

NEWFOUNDLAND

ISLAND of MANY SPLENDORS

June 18-25, 2017



WESTERN BROOK POND

After years of offering trips, there are still places in this world where Sarett Nature Center has never journeyed.

One of these is the island of Newfoundland. At forty-three thousand square miles in size, there is much to see here. We will concentrate our efforts on the western portion of the island where an extension of the Appalachian Mountain range creates stunning scenery. In this region are found natural gems such as Gros Morne National Park and towering icebergs which are carried on the Labrador Current from Greenland. You will visit the Viking settlement at L'Anse aux Meadows and mingle with the friendly modern inhabitants who refer to their island home as "The Rock". Possibilities are very good that we will have sightings of woodland caribou, moose, seals, and a variety of whales. You will learn about the fascinating geology of the area and explore unusual plant communities. Newfoundland is home to countless lakes and dense northern forest.

Sunday, June 18.....You will fly on your own to the Deer Lake Airport (see suggestions at the end of the itinerary) and check into the nearby Holiday Inn Express.

Monday, June 19..... Gros Morne National Park

After breakfast we will make the twenty-mile drive to Gros Morne National Park from our accommodation at Deer Lake. This park has been designated a UNESCO World Heritage Site. It features sublime scenery, great biological diversity, and interesting geology. The first stop will be at the visitor center so that we can gain an informed appreciation for this area. After an early lunch we will enjoy a very scenic two-hour boat ride up the glacially carved lake known as the Western Brook Pond. The sheer walls of this valley are 2,000 feet high and feature cascading waterfalls. A walk of forty-five minutes one way is required to reach the dock. Much of this trail is a boardwalk and therefore it is a relatively easy trip. Our overnight accommodation will be at the Shallow Bay Motel in the nearby village of Cow Head.

Tuesday, June 20.....Gros Morne N.P.

This morning we will walk a trail through an area known as the Tablelands. It is here that the theory of plate tectonics was confirmed. A park guide will lead us through this moon-like area of unusual geology and plant life. After a picnic lunch it will be on to the Green Gardens area. A trail leads the hiker through forest, grassy meadows, along the edge of cliffs and a then to a scenic beach. This is a five- and a-half-mile round trip and is rated as moderate. Our overnight accommodation will once again be at the Shallow Bay Motel.



GREEN GARDENS

Wednesday, June 21.....Scenic Drive on the Great Northern Peninsula

Today we will drive the Viking Trail highway towards the tip of the Northern Peninsula and our accommodation at Tuckamore Lodge. The drive itself will be four hours in duration. There will be some scenic coastal stops along the way and we will pass through quaint fishing villages. The plan is to arrive by mid-afternoon so that we have time to enjoy the lodge and its surroundings. They do have complimentary canoes available for a paddle on the lake. Our overnight lodging will include dinner.

Thursday, June 22..... French Shore Trail & Iceberg

Boat Tour A segment of the International Appalachian Trail known as French Shore Trail is located close to Tuckamore Lodge.

We will do a hike here this morning to experience more of Newfoundland's gorgeous shoreline. The moderately rated trail takes the hiker to some scenic overlooks. Have you ever wanted to

get close and personal with an iceberg? Today we will do just that with Northland Discovery Boat Tours based in the village of St. Anthony. Newfoundland is one of the best places in the world to see icebergs. We have booked an afternoon tour so that the group can cruise by icebergs and hopefully see some whales. Humpbacks, fin and minke whales are the most commonly seen. Bald eagles are also usually spotted. Our overnight stay will once again be at Tuckamore Lodge.



Friday, June 23..... Burnt Cape Ecological Reserve & L'Anse aux Meadow Viking

Settlement Our first stop of the day will be at the Burnt Cape Ecological Reserve located at the very tip of the Northern Peninsula. This reserve has an arctic climate, but because of calcium rich soils it harbors three hundred low growing plant species. Thirty of these are rare, and one, the Burnt Cape Cinquefoil, is found nowhere else in the world. A profusion of colorful arctic wildflowers is a sight to behold! Hopefully we will be able to spot the well camouflaged willow ptarmigan, a grouse-like bird that inhabits tundra plant communities. We will see frost polygons, strange looking arctic landforms formed by the frost heaving of the surface rocks. Chances are good of having icebergs near the shoreline and we may see whales again.

Occasionally polar bears make landfall here after they ride down ice floes and icebergs from farther north.

(We are not likely to see one on our visit.) At the end of the walk an outdoor stew known as a Newfie boil-up will be prepared for us by our guide from Burnt Cape Cabins. Practically next door is the Viking settlement at L'Anse Aux Meadows. This UNESCO archeological site is the only known Viking settlement in North America. It is believed that Leif Erickson and friends landed here in approximately 1000 AD. Parks Canada manages a reconstructed village of sod huts complete with Viking reenactors. Actual artifacts of the archeological digs are on display. We will find a restaurant for dinner on the way back to Tuckamore Lodge.

Saturday, June 24.....Port au Choix National Historic Site

Today we will make our way back to Deer Lake along the Viking Trail road. An interesting stop will be made at the Port au Choix National Historic Site located on the west side of The Great Northern Peninsula. Parks Canada has preserved an area where many artifacts of several aboriginal cultures have been found. This includes the Dorset Paleoeskimo culture. The visitor's center has artifacts of this and other cultures on display. A variety of trails allows access for the visitor to archeological sites. The trails also provide access to natural areas to see interesting plants, limestone barrens, and possibly caribou, seals and whales. Your overnight lodging will be at the Holiday Inn Express in Deer Lake.

Sunday, June 25.....We will go our separate ways today as each of us departs the hotel at various times.

Accommodation:

Holiday Inn Express at Deer Lake- Convenient cab service for less than ten dollars will allow an easy transfer for you and your luggage between the nearby airport and the hotel. It offers an indoor swimming pool, hot tub, and a continental breakfast.

Shallow Bay Motel at Cow Head- The seaside village of Cow Head is surrounded by Gros Morne National Park. Amenities include an outdoor swimming pool and hot tub, exercise room, laundromat, gift store, and sauna. They have an on-site restaurant that specializes in seafood. There are ocean views from the property.

Tuckamore Lodge- The lodge is situated in northern forest on the northeast side of the Great Northern Peninsula near the community of Main Brook. It has been advertised as a wonderful place to stay in numerous publications. The owner describes it as luxury Scandinavian style accommodation. They offer free use of canoes on their lake and have a dining room. Breakfast is complimentary. Each of the eight lodge rooms is unique and cozy. They have a comfortable lounge area with large viewing windows. There is a sauna and hot tub for the use of guests. Check it out at www.tuckamorelodge.com to see photos of the place.

Outdoor Conditions: You will need to be prepared for a range of environments. Inland areas could be warm to hot. Areas near shore will be cool to cold. There may be rain and fog. (Eastern Newfoundland has much more fog because of the collision of the Gulf Stream and the Labrador Current) Depending on the year, blackflies and mosquitoes can be a problem in some areas or not at all. In most of our situations stiff breezes will tend to keep the bugs at bay. You will want to pack insect repellent as a precaution.

Cost: \$ 1,990.00 /person based on double occupancy. **This includes:**

- a total of seven night's accommodation at Holiday Inn Express, Shallow Bay Motel, and Tuckamore Lodge
- three breakfasts and two dinners at Tuckamore Lodge
- two continental breakfasts at the Holiday Inn
- six picnic lunches
- van transportation on the island
- entrance fees to parks and historic sites
- boat tour of Western Brook Pond at Gros Morne National Park
- guided hike and lunch at the Burnt Cape Ecological Reserve
- Northland Discovery Boat Tour out of St. Anthony

The cost **does not** include airfare, meals covered above, or any gratuities.

Deposit: A non-refundable deposit of \$300.00 is required to sign up for this trip. **Once we have enough people for the trip to go I will inform you that is okay to purchase airfare.** Please supply all contact information on the form provided with the itinerary.

Final Payment: Your final payment for the trip will be due May 15, 2017. A letter will be sent to remind you.

Group Size: There will be a maximum of thirteen participants and three leaders on this trip.

Membership: You must be a current member of the nature center.

Plane Tickets: Purchase plane tickets **only after I notify you that we have enough people that have paid deposits.** After this you should purchase them promptly. If you would like assistance with purchasing airfare, please feel free to call the nature center at 269-927-4832 or e-mail robp@sarett.com

Trip Insurance: Obtaining trip cancellation/interruption insurance is always recommended in case of problems leading up to, or during the trip. Make sure your medical insurance covers you in Canada. Travel Leaders in Benton Harbor can arrange this for you. Their phone number is 269-925-0777.

Travel Documents: You must have a US passport that is current six months after the return date.

Responsibility: Sarett Nature Center reserves the right, at their sole discretion, to make changes in the itinerary and hotels should that become necessary, and is not responsible to any person for expenses, loss of time, money, or happenings resulting from a change of tour scheduling. Sarett Nature Center reserves the right to accept, decline, or retain any person as a member of the tour, and is not responsible for any losses or damages of personal property, injuries, expenses, or damages incurred or claimed by any tour member.

Cancellation Policy: Every attempt will be made to refund any recoverable costs if you must cancel. The deposit is only refundable if the trip is cancelled for some reason.

