

**5 CDSG GARRISON ST. JOHN'S**

# **WELCOME GUIDE**

**MILITARY FAMILY RESOURCE CENTRE**



# **145**

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# 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!



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# C O N T E N T S

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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 mesmerizing! 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...

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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 113,000 which is the second largest city in Atlantic Canada, and the 22nd 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	Type	2001	2006	2011	2016	2021 <sup>[8]</sup>
St. John's	City	99,182	100,646	106,172	108,860	110,525
Conception Bay South	Town	19,772	21,966	24,848	26,199	27,168
Paradise	Town	9,598	12,584	17,695	21,389	22,975
Mount Pearl	City	24,964	24,671	24,284	22,957	22,447
Portugal Cove – St. Philip's	Town	5,866	6,575	7,366	8,147	8,415
Torbay	Town	5,474	6,281	7,397	7,899	7,852
Holyrood <sup>[9]</sup>	Town	1,906	2,005	1,995	2,463	2,471
Logy Bay – Middle Cove – Outer Cove	Town	1,872	1,978	2,098	2,221	2,364
Pouch Cove	Town	1,669	1,756	1,866	2,069	2,063
Flatrock	Town	1,138	1,214	1,457	1,683	1,722
Witless Bay	Town	1,056	1,070	1,179	1,619	1,640
Bay Bulls	Town	1,014	1,078	1,283	1,500	1,566
Petty Harbour – Maddox Cove	Town	949	915	924	960	947
Bauline	Town	364	379	397	452	412

[Census Profile, 2021 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](http://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](http://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](http://www.paradise.ca)

**Town Hall Location:**  
28 McNamara Drive

**Phone Number:**  
1-709-782-1400



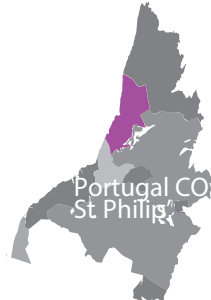
Portugal Cove-St. Philip's is close enough to St. John's that one can have the convenience of city life, however you feel as though your in the countryside. It is a growing rural area with great hiking trails, scenic views, and privacy. The trip into St. John's is just a short 15min drive. The town was 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](http://www.pcsp.ca)

**Town Hall Location:**  
1119 Thorburn Road

**Phone number:**  
1-709-895-8000



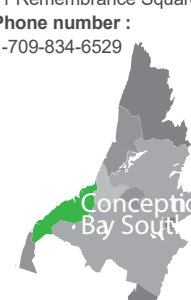
Conception Bay, which makes up the Northern Shore of the Avalon Peninsula. It is approximately 30km from the East End of St. John's and has a divided highway that connects to the Trans Canada Highway. There are nine smaller communities that were amalgamated in the 1970's which now make up the greater "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](http://www.conceptionbaysouth.ca)

**Town Hall Location:**  
11 Remembrance Square

**Phone number :**  
1-709-834-6529



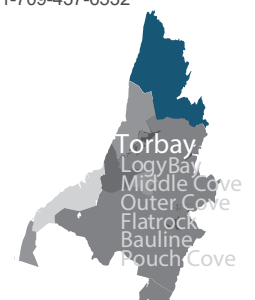
Torbay is a town located just North of the City of St. John's. It's name originates from the Old English name "Tor" which means rocky hill. There is beautiful coastline, farmland, and beaches that always display icebergs in season. The town has a main city street that changes into a bypass road for quick 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](http://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, & CANCELLATIONS 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)

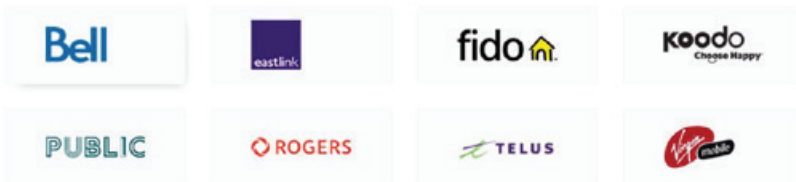
Newfoundland Power offers several billing options to help meet your needs including ebills, equal payment plan and our Optional Residential Seasonal rate.

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 <sup>2</sup> )
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/](http://www.gov.nl.ca/aesl/findajob/)

[WWW.GOV.NL.CA/AESL/FILES/PUBLICATIONS-LMOUTLOOK2020.PDF](http://www.gov.nl.ca/aesl/files/publications-lmoutlook2020.pdf)

*In the upcoming years, 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](http://www.hiring.gov.nl.ca)

02 Career Beacon

[www.careerbeacon.com](http://www.careerbeacon.com)

03 Indeed

[www.ca.indeed.com](http://www.ca.indeed.com)





# TRANSPORTATION

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

VISIT [WWW.METROBUS.COM](http://WWW.METROBUS.COM)

## AIRPORT

Location:100 World Parkway

Phone: 709-758-8500

St. John's Airport website for more information [www.stjohnsairport.com](http://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](http://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](mailto:mrd@gov.nl.ca)



**02** 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](mailto:mrd@gov.nl.ca). More info: [www.gov.nl.ca/motorregistration/vehicle-ownership/plates/veterans/](http://www.gov.nl.ca/motorregistration/vehicle-ownership/plates/veterans/)

**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](#)

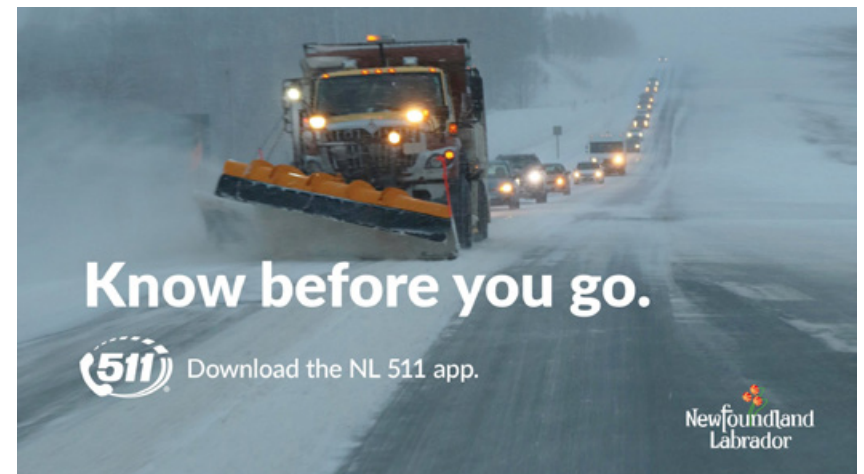
[Stolen and Wrecked Vehicle Program](#)

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

[Bicycle Helmets](#)

[Medical Standards and Mandatory Reporting](#)

[Motor Vehicle Inspections](#)



# IMPORTANT NUMBERS

## 1 EMERGENCY - CALL 911

Fire Department (709) 722-1234  
Police Department (709) 729-8000  
Police Hearing Impaired TTY-TDD 1-800-363-4334  
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](http://www.811healthline.ca/w)

### CRISIS SUPPORT:

Military Police – (709) 733-3652 / (709) 733-3691  
5 CDSG Det. Padre – (709) 733-3878 / (709) 730-3982  
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 – 709-733-3840  
St. John's CAF Social Worker – 709-733-3643  
St. John's Women's Centre – 709-753-0220  
DoorWays Mental Health Walk-in Clinic – 709-752-4903

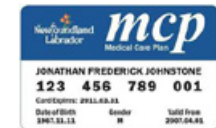


**HEALTH CARE**  
**EASTERN HEALTH IS THE LARGEST, INTEGRATED HEALTH AUTHORITY IN NEWFOUNDLAND AND LABRADOR.**

[EASTERNHEALTH.CA](http://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

“Walk-in” vs “appointment”: Many clinics within the Metro Area that historically accepted walk-ins now require online or phone booking for same-day slots - particularly Clinic 215 on 215 LeMarchant Rd, clinic groups at Topsail/Cowan addresses and even Blackmarsh.

Visit [Medimap](#) for more clinics and information on local health providers.

*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](http://WWW.CHILDCARE.GOV.NL.CA)

PARENTS ARE RESPONSIBLE FOR CHILD CARE FEES. REGULATED CHILD CARE IN NEWFOUNDLAND AND LABRADOR NOW AVERAGES ABOUT \$10 PER DAY FOR CHILDREN UNDER SIX.

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, [www.childcare.gov.nl.ca/](http://www.childcare.gov.nl.ca/).

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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](http://www.findingqualitychildcare.ca/newfoundland-and-labrador)



## CHILDREN SCHOOLING

PROVINCIAL GRADE SCHOOL EDUCATION [WWW.NLSCHOOLS.CA](http://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.

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### Metro Private Schools

St. Bonaventure's College – [www.stbons.ca](http://www.stbons.ca)

Lakecrest Independent School – [www.lakecrest.ca](http://www.lakecrest.ca)

Academy of First Baptist K-12 Christian School – [www.firstbaptist.nl.ca](http://www.firstbaptist.nl.ca)

French Grade School E'Cole des Grande-Vent – [www.csfp.nl.ca](http://www.csfp.nl.ca)

Anchor Academy - [www.anchoracademynl.com](http://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](http://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](http://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](http://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 experiences a range of climate conditions, but most of the island, including St. John's, is classified as having a cool-summer humid continental climate. Weather patterns in the region are strongly influenced by the cold Labrador Current flowing south from the Arctic and the warm Gulf Stream located farther offshore in the North Atlantic. During the summer months, waters along the edge of the Gulf Stream can reach temperatures above 20°C, while the colder waters closer to Newfoundland remain much cooler.

When warm, moist air moving north from the Gulf Stream passes over the cold Labrador Current near Newfoundland, it frequently produces dense fog, strong winds, and rapidly changing weather conditions. This interaction offshore, particularly near the Grand Banks, contributes to the region's reputation for unpredictable and dramatic weather patterns.

St. John's also receives significant precipitation throughout the year. The city is often affected by strong low-pressure systems that track across the North Atlantic, including the remnants of tropical storms or hurricanes during late summer and autumn. As a result, St. John's is known as one of the foggiest, windiest, and cloudiest major cities in Canada.

Seasonally, spring can be long and cool, often feeling like an extension of winter. Summer arrives quickly, bringing mild to warm temperatures with occasional humid periods. Autumn in the metro region often arrives later than in mainland Canada, with pleasant weather before the arrival of more unsettled conditions. Winters on the Northeast Avalon are typically windy and snowy, with occasional intense storms that can bring heavy snowfall followed by 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 summer then depends upon the relative strengths of the two weather systems. Most often these days are filled with warm breezes and mild nights. Summer is the time when those who “come from away” arrive in Newfoundland and fall in love. It’s a great time to go hiking, see whales and seabirds, and enjoy warm weather and a campfire at the beach.



During these months you will get between 14–16 hours of daylight each day. Late capelin may still spawn, and icebergs are usually gone from the east coast. Warm weather is common with fog patches during early hours. Tourists visit the

scenic highlights, whales are often seen from shore or by boat, and puffins and other seabirds are common offshore. Trails are generally in good condition but can become soggy on wet days. Lupins and hawkweed appear along roadsides and berry picking begins. (adapted from [www.newfoundlander.wordpress.com/seasons/](http://www.newfoundlander.wordpress.com/seasons/))

# SUMMER LEISURE ACTIVITIES

## PREPARING FOR THE SEASONS

**1** Historic Sites Association  
[www.historicsites.ca](http://www.historicsites.ca)

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

**2** Botanical Gardens  
[www.mun.ca/botgarden](http://www.mun.ca/botgarden)

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

**3** The Rooms  
[www.therooms.ca](http://www.therooms.ca)

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

**3** Manuels River Hibernia Interpretation Centre & Walking Trail  
[www.manuelsriver.ca](http://www.manuelsriver.ca)

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

**5** Holy Cross Swimming Park  
[www.holyrood.ca](http://www.holyrood.ca)

Holyrood Access  
Holyrood, NL  
[holyroodswimpark@outlook.com](mailto:holyroodswimpark@outlook.com)

**6** Mountain Biking  
[www.trailforks.com/region/st-john-s](http://www.trailforks.com/region/st-john-s)

Visit site for further information

**7** East Coast Trail  
[www.eastcoasttrail.com](http://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](http://www.mun.ca/osc)

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

**9** Topsail Beach Rotary Park  
[www.conceptionbaysouth.ca](http://www.conceptionbaysouth.ca)

Topsail Beach Road  
CBS, NL  
709-834-6500

**10** The Grand Concourse  
[www.grandconcourse.ca](http://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](http://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](http://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 km<sup>2</sup> 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 kilometers 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](http://newfoundlandlabrador.com/things-to-do)

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

Spring in the metro area often feels like an extension of winter, with cool temperatures and a slow start to the season. Summer can arrive quickly, bringing mild to warm temperatures and occasional humid periods, with great stretches of weather above 20 °C.

Fall in the metro area typically arrives later than in mainland Canada and is often beautiful and pleasant, though late summer and fall can also bring the remnants of tropical storms or hurricanes tracking through the North Atlantic. Winters on the Northeast Avalon are often grey, windy, and snowy, with strong storms bringing heavy snowfall that can sometimes change to rain during milder conditions.

January	0° / -7°
February	-1° / -8°
March	1° / -5°
April	6° / -1°
May	11° / 3°
June	16° / 8°
July	20° / 13°
August	21° / 14°
September	17° / 11°
October	12° / 6°
November	7° / 2°
December	2° / -3°



## TIPS FOR THE WEATHER:

- Four seasons of clothing are a must
- Suggested studded winter tires if commuting the highways
- Sunlight Light bulbs 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



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