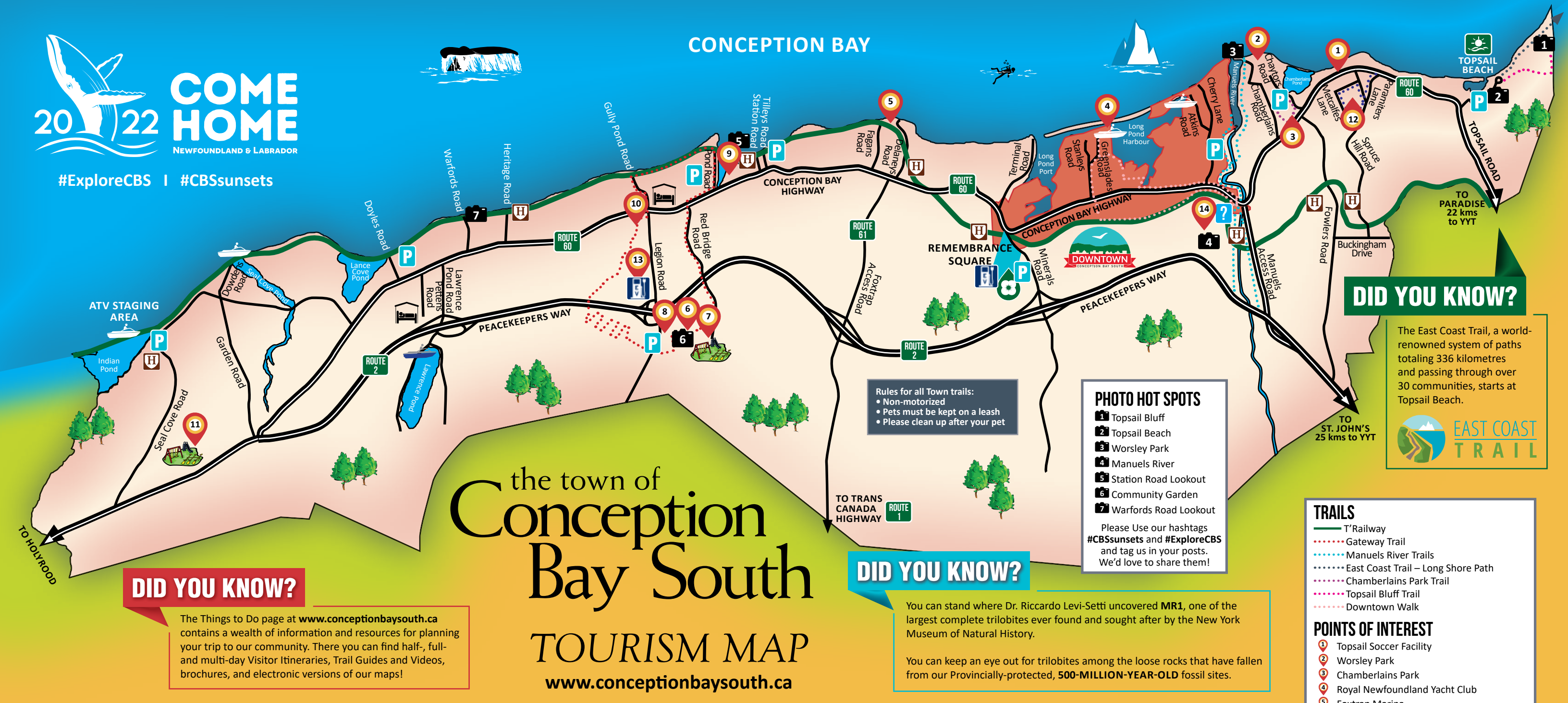




#ExploreCBS | #CBSsunsets



DID YOU KNOW?

The East Coast Trail, a world-renowned system of paths totaling 336 kilometres and passing through over 30 communities, starts at Topsail Beach.



DID YOU KNOW?

The Things to Do page at www.conceptionbaysouth.ca contains a wealth of information and resources for planning your trip to our community. There you can find half-, full- and multi-day Visitor Itineraries, Trail Guides and Videos, brochures, and electronic versions of our maps!

DID YOU KNOW?

You can stand where Dr. Riccardo Levi-Setti uncovered **MR1**, one of the largest complete trilobites ever found and sought after by the New York Museum of Natural History.

You can keep an eye out for trilobites among the loose rocks that have fallen from our Provincially-protected, **500-MILLION-YEAR-OLD** fossil sites.

PHOTO HOT SPOTS

- 1 Topsail Bluff
- 2 Topsail Beach
- 3 Worsley Park
- 4 Manuels River
- 5 Station Road Lookout
- 6 Community Garden
- 7 Warfords Road Lookout

Please Use our hashtags **#CBSsunsets** and **#ExploreCBS** and tag us in your posts. We'd love to share them!

Rules for all Town trails:

- Non-motorized
- Pets must be kept on a leash
- Please clean up after your pet

- #### GAS STATIONS
- Irving, 22 Conception Bay Highway
 - Esso, 32 Conception Bay Highway
 - North Atlantic, 118 Conception Bay Highway
 - Irving, 265 Conception Bay Highway
 - Irving, 695 Conception Bay Highway
 - North Atlantic, 705A Conception Bay Highway
 - North Atlantic, 891 Conception Bay Highway

- #### ACCOMMODATIONS
- Heavenly Hill B&B, 76 Pettens Road
 - Newfound Inn & Suites, 936 Conception Bay Highway

- #### GRAB AND GO FOOD
- Hometown Pizzeria, 2721 Topsail Road
 - Domino's Pizza, 40 Conception Bay Highway
 - The Hangout, 54 Conception Bay Highway
 - Mary Browns, 81 Conception Bay Highway
 - A & W, 90 Conception Bay Highway
 - Pronto Pizza, 120 Conception Bay Highway
 - Subway, 120 Conception Bay Highway
 - KFC, 126 Conception Bay Highway
 - Starbucks, 127 Conception Bay Highway
 - McDonald's, 142 Conception Bay Highway
 - Tim Hortons, 153 Conception Bay Highway
 - Greco Pizza, 173 Conception Bay Highway
 - Ava's Takeout, 380 Conception Bay Highway
 - Mary Browns, 831 Conception Bay Highway
 - Tim Hortons, 911 Conception Bay Highway
 - Subway, 918 Conception Bay Highway
 - Tim Hortons, 20 Graham Miffen Drive

- #### RESTAURANTS
- Topsail Breeze Tavern & Café, 2297 Topsail Road
 - Seaside Restaurant, 2546 Topsail Road
 - Riverside Café, 7 Conception Bay Highway
 - Peter's Pizza and Golden Foods, 121 Conception Bay Highway
 - Jungle Jims Eatery, 152 Conception Bay Highway
 - Dragon 88, 187 Conception Bay Highway
 - Royal Nfld Yacht Club, 105 Greenslades Road
 - Bernard Stanley's Gastropub, 8 Foxtrap Access Road
 - One More Family Restaurant, 532 Conception Bay Highway
 - Shenanigans Pub, 538 Conception Bay Highway
 - Vio's Bistro, 705 Conception Bay Highway
 - Tiny's Bar & Grill, 775 Conception Bay Highway
 - Golden House, 843 Conception Bay Highway
 - Wing-N-It, 20 Graham Miffen Drive

- #### SPECIALTY FOODS/SWEETS
- Volcano Bakery, 38 Conception Bay Highway
 - Berg's Famous Ice Cream, 50 Conception Bay Highway
 - The Hangout, 54 Conception Bay Highway
 - Taylor's Fish, Fruit and Vegetable Market, 528 Conception Bay Highway
 - Dough B's Bakery, 679 Conception Bay Highway
 - Scoops Ice Cream, 891 Conception Bay Highway
 - Seal Cove Grocery, 198 Seal Cove Road

- #### SOUVENIRS
- Funky Junk Home Décor, 54 Conception Bay Highway
 - Your Dollar Store With More, 655 Conception Bay Highway
 - Pipers Department Store, 956 Conception Bay Highway
 - Best Framing & Art Gallery, 330-1808*
 - Diane Budden Nfld Collectibles, 690-6144*
 - Glenda Bartlett Art Studio, 834-0216*
- *Call for Appointment

The Town's Visitor Information Centre is located at Manuels River, 7 Conception Bay Highway. For Provincial Tourism information, please visit www.newfoundlandlabrador.com

For a complete list of businesses and services available within the town, please visit www.cbsbusiness.ca

- #### TRAILS
- T'Railway
 - Gateway Trail
 - Manuels River Trails
 - East Coast Trail – Long Shore Path
 - Chamberlains Park Trail
 - Topsail Bluff Trail
 - Downtown Walk
- #### POINTS OF INTEREST
- 1 Topsail Soccer Facility
 - 2 Worsley Park
 - 3 Chamberlains Park
 - 4 Royal Newfoundland Yacht Club
 - 5 Foxtrap Marina
 - 6 Gateway Community Garden
 - 7 Sgt Ned Nugents Complex & Dog Park
 - 8 Conception Bay South Arena
 - 9 Outdoor Classroom and Boardwalk
 - 10 Sgt. Thomas Ricketts Peace Park
 - 11 Richard Parsons Field
 - 12 Topsail Heritage Walk
 - 13 Robert French Memorial Stadium
 - 14 Manuels River Centre & Greenhouse
 - Remembrance Square
 - Community History Board
 - Topsail Beach
 - Accommodations
 - Photography Hot Spot
 - Visitor Information Centre at Manuels River
 - Trail Parking
 - Boat Launch
 - Downtown CBS
 - EV Charging Station



T'RAILWAY

Route Access: Wheelchair accessible
Type: Linear (Out & Back); coastal, nature, heritage
Difficulty: Easy; Walk, Hike and Bike
Distance: 14.22km
Time: 3.5 - 4h
Description: Follow the former Newfoundland Railway. This trail will take you along the coast, into wooded areas, past farms and through Downtown CBS.
Location: Various access points marked by green/blue toppers on road signs or at the Manuels River Hibernia Interpretation Centre at 7 Conception Bay Highway

MANUELS RIVER

Route Access: Wheelchair accessible
Type: Linear (Out & Back); nature, scenic, riverside
Difficulty: Easy; Walk, Hike and Bike
Distance: 5km
Time: 45 - 65 minutes
Description: This scenic route follows along one of the oldest river systems in North America.
Location: 7 Conception Bay Highway

GATEWAY TRAIL

Route Access: Wheelchair Accessible
Type: Looped; coastal, fitness, nature
Difficulty: Moderate; Walk and Bike
Distance: 8.1km
Time: Up to 2 hours
Description: This picturesque trail will take you through Peace Park, our community garden, Sgt. Ned Nugent's outdoor recreation complex and return you to the T'Railway.
Location: Kiwanis Club, 925 Conception Bay Highway

TOPSAIL BLUFF TRAIL

Route Access: Hiking, strenuous
Type: Linear (Out & Back); nature, scenic, fitness
Difficulty: Difficult; Hike
Distance: 1.9km
Time: 45 - 90 minutes
Description: This rugged trail to the top of Topsail Bluff features stunning views overlooking Conception Bay.
Location: Topsail Beach Road

EAST COAST TRAIL, LONG SHORE PATH

Route Access: Hiking, moderate to difficult
Type: Linear (Out & Back); nature, scenic, coastal
Difficulty: Moderate - Difficult; Hike
Distance: 17.2km
Time: 6 - 8h
Description: Hike along the seashore, through dense forest and below towering cliffs. This section of the East Coast Trail will take you from Topsail to Portugal Cove.
Location: Trailhead at Topsail Beach

CHAMBERLAINS PARK

Route Access: Wheelchair access
Type: Looped; nature, wetland, park
Difficulty: Easy; Walk
Distance: 1km
Time: 10 - 15 minutes
Description: This 16-acre wetland is perfect for bird watching. With a rhododendron garden, green space and an outdoor classroom, it's a great place to unwind and appreciate this nature preserve.
Locations: 17 Chaytors Road and 2608 Topsail Road

PLACES TO *Visit* AND THINGS *To Do*

TOPSAIL BEACH

This scenic park is a great place to spend the day hiking, swimming or relaxing with friends and family.
Topsail Beach Road

MANUELS RIVER

Manuels River is one of the most unique places in the world. Discover the scenic river valley, diverse ecological habitats, a wide assortment of birds, and world-renowned fossil sites, all while learning the area's history. The trail system allows exploration over easy terrain. The Centre has a full-service café with a picturesque view, and an online gift shop filled with beautiful keepsakes. Be sure to check out their online events calendar!
7 Conception Bay Highway
www.manuelsriver.ca

ROYAL NEWFOUNDLAND YACHT CLUB

A tradition of fun and excitement. Bringing the joy of boating to members, guests, and visitors since 1936.
108 Greenslades Road
www.rnyc.nf.ca

REMEMBRANCE SQUARE

Here you will find our recreation complex, indoor pool, town hall and Monument of Honour. A solemn tribute to those who serve, and have served, and the site for the annual Remembrance Day parade.
11 Remembrance Square

OCEAN QUEST ADVENTURES

Canada's largest adventure and diving destination with a full service adventure/dive shop to meet your needs.
17 Stanleys Road
www.oceanquestadventures.com

TOPSAIL HERITAGE WALK

A 1.3km self-guided walking tour that covers heritage properties in the Town, with one dating back to the late-1700s!
Starts at 17 Church Terrace;
Ends at 2350 Topsail Road

NINEPENNY BREWERY

A premium craft brewery in Downtown CBS with live music, games and a great atmosphere.
75 Conception Bay Highway
www.ninepennybrewing.ca

RIGGS AUTO MUSEUM

An interpretive automotive showroom featuring, classic, antique and high-performance vehicles. Open June-September
625 Conception Bay Highway

RIVERDALE FUN CENTRE

A family entertainment centre featuring bowling lanes, RanRod's Funspot Arcade, and golf simulator at the Bunkerz @ Riverdale!
941 Conception Bay Highway
riverdalefuncentre.com

THE HANGOUT

Conception Bay South's only virtual reality café. Games for all ages that everyone can enjoy. Great food, delicious gourmet beverages - don't forget the Dippin' Dots for dessert!
54 Conception Bay Highway
www.thehangoutnl.com

PLAYGROUNDS

The Town of Conception Bay South has over 30 playgrounds nestled throughout the community. Visit our website at **www.conceptionbaysouth.ca** to find a playground near you.

T'RAILWAY HISTORY BOARDS

Immerse yourself in the heritage of Conception Bay South by walking the T'Railway and reading the eight community history Boards on the T'Railway.

DOWNTOWN WALK

Enjoy the restaurants, shops, sights and sounds of Downtown CBS! This walk combines built pedestrian paths along Route 60, a new nature trail connecting Bishops Road and Greenslades Place, and access to the T'Railway via Town roads.

PEACE PARK

A memorial Park dedicated to the recognition of Sgt. Thomas Ricketts, V.C. For his actions in battle at the Belgian village of Drie-Masten, Sgt. Ricketts was awarded the Victoria Cross for conspicuous bravery and devotion to duty, the youngest soldier ever to receive this honour. Peace park is a welcoming space for families. Enjoy the sounds of the river while children play, and take a moment to reflect on the sacrifices made so long ago.
925 Conception Bay Highway

FESTIVALS AND EVENTS

Event Name	Hosted by	Date(s)
Kelligrews Soiree	Town of Conception Bay South	July 9-15, 2022
Market @ the Marina	Royal Newfoundland Yacht Club	July 9-10, 2022
Chefs for Trails Festival	Manuels River	Oct. 1-2, 2022
Pumpkin Stroll	CBS Community Garden Committee	Nov. 1, 2022
Conception Bay South Light Walk	Town of Conception Bay South	Dec. 2022 – Jan. 2023

For more information on local events in 2022, please visit our online events calendar at **www.conceptionbaysouth.ca**

the town of Conception Bay South

Bright town. Bright future.

 **www.conceptionbaysouth.ca**

 **TownOfConceptionBaySouth**

 **@TownofCBS**

 **townofconceptionbaysouth**

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#CBSsunsets

