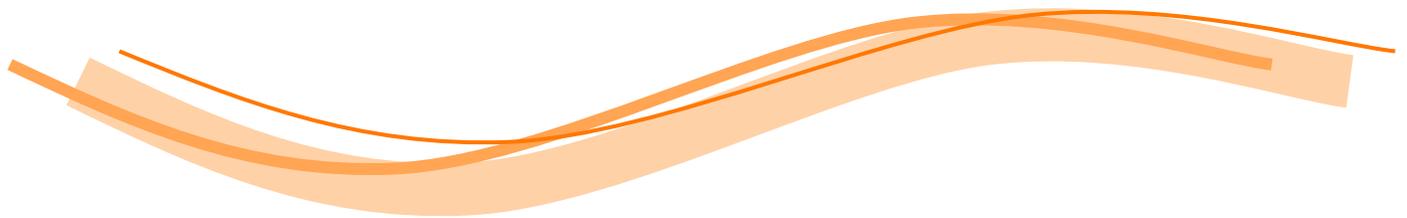




DENURE TOURS – NEWFOUNDLAND & LABRADOR





<p>DENURE TOURS</p>	<p>Since 1960 the DeNure family has been providing memorable motor coach and cruise vacations for Zoomers.</p> <p>Motorcoach vacations provide a safe, comfortable, economical and easy way to travel - and are a great way to meet new people with similar interests. A DeNure Tour brings the opportunity to make lasting friendships, and rest assured that DeNure's experienced professionals are there to assist every step of the way.</p> <p>Almost 50 years providing personal service and unique short and long stay vacations have created many loyal customers and an in depth understanding of satisfying Canadian travellers. For more information check out www.denuretours.com .</p> <p>These notes are organized in three sections:</p> <ol style="list-style-type: none"> 1. DeNure Tours 2. Denure's Newfoundland & Labrador Tour 3. Newfoundland & Labrador travel notes
<p>2016 SPECIAL DEAL</p>	<p>Book DeNure Tours trip to Newfoundland and Labrador (see below) by March 18th, 2016 and mention the Chris Robinson Travel Show on ZoomerRadio and you can save \$150 per person from the price of the tour.</p>
<p>History</p>	<p>DeNure Tours is a family owned, Canadian business, with an office in Lindsay, Ontario located just 90 km north east of Toronto. Fred and Dorothy DeNure began operating sightseeing tours in 1960 with destinations that included day trips in the Toronto area and longer tours to Atlantic Canada. The business has grown to include further-reaching destinations throughout North America, Britain and Europe. Fred and Dorothy's son Ray DeNure is presently overseeing the operation of the company as it continues to grow and thrive.</p> <p>The company is unique in the motor coach business because it focuses exclusively on touring and it uses its own coaches. This ownership of coaches allows better control over the touring elements of transportation, itineraries and staffing which makes way for a smoother, more carefree holiday. Owning the coaches and focusing exclusively on touring provides superior service to the customer.</p>
<p>Denuro Rewards</p>	<p>Every time you travel with DeNure Tours you automatically earn Denuros. Denuros accumulate at a rate of 5% of the value of your tour. On a tour price of \$499, you would earn 25 Denuros. Denuros cannot be earned on pre-tour hotel costs, taxi surcharges, insurance costs or taxes. Denuros can only be earned on the price of the tour. You must travel twice with DeNure Tours before redeeming your Denuros. You can earn Denuros by referring your friends. For every referred friend who travels with DeNure Tours you are awarded 50 additional</p>

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	<p>Denuros. Denuros will be awarded only if the referred person is a new client and only after the new client travels with DeNure Tours. To refer a friend to DeNure Tours, call the office with their name, address and telephone number, or send them an email to referral@denuretours.com</p> <p>Denuros are automatically calculated, and are added to your account on your date of departure. Your Denuros accumulate and are tracked by their computer system until redeemed. One Denuro has a value of one dollar when redeemed for free travel.</p> <p>You can redeem denuros to reduce the price of your trip by 5% up to a maximum of \$100 per person – there's no need to watch for special dates, you can simply redeem them whenever you make your reservation.</p>
Cruise Holidays	DeNure offers a variety of cruises in North America and Britain, from Alaska, Bermuda and Panama to a Cunard cruise of the British Isles.
Overseas Tours	England, Scotland, Britain, Ireland, Switzerland and Austria.
USA Tours	Arizona, Charleston, Savannah, Florida, Michigan, Virginia Beach, Washington, Branson, Cape Cod, New York City, Boston, Chicago, Pennsylvania, North Carolina, Vermont, Tennessee, Gettysburg.
Canada Tours	Canadian Rockies, Ottawa Tulips, Agawa Canyon, Quebec, Stratford, British Columbia, Halifax, New Brunswick, Newfoundland and Labrador, PEI, Nova Scotia, Saguenay
Sunshine Express	Daytona Beach, Myrtle Beach, St. Pete Beach
Departing from...	DeNure Tours feature multiple pick-up points across southern Ontario, from Bowmanville to Windsor
Drivers and Guides	<p>A Tour Director ensures the passengers' comfort and the smooth operation of a sightseeing tour. They work as a team with the Driver. Together, they are an important part of what makes DeNure Tours so popular and prompts such a high level of return guests.</p> <p>Express coaches are accompanied by two DeNure Drivers, who alternately drive and sleep in the custom designed sleeper at the rear of the coach.</p>
Coaches	<p>DeNure Tours' coaches have been modified for touring and include extra features such as increased legroom, carpeted floors, and an individually controlled stereo system. You'll enjoy a smooth, comfortable ride. Five video screens have been mounted for your viewing enjoyment, with audio available through your individually controlled headset. The coach is also climate controlled.</p> <p>All seating is subject to availability and is assigned on a first come, first served basis. For sightseeing tours, a seat will be assigned for you to take upon initial boarding. During the course of the tour, you will be asked to change seats in a rotation system to offer each passenger different seating positions in the coach. For express departures, seats are assigned for the duration of the southbound and northbound portions of your trip.</p>

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Children	Children aged 8 to 16 can travel free of charge on DeNure's Daytona long stay trips in August 2016.
Single Travellers	On their cruise or touring programmes, you can sign up for their Twin Share Program, saving you the often substantial single supplement charges.
Groups	Get a group together and you can save with DeNure's group reductions: <ul style="list-style-type: none"> - For groups of 8, the 8th person price is 50% discount - For groups of 16, the 16th person travels free. Does not include flights, cruises or HST
Request a brochure	Use this link: http://www.denuretours.com/requestbrochure.asp to ask for one of DeNure Tour's invaluable brochures
How to Book	To book, phone the DeNure toll-free reservation number 1-800-668-6859. Their friendly and helpful sales staff will be able to answer any questions you may have, and assist you in deciding on the right trip for you. They set up your reservation right over the phone. Or if you prefer, you can let your local travel agent do the work. Just let your agent know which tour you're interested in and which dates work for you. Now you have the option of making an online booking as well. Simply choose the tour you're interested in from the Tour Listing at www.denuretours.com , and click the 'book it now' box. Send the required information and a DeNure Tours sales representative will reserve the space for you and will contact you for further details.
Contact Information	Tel: 1800-668-6859 Website: http://denuretours.com/ Facebook: https://www.facebook.com/DeNure-Tours

Newfoundland and Labrador Tour	<p>Bearing in mind the large distances, and the scenery that is not to be missed, a motor coach tour is the ideal way to explore. If you travel with DeNure Tours you will also benefit from expertise built up over 55 years in business, together with 25 years of running tours to Newfoundland and Labrador. DeNure has great relationships with Newfoundland and Labrador Tourism as well as supporting businesses such as hotels, attractions and the like. The perfectly pitched tours that they offer today are the result of this intimate knowledge of the Province.</p> <p>July 1, 9, August 15, 2016 – Guaranteed Departures July 25, August 2, 28, 2016</p> <p>DeNureTours brings you closer to the natural and historic wonders of Newfoundland and Labrador on this 12-day sightseeing vacation. From the comfort of their deluxe motorcoach, watch the rugged countryside unfold as you travel through the province, stopping at many of The Rock's most famous destinations.</p>
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Designed with Zoomers in mind, this tour offers a mix of easy walking and informative guided tours.

History buffs will enjoy tours in St. Anthony and the Norstead Viking Village. In St. Anthony, learn more about the impact of Sir Wilfred Grenfell. In the 1900's, this influential man built the province's first hospital, created the first co-op lumber mill and established the first non-denominational school. Discover what Viking life was like when you visit the Norstead Viking Village, a living history museum depicting a Viking trading port.

A visit to Newfoundland wouldn't be complete without time in the cultural heart of The Rock, St. John's. Called "The City of Legends," St. John's is built along a rock face. A guided tour includes Signal Hill, and a look at the very colourful residences about town. You can expect a warm reception from everyone and enjoy delicious seafood.

Nature lovers will appreciate the many photo opportunities presented in Newfoundland and Labrador. A catamaran cruise out of Bay Bulls to the Witless Bay Ecological Reserve gives you the thrilling opportunity to see millions of seabirds (like the 500,000 Atlantic puffins that come to shore to nest and raise their young) and humpback whales. (The Reserve is also home to the largest humpback whale population in North America). In the wilds of Gros Morne National Park, learn about the unique Tablelands during a guided tour. Experience a view of the park from the water on a boat trip of Bonne Bay, where stunning views are accented by informative commentary. The summer departures of this tour are ideal for whale watching and even possible iceberg sightings!

Tour Itinerary

Day 1 – Fly to Newfoundland:

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.

Stay: Glynmill Inn – Corner Brook

Nights: 1 Meal(s): D

Day 2 – Gros Morne National Park including Tablelands:

The wilds of Gros Morne National Park, a UNESCO World Heritage Site await your exploration today. Learn about the unique Tablelands during a guided tour. Experience a view of the park from the water on a boat trip of Bonne Bay, where stunning views are accented by informative commentary. Travel to the settlement of Cow Head for the night. After

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dinner, enjoy a performance by the talented local group, Theatre Newfoundland & Labrador.

Stay: Shallow Bay Motel – Cow Head

Nights: 1 Meal(s): B, L, D

Day 3 – Great Northern Peninsula:

Enjoy a leisurely paced start to the day as we journey up the Great Northern Peninsula. Your coastal route offers an opportunity to stop and take photos of the untamed landscape. See dramatic rock formations at 'The Arches' and visit Port au Choix, a national historic site where the remains of four ancient cultures have been found.

Stay: Plum Point Hotel – Plum Point

Nights: 2 Meal(s): B, L, D

Day 4 – L'Anse aux Meadows:

The town of St. Anthony is home to Sir Wilfred Grenfell's medical mission. Visit the first – and only – authenticated Viking site in North America at L'Anse aux Meadows. It was here that Leif Eriksson led his explorers. Explore the three reconstructed Norse buildings, focal points of this significant archaeological site.

Meal(s): B, L, D

Day 5 – Ferry to Labrador:

Travel to the ferry terminal in St. Barbe to board the MV Apollo for a cruise to Labrador. Journey on to Red Bay to enjoy a tour of the Red Bay Basque Whaling Station. This newly designated UNESCO World Heritage Site is home to three Basque whaling galleons and four small chalupas used to capture whales.

Stay: Northern Light Inn – L'Anse au Clair

Nights: 1 Meal(s): B, D

Day 6 – Ferry to Newfoundland:

Board the ferry to return to the island of Newfoundland. On your journey, you may encounter icebergs, seabirds and humpback or fin whales. Your guide will provide tips on how to spot these amazing mammals – have your camera ready!

Stay: Ocean View Motel OR Fisherman's Landing Inn – Rocky Harbour

Nights: 1 Meal(s): B, D

Day 7 – Grand Falls:

After breakfast, travel to Reidville and visit the Newfoundland Insectarium. Then it's on to Kings Point Pottery and The Whale Pavilion and Museum.

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	<p>Stay: Mount Peyton Hotel – Grand Falls OR Comfort Inn – Gander Nights: 1 Meal(s): B</p> <p>Day 8 – Coastal Drive: Venture off the Trans-Canada Highway to tour through picturesque coastal villages. A stop at Prime Berth Twillingate Fishery & Heritage Centre allows you to explore this family-run interpretive fishing centre and craft studio. Stay: St. Jude Hotel – Clarenville Nights: 2 Meal(s): B, L, D</p> <p>Day 9 – Bonavista: A day-trip to lovely Bonavista offers time to explore the town’s famous lighthouse or to stroll along the picturesque coastal pathways. Learn about the history of Newfoundland’s cod fisheries at Ryan Premises. Meal(s): B, L</p> <p>Day 10 – St. John’s: Experience all that St. John’s has to offer with a guided city tour. Relax with a free evening to explore the city’s unique shopping, dining and historical attractions. Stay: Delta Hotel – St. John’s Nights: 2 Meal(s): B</p> <p>Day 11 – Whale-watching excursion: Enjoy 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. Join your fellow travellers this evening for a goodbye dinner and your last chance for some Newfoundland entertainment. Meal(s): B, D</p> <p>Day 12 – Fly home: Transfer to the airport in St. John’s for your return flight home. Meal(s): B</p>
<p>2016 SPECIAL DEAL</p>	<p>Book DeNure Tours trip to Newfoundland and Labrador (see below) by March 18th, 2016 and mention the Chris Robinson Travel Show on ZoomerRadio and you can save \$150 per person from the price of the tour.</p>

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NEWFOUNDLAND & LABRADOR

The Province of Newfoundland and Labrador is one of the treasures to be found right here in Canada. You will find landscapes as stunning, history as fascinating, and culture as engaging as anywhere in Canada. The magnificent scenery includes three National Parks and three UNESCO World Heritage Sites.

You can visit the only known place in North America where Vikings settled as well as the spot where John Cabot's first landed on this continent.

And the people of Newfoundland and Labrador are famous for their kind hearts, warm hospitality and unique culture. Newfoundland and Labrador has its own regional accent and language, its own music and dance - even its own dogs!

To put things in perspective, Newfoundland and Labrador is a little smaller than California, slightly bigger than Japan, and twice the size of the entire United Kingdom. The island of Newfoundland covers 111,390 square kilometres and it is the 16th biggest island in the world. With the addition of the vast territory of Labrador, the province covers a total area of 405,212 square kilometres. There is a lot to see and do, and a large distance to cover as you explore this special Province.

Geologically speaking, Newfoundland and Labrador has some of the oldest rocks anywhere on the planet. The Johnson GEO CENTRE, carved out of the prehistoric rock of Signal Hill in St. John's, is a great place to begin your geological journey and start to learn more. For a fascinating lesson on plate tectonics, and a chance to step on rocks from the earth's mantle, visit the Tablelands in Gros Morne National Park.

Newfoundland and Labrador is as much about its resilient and likeable people as it is about its historical and natural wonders. Life in remote fishing villages was hard and lonely – and the people responded with a real sense of community but also with the humour, music, dance and party spirit for which they are famous. The historic, slightly eccentric city of St John's is a great place to immerse yourself in the music, cuisine and fun loving side of Newfoundland and Labrador.

Everyone who comes to Newfoundland and Labrador wants to taste Screech. Screech rum is a centuries old liquor that the Jamaicans traded to the Newfoundlanders in return for salt fish. This legendary, albeit stimulating drink (at 40% alcohol content) tastes slightly sweet, with hints of oak, vanilla and ripe fruit. It is at a traditional Screech-In

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	ceremony where, invigorated by this bracing beverage, you will indeed kiss a cod!
Location	Newfoundland is a large island lying off the east coast of North America between latitudes 46½°N and 52°N. Its capital is St. John's, which is in the same latitude of Quebec, Duluth, Seattle and Paris. It is Canada's most easterly province, consisting of the island of Newfoundland and the mainland portion of Labrador. Newfoundland has a triangular shape, stretching 600km across, and covering 100,000 sq km. It can be described as the size of Pennsylvania, and larger than Ireland. It lies on the continental shelf of North America, as it is separated from Labrador by only 20km, and by Cape Breton by 120km
Geography	Total area: 400,000 sq km; Newfoundland: 100,000; Labrador: 300,000 The province has more than three times the total area of the Maritime Provinces (Nova Scotia, New Brunswick and Prince Edward Island) and is the size of Japan. In fact it's so large that you need lots of time: the average visit is 12 days
Name	While the name "Newfoundland" is derived from English as "New Found Land", Labrador is named after Portuguese explorer João Fernandes Lavrador.
Population	Population: 516,000; St. John's: 100,000 (metro 180k) People from Newfoundland are called " Newfoundlanders " while people from Labrador are called " Labradorians ".
Language	Newfoundland has its own dialects of the English, French, and Irish Gaelic languages. The English dialect in Labrador shares much with Newfoundland. Furthermore, Labrador has its own dialects of Innu-aimun and Inuktitut. There's some to-and-fro among travellers about how to accent Newfoundland. Correctly done, there's a little bit of emphasis on the final syllable, but it's subtle. Here's a trick. Recite this bit of doggerel: " You just won't understand, 'Til you've been to Newfoundland. " Now drop everything but the last word.
Currency	Canadian Dollar
Tipping	15% is the norm
Time zone	The Province has its own time zone which is 1 hour and thirty minutes ahead of EST
Health	There are no specific health concerns here, other than the invigorating effect of too much fresh air!
Safety	St. John's has continuously had one of the lowest crime rates of any city in Canada...and the rest of the Province is even safer!

CLIMATE	
General climate	The weather in Newfoundland might charitably be called "mercurial." You might very well experience all four seasons during a 1-week trip to the island - from relatively warm and sunny days (the average high

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	<p>temperature in summer is about 21°C) to the downright frigid (it often dips into the range of 4°C or lower on summer evenings). St John's like to say that their city has one of the mildest winters in Canada (third mildest city next to Victoria and Vancouver).</p>
Today's weather	8 degrees Centigrade and sunny periods (27 February 2016)
Best time to visit	<p>Spring summer and fall are all idyllic times to see Newfoundland and Labrador, and even winter has its own special magic with lots of snow on the ground.</p> <p>Northern Lights: Catch the greatest natural light show on earth, playing to Labrador audiences more than 240 nights a year.</p>

GETTING THERE	<p>St. John's International Airport is located 5.6 km northwest of the city and airlines include Air Canada, Air Labrador, Air Saint-Pierre, Air Transat, Continental Airlines, Porter Airline, Sunwing Airlines and Westjet.</p> <p>There is also a convenient airport at Deer Lake/Corner Brook on the west coast of Newfoundland.</p>
Flying time	It is only 2 hours from Montreal and 3 hours from Toronto to St. John's, making Newfoundland and Labrador so much quicker to travel to than other 'exotic' destinations.
Cities	<p>St John's St. John's is the provincial capital of Newfoundland and Labrador, located on the eastern tip of the Avalon Peninsula on the island of Newfoundland. It is Canada's oldest city and arguably the oldest city in North America.</p> <p>St. John's is the most populous Census Metropolitan Area (CMA) in the Province; it is the second largest CMA in the Atlantic Provinces after Halifax, and 20th largest metropolitan area in Canada with a population of a little over 180,000. The city enjoys a long and vibrant history as the oldest English-founded city in North America.</p> <p>The harbour was a frequent haven for European fisherman throughout the early 1500s, and was officially established as a community when Sir Humphrey Gilbert declared Newfoundland an English colony in 1583. While the origin of the name St. John's is not definitively known, its first usage appears in a Portuguese map as "Rio de San Johem" by 16th century Portuguese cartographer Pedro Reinel. The popular origin of the name, however, is said to have originated from the Italian discoverer Giovanni Caboto, who landed in Bonavista on 24 June, 1497.</p> <p>With a long and prosperous history in the fishery industry, the last half of the 20th century has seen St. John's transformed into a modern export and service centre. More recently, its proximity to recently discovered oil fields has led to an economic boom that has spurred population growth and commercial development.</p>

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Distances	<p>It takes about 8 or 9 hours to drive south-north from Port aux Basques (where the ferry from Nova Scotia docks) to the tip at St. Anthony's and it's a 15 hour nonstop drive west-east from Port aux Basques to St. John's.</p> <p>Amazingly, St. John's is as close to Dublin Ireland as it is to Toronto</p>
Ferries	<p>Marine Atlantic (tel. 800/341-7981; www.marine-atlantic.ca) operates a year-round ferry service from North Sydney, Nova Scotia to Port aux Basques, with as many as three sailings each way daily during the peak summer season. The crossing is about 5 hours.</p> <p>A seasonal ferry (summers only) also connects North Sydney with Argentia on the southwest tip of the Avalon Peninsula. This crossing is offered three times weekly in summer and takes 14 to 15 hours. Reserved reclining seats, sleeping berths, and private cabins are available.</p> <p>A much shorter ride on the M/V Apollo connects Blanc-Sablon, Labrador with St. Barbe, Newfoundland. The ride takes 20 minutes. Call tel. 866/535-2567 for more information.</p>
Trains	<p>Newfoundland doesn't have rail service any more, but the track has been converted to a multi-use trail for hiking and biking.</p>
Car Rental	<p>To explore the countryside, you'll need a car. Major rental companies with fleets in Newfoundland include Avis (tel. 800/230-4898), Budget (tel. 800/472-3325), Thrifty (tel. 800/367-2277), National (tel. 800/227-7368), Enterprise (tel. 800/261-7331), and Rent-A-Wreck (tel. 800/535-1391).</p>
Buses	<p>Several bus lines connect the major ports and cities. DRL Coachlines (tel. 709/738-8088) has one bus daily from Port aux Basques to St. John's.</p>

ACCOMMODATION TYPES	<p>Accommodation of all kinds is available in the province from B&B's to 5 star resorts.</p> <p>For something different, try Quirpon (pronounced Kar-Poon) Lighthouse Inn, which offers independent and group itineraries featuring whales, icebergs, and culture. This former lighthouse set on an island in northern Newfoundland is absolutely unique, overlooking Iceberg Alley where the bergs drift by the area with Newfoundlands longest iceberg season. Access is by boat or helicopter, the furniture and quilts are handmade, and the food is excellent.</p>
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TARGET GROUPS	
Kids	The Fluvarium, St. John's: This low, octagonal structure at the edge of Long Pond (near Memorial University, a few miles west of downtown)

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	<p>actually descends three stories into the earth. The second level features exhibits on river ecology, including life in the riffles (that's where trout spawn) and in shallow pools, which are rich with nutrients. On the lowest level you'll find yourself looking up into a deep pool that's located alongside the building. Watch for brown trout swimming lazily by...the kids will love this attraction!</p> <p>Families find that Newfoundland and Labrador has a lot of different things that kids like to see and do. These things could be insects, Vikings, small marine critters, fish - even sitting in a pilot's seat. The Newfoundland Insectarium in Reidville on Route 430 (just outside Deer Lake) features live and preserved insects, and butterflies, so this could be both a Yuck, gross place or just Cool.</p> <p>If it's a rainy day in the West, why not head for the pool? It's a great break and a refresher for the whole family, and a sure favourite is the pool at Rocky Harbour In Gros Morne National Park. The parents can soak in the huge hot tub while the kids swim.</p> <p>Vikings have a scary reputation, but they were also great explorers, sailors and adventurers. Learn about them, and stand where they founded the first European settlement in North America 1,000 years ago at L'Anse aux Meadows National Historic Site. After that, hop over to Norstead, an imaginary 11th-century Viking port of trade 2 km away. Both are on Route 436 near the northern tip of the Island of Newfoundland.</p> <p>The North Atlantic Aviation Museum in Gander on Route 1 is where you'll find a DC3. Climb in and grab the controls of this classic airplane. Let the kids wait their turn! From the skies, you can move back in time to the 19th century at the Green Family Forge in Trinity on Route 239. This place has all the tools the local blacksmith used to make everything from horseshoes to boat hooks. It seems like all it needs to get going is a fire and someone to work the bellows.</p> <p>And what family vacation would be complete without a trip to the zoo? In this case, it's Salmonier Nature Park on Route 90 where animals and birds usually found only in the wilderness are housed in remarkably natural surroundings. Moose, caribou, beaver, hares - even bats - are found here.</p>
<p>Teens</p>	<p>Walk two kilometres down the road from the L'Anse aux Meadows National Historic Site and discover Norstead, a replica of a Viking port of trade. Here you can have your first axe-throwing lesson and challenge yourself in a Norse traditional game. Set your eyes on the</p>

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	Snorri, a replica of a Viking ship that retraced Erickson's course from Greenland to the Meadows. Take a pottery lesson or spin yarn the way the Vikings once did on the grounds of L'Anse aux Meadows.
Romance	The combination of magnificent scenery, romantic inns and B&B's, wide open spaces and the freshest air on the planet is a powerful aphrodisiac!
Genealogy	Anyone can learn about family history in Newfoundland and Labrador with the help of the Family History Society of Newfoundland and Labrador , a volunteer non-profit organization founded in 1984 and incorporated in 1987. Its Genealogical Resource Centre provides access to historical databases and acts as an information service for genealogical researchers. It also provides information on archives and heritage organizations across the province. Membership is open to anyone researching their Newfoundland ancestry, and members receive a quarterly journal called The Newfoundland Ancestor. Indexing projects include parish registers, cemetery transcriptions, census records and family histories compiled and maintained by volunteers all over North America. Collections available include genealogical reference books, family histories, cemetery transcripts, genealogical periodicals, directories and censuses.
Zoomers	Excellent escorted tours are available, e.g. from DeNure Tours , that allow Zoomers to see the sights without having to rough it or drive long distances themselves.

UNIQUES	Iceberg spotting in spring and early summer. Visit a little bit of France just 20 km from Fortune, Newfoundland – St Pierre and Miquelon are just a short boat ride away.
Surprising	Visit the Root Cellar Capital of the World! With over 130 root cellars - small storage spaces skillfully built into the hillsides - Elliston has an unusual heritage. Important to many in rural Newfoundland, the root cellars kept vegetables cool, yet frost free and edible during the long winter months. Elliston is also a great place to observe a variety of seabirds, including the colourful puffin, which can be viewed at close range in its natural habitat. The puffin spends most of the year at sea, coming to shore to nest and raise its young. Some are terrific divers. Once called Bird Island Cove, Elliston is surrounded by numerous tiny islands, one of the best puffin colonies in Newfoundland.
History	Newfoundland has a number of historical firsts. The oldest known settlement anywhere in The Americas built by Europeans is located at L'Anse aux Meadows, Newfoundland. It was founded circa 1000 A.D. by Leif Ericson's Vikings . Remnants and artifacts of the occupation can still be seen at L'Anse aux Meadows, now a UNESCO World Heritage Site.

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	<p>The island was inhabited by the Beothuks and later the Mi'kmaq. John Cabot became the first European since the Vikings to discover Newfoundland, landing at Bonavista on June 24, 1497. On August 5, 1583, Sir Humphrey Gilbert formally claimed Newfoundland as England's first overseas colony under Royal Prerogative of Queen Elizabeth I.</p> <p>From 1610 to 1728, Proprietary Governors were appointed to establish colonial settlements on the island. John Guy was governor of the first settlement at Cuper's Cove. Other settlements were Bristol's Hope, Renews, South Falkland and Avalon which became a province in 1623. The first governor given jurisdiction over all of Newfoundland was Sir David Kirke in 1638.</p> <p>The island of Newfoundland was nearly conquered by New France explorer Pierre Le Moyne d'Iberville in the 1690s.</p> <p>Newfoundland received a colonial assembly in 1832, which was and still is referred to as the House of Assembly, after a fight led by reformers William Carson, Patrick Morris and John Kent. The new government was unstable and divided along sectarian lines between the Catholic and Protestant populations of the colony. In 1842, the elected House of Assembly was amalgamated with the appointed Legislative Council. This was changed back in 1848 to two separate chambers. After this, a movement for responsible government began.</p> <p>In 1934, the Dominion gave up its self-governing status as the Commission of Government took its place. Following World War II, the Commission held elections for the Newfoundland National Convention which debated the dominion's future in 1946 and 1947. Two referenda resulted in which Newfoundlanders decided to end the commission, and join the Canadian Confederation in 1949.</p>
Books	Lonely Planet's Canada guide is my recommended go-to for planning your trip.
1000 Places to see before you die	Gros Morne National Park See below
UNESCO World Heritage Sites	<p>The province has no less than three UNESCO World Heritage Sites:</p> <p>L'Anse aux Meadows Gros Morne NP Red Bay, Labrador</p> <p>Wild and untamed, Gros Morne National Park's breathtaking landscape encompasses 1,805 square kilometres. There are two distinctly different landscapes – the coastal lowland along the edge of the Gulf of St. Lawrence and the impressive Long Range Mountains. Declared a UNESCO World Heritage Site in 1987, the rocks within the Park tell a fascinating story of disappearing oceans and developing continents.</p>

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	<p>The first and only known site established by Vikings in North America, L'Anse aux Meadows is an archaeological site located on the northernmost tip of Newfoundland. Ancient artifacts discovered here, that had previously only been found in Iceland and Greenland, included bronze cloak pins, stone oil maps, spindle whorls, iron boat nails, small whetstones and a bone needle. Today, L'Anse aux Meadows is a protected UNESCO World Heritage site and travellers can step back in time thousands of years by stepping inside the three reconstructed Norse buildings.</p> <p>Newfoundland and Labrador's third UNESCO World Heritage Site is the historic Basque Whaling Station in Red Bay, Labrador. This newly designated UNESCO World Heritage Site is home to three Basque whaling galleons and four small chalupas used to capture whales. The Basques arrived along the coast of Labrador in the early 1500's looking for cod, and when they discovered the abundance of whales they decided to harvest the whales for their oil. It was a very valuable product and whale oil from Red Bay was used to light the cities of Europe throughout the 1500's.</p>
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SPORTS ACTIVITIES	
Golf	<p>Clovelly Golf Course, Stavanger Drive, St. John's Telephone: (709) 722-7170 Website: www.clovellygolf.com</p> <p>C.A. Pippy Golf Course, St. John's: features two courses: Admiral's Green - 18 hole and Captain's Hill - 9 hole Nagle's Hill, Pippy Park, St. John's Toll Free: 1-888-397-6259 Website: www.pippyparkgolf.com</p>
Fishing	<p>Newfoundland and Labrador are legendary among serious anglers, especially those stalking the cagey Atlantic salmon, which can weigh up to 18kg. Some of the best salmon rivers have runs in excess of 30,000 salmon.</p> <p>Other prized species include landlocked salmon, lake trout (up to 40 lbs), brook trout, and northern pike. More than 100 fishing-guide services on the island and mainland can provide everything from simple advice to complete packages that include bush-plane transportation, lodging, and personal guides.</p>
Canoeing	<p>A glance at a map shows that rivers and lakes abound in Newfoundland and Labrador. Canoe trips can range from placid pattering around a pond near St. John's to world-class descents of Labrador rivers</p>

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	hundreds of miles long. The Department of Tourism produces a free brochure outlining several canoe trips; call 800/563-6353.
Hiking	Hike the East Coast Trail Explore this famous trail along Newfoundland's Avalon Peninsula in style. Half-day to multi-day treks feature interpretive guides, meals, lodging, and van support. See whales, icebergs, and seabirds, visit the heart of Irish Newfoundland.
Cycling	Bike touring in Newfoundland is for the hearty. It's not that the hills are necessarily brutal (although many are). Expect more than a handful of blustery days, complete with horizontal rains that seem to swirl around from every direction. The happiest bike tourists are those who allow themselves frequent stays in motels or inns, where they can find hot showers and places to dry their gear. Aspenwood Tours , P.O. Box 622, Springdale, NF A0J 1T0 (tel. 709/673-4453), arranges mountain biking trips in and around central Newfoundland; Freewheeling Adventures , R.R. 1, Hubbards, NS B0J 1T0 (tel. 800/672-0775 or 902/857-3600), runs van-supported trips based in hotels and B&Bs
Horse Riding	Circle Square Ranch in Conception Bay South has trail rides available: Telephone: (709) 781-5330 Website: www.csranch.ca
Diving	Conception Bay and the waters around Bell Island offer excellent opportunities to dive around several wrecks. Ocean Quest is the local dive operator and can arrange diving charters.

CULTURE	<p>"Ode to Newfoundland" by Sir Cavendish Boyle</p> <p>When sun-rays crown thy pine-clad hills And summer spreads her hand, When silvern voices tune thy rills, We love thee, smiling land.</p> <p>When spreads thy cloak of shimmering white, At winter's stern command, Through shortened day and starlit night, We love thee, frozen land.</p> <p>When blinding storm gusts fret thy shore And wild waves lash thy strand, Through spindrift swirl and tempest roar, We love thee, wind-swept land,</p> <p>As loved our fathers, so we love, Where once they stood we stand, Their prayer we raise to Heaven above,</p>
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	God guard thee, Newfoundland
Arts	Enjoy the unique island culture, hospitality, songs and music – it’s a large part of what makes this place so special!
Music	Stroll the picturesque fishing villages and hear their stories and song. Music is a huge part of Newfoundland and Labrador’s culture.
Films	Both the feature film The Shipping News and the TV mini-series Random Passage were filmed in the Trinity Bight area on Newfoundland’s Bonavista Peninsula. The Random Passage set, featuring 1830s-style houses and fishing buildings, is the province's first movie tie-in attraction.
Museums	<p>The Rooms, St. John’s: Immerse yourself in culture at Newfoundland and Labrador’s best known public cultural space. It’s the place where it all comes together - history, heritage and artistic expression. The Rooms unites the Provincial Museum, the Provincial Art Gallery and the Provincial Archives under one roof. A place for people, The Rooms is a portal to the many stories the province has to tell. Soaring into the skyline of historic St. John’s, The Rooms combines twenty-first century technology with a striking visual reference to the past. Its unique design mirrors the “fishing rooms” where families came together to process their catch. The new “rooms” are also places to gather. In them, you’ll find collections, exhibits and programs that tell stories and interpret our natural world through art, artifacts, archaeology, architecture and archival records. The Rooms site itself is of deep historical significance. Almost 250 years before The Rooms rose on the landscape, this was the site of Fort Townshend. The great star-shaped citadel, one of the largest British fortifications in North America at the time, was built to defend Britain’s fishing interests. With the withdrawal of the imperial garrison in 1870, the site became the home of the Royal Newfoundland Constabulary. Connections, the Museum’s permanent exhibit, introduces visitors to Newfoundland and Labrador, its natural life and the peoples who lived here from 9,000 years ago to 1730. Fun, interactive exhibit components engage children in an exploration of the world around them. Other temporary exhibits focus on the cultural diversity of contemporary Newfoundland and Labrador.</p> <p>The Johnson Geo Centre is housed in one of the most distinctive buildings in the province, on a beautiful 7 hectare property next to Signal Hill National Historic Site, on world-famous Signal Hill. The large, glass-encased entry is the only part of the building above ground. Most of the over 3,100 m² of floor space are underground — right inside of the solid rock walls. At the Johnson Geo Centre, you will be intrigued by the stories behind</p>

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	<p>the radical changes that take place in our climate; and the constant, all-powerful influences of the Sun and our Earth's gravity. And you will also marvel as you look at what lies far beyond our planet, into the far reaches of outer space, where science tells us how our Earth's future is unfolding.</p> <p>Even the heating system is unique. The Geo Centre is heated by the Earth itself, through holes drilled over 150 metres into the rock, using heat pumps to circulate fluids that heat or cool the building.</p> <p>Website: http://www.geocentre.ca</p>
<p>Festivals</p>	<p>There are festivals all over the province all year long – here are just selected examples:</p> <p>St. John's Days A celebration of the city's birthday, historical open houses and great cultural demonstrations. Many free-admission events! Jun 24 - 26, 2016 www.stjohns.ca</p> <p>Newfoundland & Labrador Folk Festival Avalon St. John's One of the largest festivals in the province. The folk music event of the summer, featuring performers from all over Newfoundland & Labrador, Canada, and beyond. Aug 5-7, 2016 www.nlfolk.com</p> <p>Royal St. John's Regatta Avalon St. John's Traditional rowing event held the first Wednesday in August, since 1818. Aug 3, 2016 www.stjohnsregatta.org</p> <p>Burin Peninsula Festival of Folk Song and Dance Eastern Burin Accordion & fiddle sounds & warm hospitality hold us in time as do the old outport set dances. A music rich heritage for the next generation. Toutons & tea, Workshops. Jul 8 - 10, 2016 www.nlgeotourism.com/content/burin-peninsula-festival-of-folk-song-and-dance/nf1BB697B112AD134CE6</p> <p>Bakeapple Folk Festival Labrador Forteau</p>

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	<p>Includes wonderful local culture and talent. There's crafts, delicious local foods, entertainment, local folk musicians, a historical reenactment and more! We invite you to come join in the fun!</p> <p>Aug 7 - 9, 2016</p> <p>www.destinationlabrador.com/guide/bakeapple_folk_festival.htm</p>
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ATTRACTIONS	
Beaches	<p>There are beaches throughout the Province, but the water is cold, so you may want to enjoy the walks and the beachcombing more than the swimming! Here are two suggestions:</p> <p>Bellevue park and beach in Trinity Bay - a quiet, shallow inner pool where toddlers can splash around drains off through the main beach on the windward side where visitors should keep an eye out for Semi-Palminated Plovers and other shorebirds.</p> <p>Gros Morne National Park has two excellent sandy beaches, one at the mouth of the fjord at Western Brook Pond, and the other a bit further north at Cow Head, where the beach is right next to the campground.</p>
Wildlife	<p>Moose are everywhere and number 110,000 on Newfoundland.</p> <p>Puffins: about 95% of all North America's puffins breed in colonies around the Newfoundland and Labrador coasts and they are the provincial bird.</p> <p>The Pitcher plant is the provincial flower.</p> <p>Whale watching: 32 species of whales; humpbacks are usually spotted April to October</p> <p>Bird-watching doesn't get much more interesting or exotic than in Newfoundland and Labrador. Seabirds typically attract the most attention, and eastern Newfoundland and the Avalon Peninsula are especially rich in bird life. Just south of St. John's is the Witless Bay Ecological Reserve, where several islands host the largest colony of breeding puffins and kittiwakes in the western Atlantic. On the southern Avalon Peninsula, Cape St. Mary's features a remarkable sea stack just yards from easily accessible cliffs that's home to a cacophonous colony of northern gannets.</p>
Parks	<p>Pippy Park is on St. John's hilly western side adjacent to the university and contains 1,340 hectares of developed recreation land and quiet trails. You should definitely visit if you're coming with kids. This popular park is home to the city campground and The Fluvarium , as well as miniature golf and regulation-size golf courses, picnic sites, playgrounds, hiking trails, and more</p> <p>The National Parks of Newfoundland and Labrador now number three: Gros Morne National Park</p>

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	<p>Terra Nova National Park Torngut Mountains in Labrador</p>
Gardens	<p>Memorial University Botanical Garden in St John's is a great place to learn about the province's flora. North America's most eastern botanical garden showcases 110 acres of specialized species, a premier rock garden, and a nature reserve.</p>
Historic Sites	<p>Signal Hill, St. John's: You'll come for the history, but stay for the views. Signal Hill is St. John's most visible and visit-worthy attraction. This rugged, barren hill is the city's preeminent landmark, rising up above the entrance to the harbor and topped with a craggy "castle" complete with flag fluttering overhead - the "signal" referred to in the name. The layers of history here are rich and complex: flags have flown atop this hill since 1704, and over the centuries a succession of military fortifications have occupied these strategic slopes, as did three different hospitals. The castle-like structure (which is officially called Cabot Tower) dates from 1897, when it was built in honor of Queen Victoria's diamond jubilee and the 400th anniversary of John Cabot's arrival in the new world. The hill secured its spot in history in 1901, when Nobel laureate Guglielmo Marconi received the first wireless transatlantic broadcast - three short dots indicating the letter S in Morse code, sent from Cornwall, England - on an antenna raised 120m on a kite in powerful winds.</p> <p>A good place to start a tour is in the interpretive center, where you'll get a briefing about the hill's history. (Military drills and cannon firings still sometimes take place in the field next to the centre; check here if you're interested.) From the centre, you can follow serpentine trails up the hill to the tower, where you'll be rewarded with breathtaking views of the Narrows and the open ocean beyond - Cape Spear can even be seen in the distance to the south, and look for icebergs in the early summer and whales anytime. Interpretive placards, scattered about the summit, feature photos from various epochs.</p> <p>Quidi Vidi Battery is a Provincial Historic Site in St John's built in 1762 by the French and now populated by costumed guides. There are a number of lighthouses and Cape Spear, Newfoundland's oldest lighthouse, is only 11km from St John's</p>

OTHER ACTIVITIES	
Shopping	<p>Newfoundland and Labrador's provincial mineral emblem is Labradorite. One of the most beautiful and popular of the "semi-precious" stones, labradorite is found at a number of locations on the coast of Labrador and on the Island of Newfoundland. It is an igneous iridescent crystalline mineral, and set in silver it makes a unique jewellery souvenir of the province.</p>

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	<p>Devon House Craft Centre: The nonprofit Devon House (operated by the Craft Council of Newfoundland & Labrador) displays the works of more than 150 of the province's artisans in an attractive old house across from the Hotel Newfoundland; the shop specializes in works in clay. There's also a gallery of current crafts and design.</p>
Market	<p>St. John's Farmers' Market runs weekly on Saturdays from June until the end of November featuring locally made arts/crafts, baked goods, international food, and local produce</p>
Nightlife	<p>The nightlife in St. John's is extraordinarily vibrant, and you'd be doing yourself an injustice if you didn't spend at least one evening on a pub-crawl.</p> <p>The first stop for a little local music and cordial imbibing should be George Street, which runs for several blocks near New Gower and Water streets, close to City Hall. Every St. John's resident confidently asserts that George Street is home to more bars per square foot than anywhere else on the planet. I have been unable to track down a global authority that verifies pubs-per-square-foot, but a walk down the street did little to rebut their claims.</p> <p>George Street is packed with energetic pubs and lounges, some fueled by beer, others by testosterone, still more by lively Celtic fiddling. The best strategy for selecting a pub is a slow ramble around 10pm or later, vectoring in to spots with appealing music wafting from the door. At places with live music, cover charges are universally very nominal.</p> <p>Trapper John's, 2 George St. is known for outstanding provincial folk music, but it tries a bit harder for that Ye Olde Newfoundland character. This is a traditional "screeching in" spot for visitors (this involves cheap Newfoundland rum and some embarrassment). For blues and traditional music, there's the lively Fat Cat Blues Bar, 5 George St.. For a more upscale spot with lower decibel levels, try Christian's Bar, 23 George St. which offers the nonalcoholic option of specialty coffees.</p>

CUISINE	
Food	<p>Some local specialties you should try when in St. John's: Seal- flipper pie; fish'n'brewis with scrunchions; lobster; arctic char; cod tongues; caribou; mushrooms; partridgeberries</p>
Drink	<p>The Quidi Vidi Brewery, a micro brewery, is located in a restored building on the harbor at Quidi Vidi and is one of only two microbreweries in Newfoundland. They produce the typical Canadian light lagers as well as some not-so-typical Canadian brews. The 1892 Traditional Ale, with a noticeably hoppiness to it, is a particularly favoured brew.</p> <p>The Story of Screech</p>

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	<p>Long before any liquor board was created, the Jamaican rum that was eventually to be known as Screech was a mainstay of the Newfoundland diet. Salt fish was shipped to the West Indies in exchange for rum; the fish became the national dish of Jamaicans and the rum became the traditional drink of Newfoundlanders. Not being overly concerned with alcohol content, the early fishermen tended to drink the rum at incredibly high strength with no attempt made to temper the taste. When the Canadian government took control of the alcohol trade in the early 20th century, they put the rum in a sophisticated, unlabelled bottle and fortunately did not alter the rum itself. This delightful product may have continued indefinitely as a nameless rum except for the influx of American servicemen to Newfoundland during World War II.</p> <p>As the story goes, the commanding officer of the first detachment was taking advantage of Newfoundland hospitality for the first time and was offered a drop of rum as an after dinner drink. Seeing his host toss back the liquor with nary a quiver, the unsuspecting American adhered to local custom and downed the drink in one gulp.</p> <p>The look of shock and the glorious shades of color on the American's face were overshadowed by the bloodcurdling howl made by the poor fellow as he managed to regain his breath. Sympathetic persons from miles around rushed to the house to assist the poor man in such obvious agony and of course to satisfy their curiosity as to what was going on. Among the first to arrive was a garrulous old American sergeant who pounded on the door and demanded "What the cripes was that ungodly screech?"</p> <p>The taciturn Newfoundlander who had answered the door replied simply, "The screech?" 'Tis the rum, me son."</p> <p>Thus was born a legend. As word of the incident was passed around, the soldiers determined to try this mysterious "screech" and finding its effects as devastating as the name implies, adopted it as their favorite. The liquor board immediately pounced on the name and reputation and began labeling Famous Newfoundland Screech. Over the years, the alcohol content of Screech has been toned down and the flavor mellowed. Today, Screech remains a Newfoundland favorite.</p>
<p>Restaurants</p>	<p>Here in Newfoundland and Labrador, the traditional dishes and recipes still flourish alongside a spectrum of modern delights derived from local and international influences. Today, anyone can easily indulge in traditional and modern Newfoundland and Labrador cuisine such as cod, scrunchions, and bakeapple cheesecake, as well as vegetarian, Indian, Chinese, Japanese, Mongolian, Mediterranean, and Italian food.</p> <p>The Cellar: At 189 Water Street in St. John's, it's as intimate and warm (though never as stuffy) as a fine gentleman's club. The kitchen has</p>

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	<p>been turning out fine meals for a while now, developing a local following for its creativity and consistency. Look for standbys like gravlax, homemade bread, and pastas. Fish is prepared especially well; cuts are often paired with innovative flavors such as ginger or pear. Lunches are an even better bargain: Past menus have featured such tasty and offbeat offerings as baked brie in phyllo with a red-currant chutney, and scallop crepes.</p> <p>A good recommendation for a local pub is Bridie Molloy's Guinness Pub and Restaurant which has regular live Irish/Newfoundland music and good food, plus a wide selection of draught beer. They are on the east end of George Street. They have friendly staff and a warm atmosphere</p>
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MORE INFO	
Brochures	<p>The Newfoundland and Labrador 2016 Traveller's Guide, published by the province's department of tourism, is hefty and helpful, with listings of all attractions and accommodations.</p> <p>Newfoundland & Labrador Tourism P.O. Box 8700 St. John's, NL, Canada, A1B 4J6 Toll-Free: 1-800-563-6353 http://www.newfoundlandlabrador.com/PlanYourTrip/TravelBrochures</p>
Contacts	<p>Website: www.newfoundlandlabrador.com Facebook: https://www.facebook.com/NewfoundlandLabradorTourism/ Twitter: https://twitter.com/NLtweets</p>

PERSONAL EXPERIENCES	<p>St. John's: Hotel Newfoundland, across the Avalon Peninsula to St Phillips, to Cape Boile: Newfoundland Wilderness Adventures 2-man kayaks: waterfall, caves, puffins, 4 hours paddle, Cabot Tower, Quidi Vidi harbor</p> <p>Viking Trail: Tablelands, Seaside Restaurant in Trout River (cod cheek, tongue), boat trip on Trout River Pond for 2.5hrs (fjord), fox and cubs, Mountain Range Cottages in Rocky Harbour; Gros Morne NP James Calaghan Trail to summit of Gros Morne, 18.8 km, 9 hrs, tuckamore, black bear encounter, summit plateau (lichen and felsenmeer), 806m summit, Ten Mile Pond view, ptarmigan, caribou</p> <p>Lobster Cove Head (lighthouse, keepers cottage), Green Point (snowshoe hares), SS Effie shipwreck, Western Brook Pond, Broom Point (Mudge Family Cabin), Cow Head (lunch), The Arches PP (3 massive rock arches, Daniels Harbour Zinc Mine, Port Aux Choix Nat Hist Site (5500yrs old) Point Riche, moose, Plum Point Motel</p>
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St Barbe, ferry across Labrador Straits (90 mins), minke whales, Blanc Sablon Quebec, L'Anse au Clair info centre, Forteau lunch (cloudberry pie, seafood chowder), Point Amour (Canada's tallest lighthouse 109 ft), L'Anse Amour beach and oldest gravesite in Americas (7500yrs), Pinware PP lagoon, Red Bay, Whaling Station Cabins, Nat Hist Site, Visitor Interpretation Centre, Whalers Rest for dinner, fishing on the Pinware River.

Dark Tickle jams and preserves, L'Anse aux Meadows, UNESCO World Heritage Site, Leif Erikson, 1000 AD millennium, sod houses, , Snorri the 1st European child born in America, Norse Trading Camp, Snorri's Cabins, Smiths Rest (cloudberry Pie)

700km drive across Central Newfoundland, Tuckamore Lodge, Nr Plum Point - trilobite quarry, Grand Falls-Windsor, Atlantic Salmon Centre, Botwood to Northern Arm Bluejay B&B, Beothuk Indians, Phillips Head, connor fish, eel, Reg's Mussel Bound Tour pontoon catamaran into Bay of Exploits, mussel farm, kissing the mussel, music – fiddle, accordion, guitar, fishing at Cottrells Cove, Gambo – Joey Smallwoods Lookout, Terra Nova NP to Terra Nova Hospitality Homes; Marine Inter Centre touch tanks, 10km trail to Buckleys Cove, arctic hares

Bonavista 1497 John Cabot, Ryan Premises Nat Hist Site, Matthew ship replica, lighthouse at Cape Bonavista, to Trinity oldest Settlement in N America, Village Inn Dr Beamish zodiac whale watching 3.5hrs, bald eagles, minke whales, sea otters...

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