

5 CDSG GARRISON ST. JOHN'S
WELCOME
GUIDE
MILITARY FAMILY RESOURCE CENTRE



145

**145 Churchill Ave
St. John's, NL
A1A 0N9
1.709.570-4636**

EXECUTIVE DIRECTOR
SHELLEY GOULDING

CUSTOMER CARE
COORDINATOR
ZOE KAVANAGH

FINANCE & PERSONAL
DEVELOPMENT
COORDINATOR
SHERRY COLLINS

FAMILY LIAISON OFFICER &
MFRC SOCIAL WORKER
KIERA FAGAN

CHILDREN'S SERVICES
COORDINATOR
JILLIAN KING

YOUTH COORDINATOR
ASHLEEN FARRELL

VETERAN FAMILY
PROGRAM
COORDINATOR
DANETTE CHAYTOR

VOLUNTEER AND SPECIAL
EVENTS COORDINATOR
JENS HOSEL

COMMUNICATIONS
COORDINATOR
JAY-MICHAEL CANNING

SISIP FINANCIAL
KENNETH WAYE

STJOHN'S MFRC

PHONE: 709-570-4636

INFO@ST.JOHNSMFRC.COM



WELCOME FROM THE ST. JOHN'S MILITARY FAMILY RESOURCE CENTRE

On behalf of the Board of Directors, Staff and Volunteers of the St. John's Military Family Resource Centre, we would like to extend a heartfelt welcome. We at the MFRC look forward to meeting you and your family in the near future.

The MFRC has been established to meet the needs of our military families. Information and referral services, educational workshops, personal development workshops, short-term confidential crisis counseling, emergency child care, spousal employment, reservist outreach, deployment services, children & youth and parenting programs are among the services offered at the Centre. We also have a resource library for your convenience. The MFRC can be a place to drop in, relax and meet a new friend. The staff are interested in ensuring the programs at the centre meet the needs of your families.

Services are available to all Regular and Reserve Force families. Volunteers are an essential part of the MFRC operation. So, if you also have an interest in volunteering, there's another reason to drop by!

The Centre belongs to you, the families of the Canadian Armed Forces. It is only with your ideas can the staff ensure everyone's needs are being met. You do not need to have a problem to avail of the centre's resources. Let us know what you want and we'll do our best to arrange it for you.

Once again-Welcome to St. John's! We look forward to meeting you!



PAGE 6



PAGE 10

PAGE 13



PAGE 17



PAGE 19



PAGE 22

C O N T E N T S

6 ST. JOHN'S & SURROUNDING AREA

The St. John's metropolitan area is the most populous census metropolitan area in Newfoundland and Labrador, and it is the second largest in Atlantic Canada... See what we offer...

8 GETTING TO KNOW THE ROCK

Situated in Canada's most easterly point, the rugged coast and the vastness of the island's wilderness is mesmerising! find out more...

10 HOUSE HUNTING

When looking for a place to call home it's easy to get sidetracked, check out our information before you take to the streets.

12 GETTING SET UP

Completing your change of address, finding internet providers, starting new accounts, knowing the lay of the land...

16 SPECIAL CONTACTS

All the numbers, and websites you really need to get started in your new home on the "Rock".

17 MEDICAL AND CHILDCARE

How many hospitals are there? What health care is provided in the city. Each province is unique, see what St. John's has to offer...

19 SCHOOLING

Furthering your education and your family's education is important, find out what institutions are provided in the capital region.

22 CLIMATE AND ACTIVITIES

Ohhh, the Weather. Be prepared, it is unique, even harsh. However, it can be a lot of fun. Find out what it is like and what activities are offered in the metro area.

ST. JOHN'S

THE SURROUNDING AREA

St. John's is the capital city of Newfoundland and Labrador and the largest city in the province. It has a large urban sprawl across the North Eastern tip of the Avalon Peninsula and is known as North America's easternmost city. The population is approx 110,000 which is the second largest city in Atlantic Canada, and the 20th largest metropolitan area in Canada.

history and culture, and affinity for "small town" quality of life make St. John's and surrounding areas a pleasure to live, work and play in.

Settling into a new life can be challenging however there are many resources available to help you settle in – they are just a phone call away!! We look forward to getting to know you.

Military families relocating to St. John's and surrounding areas will find a natural environment, quality educational and medical facilities, clean air, safe streets, all the amenities of the greater Canadian community, with a European flavour. Our rich



GETTING TO KNOW "TOWN"...



The North East Avalon Peninsula is the most Easterly Point in North America, making one feel at times as though you're in the middle of the Mighty Atlantic Ocean. In the city there are many varieties of trees that were brought over from Europe that have taken root and spread for hundreds of years. Viewing the city from Signal hill or Shea Heights Lookout you can visualize the European influence in the geography from the small windswept tuckamore trees along the outlying areas and the giant maples and oaks creating a canopy over the colourful victorian houses inside the urban core. The Northeast Avalon coastline has hundreds of km of hiking trails scattered amongst beautiful cliffs, inlets, waterfalls, abandon fishing villages, and beaches that will take your breath away. Along these coastlines there are many ponds, lakes, rivers and hills for exploring in the winter on snowshoes, snowmobiles, or in the spring, summer, fall, seasons you can access them on mountain bikes and quads. Wherever you go there is open spaces, and beautiful landscape that is yours to discover.



TOPSAIL BEACH ROTARY PARK - CONCEPTION BAY SOUTH

METRO CAPITAL REGION



Municipality	2001	2006	2011	2016
St. John's	99,182	100,646	106,172	108,860
Conception Bay South	19,772	21,966	24,848	26,199
Mount Pearl	24,964	24,671	24,284	22,957
Paradise	9,598	12,584	17,695	21,389
Portugal Cove – St. Philip's	5,866	6,575	7,366	8,147
Torbay	5,474	6,281	7,397	7,899
Logy Bay – Middle Cove – Outer Cove	1,872	1,978	2,098	2,221
Pouch Cove	1,669	1,756	1,866	2,069
Flatrock	1,138	1,214	1,457	1,683
Witless Bay	1,056	1,070	1,179	1,619
Bay Bulls	1,014	1,078	1,283	1,500
Petty Harbour – Maddox Cove	949	915	924	960
Bauline	364	379	397	452

[Census Profile, 2016 Census](#)
[City of St. John's, Newfoundland and Labrador.](#)

HOUSE HUNTING

WHEN MOVING TO THE ST. JOHN'S AREA, THERE IS A VARIETY OF OUTLYING COMMUNITIES AND BEDROOM MUNICIPALITIES OF INTEREST. BELOW ARE SOME OF THE TOP WEBSITES FOR THE AREA. PLEASE VIEW FURTHER INFORMATION OF THE WONDERFUL CITIES AND TOWNS THAT MAKE UP THE METRO AREA.

ST. JOHN'S

St. John's is the capital city of Newfoundland and Labrador and the largest city in the province. It has a large urban sprawl across the North Eastern tip of the Avalon Peninsula and is known as North America's easternmost city. The population is approx 110,000 which is the second largest city in Atlantic Canada, and the 20th largest metropolitan area in Canada..

Town Website:

www.stjohns.ca

Town Hall Location:
10 New Gower Street

Phone number:
311 or 709-754-2489



Mount Pearl is a city surrounded by St. John's, and Paradise, NL. The city dates back to 1829 when Commander Jamie Pearl and his wife, arrived in Newfoundland with a gifted crown land for his service in the Royal Navy. In 1955 it became incorporated and has since become one of the largest most densely populated cities in the province. Often described as a city within a park, Mt. Pearl has many trails and outdoor sporting amenities and it is approximately 15-25min drive to the Quidi Vidi area.

Town Website:

www.mountpearl.ca

Town Hall Location:
3 Centennial Street

Phone number: 1-709-834-6529



The Town of Paradise is one of Atlantic Canada's fastest growing communities and Newfoundland and Labrador's fastest. Its location is surrounded by St. John's, Mt. Pearl, Conception Bay South, and St. Philip's. It has recently had many upgrades to its main road, and its amenities are growing rapidly every year considering the town's size. There are many walking trails around ponds, the sports complex has many great activities and constant events being hosted weekly.

Town Website:

www.paradise.ca

Town Hall Location:
28 McNamara Drive

Phone Number:
1-709-782-1400



Portugal Cove-St. Philip's is close enough to St. John's that one can have the convenience of city life, however you feel as though your in the countryside. It is a growing rural area with great hiking trails, scenic views, and privacy. The trip into St. John's is just a short 15min drive. The town was one of the first villages established in the new world, it was the site of the first road built outside St. John's and it has many oral traditions and folklore.

Town Website:

www.pcsp.ca

Town Hall Location:
1119 Thorburn Road

Phone number:
1-709-895-8000



Conception Bay, which makes up the Northern Shore of the Avalon Peninsula. It is approximately 30km from the East End of St. John's and has a divided highway that connects to the Trans Canada Highway. There are nine smaller communities that were amalgamated in the 1970's which now make up the greater "CBS" area. Notably within the town there are nine schools under the NL School District, with many sporting programs and all of the main amenities of a larger urban area. Conception Bay South is also said by locals to often have better weather, than other locations around the Northeast Avalon.

Town Website:

www.conceptionbaysouth.ca

Town Hall Location:
11 Remembrance Square

Phone number :
1-709-834-6529



Torbay is a town located just North of the City of St. John's. It's name originates from the Old English name "Tor" which means rocky hill. There is beautiful coastline, farmland, and beaches that always display icebergs in season. The town has a main city street that changes into a bypass road for quick access. There are many parks, walking trails, and open spaces to explore. The area is also very close to the city, making it a short distance to the East End shopping centre, "Stavanger Drive" supplying you with all major amenities.

Town Website:

www.torbay.ca

Town Hall Location:
1288 Torbay Rd

Phone number:
1-709-437-6532





GETTING SET UP

WHEN SETTING UP UTILITIES THERE IS ONLY ONE PROVIDER. START-UP'S, TRANSFERS, & CANCELATIONS ARE SIMPLE.

[HTTPS://WWW.NEWFOUNDLANDPOWER.COM/EN/MY-ACCOUNT/SERVICES/MOVING/START-ELECTRICITY-SERVICE](https://www.newfoundlandpower.com/en/my-account/services/moving/start-electricity-service)

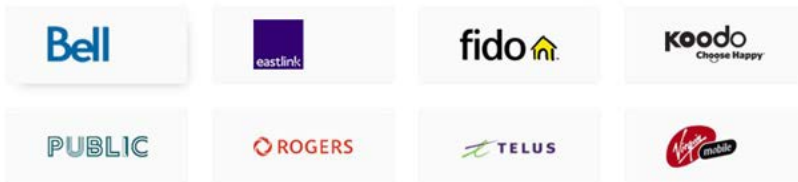
Newfoundland Power offers several billing options to help meet your needs including ebills, equal payment plan and our Optional Residential Seasonal rate.

If you're moving to a new location you will need to start, stop or transfer your electricity account. You can do it at your own convenience through online self-service.

POPULAR INTERNET PROVIDERS

Bell Aliant primus ROGERS eastlinktv

POPULAR CELL PHONE PROVIDERS



Geographic Area Covered in Newfoundland and Labrador

Network	Percentage	Geographic Area Covered (km ²)
Bell	17.81%	72,496
Rogers	1.36%	5,521
Telus	17.81%	72,496

Coverage data generated August 2019 from carrier maps



EMPLOYMENT

FINDING EMPLOYMENT IN NEWFOUNDLAND AND LABRADOR OR HOPING TO HIRE SOMEONE IN THIS PROVINCE?

WWW.GOV.NL.CA/AESL/FINDAJOB/

WWW.GOV.NL.CA/AESL/FILES/PUBLICATIONS-LMOUTLOOK2020.PDF

In 2020 and beyond over 75% of anticipated job openings in Newfoundland and Labrador will be among:

- sales and service occupations;
- business, finance, and administrative occupations;
- trades, transportation, and equipment operators;
- management occupations;
- occupations in social science, education, government service, and religion; and
- health occupations.

The strongest recruitment pressures (job openings relative to total employment) will be among:

- occupations unique to processing, manufacturing, and utilities;
- health occupations;
- management occupations;
- business, finance, and administration

Note: *St. John's Metro area employers often use these websites listed below.*

01 Public Employment Posts

www.hiring.gov.nl.ca

02 Career Beacon

www.careerbeacon.com

03 Indeed

www.ca.indeed.com





TRANSPORTATION

METROBUS- SERVICES ST. JOHN'S, MOUNT PEARL, KILBRIDE, GOULDS AND PARADISE GENERAL INQUIRES- 570 2020

VISIT WWW.METROBUS.COM

AIRPORT

Location:100 World Parkway

Phone: 709-758-8500

St. John's Airport website for more information www.stjohnsairport.com

TAXI METER

Taxi meter rates start at \$3.75 and operate 365 days a year. Non-smoking. Most offer child car seats upon request. Full list of taxi companies can be found in the yellow pages of the telephone directory.

COACHLINES

DRL Coachlines with 25 stops across Newfoundland from St. John's to Port aux Basques. DRL also carries parcels and letters. www.drl-lr.com

Marine Services Reporting Guidelines

The Department of Transportation and Works is not responsible for ferry services between the provinces of Newfoundland and Labrador and Nova Scotia or Fortune and Saint Pierre. Information on these services can be found at:

[Marine Atlantic Inc.](#)

[Saint Pierre Ferry Service](#)

01 [Vehicle Registration](#) please visit [Motor Registration Division](#) 1-877-636-6867 or mrd@gov.nl.ca



02 Effective August 1, 2019 veterans can avail of an additional 10% discount for passenger vehicle registration. To apply for the veterans discount. Send an email to mrd@gov.nl.ca. More info: www.gov.nl.ca/snl/vehicleregistration/veteran/

03 [Online Resources and Transportation Information.](#)

[Motor Registration – Online Appointments](#)

[Driver Licensing](#)

[Vehicle Registration](#)

[ATV Safety](#)

[“Move Over” Law](#)

[Impaired Driving Laws](#)

[Vehicle Seizure and Impoundment Program](#)

[Accessible Parking Permit](#)

[Payment Options](#)

[Peeling Licence Plate Replacement](#)

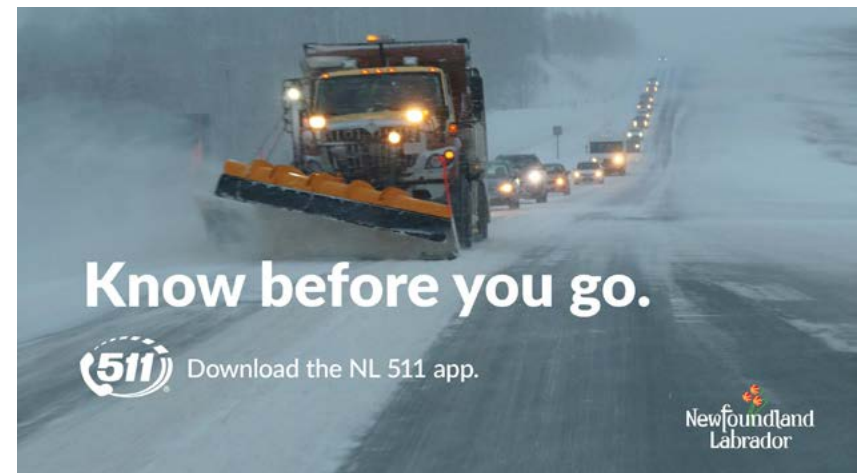
[Stolen and Wrecked Vehicle Program](#)

[Motor Registration Division Locations and Mailing Addresses](#)

[Bicycle Helmets](#)

[Medical Standards and Mandatory Reporting](#)

[Motor Vehicle Inspections](#)



Know before you go.



Download the NL 511 app.

Newfoundland
Labrador

IMPORTANT NUMBERS

1 EMERGENCY - CALL 911

Fire Department (709) 722-1234
Police Department (709) 729-8000
Police Hearing Impaired TTY-TDD1-800-363-4334
Environmental Emergency (709) 772-2083
Poison Control (709) 722-1110

2 HOSPITALS

Health Science Centre (General Hospital) (709) 777-6300
Janeway Children's Health and Rehabilitation Centre (709) 777-6300
Leonard A. Miller Centre (709) 777-6555
St. Clares Mercy Hospital (709) 777-5000
Waterford Hospital (709) 777-3300

3 EMERGENCY SHELTERS

Iris Kirby House (Womens) 709-753-1492
Naomi Centre (Womens) 709-579-8641 (up to age 30)
Choices For Youth (Mens) 709-757-3050 (up to age 29)
The Wiseman Centre (Co-Ed) 709-739-8355

4 HEALTH LINE 811

Individuals can call the 811 HealthLine (811 / TTY 1-888-709-3555) to speak to a registered nurse 24 hours a day, seven days a week about any health issue or concern. For more information about the 811 HealthLine, please visit: www.811healthline.ca/w

CRISIS SUPPORT:

Military Police – 709-685-8104
5 CDSG Det. Padre, Capt. Jeffrey Payne – 709-733-3878 or 709-749-2749
Provincial Crisis Line (24/7) – 1-888-737-4668
NL Sexual Assault Crisis Support Line (24/7) – 1-800-726-2743

COUNSELLING SUPPORT:

Canadian Forces Member's Assistance Program (24/7) – 1-800-268-7708
Family Information Line (24/7) – 1-800-866-4546
St. John's Military Family Resource Centre – 709-570-4595
CAF Social Worker Stefany Squires – 709-733-3643
St. John's Women's Centre – 709-753-0220
DoorWays Mental Health Walk-in Clinic – 709-752-4903

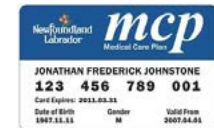


EASTERN HEALTH IS THE LARGEST, INTEGRATED HEALTH AUTHORITY IN NEWFOUNDLAND AND LABRADOR.

EASTERNHEALTH.CA

The Newfoundland and Labrador [Medical Care Plan \(MCP\)](#) is a comprehensive plan of medical care insurance designed to cover the cost of physician services for residents of the province. **Important Note:** Canadian Armed Forces (CAF) dependents are exempt from the three month (90 day) waiting period. The spouse or dependent(s) of a regular member of the CAF who has entered the province from another Canadian province or territory are entitled to first-day coverage provided they have established residence in the province of Newfoundland and Labrador.

MCP Office - 45 Major's Path, St. John's
Phone: 1-866-449-4459



Eastern Health Clinic

Eastern Health has opened a clinic for patients in the St. John's metro area who currently do not have a family doctor. This collaborative Team Clinic will operate on Elizabeth Avenue and is accepting calls from patients to arrange for an appointment.

Patients who are interested in registering with this new clinic may call 709-752-4747 between 4:00pm and 9:00pm, Monday through Thursday.

Below is a list of walk in Clinics around the city that are most known:

01 Blackmarsh Family Care Centre, St. John's NL. 709-576-6555

02 Dr. Brentnall- Paradise, NL. 709-781-8715

03 Morry Walk in Clinic- Bay Bulls, NL. 709-334-3265

04 THE COVE CLINIC - Portugal Cove St. Philip's. 709-895-7255



CHILD CARE

DEPARTMENT OF EDUCATION AND EARLY CHILDHOOD DEVELOPMENT WWW.CHILDCARE.GOV.NL.CA

PARENTS ARE RESPONSIBLE FOR PAYING CHILD CARE FEES. A 2017 CHILD CARE FEE SURVEY FOUND THE FULL-TIME, MEDIAN MONTHLY INFANT FEE IN ST. JOHN IS \$1,085 AND \$868 FOR PRESCHOOLERS.

The Division of Family and Child Development within the Department of Education and Early Childhood Development is responsible for monitoring and licensing child care centres and family child care homes under the Child Care Act and regulations. The Division of Family and Child Development is also responsible for Family Resource Centres.

The Child Care Services Subsidy Program is available to eligible families to help cover the full or partial cost of child care. The subsidy program is administered through regional offices of the Department of Education and Early Childhood Development. "Early Learning and Child Care Directory." Early Learning and Child Care Directory, 2019, www.childcare.gov.nl.ca/.

For more information on finding local child care, what it costs, and what subsidies that are available in Newfoundland and Labrador please visit the site below.

www.findingqualitychildcare.ca/newfoundland-and-labrador



CHILDREN SCHOOLING

PROVINCIAL GRADE SCHOOL EDUCATION WWW.NLSCHOOLS.CA

PROVINCIAL GRADE SCHOOL EDUCATION
EASTERN SCHOOL DISTRICT PHONE: 709-729-1234
AVALON REGIONAL OFFICE- 95 ELIZABETH AVENUE

The Department of Education and Early Childhood Development is responsible for early childhood learning and development, the K-12 school system and public libraries with the objective of building an educational community in Newfoundland and Labrador that fosters safe, caring and inclusive learning environments for all children and youth in early childhood settings, regulated child care and family resources centres, and pre-school to grade 12

On the NLSchools website you'll be able to view a list of all current K-12 schools across the province and you'll also find the school catchment viewer, which will allow you to view the schools that would be zoned to the location where you live. It also offers the school status report to be able to check if there are any school closures or late openings.

Metro Private Schools

St. Bonaventure's College – www.stbons.ca

Lakecrest Independent School – www.lakecrest.ca

Academy of First Baptist K-12 Christian School – www.firstbaptist.nl.ca

French Grade School E'Cole des Grande-Vent – www.csfp.nl.ca

Anchor Academy - www.anchoracademynl.com



PUBLIC POST SECONDARY

NEWFOUNDLAND AND LABRADOR'S PUBLIC POST-SECONDARY EDUCATION SYSTEM CONSISTS OF TWO DIVERSE INSTITUTIONS, MEMORIAL UNIVERSITY (MUN) AND COLLEGE OF THE NORTH ATLANTIC (CNA).

WWW.GOV.NL.CA/AESL/POSTSECONDARY

The Department of Advanced Education, Skills and Labour has a mandate to ensure the province has highly educated graduates and skilled workers for a fast-growing economy. This includes creating a climate which is conducive to economic growth, competitiveness and prosperity.

01 Memorial University is the only university in Newfoundland and Labrador and the largest university in Atlantic Canada. It is made up of a campus in St. John's; the Fisheries and Marine Institute in St. John's; Grenfell Campus in Corner Brook; a residential campus in Harlow, England; and the Institut Frecker in Saint-Pierre-et-Miquelon.

www.mun.ca

02 College of the North Atlantic is the only public college in Newfoundland and Labrador.. It is made up of 17 campuses across the province. There are over 19,000 registered Alumni, 700+ faculty members, and 9000+ students yearly.

www.cna.nl.ca



Memorial has a suite of services and programming aimed at helping students ensure a smooth transition into their studies, and to ensure they feel safe and secure while they are here. From Academic Advising services that help students ensure they're selecting appropriate courses, to airport greeters for international students arriving from distant hometowns, Memorial works to ensure students are empowered to thrive during their postsecondary studies. Both MUN and CNA are located in the city's north central region next to beautiful walkways that surround both Kent's Pond, and Long Pond.

POST SECONDARY PRIVATE INSTITUTIONS

Academy Canada – Corner Brook and St. John's
BAC Training Centre Inc / BAC Masonry College
Boilermakers Industrial Training Centre Inc.
Canadian Training Institute
Carpenters Millwrights College Inc.
Central Training Academy
DieTrac Technical Institute
Eastern College
Gander Flight Training
Ironworkers Education & Training Co. Inc.
Keyin College – Burin (formerly Centrac College),
Operating Engineers College
U.A. Training Center
Woodford Training Centre Inc.

For other matters related to post-secondary education such as financial aid, transcripts, etc. please contact the Department of Advanced Education, Skills and Labour or visit: <http://www.aesl.gov.nl.ca/postsecondary/index.html>

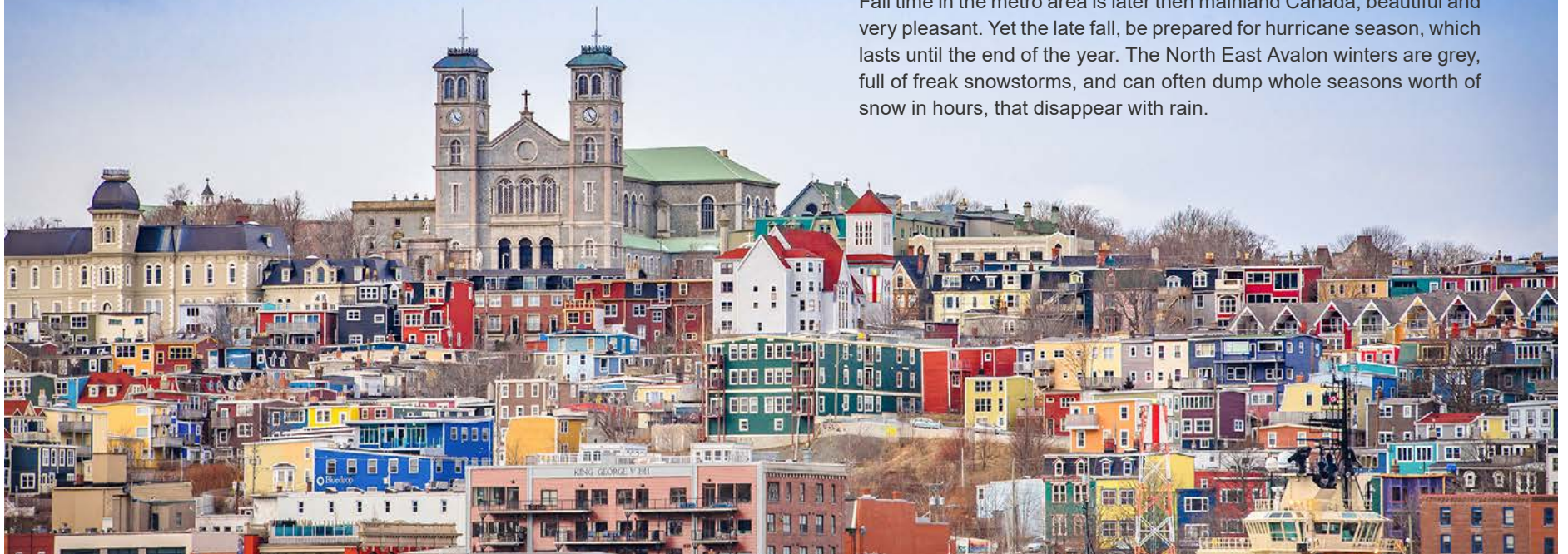
CLIMATE & GEOGRAPHY

PREPARING FOR THE SEASONS

The island of Newfoundland has a variety of climate types, but it is designated as a cool summer humid continental climate. The Gulf Stream makes the waters south of Newfoundland very warm with water temps as high as 22°C creating foggy, windy, and moody cloudy days when mixed with the cold Atlantic water. The result of the frigid Northern Labrador Current meeting with the warm Gulf Stream also creates bazaar weather with very strong high and low pressures resulting in days that can display all four seasons.

St. John's is also prone to a lot of precipitation year-round, making it the wettest outside of British Columbia, due to the tracking of many tropical storms and at times hurricanes that swipe through the province. The City has a unique energy, and the weather dictates conversations amongst all residents, due to the fact it is the foggiest, windiest, cloudiest, and almost the wettest of all the major cities of Canada.

Seasonally, spring is paired with winter like temps, it is often very cold and long which can create "seasonal affective disorder", and summer hits with a vengeance out of nowhere not preparing you for hot and humid days resulting in week long stints of +20°C that feel like a sticky +30°C. Fall time in the metro area is later than mainland Canada, beautiful and very pleasant. Yet the late fall, be prepared for hurricane season, which lasts until the end of the year. The North East Avalon winters are grey, full of freak snowstorms, and can often dump whole seasons worth of snow in hours, that disappear with rain.





SUMMER ACTIVITIES

SUNNY SUMMER DAYS IN NEWFOUNDLAND, ARE MOST DELIGHTFUL. WITH AFTERNOON HIGHS IN THE LOW TWENTIES, WARM ENOUGH TO BE COMFORTABLE AND YET COOL ENOUGH TO PERMIT VIGOROUS ACTIVITY.

[HTTP://NEWFOUNDLAND.HILWIN.NL/](http://newfoundland.hilwin.nl/)

By early July, in most years, atmospheric adjustments produce a mean westerly airflow over Labrador, and a southwesterly one over the island. This marks the onset of summer conditions. The character of the summer then depends upon the relative strengths of the two weather systems. Most often these days are filled with warm breezes and warm nights. Summer is the time when those who 'come from away' come to Newfoundland and fall in love. It's a great time to go hiking, see all kinds of whales and seabirds, you may even get to enjoy some warm weather and a campfire at the beach.



In these few months you will get between 14-16 hours of light a day. Late caplin will still spawn. Icebergs are gone from the east coast. Warm weather abounds with fog patches during the early hours. Lots of tourists cover the scenic highlights. Whales are easily seen from shore

or up close from a boat. Plenty of puffins and other open sea birds can be spotted on the water. Trails are in good condition but get soggy on wet days. Lupins and hawkweed spring up by the side of the road and berry picking starts. www.newfoundssander.wordpress.com/seasons/

SUMMER LEISURE ACTIVITIES

PREPARING FOR THE SEASONS

1 Historic Sites Association
www.historicsites.ca

10 Forbes St, Suite 204
Chelsea Building
709-753-2566

2 Botanical Gardens
www.mun.ca/botgarden

306 Mount Scio Road
St. John's, NL
709-864-8590

3 The Rooms
www.therooms.ca

9 Bonaventure Ave
St. John's, NL
709-757-8090

3 Manuels River Hibernia Interpretation Centre & Walking Trail
www.manuelsriver.ca

7 Conception Bay Highway,
CBS, NL
709-834-2099

5 Holy Cross Swimming Park
www.holyrood.ca

Holyrood Access
Holyrood, NL
holyroodswimpark@outlook.com

6 Mountain Biking
www.trailforks.com/region/st-john-s

Visit site for further information

7 East Coast Trail
www.eastcoasttrail.com

Explore 25 wilderness paths along North America's easternmost coastline.
709-738-HIKE (4453)

8 The Ocean Sciences Centre
www.mun.ca/osc

0 Marine Lab Rd
St. John's, NL
709-864 2459

9 Topsail Beach Rotary Park
www.conceptionbaysouth.ca

Topsail Beach Road
CBS, NL
709-834-6500

10 The Grand Concourse
www.grandconcourse.ca

The entire Grand Concourse network was completed in 2005 with approximately 125 km's of walkways.



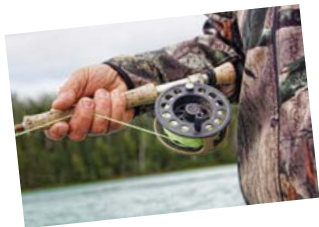
SEASONAL ACTIVITIES

SOME SAY THERE ARE REALLY ONLY THREE SEASONS IN NEWFOUNDLAND AND LABRADOR — SUMMER, FALL AND WINTER, WITH SPRING NOTHING MORE THAN A Milder VARIANT OF THE SEASON THAT PROCEEDS IT.

WWW.THETELEGRAM.COM

Now is the time to start planning for your adventure. Or should we say, adventures? After all, Newfoundland and Labrador is a big place. With an even bigger collection of things to see and do, all of which, come complete with a story to tell.

Whether you like to plan in advance or just go with the flow, you'll never run out of things to do here in Newfoundland and Labrador. Wildlife? Check. History? Of course. Amazing vistas? In spades. And culture? We speak more dialects of English than the English do. But perhaps the best thing to do when you visit here is absolutely nothing at all. Except maybe to relax and breathe deeply, filling your lungs with copious amounts of fresh clean air that's been filtered and flavoured by the 16-million square miles of Atlantic Ocean at your feet.



Immerse yourself in this culture of wonderful tales, adventures, and explorers. Experiencing our local cuisine, festivals, museums, and art galleries will give an even greater understanding of our colourful and off-kilter culture. WWW.NEWFOUNDLANDLABRADOR.COM/THINGS-TO-DO

1 Cape Spear Lighthouse

On Canada's easternmost point of land, historic Cape Spear Lighthouse, the oldest surviving lighthouse in Newfoundland and Labrador.

[www.pc.gc.ca/en/lhn-nhs/nl/spear](http://WWW.PC.GC.CA/EN/LHN-NHS/NL/SPEAR)

2 Signal Hill

As St. John's most popular landmark, Signal Hill recalls the town's historic past and communications triumph, as well as offering coastal hikes and colourful performances against sweeping views overlooking the Atlantic. [www.pc.gc.ca/en](http://WWW.PC.GC.CA/EN)

3 George Street

George Street in downtown St. John's is two blocks of bars, pubs, and restaurants. It has inspired songs and stories, and has been a magnet for musicians and their fans for decades.

[www.georgestreetlive.ca](http://WWW.GEORGESTREETLIVE.CA)

4 Johnson Geo Centre

Cut from the ancient rock of Signal Hill, the staff take you deep underground to experience the story of the earth and beyond. [www.geocentre.ca](http://WWW.GEOCENTRE.CA)

5 Government House

The official residence of the Lieutenant Governor of Newfoundland and Labrador. Tours are available Monday - Friday by appointment only.

[www.govhouse.nl.ca](http://WWW.GOVHOUSE.NL.CA)

6 Bowring Park

starts with great heading, great subheading, great typography and all other great things you will find in this universal Magazine Template.

7 St. John's Farmers Market

Take some time to wander through the market and learn what is grown and made near and in St. John's.

[www.stjohnsfarmersmarket.org](http://WWW.STJOHNSFARMERSMARKET.ORG)

8 Avalon Wilderness Reserve

The Avalon Wilderness Reserve is 1,070 km² of barrens and forests. It protects the Avalon woodland caribou herd, the most southerly caribou herd in Canada

9 Saltwater Society

Saltwater Society provides outdoor adventures off the Northeast Avalon Peninsula. Operating out of Portugal Cove-St. Philip's, they provide the ultimate offshore Charter experience for small groups and families. [www.saltwatersociety.ca](http://WWW.SALTWATERSOCIETY.CA)

10 The Loop

The Loop, an outdoor ice skating trail, has brought new life to Bannerman Park during the winter months. Families with children, young adults, seniors, community and service groups all can skate together for free.

[www.stjohns.ca](http://WWW.STJOHNS.CA)



THE SEASONS

THE CITY OF ST. JOHN'S IN PERSPECTIVE IS THE SAME LATITUDE AS QUEBEC CITY, QUEBEC OR SEATTLE WASHINGTON. HOWEVER, THE TEMPERATURES, ARE VERY DIFFERENT.

SPRING RANGES FROM: -5°C TO + 15°C

SUMMER RANGES FROM: +15°C TO +30°C

FALL RANGES FROM: +15°C TO +20°C

WINTER RANGES FROM: -15°C TO +10°C

Newfoundland and Labrador is an adventurer's paradise. Teeming with spectacular scenery, outdoor space, and more than enough breathing room, it's the perfect place to explore and discover your inner thrill-seeker. It doesn't matter when you get outside because outdoor experiences are available all year long.

Why not kayak along our 29,000 kilometres of pristine coastline, or take a raft down the mighty Exploits River? You might even cast a line and try your luck with an abundance of trophy fish.

For more off the beaten path adventures during the winter months, you can travel outside the city and head west. Hop on a snowmobile and ride into the backcountry or along 5,000 kilometres of pristine, groomed trails. And with 16 feet of annual snowfall, there's always an opportunity to hit the slopes on skis or a snowboard.

With so much to see and do, and a variety of provincial and national parks, there's an outdoor activity to suit everyone. newfoundlandlabrador.com/things-to-do

AVERAGE TEMPERATURES BY MONTH, ACCORDING TO THE NATIONAL CENTRES FOR ENVIRONMENTAL INFORMATION

The metro area spring is paired with winter like temps, and is often very cold and long which can create "seasonal affective disorder".

Summer hits with a vengeance out of nowhere not preparing you for hot and humid days resulting in week long stints of +20°C that feel like a sticky +30°C.

Fall time in the metro area is slightly later, beautiful and very pleasant, yet the late fall be prepared for hurricane season, which lasts until the end of the year.

The North East Avalon winters are grey, full of freak snowstorms, and can often dump whole seasons worth of snow in hours, that disappear with rain.

January	-1°	/	-8°	11 days
February	-1°	/	-9°	10 days
March	-1°	/	-5°	11 days
April	-5°	/	-1°	10 days
May	-11°	/	2°	10 days
June	-15°	/	6°	9 days
July	-20°	/	11°	10 days
August	-20°	/	12°	9 days
September	-16°	/	9°	11 days
October	-11°	/	4°	13 days
November	-6°	/	0°	13 days
December	-2°	/	-4°	13 days



TIPS FOR THE WEATHER:

- Four seasons of clothing are a must
- Suggested studded winter tires if commuting the highways
- Sunlight Lightbulbs for your house if affected by (SAD)
- Snowblowers are essential especially if located along metro snowbelt areas
- Fans and AC units often are shopped out in summer months in local stores
- Rain jackets, windbreakers, umbrellas, and tank tops can be your best friend



CFMWS

CFMWS.CA