

East Coast Trail Paths - from North to South [see www.eastcoasttrail.com for closures, updates, etc.]

Path Name	Trailhead Communities	Distance (km) + degree of difficulty
Piccos Ridge	Portugal Cove to Bauline	14.5 strenuous
White Horse	Bauline to Cape St. Francis	17.5 strenuous
Biscan Cove	Cape St. Francis to Pouch Cove	7.3 moderate
Stiles Cove	Pouch Cove to Flatrock	15.1 moderate
Father Troy's	Flatrock to Torbay	8.7 easy
Silver Mine Head	Torbay to Middle Cove	2.5 easy
Cobbler	Red Cliff to Outer Cove	5.1 km (8.1 km with side & return trails); moderate <i>check ECT website for possible changes to this segment of the trail (posted 2018APR04)</i>
Sugarloaf	Logy Bay to Quidi Vidi Village (St. John's)	8.9 moderate-difficult
Deadmans Bay	Fort Amherst, St. John's to Blackhead	10.6 + 2 sidetrails, one way; moderate-difficult
Blackhead	Blackhead to Cape Spear	3.7 easy-moderate
Cape Spear	Cape Spear to Maddox Cove	9.3 + 1 = 10.3; sidetrails, one way; moderate
Motion	Petty Harbour to Shoal Bay Road (Goulds)	13.5 + 6.4 = 19.8; moderate-difficult <i>(6.4 access trail)</i>
Spout	Goulds to Bay Bulls	16.3 + 6.4 = 22.7; difficult-strenuous <i>(6.4 access trail)</i>
Mickeleens	Bay Bulls to Witless Bay	7.3 easy-moderate
Beaches	Witless Bay to Mobile	7 easy
Tinkers Point	Mobile to Tors Cove	5.1 easy
La Manche Village	Tors Cove to La Manche Village	6.4 easy
Flamber Head	La Manche Village to Brigus South	14.5 moderate-difficult
Brigus Head	Brigus South to Admirals Cove	6.5 moderate
Cape Broyle Head	Cape Broyle to Calvert	18.3 difficult-strenuous
Caplin Bay	Calvert to Ferryland	5.2 easy

Path Name	Trailhead Communities	Distance (km) + degree of difficulty
Sounding Hills	Ferryland to Aquaforte	5.5 easy-moderate; this path closed; see ECT website for details & updates
Mudder Wet	Aquaforte to South West River	2.9 easy
Spurwink Island	South West River to Port Kirwan	17.1 difficult
Bear Cove Point	Kingmans Cove to Renews	11.6 moderate
Island Meadow	Renews to Cappahayden	10.1 moderate