

Customized hiking tour of Newfoundland for Halton Outdoor Club

12 Day Newfoundland Hiking Tour

Trip leader: Gayle Laws
When: Friday July 21, 2017 to Tuesday August 1, 2017
Price: \$5030.00 per person double occupancy (see details below for inclusions)
Plus \$50 HOC fee (to be paid at time of registration) and \$80 for gratuities (to be at final installment)

Experience Newfoundland: hiking along gorgeous trails, visits to historic sites, entertainment by local theatre groups, wildlife observations, boat tours. It begins in Deer Lake, spending two days hiking in Gros Morne, travel up the peninsula to visit historic Viking grounds, and then hiking various trails across the province to St. John's, with two days on the East Coast trail. It is a full agenda catered to active people. However the hiking is geared for easy to moderate pace hiking, some guided and some self-guided. On some days hiking options are available between easy and challenging.

The itinerary has been customized to the Halton Outdoor Club. It includes 23 excursions, including boat tours and local entertainment. Detailed itinerary is outlined below.

To indicate your interest, provide a payment of \$50 to the Halton Outdoor Club (via cheque), and indicate if you have a roommate or need a roommate. Then a \$500 non refundable deposit is required to **Islington Travel Agencies Ltd. 3025 Islington Ave. Toronto, ON M9L 2K9 416-746-0222** lina@islingtontravel.com. This can be made via credit card. Medical and cancelation insurance is strongly recommended and you can discuss this option with Lina the travel agent.

Please contact experienced trip leader, Gayle Laws at gayle.laws@rogers.com, if you have any questions.

When: Friday, July 21 – Tuesday, August 1, 2017

[Day 1 – Friday, July 21](#) [Toronto to Deer Lake](#)

Meals: D

Fly to Deer Lake, then travel a short distance to Corner Brook for the night. A fun musical evening and dinner welcome you to Newfoundland.

Accommodation: Corner Brook - Glynmill Inn

Driving: 50 kms (40 mins)

Hiking: Corner Brook Stream Trail (on own)

Downtown Trail – 2 kms – Easy

Upstream Section – 3.9 kms – Moderate

Three Bear Mountain – 1 km - Easy

[Day 2 – Saturday, July 22](#) [Corner Brook to Rocky Harbour](#)

Meals: B/L/D

The wilds of Gros Morne National Park, a UNESCO World Heritage Site await your exploration today. See unusual plants and rocks and enjoy broad panoramic views as you learn about the unique Tablelands during a guided walking tour. After an included lunch in the picturesque community of historic Woody Point set out on a guided afternoon hiking adventure in this awe-inspiring rugged landscape. This afternoon the group can be divided to participate in two different levels of hikes.

Option 1

Lookout Hike (rated moderate – challenging): Follow the trail to one of the best panoramic vistas in the park. You'll climb steadily through forest, then emerge from the trees onto a highland plateau. Enjoy spectacular views of Bonne Bay, Gros Morne Mountain, the Tablelands and the Lookout Hills.

Option 2

Discovery Centre to Woody Point Community Trail (rated easy)

The Woody Point community trail provides vistas as it meanders through the hills of Woody Point, passes through the downtown core and saunters past the iconic Woody Point Lighthouse ending on the tranquil beaches of Woody Point. Bring your camera as you are sure to see lots of wildlife on your walk!

After your afternoon hike, both groups will take the water taxi from Woody Point to Norris Point where the coach will be waiting to transport guests to their hotel for dinner.

Accommodation: Rocky Harbour - Ocean View Motel

Driving: 124 kms (1.5 hours)

Hiking: 9 kms or 6.5 kms

Tablelands Hike (Guided) – 4 kms (1.5-2 hrs) – Easy

Lookout Hike (Guided) – 5 km loop (2.5 hrs) – Moderate/Difficult OR

Discovery Centre to Woody Point Community Trail (Guided) – 2.5 kms (1.5 hrs) – Easy

[Day 3 – Sunday, July 23](#) [Rocky Harbour to Cow Head](#) Meals: B/D

This morning visit Lobster Cove Head Lighthouse located 1 km west of Rocky Harbour. Take a short 2 km walk along the shoreline and along coastal cliffs. Visit the lightkeeper's house which is open to visitors and contains an exhibit about the history of the area.

Travel north up the coast of picturesque Gros Morne National Park and stop for a hike up the Coastal Trail, a path that once connected the two small fishing communities of Bakers Brook and Green Point. This lovely path leads you by cobble beaches and through short but dense coastal forests known locally as "tuckamore".

Next, board the coach and travel further up the coast to the site of your next adventure. A 3-km hike with its impressive backdrop of spectacular cliffs and the Long Range Mountains takes you to the shores of Western Brook Pond. Along the way you'll cross the bogs and forested ridges of the parks' coastal lowlands. The walk consists of gravel and boardwalk trails and interpretive signs will explain some of the area's natural features. Enjoy a light lunch (at own cost) before setting sail on a Western Brook Pond Boat Tour where the fjord provides a dramatic setting. The lake is home to Atlantic salmon, brook trout, arctic char and an unusual colony of cliff nesting gulls. Behold the spectacular glacier-carved land-locked fjord, waterfalls cascading over 2000 feet, billion year old cliffs and frequent wildlife sightings. (Following the cruise, hike 3-km back to the coach).

Continue to Cow head where you will spend the night. Enjoy an included dinner followed by a performance by the talented local group, Theatre Newfoundland & Labrador who will entertain while sharing the province's colourful history.

Accommodation: Cow Head – Shallow Bay Motel

Driving: 50 kms (45 mins)

Hiking: 12 kms

Lobster Cove Head Lighthouse – 2 kms – easy

Coastal Trail – 4 kms – easy

Western Brooke Pond – 6 kms (round trip) – easy

[Day 4 – Monday, July 24](#) [Cow Head to Plum Point](#)

Meals: B/L/D

Travel up the Great Northern Peninsula, the longest and largest peninsula in Newfoundland. The coastal route offers an opportunity to stop and take photos of the untamed landscape like the dramatic rock formations at 'The Arches'.

Stop at the Torrent River Salmon Interpretation Centre and learn about Newfoundland's most successful enhancement salmon project. Explore exhibits, chat with researchers and descend into the underwater viewing chamber for a chance to see wild Atlantic salmon in their natural habitat where they come in abundance to spawn. After your visit, hike the John Hogan Trail, a boardwalk that meanders along the Torrent River. Enjoy fabulous views of the river and falls from 3 observation decks along the way.

After an included lunch, visit Port au Choix, a national historic site where the remains of four ancient cultures have been found. During an afternoon hike on the Dorset and Point Riche Trail, walk in the footsteps of the Palaeoeskimo people along the trails to their dwelling site at Phillip's Garden. Explore the limestone barrens looking for plants and fossils found nowhere else in Canada. Keep an eye out for sculptures offering glimpses into ancient Aboriginal ways of life.

Arrive at Plum Point where you will spend the next 2 nights. Enjoy an included dinner at your hotel.

Accommodation: Plum Point Motel X 2 nights

Driving: 200 kms (2.5 hrs)

Hiking: 9 kms

John Hogan Trail – 3 kms (45 mins) – Easy

Dorset, Point Richie Trail – 6 kms (2.5 hours) - Easy

[Day 5 – Tuesday, July 25](#) [St. Anthony](#)

Meals: B/L/D

Travel to the tip of the Peninsula to the town of St. Anthony. A highlight of this day is a visit to the only authenticated Viking Site in North America, L'Anse aux Meadows. It was here that Leif Eriksson led his explorers. Three reconstructed Norse buildings are the focal point of this stunning UNESCO World Heritage Site.

Next, discover what Viking life was like when you visit the Norstead Viking Village, a living history museum depicting a Viking trading post. Enjoy an included picnic lunch.

Visit the Dark Tickle Company where unique, native wild berries are used to manufacture jams, sauces, tea, coffee, vinegars, drinks and chocolates. These berries are picked by hand and carefully processed without additives resulting in a quality product that is both distinctive and delicious. Enjoy a guided tour of the facility and berry bog.

This afternoon, set out on a 90-minute hike on the Santana Trail in St. Anthony. Climb 476 stairs to the top of a mountain where you will be confronted with a mesmerizing view of the pristine Newfoundland coast and the Atlantic Ocean. There are also great views of the town of St. Anthony. This trail is rated moderate to difficult due to the many stairs.

Driving: 340 kms (4 hours)

Hiking: Santana Trail – 1.5 kms (90 mins) – Moderate to Strenuous

[Day 6 – Wednesday July 26 Plum Point to Grand Falls](#)

Meals: B/L

This morning enjoy one more hike in Gros Morne National Park as we pass back through. Baker's Brook Falls Trail leads you through a balsam fir forest to Baker's Brook Falls, a series of cascades over limestone ridges. This walk also boasts a profusion of summer wildflowers in the bog and forest.

After an included lunch, continue through the heart of the province to Grand Falls.

Accommodation: Grand Falls – Mount Payton Hotel

Driving: 500 kms (5.5 hours)

Hiking: Baker's Brook Falls – 10 kms (2-3 hours) - Moderate

[Day 7 – Thursday July 27 Grand Falls to Gander \(Twillingate\)](#)

Meals: B/L/D

Visit Prime Berth Twillingate Fishery & Heritage Centre, a private interpretive fishing centre and craft studio created by David Boyd as a tribute to his family's generations of fisherman.

After an included lunch (with local entertainment), visit the Long Point Lighthouse, located more than 300 feet above sea level, where thousands of visitors every year enjoy the panoramic view of the Atlantic Ocean with the possibility of viewing icebergs, whales, seals and sea birds.

Hike Long Point to Sleepy Cove and discover the most rewarding views of Newfoundland's outstanding coastal scenery as you head west from the lighthouse towards Sleepy Cove within the Seabreeze Municipal Park where remnants of an old copper mine are still visible.

Enjoy a delicious included dinner before arriving to your Gander hotel.

Accommodation: Gander – Comfort Inn

Driving: 275 kms (3.5 hrs)

Hiking: Long Point to Sleepy Cove – 6.5 kms (2.5 hours) - Moderate

[Day 8 – Friday July 28 Gander to Clarenville \(Bonavista/Trinity\)](#)

Meals: B/L

A trip to lovely Bonavista offers time to explore the town's famous lighthouse, stroll along the picturesque coastal pathways and learn about the history of Newfoundland's cod fisheries at Ryan

Premises National Historic Site. Also visit Dungeon Provincial Park where two sea caves and a natural archway carved by the motion of the sea are the focal points of this site.

This afternoon, hike the award-winning Sherwink Trail, offering more spectacular coastal scenery per linear foot than any other trail in Newfoundland, earning it the distinction of one of the top 35 trails in North America and Europe by Travel & Leisure Magazine in 2003.

Accommodation: Clarenville – St. Jude Hotel

Driving: 385 kms (4.5 hrs)

Hiking: Sherwink Trail – 5.3 kms (2 hours) – Moderate to Difficult

[Day 9 – Saturday July 29 Clarenville to St. John’s](#)

Meals: B

Visit Petty harbor for a quick photo then continue to Cape Spear Lighthouse, perched on a rugged cliff at our continent’s most easterly point. This oldest surviving lighthouse in the province is an iconic symbol of Newfoundland and Labrador’s mariner history.

Continue into Newfoundland’s Avalon Region for an opportunity to experience all St. John’s has to offer. Enjoy a guided tour of St. John’s followed by an optional hike at Signal Hill National Historic Site. Explore the iconic Cabot Tower and experience a fantastic view of St. John’s and the North Atlantic Ocean. Relax with a free evening to explore this vibrant city. Accommodation: St. John’s – Delta Hotel X 3 nights

Driving: 215 kms (2.5 hrs)

Hiking: Signal Hill and St. John’s – unlimited (optional)

[Day 10 – Sunday July 30 St. John’s](#)

Meals: B/L

This morning, enjoy an unforgettable experience aboard a catamaran cruise out of Bay Bulls with many photo opportunities en route to the Witless Bay Ecological Reserve, home to 500,000 Atlantic Puffins and the largest humpback whale population in North America.

After an included lunch hike Mickleleens Path, a section of the beautiful East Coast Trail. This trail wanders through peaceful woods with lush sea meadows and cliff edge vantage points offering mesmerizing views of coves, sea stacks, red sandstone cliffs and the Witless Bay Islands Ecological Reserve.

Driving: 70 kms (1 hr)

Hiking: Mickleleens Path (Guided) - 7.3 kms (3-4 hours) – Moderate

[Day 11 – Monday July 31 St. John’s](#)

Meals: B/L/D

Spend the morning hiking another breathtaking section of the East Coast Trail. Sugarloaf Path is located just minutes from St. John’s and is famous for its coastal scenery from start to finish. This trail is rated as difficult because of more than 150 meters of elevation gain. This hike has its fair share of ups and downs but is completely worth the effort and offers many reasons to stop – and just stare out to sea.

End the hike in quaint Quidi Vidi Village where you will enjoy an included lunch followed by a Brewery Tour at St. John’s largest craft brewery, Quidi Vidi Brewing Company.

This evening, enjoy a farewell dinner alongside your fellow travelers while enjoying traditional Newfoundland entertainment.

Driving: 20 kms (30 mins)

Hiking: Sugarloaf Path (Guided) - 8.9 kms (4 hours) – Difficult

[Day 12 – Tuesday August 1 St. John’s to Toronto](#)

Meals: B

Transfer to the airport in St. John’s for your return flight home.

Price Includes: Airfare Toronto to Deer Lake/ St. John’s to Toronto
 11 Nights accommodation
 Most meals: 11 Breakfasts; 8 Lunches; 7 Dinners
 Deluxe Motorcoach Transportation, tour director and driver
 All baggage handling

Attractions: Performances by local entertainers
 Gros Morne National Park Discovery Centre
 Water Taxi Woody Point to Norris Point
 Lobster Cove Head Lighthouse
 Western Brook Pond Cruise
 Theatre Newfoundland
 The Arches Provincial Park
 Torrent River Salmon Interpretation Centre
 Port au Choix Historic Site
 L’Anse aux Meadows National Historic Site
 Norstead Viking Village
 Dark Tickle Store and tour
 Prime Berth Twillingate Fishery & Heritage Centre
 Long Point Lighthouse
 Ryan Premises National Historic Sight
 Cape Bonavista Lighthouse
 Dungeon Provincial Park
 Petty Harbour
 Cape Spear
 Guided tour of St. John’s
 Bay Bulls whale watching cruise
 Witless Bay Ecological Reserve
 Quidi Vidi Brewery Tour

Featured Hikes: Corner Brook Stream Trail
 Gros Morne National Park

- Tablelands
- Lookout Hike or Discovery Centre to Woody Point Community Trail
- Lobster Cove Head Lighthouse
- Coastal Trail
- Western Brook Pond

- Baker's Brook Falls
- Viking Trail
- John Hogan Trail
- Port au Choix
- Dorset and Point Riche Trail
- Fishing Point Trails
- St. Anthony's Santana Trail
- Twillingate
- Long Point to Sleepy Cove
 - Sherwink Trail
- St. John's
- Signal Hill
- East Coast Trail
- Mickleleens Path
 - Sugarloaf Path

Price: \$5030.00 per person double occupancy

Plus \$50 HOC fee (to be paid at time of registration) and \$80 for gratuities (to be paid later)

Tour components are subject to availability at time of booking and are subject to change.