

# Hike the Isthmus of Avalon



**1. The War Path/Otter Rub Trail**  
 During the Second World War Arnold's Cove became part of the huge defense system in Newfoundland. The American Military arrived in 1941 and set up anti-aircraft units and watch towers at this point and this is where the trail got its name.



**Directions:** Exit to Arnold's Cove from TCH and follow the Main Road for 4 km to Peach Street. Turn right and the trailhead is located at the end of Peach Street.  
**Distance:** 1km (2km return)  
**Rated:** Moderate

**2. The Bordeaux Trail**  
 During your hike along our famous Bordeaux Trail you can catch a glimpse of the magnificent coastal scenery and historical landmarks. You may also view one of the numerous oil tankers that travel to and from the nearby Transshipment Terminal and Oil Refinery.



**Directions:** Exit to Arnold's Cove from TCH and continue 2.5km along Main Road. Turn right at Spencer's Cove Rd, left at Haystack Ave, left at Harbour View Ave and continue to the end of the road.  
**Distance:** 4.5 km (12km return including loops)  
**Rated:** Easy to moderate.

**3. Old Cabot Highway to Arthur's Hill**  
 This Trail provides walkers and hikers with a special blend of wilderness adventure,



outstanding natural beauty, wildlife and history. The view from the top of the hill is worth the climb.

**Directions:** Exit to Arnold's Cove from TCH and turn left at Arnold's Cove Inn. Cross the bridge and the trailhead is at the end of the road.  
**Distance:** 2 km (4km return)  
**Rated:** Moderate

**4. Cleary Hiking Trail**  
 The Cleary Hiking Trail is located in the town of Come By Chance, please follow the markers for directions. A spectacular view of our salmon river can be seen throughout the first section. The second and third sections are equally as picturesque as the first boasting views of Placentia Bay and our marina.



**Directions:** Exit route 268 to Come By Chance from TCH and continue for 3 km along the main road. The Trailhead is located at the end of the community where the trail begins.  
**Distance:** 3.7 km (7.4 km return)  
**Rated:** Moderate

**5. Truce Sound Coastal Trail**  
 The trail begins with an uphill climb but soon descends to the shoreline and follows the coast to Frenchman's Island. A Peace Garden Memorial on the island is dedicated to the Ancients Peoples that once roamed our shores.



In 1612, English and Beothuk (an extinct group) met here, laughed, danced and shared a meal.

**Directions:** The trailhead is well marked, about 1 km from the Trans Canada Highway on the main road in Sunnyside.  
**Distance:** 1.5 km (3 km return)  
**Rated:** Easy to moderate

**6. Centre Hill Wilderness Trail**  
 With an elevation of 384 metres, Centre Hill is the highest point in eastern Newfoundland and a great hike. The trail starts with a moderate climb, crosses a river, winds through forest, marsh and bog, then ends with a steep 400-metre climb to the top where you will be rewarded a panoramic view that (on a sunny day) includes a glimpse of five bays.



**Directions:** The trailhead is near the end of the main road in Sunnyside and is well marked.

**Distance:** 5 km (10 km return)  
**Rated:** Moderate

# The Isthmus

Isthmus comes from the Ancient Greek for "neck", and is a narrow piece of land with sea on either side that connects two larger land masses. In this case, "The Isthmus" joins the Avalon Peninsula to the larger portion of the island of Newfoundland.

The Isthmus has a long history in being a strategic location. On the northeast side is Trinity Bay, and there is evidence that people have lived in this area for over 5,000 years. Ancient peoples lived here long before Europeans came and in 1612 it was the site of an historic meeting between Governor John Guy and a group of Beothuk.

On the southwest side of The Isthmus is Placentia Bay; its islands were once home to more than 50 communities. As part of the government's resettlement program of the 1960s, the residents were given money to abandon their communities. One of the growth centres was Arnold's Cove, which is still home to 103 houses that were floated in from the islands.

A cottage hospital was built in Come By Chance in 1936 and provided health care services for the eastern region of the province until 1986. In the 1970s, the provincial government started to develop a new industrial strategy and Come By Chance became home to the province's first and only oil refinery.

Today, you can hike the trails and see the balance between industrial growth and the natural beauty of the ocean and the rugged land of The Isthmus.

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# Hike the Isthmus of Avalon



1 Otter Rub / War Path

2 Bordeaux Hiking Trail

3 Arthur's Hill Trail

ARNOLD'S COVE turn off

4 Cleary Hiking Trail

COME BY CHANCE & SUNNYSIDE turn off

5 Truce Sound Coastal Trail

6 Centre Hill Trail

