

**Trip Information Document:
Hiking The Rock, Aug.1-11, 2020**

We'll be travelling by air from Toronto to St. John's, Newfoundland on Aug. 1, 2020 and returning to Toronto on Aug. 11,2020.

Our focal activity will be hiking. The East Coast Trail, extending both north and south from St. John's, covers over 300 km of the Avalon Peninsula's coastline and is considered by National Geographic one of the ten best adventure destinations in the world. The trail passes directly over the most easterly point in North America at Cape Spear and connects over 30 picturesque communities. It consists of many historic paths, each with its own colourful name.

Your trip leader, Richard Reble, has led several groups on the East Coast Trail in the past few years and he will be acting as your hike leader on this trip as well. There isn't enough time to hike the whole trail from end-to-end, but expect to see the parts that in Richard's experience are the most scenic, rugged, and closest to the cultural attractions of St. John's and the Avalon Peninsula. There will be one hike scheduled for each day and most hikes will be rugged, about 13-19 km long with demanding ups and downs suitable for fit, experienced hikers. A few hikes will be from only 10-13 km long in order to accommodate both hiking and visits to attractions in St. John's and the Avalon Peninsula on the same day.

Our place of accommodation is the Brown Rabbit Cabins on the outskirts of the village of Tors Cave about 80 km south of St. John's- www.brownrabbit.nl.ca . There are 4 two-bedroom cottages (each suitable for 2 singles) and three one-bedroom cottages (each suitable for a couple). As you have probably figured, the trip must be limited to 14 participants including the leader. The other reason for the limitation is that the Brown Rabbit van (used for daily transportation) only seats 14 passengers.

Each cottage has a small kitchen with microwave, oven, and small fridge. There is also a living room with TV, and a bathroom (shared in a two-bedroom cottage) with tub and shower. Wifi is available on the deck outside the main dining room.

You probably won't be using many of your cottage's kitchen aids anyway except for storing snacks and liquid refreshments because breakfasts and suppers will be served daily in the communal dining room at 8:00 in the morning and 7:00 in the evening and bagged lunches will be eaten on the trail. Expect good home cooking at the Brown Rabbit and substantial sandwiches on the trail, but your occasional meals in St. John's or elsewhere will be more pub-like.

Brown Rabbit is somewhat isolated from the shops and stores of bigger communities but you'll have the opportunity almost daily to stop for sundry personal needs as we drive to and from our hikes.

The cost of the trip is \$3,420 per person whether only one or two people occupy a cabin. Singles will be matched up with fellow hikers as necessary to maximize participation

Inclusions:

- air transport from Toronto to St. John's on Aug. 1 and return on Aug. 11
- ground transport from St John's airport to Brown Rabbit upon arrival and return on Aug. 11
- all costs at Brown Rabbit (daily accommodation and all meals)
- daily transport from Brown Rabbit to the trail head and from trail's end to Brown Rabbit at the end of the hike (with stops at liquor stores, grocery stores, or drugstores as needed).
- O'Brien's whale and puffin cruise starting and ending at Bay Bulls
- dinner/musical theatre at the Spirit of Newfoundland in St. John's
- The Rooms (provincial art gallery) in St. John's

-the day trip around the Avalon Peninsula, including the Eastern Barrens, the 500 million year old fossil bed and the wildlife preserve.

Exclusions:

-airline charge for transport of baggage

-any sight- seeing tours that you plan to take on your own

-any snacks, beverages, meals, or sundry items purchased outside the Brown Rabbit.

As well, in the event of unexpected weather conditions or any other condition resulting in major changes to the itinerary, members are responsible for their own expenses.

Registration and Payment:

There are two steps in the registration process:

1. In the first step of the registration process, log on to the Club website and register for the trip by paying \$2577.00 (This is the land portion of the trip plus the \$25 club processing fee).
2. The second step involves contacting the travel agent in order to pay for the airfare. A deposit payment of \$100 for your flight will be made to our travel agent, Cathy Kinloch at Teachers' Travel, 21 St. Clair Ave. E., Toronto, Ontario, M4T 1L9- 1-416-922-2232. At that time, Cathy will ask you about medical and cancellation insurance. The Club recommends that you have insurance prior to the trip.

Cancellation Policy:

There is a separate cancellation policy for the air fare and a separate cancellation policy for the land portion of the trip.

For the land portion of your trip, and assuming that a replacement can be found for you, you may cancel and expect a full refund minus a \$25 processing per person up until April 1, 2020. After that date you will be responsible for all costs that the Club incurs on your behalf.

For the land portion of your trip, and with no replacement found for you, you may cancel and expect to be charged \$1108 for both your accommodation and processing fee- up until April 1, 2020. After that date, you will be responsible for all costs that the Club incurs on your behalf.

For the air portion of your trip, the \$100 deposit is refundable until May 1, 2020. Final payment for the flight will be made by May 1 and after that date, your flight is totally non-refundable.

All registrants should be aware that if the group dwindles to less than 12 people, it is no longer considered a group flight and the price for the flight could increase to whatever the price is at that time.

In conclusion, hikers interested in joining this trip should act quickly as only the leader and 13 others will make up the trip roster. Once the trip is filled, a wait list will be started. If you have further questions about the trip, please contact Richard Reble at reblerichard@gmail.com .