



REGIONAL BUSINESS DIRECTORY

ACCOMMODATIONS

Big River B&B

535 Wind Gap Road, Flatrock
437-1154

Oceanside Suites

608 Main Road, Pouch Cove
1-800-433-1973
www.oceansidesuites.ca

Points East Guesthouse

34 Sullivan's Loop, Pouch Cove
335-8315

RESTAURANT/FOOD SERVICES

Water Witch Take Out

123 Town Circle, Pouch Cove
335-2500

CONVENIENCE STORES

D&L Convenience

651-653 Main Road, Pouch Cove
335-2471

Cape Town Convenience

143 Main Road, Pouch Cove
335-7957

Wilkinson's Convenience

268 Pouch Cove Highway, Flatrock
437-5164

PHARMACY

Pouch Cove Pharmacy

378 Main Road, Pouch Cove
3358-2992

RECREATION & FITNESS

JeenesFit Fitness Trainer – David Jeenes

870 Bauline Line, Bauline
233-0479
jeenesfit@gmail.com

Marine Park

Pouch Cove Line, Pouch Cove
764-7641

HOUSEKEEPING & JANITORIAL

Clean Freeks

Pouch Cove
749-0611
cleanfreaks@gmail.com

PET CARE

Chinook Winds Canine Resort

1222 Bauline Line, Bauline
335-8366

HAIR STYLIST & SPA SERVICE

Red Head Salon

95 Red Head Road, Flatrock
725-0933

Serendipity Esthetics & Spa Services

49 Medalsis Pond Road, Flatrock
727-5365

Scissors Studio

39 Cameron Place, Pouch Cove
335-2732

The Right Cut

22 Mundy's Road, Pouch Cove
335-2091
juanitasullivan38@gmail.com

AUTOMOTIVE SERVICES

Nichol's Service Station

382 Main Road, Pouch Cove
335-2687 / 682-6577

The Diesel Doctor – Marine Yacht & Boat Repair

Diamond's Road, Pouch Cove
682-2697

TRANSPORTATION

Eastern Bus Lines

10 Evan's Hill, Pouch Cove
335-2352

First Class Limo & Express

36 Main Road, Pouch Cove
335-2223 / 1-877-996-5466



REGIONAL BUSINESS DIRECTORY

CHILD DAY CARE SERVICES

ABC Academy

Main Road, Pouch Cove
335-2953

Adventureplace Childcare

Satellite Road, Pouch Cove
232-6131

REAL ESTATE & DEVELOPMENT

Admiral's Rock Inc

Red Head Road, Flatrock
728-7666

Jesse's Place Development

2 Jesse's Place, Flatrock
437-6634

The Vales Development

606 Wind Gap Road, Flatrock
437-6930
www.thevalesnl.ca

GARDEN & LANDSCAPING SERVICES

Gus Kinsella Expert Landscaping

Bauline Line, Bauline
437-6258

Newfound Landscaping

Pouch Cove
335-2610

Planet Tree

685-7341
planettree@hotmail.com

RNS Excavating & Landscaping Services

94 Power's Lane, Flatrock
685-6012

HOUSEHOLD MOVING & STORAGE

Value Movers, Moving & Storage

205 Wind Gap Road, Flatrock
579-6949 / 682-2703

RENTALS

AJ Vacuum – Heavy Equipment Rental

49 Wind Gap Road, Flatrock
727-5494

GWK Holdings – Large Equipment Rental

Pouch Cove
335-2602 / 682-2703

BUSINESS, PROFESSIONAL & CONSULTING

Connections Research/Islands North

1 Westerpoint Lane, Bauline
335-8272 / 685-8465 / 335-2086(f)
info@connectionsresearch.com

La Ballena – Original Art & Handicrafts – Seasonal

Bauline Wharf, Bauline
335-2440
laballena.nl@gmail.com

Martin Surveys & Land Services

299 Pouch Cove Highway, Flatrock
437/6593 / 631-1510
info@martinsurveys.com

Peter Norman, IT Consultant

31 Hubert's Place, Flatrock
437-5890

Technical Rope & Rescue

1155 Bauline Line, Bauline
335-2325 / 699-3452 / 335-2233(f)
info@trr.ca www.trr.ca

Ted Everson Photography

Flatrock
tedeversonr43@gmail.com

T&R Consulting & Handyman Maintenance

1395 Bauline Line, Bauline
335-2004
hillier312.th@gmail.com

CONSTRUCTION & RENOVATION

AJ Vacuum Truck, Septic Service

49 Wind Gap Road, Flatrock
727-5494



REGIONAL BUSINESS DIRECTORY

B&L General Contracting

43 Stiles Cove Road, Pouch Cove
335-2622 / 682-9789

Clean Air Solutions

7 Morey's Place, Flatrock
687-1071
www.cleanairsolutions.ca

Coastal Kitchens

559 Pouch Cove Highway, Flatrock
727-2289

D&S Vacuum Truck, Septic Service

231 Wind Gap Road, Flatrock
437-1128

DWR Contracting

3 Hannah's Place, Flatrock
764-0947
dwrcontracting@outlook.com

Eastern Blown-In Insulation

41 Deer Marsh Road, Flatrock
749-9544 / 437-2354(f)

Flatrock Roofing

Wade's Lane, Flatrock
437-6443

GWK Holdings – Excavation, Pipe & Leak Detection

Pouch Cove
335-2602 / 682-2703

Heat Seal Ltd.

606 Wind Gap Road, Flatrock
437-7476

Hudson's Excavating

Pouch Cove
335-2617

Jomar Builders

Bauline Line, Bauline
233-0205

K&P Contracting

606 Wind Gap Road, Flatrock
437-6930 / 579-1756(f)
www.kp.nf.ca

Katem Construction & Septic Solutions

Wind Gap Road, Flatrock
437-1470

Kavanagh's Construction

Back Road, Flatrock
437-6283

Knight-Time Woodworks

16 Wesbill Place, Pouch Cove
693-0250

Legacy Electric

30 Satellite Road, Pouch Cove
689-8687

O'Keefe's Roofing

346 Main Road, Pouch Cove
335-2417

Perpetual Plumbing

22 Admiral's Grove, Flatrock
689-8958

Power Electric

Seaview Lane, Bauline
743-4980

Top Dog Plastering & Painting

Pouch Cove
232-0008

VRI Electrical

Bauline Line, Bauline
690-6779

Wade's Excavating & Septic Service

32 Wade's Lane, Flatrock
437-2407 / 692-3916