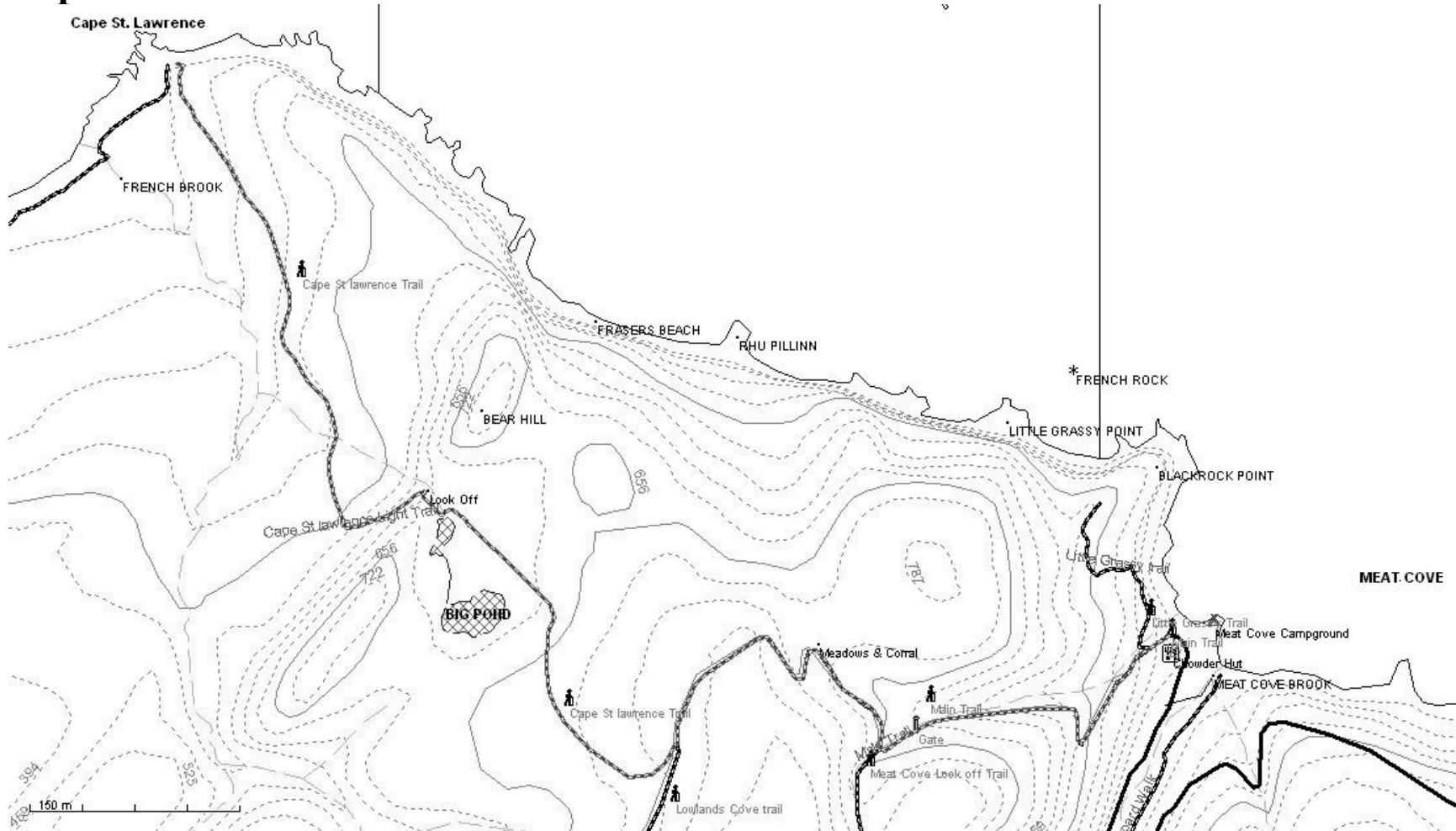


Cape St Lawrence Trail



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.

There are a few well established sheltered campsites at Cape St Lawrence, French Brook

GPS Waypoints

Cape St Lawrence light Turn off N47°01.423'W60°34.696'

Wooden gate N47°01.446' W60°34.150'

Meat Cove Look Turning off N47°01.413' W60°34.233'

Cattle Corral/ Meadows N47°01.560' W60°34.381'

View of Light from 525ft N47°01.796' W60°35.277'