in Canada, meaning outdoor adventure is generally saved for the months of June (Spring) through September (Fall). Fog is very common along the coastlines, especially in the spring. Summer (July and August) is perfect for all kinds of outdoor activities, from hiking to kayaking. While the temperature frequently reaches shorts and T-shirt weather, the fresh ocean air is bound to keep you cool. Fall (September and October) is a crisper (and less 'buggy') version of the summer and is a beautiful time to hike in Newfoundland and Labrador amongst the colourful fall foliage. This is also the perfect time to sample sweet, fresh blueberries, partridgeberries, blackberries and crowberries. Bakeapples, also called cloudberry, are a local favourite. You'll find these unique, flavourful berries in everything from jams and jellies to tarts and pies.

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## dietary requirements

Provided we are advised in advance of your departure, we are able to cater to vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (ideally, months prior to your trip/at time of booking) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## pre and post tour accommodation

If you are arriving early in St. John's (or departing after the last day of the tour), please notify us well in advance if you would like us to try and arrange for extra nights in the same accommodations. Rooms are limited, so we highly recommend booking as far in advance as possible.

## what you carry

You will need to carry just a day pack with your water bottles, jacket, camera, and other personal items. You should plan on carrying at least 2 litres of water each and every day.

## equipment required

Wet weather gear, sunscreen, and good walking boots. Walking poles are recommended. A comprehensive gear list is included in the pre-departure information provided on booking.

## luggage

Luggage will be transferred between accommodations as needed.

## getting there

### BY AIR

St. John's International Airport (YYT) services domestic and international flights, including flights from Vancouver (8hrs), Toronto (3hrs), New York (4hrs), London (5.5hrs) and Dublin (5hrs).

## way marking

The East Coast Trail is marked with its own comprehensive signage system. Details will be provided in your route notes/information package.

## special visa requirements

All international visitors will require proper documentation to enter Canada. Most nationalities require either a tourist visa or an ETA. Detailed information will be provided upon booking.

## what's not included

- Travel to and from St. John's
- Items of a personal nature including alcoholic beverages
- Meals and transfers where not indicated in the itinerary
- Travel insurance
- Entrance fees and optional activities

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- Paper maps of the East Coast Trail
- Airport transfers
- Applicable taxes of 15% when booking made in North America

## private groups

The adventures featured on our website are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charities, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

## subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, [www.greatcanadiantrails.com](http://www.greatcanadiantrails.com)

## social networking

Follow us on Facebook at <https://www.facebook.com/GreatCanadianTrails>, on Twitter at <https://twitter.com/@GreatCanTrails> and on Instagram at <https://instagram.com/GreatCanadianTrails>

## trip availability

If this trip seems right for you then we encourage you to book now. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Our holidays visit small communities with limited accommodations, and we can only guarantee rooms once we've booked and confirmed with each property. For this reason, we can only confirm availability of tour once bookings have been received. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can confirm your adventure of a lifetime we ask that you check trip availability with our team at your earliest convenience.

## how to book

To book a Great Canadian Trails trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function. We can also help you with any additional arrangements that you require, such as pre or post trip accommodation in conjunction with the main Great Canadian Trails trip.