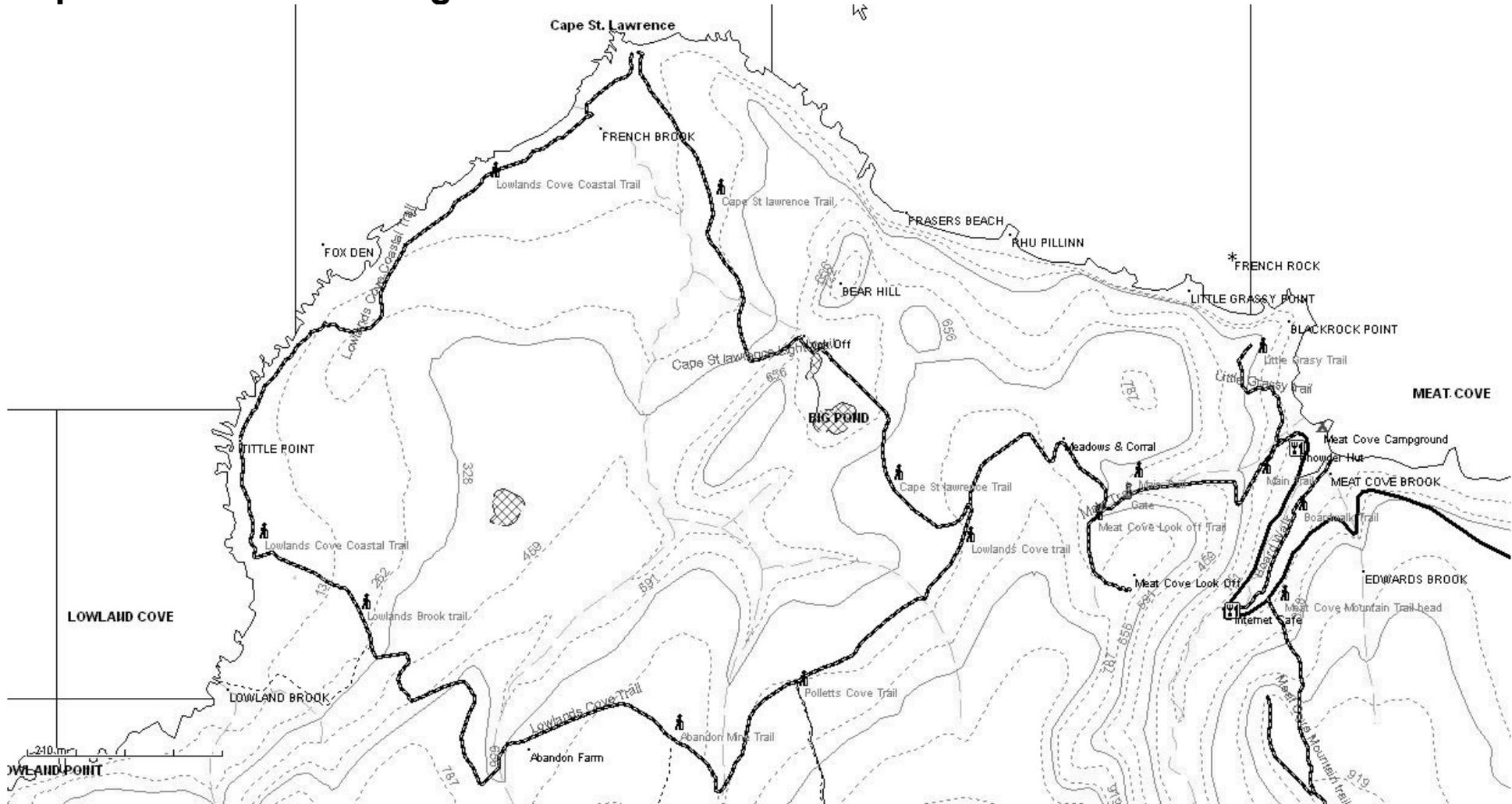


Cape St Lawrence Hiking Trails



Cape St Lawrence Trail 5km one way from campground, maximum elevation 850ft.

Lowlands Cove Trail 5km one way from Cape St Lawrence turnoff, 7km from camp ground

Lowlands Cove Coastal Trail 3.2km grasslands trail

Meat Cove Look Off 0.5km side trail to look off at 800ft

Little Grassy Trail 0.6km from campground overlooking Meat Cove at an elevation of 420ft, change in elevation 320ft

Meat Cove Mountain Trail 1.3 km to look off at end of ridge elevation 1040 ft with an additional 1km of ridge trails

River Boardwalk Trail 0.85 km to beach change in elevation 150 ft

Abandon Mine Trail 1.5km side trail to an abandon zinc mine, I've not walk this trail yet so I don't know its condition. Check locally

Pollet Cove Trial This multi day hike along old roads and old telegraph trail should only be considered my very experienced hikers with good navigation skills. I do not know its condition. Check locally

Cape St Lawrence Trail . Trail length 5km one way, maximum elevation 850ft. This Trail starts by the Office at the campground (check with office if you plan to leave your vehicle near here) on the gravel road and changes to a narrow track after 150 meters and proceeds up the hill. This is by far the steepest and most challenging part of the hike in the first kilometer you will climb nearly 700ft and pass by a wooden gate and the sign for the Meat Cove Look Off trail to your left, by the time you reach a meadow and corral to your right most of the climbing is finished. About 2 kilometer from the start you will see the side trail to Cape St Lawrence to your right, as of July 09 this was well marked with flagging tape on both sides, it's the first trail to your right past the meadows of any size and suitable for an ATV or horse and cart originally.

The rest of the hike is an easy 3km proceeding gradually down hill except for one short steep section, be sure to check the look off at the top of this section just past Big Pond.

Lowlands Cove Trail 5km to the coast from the Cape St Lawrence turn off or 7 km from the camp ground.

Instead of taking the Cape St Lawrence turn off at the 2 km mark keep straight on after another kilometer you will see the Pollets Cove turn off to your left, after about another kilometer you should see the disused road and trail to the abandon zinc mine (1.5 km), another 0.75 km takes you to an abandoned farm all that remains is a clearing and some farm implements. The trail proceeds gradually down to the coast, the topographic map indicates a side trail to Lowlands Cove Brook starting 0.7 km from the coast, I was day dreaming and totally missed this turn off, judging by the stunning scenery it would be worth locating.

Lowlands Cove Coastal Trail 3.2 km coastal trail. Just keep a safe distance from the cliff edge and follow ATV and animal tracks along the coast. If proceeding from Lowlands cove the Cape St Lawrence Light and start of the trail to Meat Cove is easy to find, proceeding the other way to Lowland Cove be on the look out for the trail just before the grassy area changes to a wooden area as Lowlands brook is approached, steel posts painted red can be found though out the Lowlands there are a couple located close to where the trail starts inland.

Meat Cove Look Off This 0.5 km side trail is located 1 km from the campgrounds after a steep climb on a sharp corner where the road crosses a brook. As of July 09 it was clearly marked with a sign, the trail appears new and is clearly marked with flagging tape, as the trail is so new follow the flagging tape or you easily lose the trail. The trail rises 150ft from its start to a stunning view of the valley and Meat Cove.

Little Grassy Trail This 0.6km trail starts on the right hand side of the road as you head up the hill just past the campground office and is marked with flagging tape. From the road it drops down to the creek then gradually rises to a knoll overlooking the coast and Meat cove from a height of 420 ft. If you only have time for one trail this should be the one, it offers stunning views for the least effort of any trails in the area.

Meat Cove Mountain Trail 1.3 km to eastern end of ridge. This trail starts a short distance up the road from the Internet Café and is marked by a small sign on a tree, and a few stones placed to form steps, the trail climbs steeply nearly 900ft in the first 0.75km and then levels off somewhat. The grassy ridge of the mountain extends over a kilometer with fantastic views in all directions.

River Board Walk Trail This pleasant boardwalk trail extends nearly a kilometer from the Internet Café to the beach

GPS Data

Cape St Lawrence light Turn N47°01.423'W60°34.696' Cattle Corral N47°01.560' W60°34.381' Meat Cove Look Turning N47°01.413' W60°34.233'

Meat Cove Lookout N47°01.225' W60°34.146' View of Light from 525ft N47°01.796' W60°35.277' Polletts Cove Turn off N47°01.013'W60°35.294'

Abandoned Farm N47°00.856'W60°36.219' Washed out Bridge N47°00.825'W60°36.318' Lowland Cove inland/Coastal junction N47°01.299' W60°37.144'

Wooden gate N47°01.446' W60°34.150' Meat Cove Mountain Trailhead N47°01.204' W60°33.674'