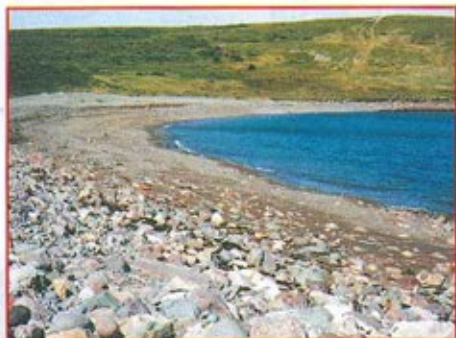




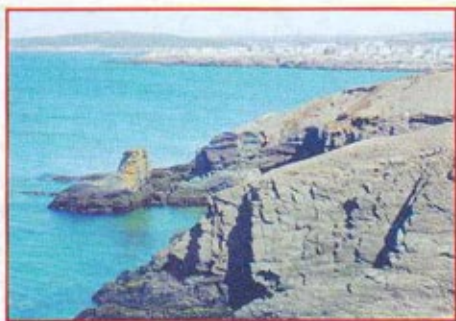
Marine Hike



An exuberant Hike for All Ages



The Marine Hike, a 6-7 km hike leaves Christian's Road and follows Admiral's Beach where during caplin scull, June and July, thousands of tiny fish roll ashore to spawn. They can be picked up on the beach or caught with cast nets, and make excellent eating, fried, fresh or roasted after salt drying.



The Town of Grand Bank does not accept any liabilities while using the Marine Hike.

Marine Hike Lookout: The view from the top of the cape encompasses all the town, providing an excellent chance for some photographs. A small trail leads along the land's edge of steep slate and sandstone where you will find Precambrian trace fossils. **(CAUTION ADVISED)** Northward is Brunette Island, consid-

ered by many as a wildlife ecological habitat. Located around this island are caribou, Arctic hare, moose, eagles, seals, bird colonies, and even skeletons of buffalo that once heavily populated the area.

At the end of L'anse au Paul Beach, a dirt road will lead you to Fortune-Grand Bank highway.

Eternity Rock

At the main highway (210) eastward to Grand Bank, stands eternity rock. Apparently this was a convenient rest area for those who walked to Fortune. There have been several inscriptions painted on the rock. The earliest dating



back to before 1891 read, "Stop, Think, Choose, Heaven or Hell - Which?"

Just at a glance, this rock looks like it doesn't belong here. Geologically, it doesn't. Eternity Rock is composed of materials very different from those of the bedrock in the area. It is suggested that as melting glaciers crossed these lands, eternity rock was deposited at its present site.

After you have rested at Eternity Rock, retrace your steps and head back to Christian's Road.