

The Main River A Canadian Heritage River



Big Steady

The Main River is a relatively young waterway emerging about 12,000 years ago after the retreat of the ice age.

The river drops 700 metres over its length, offering superb whitewater paddling and opportunities for adventure tourism.

The watershed contains a diversity of vegetation ranging from shrub barrens and wetlands to old growth forest, providing habitat to a variety of waterfowl and wildlife species, including the endangered pine marten.

The Main River was designated as a Heritage River for these natural and recreational values.



Canadian Heritage Rivers System

The Main River is one of Newfoundland's most spectacular rivers. The river flows south-easterly 57 kilometres from its headwaters in the Long Range Mountains through expanses of boreal forest and lush island meadows, known locally as the Big Steady. From here, the river plunges through steep valleys before emptying into White Bay near the community of Sop's Arm.

The Main River is the first river in the province to be designated under the Canadian Heritage Rivers System. At present (2004), Canada has designated 31 Canadian Heritage Rivers.



Paradise Pool

The effort to designate the Main as a Canadian Heritage River received widespread support particularly from residents of the communities around White Bay and from Corner Brook Pulp and Paper Company. Their support and cooperation will help to ensure active stewardship of the river in the years to come.

The Main River Heritage River, designated in 2001, shall be managed as a Provincial Waterway Park under the Parks Act.

Protection of this fragile habitat is our most important management goal, but we need your assistance in accomplishing this task. We hope you will abide by the following guidelines for use in the area.

Activities not permitted;

1. Timber Harvesting
2. ATV use
3. New Cottage Developments
4. Mineral Explorations

Activities encouraged;

1. Salmon and Trout Fishing
2. Hunting - Big and Small Game
3. Snowmobiling
4. Outfitting and Adventure Tourism
5. Backcountry Hiking and Camping
6. Canoeing/ Kayaking

Please remember to pack out what you pack in!

We thank you for your assistance in helping us protect this unique area of our Province!



Parks & Natural Areas
Newfoundland & Labrador

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