



XTour Day 1

Day 1 map for the X Tour

Start: Signal Hill, St John's NL
 Finish: Grand Falls, NL

5 views - Public
 Created on Feb 15 - Updated Feb 15
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[St John's to Grand Falls](#)

Starting from Signal Hill Rd

- 1 Head **northeast** on **Signal Hill Rd** toward **Curry Rd** - go **1.5 km**
- 2 Continue onto **Duckworth St** - go **0.3 km**

- 3 Turn **left** at **Hill O'Chips** - go **73 m**
- 4 Slight **right** at **Water St** - go **1.7 km**
- 5 Turn **right** at **Hamilton Ave** - go **65 m**
- 6 Slight **left** to stay on **Hamilton Ave** - go **85 m**
- 7 Turn **left** at **Route 2 W** - go **14.5 km**
- 8 Take the exit onto **Route 1 W** - go **411 km**

Arriving at Route 1 W

Total: **429 km** - about **4 hours 38 mins**

[Side Tour: Osprey Trail](#)

The Osprey Trail (28 km)

From Route 1 take the intersection with Route 201

The Osprey Trail skirts the southern coast of Trinity Bay. Sea hawks, as ospreys are known here, are plentiful in summer. This is a popular area for summer cottages, and nearby is a park. Relax and swim on the freshwater side or comb the pebble beach and watch the seabirds that inhabit the shoreline. Along the shore you will notice many attractive seashells washed up by the tide and coloured stones that were deposited by volcanic action and polished to their present smooth, round shape by the ebb and flow of the Atlantic.

Sometime between late June and early August, depending on water temperatures, beaches in this area are the sites of the annual caplin scull. Billions of these small smelt-sized fish spawn in the shallow waters and are carried right up on the shore by the high tides. Crowds of men, women and children scoop them up in nets, buckets or any other available receptacle. The scull is by far the easiest fishing you will ever undertake, and these small fish make a lovely meal when they are fried to a crispy, golden brown.

Route 201 loops back to Route 1

You'll notice the stunted forest that borders the highway. The winds that blow steadily across this area for most of the year are responsible for the small size of the trees and the fantastic, twisted shapes that they take on. Many of the ponds and lakes are inhabited by pan-size trout. They provide lively sport for anyone with a little angling skill and patience.

Starting from Route 201

- 1 Head **north** on **Route 201** - go **6.8 km**
- 2 Turn **right** toward **Route 201** - go **0.9 km**
- 3 Turn **right** at **Route 201** - go **14.1 km**
- 4 Turn **right** - go **0.3 km**
- 5 Turn **left** - go **0.3 km**
- 6 Turn **left** toward **Route 201** - go **0.1 km**
- 7 Turn **left** toward **Route 201** - go **0.4 km**
- 8 Turn **right** at **Route 201** - go **14.8 km**
Destination will be on the right

Arriving at Route 201

Total: **37.7 km** - about **50 mins**