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Road Map Travel Guide

Newfoundland and Labrador Highway #1 "Trans-Canada Highway"

MILE	KM	ITEM	SUMMARY	MILE	KM
0.0	0.0	Junction of Exit #20 Town of Grand Falls-Windsor, NL.	Access to town of Grand Falls-Windsor, NL; all services. North to town of Deer Lake, NL. South to city of St. John's, NL. Attractions in and around Grand Falls-Windsor, NL. Salmonid Interpretation Centre, NL - Mary March Provincial Museum, NL - Loggers' Life Provincial Museum, NL - Red Indian Adventures.	141.3	227.4
2.6	4.2	Truck Inspection Station	South side of highway	138.7	223.2
3.9	6.2	Point of Interest	East corporate limits town of Grand Falls-Windsor, NL.	137.5	221.2
5.4	8.7	Exit #21	Access to Bishop's Falls, NL. Attractions in Bishop's Falls - Bishop's Falls Heritage Museum	135.9	218.7
7.0	11.2	Services at highway	Fuel, gas, diesel	134.3	216.2
7.1	11.4	Point of Information	Crossing Yamerak Creek.	134.2	216.0
10.4	16.8	Exit #22 Junction of Highway #350	Community of Bishop's Falls, NL. North to community of Botwood, NL.	130.9	210.6
11.4	18.3	Junction of Highway #360 (The Coast of Bays Drive)	Services at highway no fuel. South to communities of Head of Bay d'Espoir, NL; St. Albans, NL. The Coast of Bays is nestled on the South Coast of Newfoundland covering an area of 11,292 square km. The area is approximately 180 km from the Trans Canada Highway and accessed via Route 360. Twenty-two communities are scattered throughout the area, with populations ranging from 195 to 2290 people. Historic Attractions and Museums along the Coast of Bays: St. Jacques - Coombs Cove, NL. - John Cluett Heritage House, Belleoram, NL - Jipujijkuei Kuespem Nature Park, Conne River, NL. - Sunny Cottage Heritage Centre, Harbour Breton, NL.	129.9	209.1
13.4	21.5	Point of Interest	Crossing Jumper's Brook, NL.	127.9	205.9
17.0	27.4	View from highway	Driving south	124.3	200.0
18.0	29.0	View from highway	Driving south	123.3	198.4
18.5	29.8	Point of Interest	Crossing Rattling Brook, NL.	122.8	197.6
19.0	30.6	Junction of Highway #351	North to communities of Jumpers Brook, NL, Norris Arm, NL, Sandy Point, NL.	122.3	196.8
25.0	40.3	Junction of Highway #351 south	Access to town of Norris Arm, NL. Norris Arm is located in Notre Dame Bay, NL - Attractions in Norris Arm, NL: Norris Arm Heritage Museum	116.3	187.1
25.4	40.8	Point of Interest	Crossing Eil Brook	116.0	186.6
29.8	48.0	Junction of Route #3-1-09	Services at highway.	111.5	179.4
30.1	48.4	Exit #23 Junction of Highway #340	East to Louisporte, NL. Access to Labrador Ferry	111.2	179.0
30.8	49.5	Access to Notre Dame NL Provincial Park	Notre Dame Provincial Park 1 km east, campground has 100 campsites, many of which are near the tranquil pond. Each campsite has a picnic table, fireplace, garbage can and a space for your vehicle. Drinking taps and pit toilets are conveniently located throughout the park. There is a new comfort station, with flush toilets, showers and laundry facilities	110.5	177.9
32.3	52.0	Point of Interest	Bridge crossing Indian Arm, NL.	109.0	175.4
33.8	54.4	Point of Interest	Crossing Neyles Brook, NL.	107.5	173.0
36.5	58.7	Point of Interest	Lake O'Brien, NL, east side of highway	104.8	168.7
41.3	66.5	Twin Farms Salvation Army Camp	East side of highway	100.0	160.9
41.6	67.0	View from highway	Driving south	99.7	160.4
41.9	67.5	Point of Interest	Crossing the Salmon River, NL.	99.4	159.9
44.4	71.5	Access to Community of Glenwood, NL.	South of highway	96.9	155.9
45.0	72.4	Access to Community of Appleton, NL.	South of highway	96.3	155.0
52.6	84.7	Access to Gander Lake, Little Harbour	South of highway	88.7	142.7
56.4	90.7	Point of Interest	North Corporate Limits city of Gander, NL. Gander's beginnings date back to 1936 when the construction of the international airport began. Gander, NL, has always been a main refueling base for transatlantic flights operating between Europe and North America. Attractions in Gander NL. - Provincial Aviation Exhibit - Commonwealth War Graves, NL. Silent Witness Memorial - Gander, NL. International Airport Exhibit - Thomas Howe Demonstration Forest, NL.	84.9	136.7

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57.5	92.6	Junction of Highway #330 (Road to Shore Scenic Drive)	Town of Gander, all services. Road to Shore Scenic Drive. To local residents this drive is often referred to as 'the loop'. The loop begins in Gander, takes you north to Gander Bay, on through Northern Bonavista Bay and then returns to Gander. Along this route you will find wilderness full with moose, white sandy beaches that stretch on forever, fishing communities alive with activity, and grassy fields ideal for picnics. Attractions on and around the Road to Shore Scenic Drive, Kittiwake Coast NL: Fisherman's Museum, Musgrave Harbour, NL - Orangeman's Lodge, Musgrave Harbour, NL - Cape Freels Arts Council, Lumsden, NL - Bonavista North Regional Museum, Wesleyville, NL - Greenspond Courthouse, Greenspond, NL - Dover Fault Interpretation Site, Dover, NL - Smallwood Interpretation & Kittiwake, Gambo, NL - Coast Information Centre, Gambo, NL - School House Museum, Fogo, NL -	83.8	134.8
58.5	94.1	Visitor Information Centre	Access from highway	82.8	133.3
59.5	95.7	Gander, NL Airport	Access to Gander, NL. Airport, R.C.M.P. Detachment, east side of highway	81.8	131.7
60.4	97.2	Government of Canada Thomas Howe Interpretive Forest Site	Access from highway	80.9	130.2
66.6	107.1	Point of Interest	Gander Lake, south side of highway	74.8	120.3
69.5	111.8	Community of Benton, NL.	East side of highway	71.8	115.6
76.5	123.1	View from highway	Driving south	64.8	104.3
77.7	125.1	Spruce Grove Campground	South side of highway	63.6	102.3
78.4	126.1	Square Pond Resort Campground	Access from highway	62.9	101.3
83.5	134.3	Roadside Highway Turnout with picnic tables, toilets	Rest area. East side of highway	57.9	93.1
84.7	136.3	Exit #24 Junction of Highway #320 (Road to Shore Scenic Drive)	East to communities of Gambo, NL, Hare Bay, NL, Musgrove Harbour, NL. East to Joey Smallwood Interpretive Centre, NL.	56.6	91.1
95.4	153.6	Exit #25 Junction of Highway #310 north (Road to the Beaches Scenic Drive)	The 'Road to the Beaches' is full of sheltered coves, sandy beaches and sparkling waters. This drive will take you to some of the best areas for water recreation in the Province. East to community of Glovertown.	45.9	73.8
97.7	157.3	Point of Interest	Crossing the Terra Nova River	43.6	70.1
100.9	162.3	Junction of Highway #310 south (The Road to the Beaches Scenic Drive)	Northern boundry of Terra Nova National Park. East to community of Eastport	40.5	65.1
101.2	162.8	Terra Nova National Park Access	Terra Nova National Park of Canada - Fingers of the Sea - protects remnants of the ancient Appalachian Mountains. Rocky headlands provide shelter from the awesome power of the open ocean. The landscape of the park varies from the rugged cliffs and sheltered inlets of the coastal region to the rolling forested hills, bogs and ponds of the inland. Camping opportunities at Terra Nova National Park range from semi-serviced campgrounds located just minutes from the highway to backcountry primitive sites along hiking and canoe routes. To make your stay more enjoyable, the park offers interpretive walks, displays, evening theatre programs, interpretive boat tours, over 50 km of hiking trails, junior naturalist club activities, supervised swimming, canoe rentals and golfing.	40.1	64.6
103.8	167.0	Access to Campground & Hiking Trail	East side of highway	37.5	60.4
104.7	168.5	Roadside Highway Turnout with Viewing Point	Blue Hill Observation Point. East side of highway	36.6	58.9
105.9	170.4	Marine Interpretive Centre	Access from highway	35.4	57.0
108.2	174.1	Newman Sound Campground	Located at Newman Sound, along Route 1, the campground contains 373 semi-serviced sites. Washrooms are clean and contain heated showers. Fully accessible sites, washrooms and showers are also available. Other conveniences include a disposal station, kitchen shelters, laundromat, convenience store and bicycle rentals.	33.1	53.3
111.2	178.9	Junction of Highway #301	West to community of Terra Nova	30.1	48.5
111.9	180.0	Sandy Bay Campground	Access from highway	29.5	47.4
112.8	181.6	View from highway	Driving south	28.5	45.8
116.1	186.9	Community of Charlottetown, NL	East of highway	25.2	40.5

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118.8	191.2	Roadside Highway Turnout with Viewing Point Picnic Tables, Toilets	East side of highway	22.5	36.2
120.2	193.4	View from highway	Driving south	21.1	34.0
124.3	200.0	Roadside Highway Turnout with picnic tables, toilets	East side of highway	17.0	27.4
127.1	204.5	Point of Interest	Crossing the North West River. Golf Course west side of highway	14.2	22.9
127.4	205.0	Point of Interest	Terra Nova National Park, NL, south boundry	13.9	22.4
131.1	211.0	Truck Inspection Weigh Scales	Access from highway	10.2	16.4
131.4	211.4	Junction of Highway #233 (The Discovery Trail Scenic Drive)	East to community of Port Blandford, NL. The Discovery Trail is a panorama of scenery, historic sites, coastal towns and villages, and natural wonders. Port Blandford is located on the East Coast of the island. Nestled in the bottom of Clode Sound, NL, Bonavista Bay, NL. NOTE: For highway travel east via Newfoundland Highway # 233 'The Discovery Trail Scenic Drive' - See Milebymile Road Map Highway Travel Guide - Port Blandford, NL to Musgravetown, NL for driving directions/highway photos.	9.9	16.0
136.3	219.4	Community of Thorburn Lake, NL.	West of highway	5.0	8.0
141.3	227.4	Junction of Highway #230 (The Discovery Trail)	East to Town of Bonavista, NL.. South to city of St. John's, NL.. North to towns of Gander, NL, Grand Falls- Windsor, NL,. Start / Finish of Highway Travel Guide, for continuance of this highway see milebymile.com Section #4 Junction of Highway #230 - The Discovery Trail Scenic Drive To City of St. John's, NL - ev	0.0	0.0