

# Micro-adventure

presented by



**SALUT**  
CANADA



## Newfoundland and Labrador

Stop

1



### [Discovery of St. John's](#)

Located in the northeast of the Avalon Peninsula, St. John's is the provincial capital, and those wishing to explore the colourful downtown area are best to do so on foot. Local crafts boutiques and bars sporting a wide variety of bright colours liven the streets where Irish music is often heard.

Stop

2



### [The Manuels River Hibernia Interpretation Centre](#)

The municipality of Conception Bay South houses this little gem located in an ancient and picturesque river valley some 20 minutes from the provincial capital. The centre provides an extensive view of the province's rich history. In addition, excursion paths run along the Manuels River for more than 6 kilometers.

Stop

3



### [Cupids Legacy Center](#)

The centre is located in the Town of Cupids, the oldest British settlement in Canada. Visitors to the centre can embark on a virtual trip that takes them back 400 years to the time when the town was founded! The centre also serves as a storage site for 160,000 artefacts gathered at the Cupids Plantation dig site.

Stop

4



### [Grates Cove Studios](#)

Grates Cove Studios offers 4-star accommodations, a delicious table d'hôte and unique activities all year long. Each season provides new perspectives, experiences and discovery opportunities. It is located in the heart of the Grates Cove historic site, the most northern community of the Avalon Peninsula.

[Show route on Google Maps!](#)