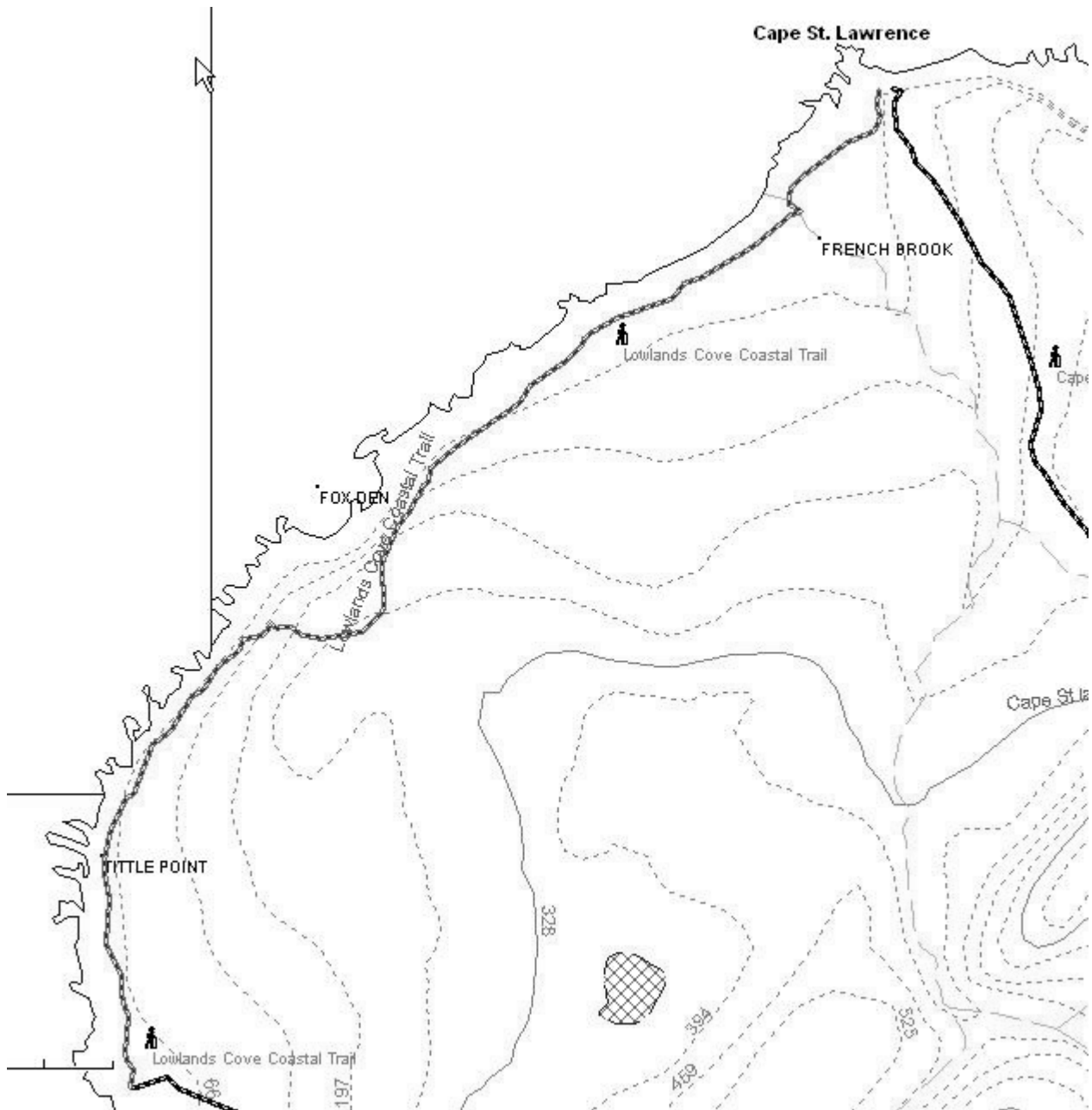


Lowlands Cove Coastal Trail



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.

The trails on this map are actual GPS tracks of our hikes, in the vicinity of Foxes Den we detoured inland due to steeper terrain and having an unreliable dog on a line, it may be possible to proceed closer to the coast at this point with caution. In any case at this point of the trail you will be following animal tracks or picking your own path over the open terrain.

There are a few well established campsites at Cape St Lawrence well sheltered from the wind at French Brook, I'm told there are also good campsites at Lowlands Brook.

GPS Waypoints

Lowland Cove inland/Coastal junction N47°01.299' W60°37.144'

Cape St Lawrence Light N47°02.479' W60°35.858'