

## Southbrook Trail

Located in Bowring Park, this trail takes the user along Southbrook Valley, providing scenic views and serenity in the heart of St. John's. This is another one of those walks that make you forget that you are in Newfoundland's busiest and largest City.

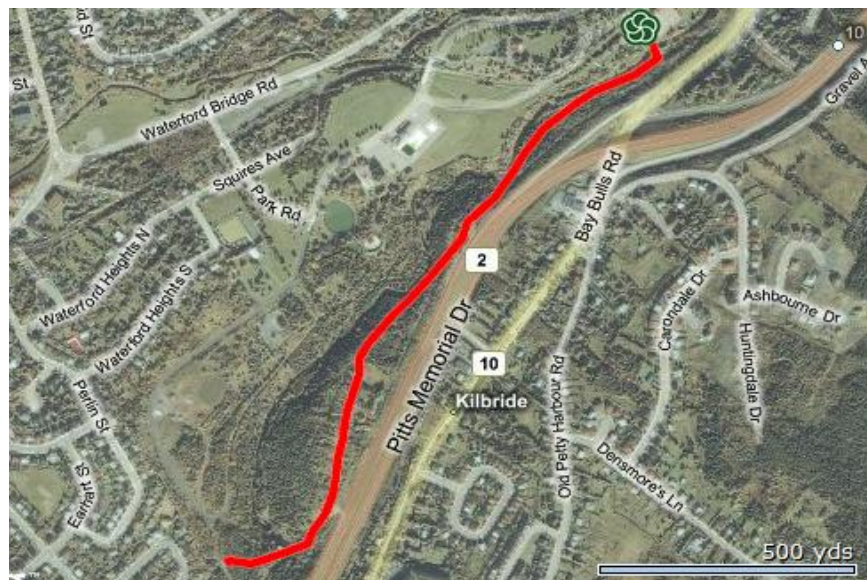
Length: 3 kilometers

1.86 miles

Time: 40 minute stroll

25 minute brisk walk

Grade: Some gentle slopes with some steeper sections



## Waterford River Walk

This walk begins at the true Mile 0 of the Trans Canada Trail. The trail follows Waterford River and offers a nice countryside walk amidst natural landscapes and heritage homes before taking the user to beautiful Bowring Park – established in 1914. Bicycles are welcomed on this route.

Length: 6.2 kilometers

3.85 miles

Time: 120 minute stroll

75 minute brisk walk

Grade: Mostly Level



Pictures and information compliments of the Grand Concourse Authority.