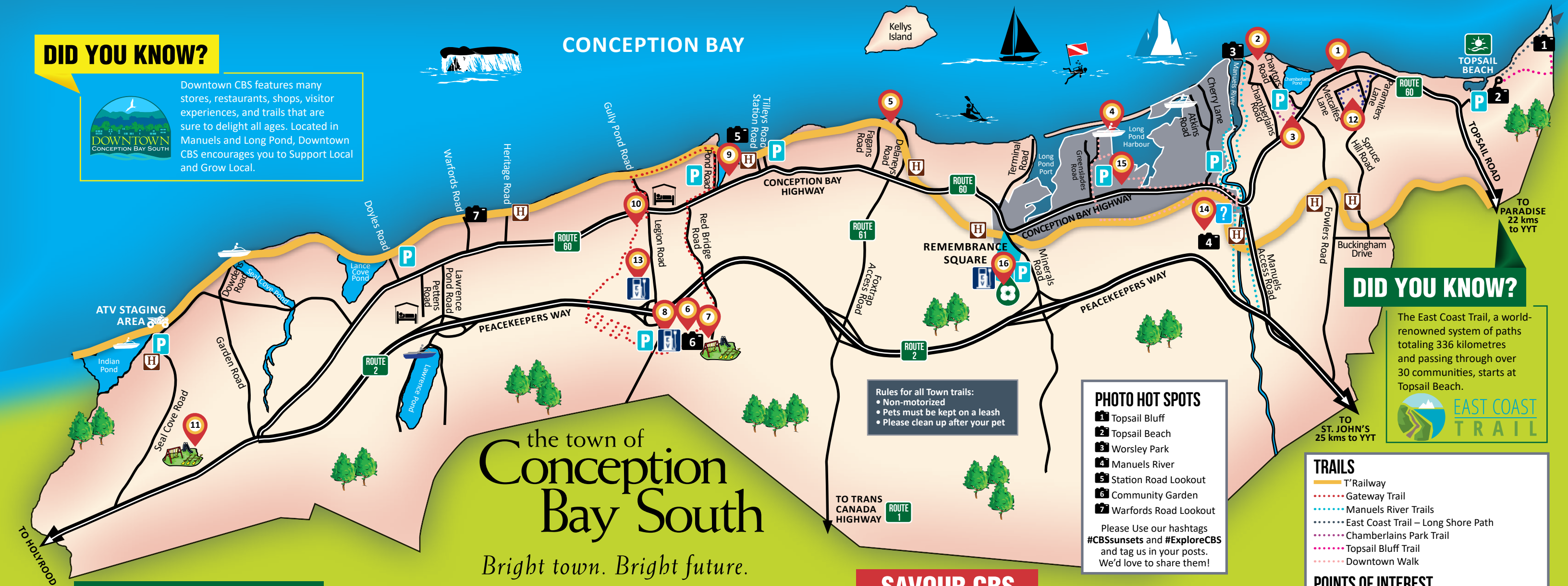


DID YOU KNOW?



Downtown CBS features many stores, restaurants, shops, visitor experiences, and trails that are sure to delight all ages. Located in Manuels and Long Pond, Downtown CBS encourages you to Support Local and Grow Local.

CONCEPTION BAY



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.



Rules for all Town trails:

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

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!

SAVOUR CBS

savour
CBS

Explore food, culture, and adventure in nine communities over nine days. From September 28 to October 6, 2024, we are savouring everything that makes Conception Bay South special. Join us as Conception Bay South celebrates the fall season with Savour CBS!

KELLIGREWS SOIREE



Experience the Kelligrews Soiree, a week-long summer festival happening July 6 to 12, 2024. Filled with family and fun, Conception Bay South's annual summer festival showcases the amazing talent and culture of the region.

the town of Conception Bay South

Bright town. Bright future.

TOURISM MAP
www.conceptionbaysouth.ca

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

Newfound Inn & Suites, 936 Conception Bay Highway

GRAB AND GO FOOD

Hometown Takeout, 2721 Topsail Road
Volcano Bakery, 38 Conception Bay Highway
Domino's Pizza, 40 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
Dough By's Bakery, 679 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
Seal Cove Grocery, 198 Seal Cove Road

RESTAURANTS

Topsail Breeze Tavern & Café, 2297 Topsail Road
Seaside Restaurant, 2546 Topsail Road
Riverside Café, 7 Conception Bay Highway
Ninepenny Brewing, 75 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, 108 Greenslades Road
Bernard Stanley's Gastropub, 8 Foxtrap Access Road
One More Family Restaurant, 532 Conception Bay Highway
Shenanigans Pub, 538 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
Newlander Meat Shop, 251 Conception Bay Highway
Taylors Fish, Fruit and Vegetable Market, 528 Conception Bay Highway
Dough B's Bakery, 679 Conception Bay Highway
Seal Cove Grocery, 198 Seal Cove Road

SOUVENIRS

Great Canadian Dollar Store, 825 Conception Bay Highway
Handyman Home Hardware, 130 Conception Bay Highway
Pipers Department Store, 956 Conception Bay Highway
Diane Budden Nfld Collectibles, 709-690-6144*
Glenda Bartlett Art Studio, 709-834-0216*
*Call for Appointment

The Town's Visitor Information Centre is located at Manuels River Hibernia Interpretation Centre, 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 Nugent's 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 Hibernia Interpretation Centre ?
- 15 Community Park
- 16 Conception Bay South Public Library
- Remembrance Square ?
- Community History Board
- Topsail Beach Rotary Park
- Accommodations
- Photography Hot Spot
- Visitor Information Centre at Manuels River
- Trail Parking
- ATV Staging Area
- 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. Take in local wildlife, ancient fossils and so much more.
Location: Manuels River Hibernia Interpretation Centre, 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: Trailhead at Topsail Beach Rotary Park, 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 Rotary Park, Topsail Beach Road

CHAMBERLAINS PARK

Route Access: Wheelchair accessible
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: 19 Chaytors Road and 2608 Topsail Road

PLACES TO Visit AND THINGS To Do

TOPSAIL BEACH ROTARY PARK

This scenic park is a great place to spend the day hiking, swimming or relaxing with friends and family. Late-evening campfires and breathtaking sunsets are sure crowd pleasers.
21 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. Close to the city, it's an accessible getaway with fun activities for all ages and a full-service café.
Manuels River Hibernia Interpretation Centre, 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 1939.
108 Greenslades Road
www.rnyc.nf.ca

REMEMBRANCE SQUARE

Here you will find our recreation complex, indoor pool, squash and tennis courts, town hall, and our newest facility the Clarence J. Morgan Building housing the public library. Our Monument of Honour is a solemn tribute to those who serve, and have served, and is the site for the annual Remembrance Day parade.
11 Remembrance Square

OCEAN QUEST ADVENTURES

Experience the beauty of Conception Bay with Ocean Quest Adventures. Enjoy world-class scuba diving, whale and iceberg tours, fishing trips, kayak adventures, and more! Book private boat charters for groups of up to 29 and create unforgettable memories on the water.
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

Discover Ninepenny Brewing in Downtown CBS for premium craft brews and delicious pub fare. Enjoy live music, games, and a vibrant atmosphere and on sunny days, relax with a cold beer on their patio!
75 Conception Bay Highway
www.ninepennybrewing.ca

RIGGS AUTOMOTIVE SPEEDWAY

An interpretative automotive showroom featuring classic, antique, and high-performance vehicles. Open June to September.
625 Conception Bay Highway
www.facebook.com/riggsautomotivespeedway

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

COMMUNITY PARK

Our community park offers inclusive family-friendly amenities for all to enjoy, including a combination refrigerated outdoor rink and splashpad, over 11,000 square feet of inclusive play areas, and more!
20 Bishops Road

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 found along its route.

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 T'Railway through municipal streets.

S.S. MEIGLE LOUNGE

Bear witness to 70 years of history at the S.S. Meigle Lounge. Indulge in pub fare, a variety of drinks, and a themed cocktail menu at its boat-shaped bar, with portholes to boot!
1438 Conception Bay Highway
www.facebook.com/SSMeigle

FESTIVALS AND EVENTS

GIV'ER ON THE RIVER <i>Manuels River Community Inc., June 9, 2024</i>	
KELLIGREWS SOIREE <i>Town of Conception Bay South, July 6 - 12, 2024</i>	
Tim Hortons 8K Road Race <i>Town of Conception Bay South</i>	<i>July 6, 2024</i>
Kelligrews Soiree Garden Party Concert <i>Town of Conception Bay South</i>	<i>July 6, 2024</i>
Market at The Marina <i>Royal Newfoundland Yacht Club</i>	<i>July 6 - 7, 2024</i>
PIRATE DAY <i>Town of Conception Bay South, August 24, 2024</i>	
SAVOUR CBS FOOD AND CULTURE FESTIVAL <i>Town of Conception Bay South & Tourism Partners</i> <i>September 28 - October 6, 2024</i>	
T'Railway Trek Half Marathon <i>Town of Conception Bay South</i>	<i>September 28, 2024</i>
Chefs for Trails Food Hike <i>Manuels River Community Inc.</i>	<i>October 5, 2024</i>
PUMPKIN STROLL <i>CBS Community Garden Committee, November 1, 2024</i>	
HOLIDAY LIGHTED WALK <i>Town of Conception Bay South</i> <i>December 2024 - January 2025</i>	

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

the town of
Conception Bay South

Bright town. Bright future.

🌐 www.conceptionbaysouth.ca
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✉ @TownofCBS
📷 [townofconceptionbaysouth](https://www.instagram.com/townofconceptionbaysouth)
#ExploreCBS
#CBSsunsets

