



EAST COAST TRAIL CHECKLIST

LONG SHORE PATH	☐
PICCOS RIDGE PATH	☐
WHITE HORSE PATH	☐
BISCAN COVE PATH	☐
STILES COVE PATH	☐
FATHER TROY'S TRAIL	☐
SILVER MINE HEAD PATH	☐
COBBLERS PATH	☐
SUGARLOAF PATH	☐
DEADMANS BAY PATH	☐
CAPE SPEAR PATH	☐
MOTION PATH	☐
SPOUT PATH	☐
MICKELEENS PATH	☐
BEACHES PATH	☐
TINKERS POINT PATH	☐
LA MANCHE VILLAGE PATH	☐
FLAMBER HEAD PATH	☐
BRIGUS HEAD PATH	☐
CAPE BROYLE HEAD PATH	☐
CAPLIN BAY PATH	☐
SPURWINK ISLAND PATH	☐
BEAR COVE POINT PATH	☐
ISLAND MEADOW PATH	☐