



# 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](http://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](mailto:jeenesfit@gmail.com)

### **Marine Park**

Pouch Cove Line, Pouch Cove  
764-7641

## HOUSEKEEPING & JANITORIAL

### **Clean Freeks**

Pouch Cove  
749-0611  
[cleanfreaks@gmail.com](mailto: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](mailto: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](http://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](mailto: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](mailto:info@connectionsresearch.com)

### La Ballena – Original Art & Handicrafts – Seasonal

Bauline Wharf, Bauline  
335-2440  
[laballena.nl@gmail.com](mailto:laballena.nl@gmail.com)

### Martin Surveys & Land Services

299 Pouch Cove Highway, Flatrock  
437/6593 / 631-1510  
[info@martinsurveys.com](mailto: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](mailto:info@trr.ca) [www.trr.ca](http://www.trr.ca)

### Ted Everson Photography

Flatrock  
[tedeversonr43@gmail.com](mailto:tedeversonr43@gmail.com)

### T&R Consulting & Handyman Maintenance

1395 Bauline Line, Bauline  
335-2004  
[hillier312.th@gmail.com](mailto: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](http://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](mailto: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](http://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