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Newfoundland East Coast Trail

Discover Stories and Shorelines on Newfoundland's East Coast Trail



Father Troy's Trail

2026 DATES	Double	Single
August 14	\$5,695	\$6,695

Within 60 days of departure prices are subject to availability. Land-only pricing is available. ([See Terms & Conditions - Prices](#))

TOUR DETAILS	
Duration	7 Days
Fitness Scale	Level A2
Group Size	Max 20
Flights	Included

Haven't heard of our **Connections Program**? Find out more [here](#).

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Experience the breathtaking beauty and rich heritage of Newfoundland's East Coast Trail on this unforgettable tour. Based in the vibrant city of St. John's, hike some of the most

scenic coastal trails in Atlantic Canada, including Father Troy Trail, Cape Spear Path, and La Manche Village Path.

Discover dramatic cliffs, rugged shorelines, and sweeping ocean views while exploring charming fishing villages like Petty Harbour and Ferryland. Visit historic sites such as the Cape Spear Lighthouse, the easternmost point in North America, and the Colony of Avalon archaeological site, where early English settlement history comes alive.

This tour is perfect for travellers who enjoy being active at a comfortable pace, with daily hikes through beautiful, varied terrain. It's a great way to take in Newfoundland's stunning coastlines, connect with nature, and soak up the local history, all while enjoying the fresh sea air and relaxed pace of island life.

RELATED TOURS: [Newfoundland West Hiking](#), [Sightseeing: Newfoundland](#), [Newfoundland & Labrador](#)

What's Included



- Round trip air from Toronto, ON to St. John's, NL
- [Connections Program](#)
- Airport transfers
- Private local transportation
- 6 nights of accommodation
- 6 breakfasts, 5 lunches, 2 dinners
- All park passes and entry fees for included highlights
- Services of an active DeNure Tours Tour Director

Prices are in Canadian dollars, are per person, and include HST.

INCLUDED HIGHLIGHTS

- 7 walks/hikes on the East Coast Trail
- Signal Hill National Historic Site
- Torbay History House and Museum
- Middle Cove Beach
- Cape Spear National Historic Site
- Free time in St. John's
- Gatherall's Puffin & Whale Watching tour
- Colony of Avalon – archaeological site
- La Manche Provincial Park & Suspension Bridge

Why This Tour is Great



Stress-Free Adventure Planning

We handle all the details, from comfortable accommodations to carefully selected hiking routes, so you can focus on enjoying the journey without worrying about logistics.

Explore Iconic Coastal Trails

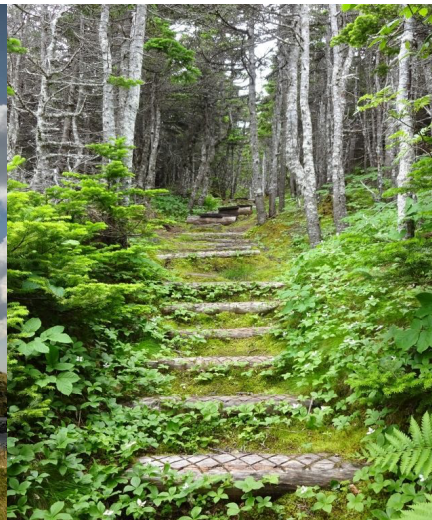
Hike some of Newfoundland's most stunning and scenic East Coast Trail paths, designed for active travellers looking to experience breathtaking landscapes every day.

Dive into History & Nature

Alongside your hikes, discover rich local culture and wildlife, from historic lighthouses and settlements to whale watching and puffin spotting.



Tinkers Point Path
Courtesy: Alex Buisse and
Newfoundland & Labrador
Tourism



**Section of the East Coast
Trail**



La Manche Provincial Park
Courtesy: Brigid Scott and
Newfoundland & Labrador
Tourism

Day-to-Day Itinerary



Day 1: Welcome to St. John's, Signal Hill

Welcome to the charming city of St. John's, Newfoundland. After meeting your tour director, begin your journey with a visit to the iconic Signal Hill, where stunning views of the Atlantic and a deep sense of history await. From there, enjoy a scenic

views of the Atlantic and a deep sense of history await. From there, enjoy a scenic walk down to Battery Hill, a picturesque neighbourhood known for its colourful houses and rugged coastline. After exploring, check in and freshen up at the comfortable Delta Hotel, your home base for the trip. In the evening, gather with fellow travellers for a welcome dinner, the perfect opportunity to connect, unwind, and toast the adventures ahead.

Stay: Delta Hotel, St John's, NL (6 nights)

Meals: D

Day 2: Father Troy Trail, Torbay History House & Museum, Middle Cove Beach

After a hearty breakfast, depart for the scenic community of Flatrock to begin a coastal adventure on the Father Troy Trail, one of the most breathtaking stretches of Newfoundland's East Coast Trail. Hike along rugged cliffs and dramatic coastline, stopping along the way to enjoy a trail-side lunch with sweeping ocean views. The journey continues as you pick up the Torbay Trailhead, making your way into the town of Torbay. There, step into the past with a visit to the [Torbay History House and Museum](#), where local stories, artifacts, and traditions paint a vivid picture of life in this historic community. Afterward, enjoy a peaceful stop at Middle Cove Beach, a picturesque spot known for its crashing waves, striking rock formations, and the chance to spot [capelin rolling in](#) (mid-June or July). In the evening, explore at your own pace. Consider visiting [George Street](#), St. John's entertainment district, featuring pubs, restaurants, and bars filled with unforgettable memories ready to be made.

Meals: B, L

Day 3: Cape Spear National Historic Site & Cape Spear Path

Begin your day at the striking [Cape Spear National Historic Site](#), the easternmost point in North America. Explore the historic lighthouse, take in sweeping ocean views, and visit the interpretive plaques that share the site's military, maritime, and cultural significance. Next, set out on a hike along the Cape Spear Path, a rugged and scenic stretch of the East Coast Trail offering dramatic coastline and expansive sea views. Stop to enjoy a trail-side lunch, surrounded by the raw beauty of Newfoundland's natural landscape. In the afternoon, continue to the picturesque fishing village of Petty Harbour. Stroll its quiet wharves, visit local shops, or simply soak in the charm of this historic outport community nestled in a protected cove. After, return to St. John's for a free evening to relax, dine, or explore the vibrant downtown at your own pace.

Meals: B, L

Day 4: Whale Watching Tour, Tinkers Point Trail

Today, take a memorable cruise out of Bay Bulls en route to Witless Bay Ecological Reserve. This protected area is home to over 500,000 Atlantic Puffins and North

America's largest humpback whale population. Keep your eyes open for a friendly whale wave! After lunch, explore the scenic Tinkers Point Trail, a coastal gem connecting the communities of Mobile and Tors Cove. This moderate hike winds through meadows, forests, and along dramatic sea cliffs. After your hike, return to St. John's for a free evening

Meals: B, L

Day 5: Caplin Bay Path & Historic Ferryland, Colony of Avalon Museum

Set out for the Southern Shore and begin your day with a hike along the scenic Caplin Bay Path, a rugged and rewarding section of the East Coast Trail stretching from Calvert to Ferryland. This coastal route offers dramatic views of cliffs, coves, and the open Atlantic, with chances to spot seabirds, icebergs (in season), and whales along the way. Arriving in Ferryland, make your way to the iconic Ferryland Lighthouse, perched on a narrow point overlooking the sea. Take time to explore the site and enjoy the serene landscape that surrounds it. Afterward, step back in time at the Colony of Avalon Museum, where archaeological exhibits and interpretive displays bring to life one of the earliest English settlements in North America, founded in the early 1600s. After dinner (not included) at a restaurant with a view of the coast, return to St. John's.

Meals: B, L

Day 6: Coastal Trails & Hidden History

Begin your day in La Manche Provincial Park, where forested trails lead you to the historic La Manche Village Path, a scenic segment of the East Coast Trail. Follow the trail to the dramatic suspension bridge spanning a deep-sea inlet, pausing here to take in the views. Continue your coastal adventure by transferring to the Ragged Point Trailhead, a rugged and rewarding hike that leads you along dramatic cliffs and coastal barrens, eventually descending to the sweeping sands of Mobile Beach. This quieter stretch of coast offers a peaceful end to a full day of exploration. Return to St. John's for a group farewell dinner.

Meals: B, L, D

Day 7: Home

Enjoy one final morning in St. John's before transferring to the airport for your return flight home.

Meals: B

Hiking Details



Day 1

1. Signal Hill to Battery Park

(A1/Easy – 2km/140m)

This trail descends gradually at first, then becomes steeper and narrower in sections, with stairs, rocky steps, and a narrow cliffside path. While it's downhill overall, some parts require careful footing due to uneven terrain and narrow pathways.

Day 2

2. Father Troy's Trail

(A2/Moderate – 8.7km/120m)

Hike the scenic Father Troy Trail, a rugged and rewarding stretch of the East Coast Trail that connects the communities of Flatrock and Torbay. The trail winds along a dramatic coastline, weaving through rolling hills, rocky outcrops, open barrens, and forested sections. While there are no major climbs, the terrain includes frequent ups and downs that keep the hike engaging. Along the way, enjoy sweeping views of the Atlantic Ocean, striking sea cliffs, and the chance to spot seabirds or even whales during the right season. The path is well-marked but uneven in places, with roots, rocks, and narrow cliffside sections that require sure footing.

Day 3

3. Cape Spear Path

(A2/Moderate – 10km/120m)

Hike a scenic stretch of the Cape Spear Path, where coastal barrens, sea cliffs, and sweeping Atlantic views create a dramatic backdrop. Starting at Cape Spear, the trail offers a moderate challenge with some rocky and uneven sections, but rewards you with the chance to spot whales, seabirds, and icebergs in season. It's a striking and peaceful walk along one of Newfoundland's most iconic coastlines.

Day 4

4. Tinkers Point Path

(A2/Moderate – 5km/28m)

Hike the charming Tinkers Point Path, a gentle coastal trail connecting the communities of Mobile and Tors Cove. This scenic route winds through meadows, wooded areas, and along low sea cliffs. With relatively easy terrain and a peaceful atmosphere, it's an ideal walk for those looking to enjoy the natural beauty of the Southern Shore without a strenuous climb. Keep an eye out for seabirds and the traditional fishing stages that dot the shoreline.

Day 5

5. Caplin Bay Path

(A1/Easy – 9km/101m)

Hike the scenic Caplin Bay Path between Calvert and Ferryland, enjoying rugged cliffs, ocean views, and glimpses of seabirds. Along the way, see remnants of traditional fishing outposts like old sheds and fishing stages. The trail ends at the iconic Ferryland Lighthouse, offering stunning coastal views and a connection to Newfoundland's maritime heritage.

Day 6

6. La Manche Village Path

(A1/Easy – 7km/64m)

Walk the scenic La Manche Village Path in La Manche Provincial Park, where forest trails lead to a dramatic suspension bridge spanning a deep coastal inlet. Along the route, discover the remains of the former La Manche fishing village, including stone foundations and old wharves that tell the story of this once-thriving outport community. The trail combines natural beauty with rich history, offering peaceful forested paths.

7. Ragged Point Trailhead

(A1/Easy – 7km/120m)

Enjoy a coastal journey along some of Newfoundland's most beautiful and varied beaches, starting at Witless Bay and making your way toward Mobile Beach. This stretch features sandy shores, rocky coves, and peaceful inlets.

Important Info for this Tour



This tour begins and ends in St John's, NL, with round trip airfare from Toronto (YYZ) included. Other flight arrangements can be made for guests coming from anywhere in the world, and the price will be adjusted accordingly. Please contact us to discuss your airfare and pre-and post-tour accommodation options.

The weather in Newfoundland varies from day to day and can be cool and blustery, even in the summer. Be sure to pack clothing for layering and be prepared for rapid weather changes on the trails.

This itinerary features a boat cruise. While most guests won't need any medication, those prone to motion sickness may want to bring along remedies just in case.

The terrain in Newfoundland is quite rugged; hiking shoes/boots and poles are recommended.

Hiking Difficulty & Alternatives - Hikes may involve uneven terrain inclines and

Timing, difficulty, and alternative hikes may involve uneven terrain, inclines, and extended walking. While we walk at a leisurely pace (3 to 3.5 km an hour based on terrain), it is important that the group stays together. Participation is at your discretion, and travellers are encouraged to assess their own abilities. Guests may choose not to join a hike or amend a hike, in consultation with the Tour Director. In some cases, alternative self-guided options may be taken, though this option is not always available.

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Have questions? We're here to help! Call or email us today.

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