

WESTERN NEWFOUNDLAND

Sample 7-Night Itinerary | Fall Foliage: Deer Lake–Viking Trail



FLY TO NEWFOUNDLAND

The Newfoundland adventure with your arrival at Deer Lake Regional Airport. Travel to your hotel (a short 10-minute drive).



FALL IN HUMBER VALLEY

There's nothing quite like Fall in the Humber Valley. Enjoy the spectacular colours painted by mother nature, as your local guide takes you on a tour of the area including: *Captain James Cook Historic Site* for an impressive view of the City of Corner Brook and the spectacular Blomidon Mountains; and, the *Man in the Mountain*—according to local legend the Spanish buried a treasure on Shellbird Island in Humber River. If you look closely, you will see the face of an old man in a rock formation overlooking the island. "The Old Man In The Mountain" is said to be a marker for the treasure. Overnight in the area, dinner will be traditional "Jigg's dinner" with local entertainment/music.



FALL COLOURS OF GROS MORNE NATIONAL PARK

Enjoy breakfast at your accommodations and then depart for Gros Morne National Park, a UNESCO World Heritage Site. If your client's like to experience the colours, wildlife and serenity that fall has to offer, Gros Morne is the right place.

Tour the state-of-the-art Parks Canada Discovery Centre, including taking the time to watch "Holding Ground", a video that provides an overview of the park's natural history. Lunch at one of Woody Point's or Trout River's seaside cafes.

After lunch, "*Walk Upon the Earth's Mantle.*" With a Parks Canada Interpreter, stroll the Tablelands; explore the earth's mantle, and hold 400 million year old rocks. Depart for Rocky Harbour for overnight. Enjoy dinner, and then the *Anchor's Aweigh Show*.



DEPART FOR L'ANSE AUX MEADOWS NATIONAL HISTORIC SITE

On the way to L'Anse aux Meadows visit *The Arches Provincial Park*, a unique rock formation eroded by years of sea wave action

When you arrive at your destination *Take Your Place Among the Vikings* (a Canadian Signature Experience); two great chapters of the Norse sagas played out at L'Anse aux Meadows National Historic Site, a UNESCO World Heritage Site. Come be part of the story. Horns are optional.

For dinner, take in *The Great Viking Feast*, an evening of food, fun and feuds. Overnight in St. Anthony.



TRAVEL THE VIKING TRAIL

Visit the French Shore Tapestry in Conche, a 66 meter (216 ft) long embroidered tour de force of storytelling inspired by the famous 11th century Bayeux Tapestry. Explore 6,000 Years of Human History at Port au Choix and Experience the French Bread Oven at French Room Cultural Centre.

Step inside Broom Point Fishing Premises and imagine the lives of the three Mudge brothers and their families who fished at Broom Point from 1941 to 1975. The wooden buildings, hand built boats, fishing gear and homey cabin recall the inshore fishery in open boats that once sustained Newfoundland's Coastal Communities. Parks Canada guides keep the story alive. Explore rocky point, the garden hidden in the tuckamore, and the cemetery in the nearby cove. Overnight in Cow Head.



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BOAT THROUGH GLACIER-CARVED FJORDS

Take a stroll along the trail to Western Brook Pond. At the end of your walk, hop aboard a boat tour taking you through the fjord. You'll also get to sail close enough to feel the spray on your face from some of the highest waterfalls in eastern North America. Overnight in Cow Head and take in a show at the Gros Morne Theatre Festival.

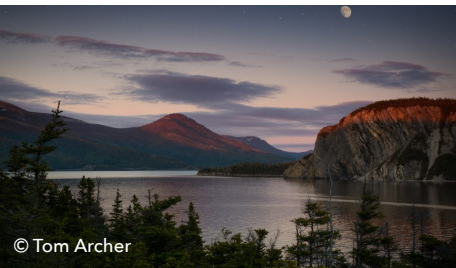


OVERNIGHT IN DEER LAKE

Depart Cow Head, drive to Rocky Harbour and visit Lobster Cove Head Lighthouse. Grab a coffee from the Old Store Cafe and take a seat on one of the benches overlooking Bonne Bay and the Tablelands, located at the Jennix House in Norris Point. Take a big deep breath of sweet salty air and soak up the genuine beauty of autumn that surrounds you.

After lunch, take in the Bonne Bay Boat Tour. Tour includes lively commentary highlighting the geological wonders, the rich cultural history and the diversity of this fascinating bay, situated in the heart of Gros Morne National Park, a UNESCO World Heritage Site. During the tour, one has the opportunity to view and photograph eagles, moose, whales, seabirds and much more in this incredible setting. Partake in an age-old tradition known as a "screech in" featuring live traditional music, a cod fish, sou'wester, and a little of the famous Newfoundland Screech and come away with a certificate declaring you an "honorary Newfoundlander".

Depart Norris Point, drive to Deer Lake for overnight. Visit the Newfoundland Insectarium. One of only two in Canada. Enjoy an early supper, and prepare for early morning flight.



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