

A scenic view of a mountain valley. In the foreground, a rocky slope covered in reddish-brown stones and patches of moss leads down towards a vibrant blue lake. The lake is nestled in a valley, surrounded by lush green forests and steep, rocky mountainsides. In the background, more rolling hills and mountains are visible under a bright, slightly cloudy sky. The overall atmosphere is one of natural beauty and tranquility.

# Magical Newfoundland

## Ten Nights & Eleven Days

### June 18<sup>th</sup> to 28<sup>th</sup> 2021

Join us...

# Cheryl's Walking Holidays

- Magical Newfoundland in 11 days – the other Ireland
- All is welcome, members and non members of the FHWC
- Ground Only
- You are free to extend your travel before and after





# WELCOME



## Cead Mile Failte

(An Irish expression meaning  
**One Hundred Thousand Welcomes**)

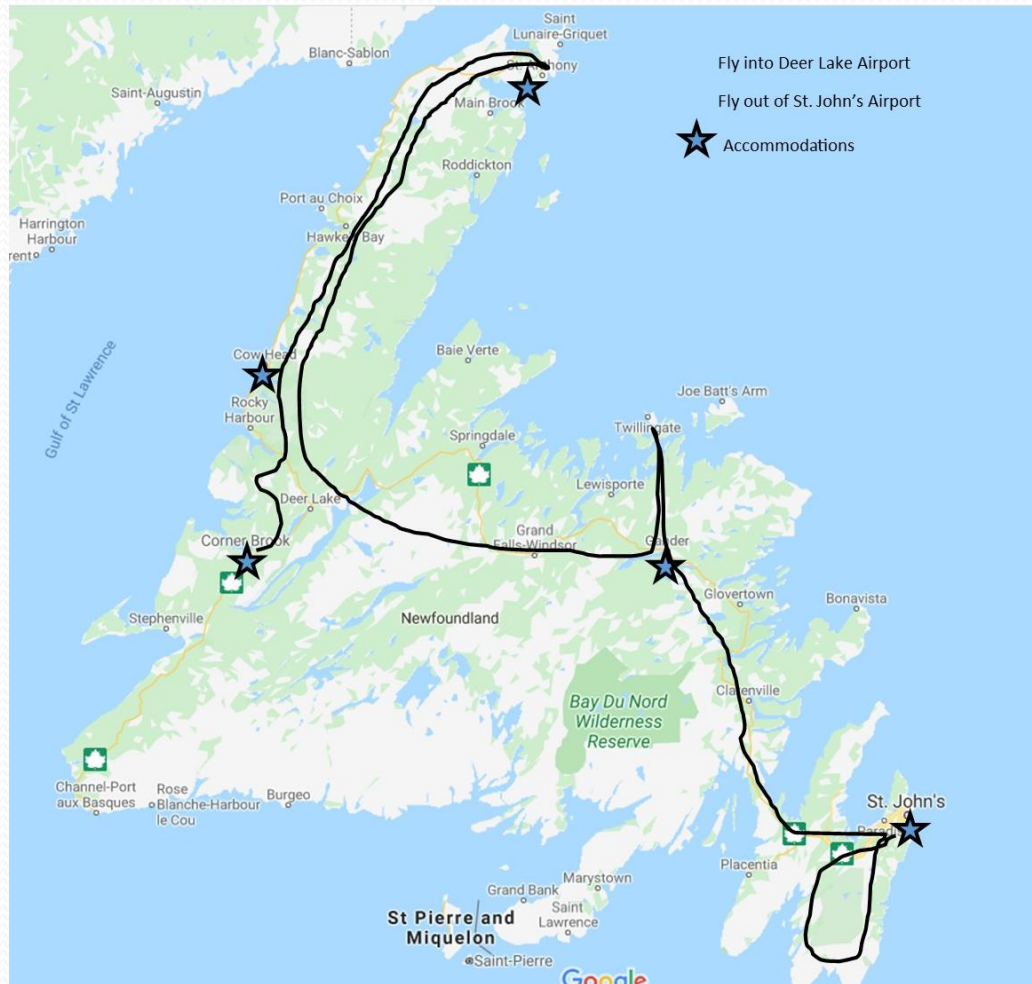
My name is Cheryl Millett. I am the Founder of the 'Forest Hill Walk Club' a local walking club in Toronto and I appreciate walking for fitness.

The walk is every Sunday with no missing a beat, all year round through the local ravines and neighbourhoods followed by some breathing exercises and stretching.

The Forest Hill Walk Club's 10<sup>th</sup> anniversary was an adventure in Ireland with daily walking (June 2018.) Time to venture there in again in 2020 then a change of scenery with Newfoundland.

All are welcome to join us on the walking holidays...members, members' family and friends, others who just love adventure, history, walking, and travel.

# 11 Days Route Newfoundland



# DAY ONE – Friday 18<sup>th</sup> June

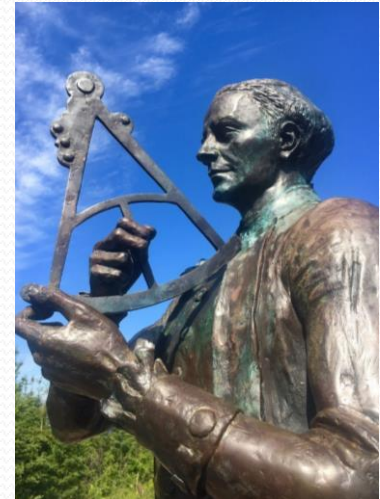


- Arrive in Deer Lake airport to meetup with the group
- Journey begins with a transfer to the town of Corner Brook
- Enjoy a welcome dinner (included) and get acquainted with all your fellow travellers
- Evening free time
- Stay Steady Brook two nights, Marble Inn & Suites located 5 mins from Corner Brook
- Marble Inn & Suites is a 4.5 star rating luxury eco-award winning spa nestled on the banks of the majestic Humber River with the Appalachian Mountains at their doorstep, a playground for those who love to hike
- <https://explorenewfoundland.com/>

# DAY TWO – Saturday 19<sup>th</sup> June



- Enjoy some walks and some leisure time to explore Corner Brook and the area
- Enjoy a 3.7 km morning walk to see the Captain James Cook Historic Site and Monument but it's the panoramic view over the Bay of Corner Brook that's the true gem
- Afternoon options include a walk through the town and the stunning Corner Brook Stream Trail
- Stay Marble Inn & Suites







# DAY THREE – Sunday 20<sup>th</sup> June



- Depart for Gros Morne National Park where we walk and explore the other-worldly Tablelands with exceptional ecology and world-significant geology with an interpreter guiding you through the landscape described as a “geologist’s dream”
- Tablelands is one of the few places where the Earth’s mantle is revealed. Pushed in place as continents collided almost half a billion years ago, its orange weathered rock is from the middle layer of the Earth
- Drive to Cow Head
- Stay at the Shallow Bay Motel for two nights
- <http://www.shallowbaymotel.com/>



# DAY FOUR – Monday 21<sup>st</sup> June



- Cruise the two connecting fjords of scenic Bonne Bay
- This excursion highlights the geological wonders, rich cultural history and the diversity of the fascinating bay with opportunities to view eagles, moose, whales and seabirds in this incredible setting
- Visit Lobster Cove Lighthouse with a short guided walk around 'the Head' to take in some of the most spectacular and picturesque views in Gros Morne National Park
- Stay at the Shallow Bay Motel 2<sup>nd</sup> night



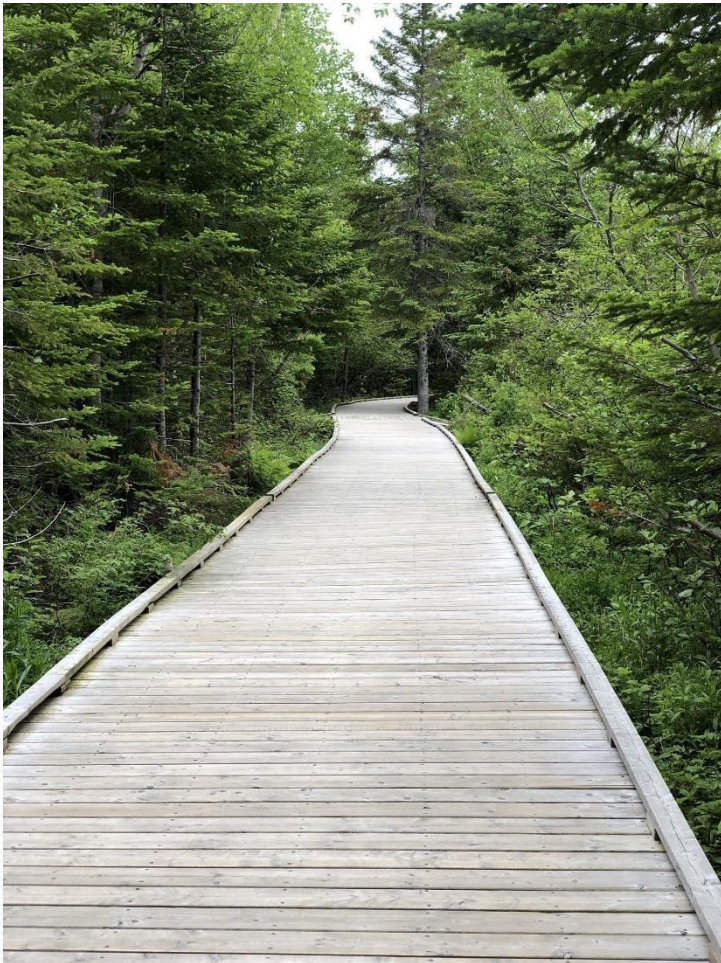


# DAY FIVE – Tuesday 22<sup>nd</sup> June



- Travel the Viking Trail Route to the most northerly tip L'Anse aux Meadows National Historic Site, another World UNESCO Heritage Site
- Explore the Vikings site, the first Europeans to reach the new world, landed
- We'll take a guided tour of the archaeological site to view the Viking ruins and to see what life was like for the Viking encampment in 1,000 AD
- A walk anyone?!
- Stay in St. Anthony at Hotel North
- <https://www.hotelnorth.ca/st-anthony/>

# DAY SIX – Wednesday 23<sup>rd</sup> June



- Longer drive of the holiday from St. Antony in the north to Gander in central Newfoundland
- More details to follow regarding our scenic drive, walks, and stops
- Gander is more recently known for its incredible role in hosting dozens of international flights and their passengers during the 9/11 tragedy and for inspiring the Tony Award winning musical 'Come From Away'
- Stay Sinbad's Hotel and Suites for two nights
- <https://www.booking.com/hotel/ca/sinbads.en-gb.html>





# DAY SEVEN – Thursday 24<sup>th</sup> June



- Drive to historic Twillingate and visit the infamous Iceberg Alley
- Tour Long Point Lighthouse and the Interpretation Centre, 300 feet above the sea
- Visit Prime Berth Fishery and Heritage Centre, a private interpretive fishing centre
- Time for a walking tour!
- Stay Sinbad's Hotel and Suites 2<sup>nd</sup> night







# DAY EIGHT – Friday 25<sup>th</sup> June



- In the morning visit the North Atlantic Aviation Museum
- Followed by a walking tour of Gander sharing the incredible stories that inspired 'Come From Away'
- Depart Gander for St. John's
- Enjoy the scenic drive and stops through Terra Nova National Park, where boreal forest meets the rugged coastline
- Arrive St. John's, an eccentric, colourful city which dates back to 1519 and is one of the oldest European settlements in North America
- Stay St. John's Holiday Inn and Conference Centre for three nights
- <https://www.holidayinn.com/hotels/us/en/st-johns/yytca/hoteldetail>



# DAY NINE – Saturday 26<sup>th</sup> June

- Visit Canada's second largest National Historic Park
- See Signal Hill and Cape Spear, home of the oldest lighthouse and most easterly point in North America
- Be immersed in the culture at Newfoundland and Labrador's largest public cultural space, The Rooms, showcasing the history, heritage and artistic expression
- Afternoon is yours at leisure or enjoy a city walk with Cheryl where we stop to enjoy some Iceberg Beer or other.
- Indulge in St. John's foodie scene and stay Holiday Inn for 2<sup>nd</sup> night



# DAY TEN – Sunday 27<sup>th</sup> June



- Embark on a beautiful scenic and historic coastal drive along the famed Irish Loop along the Avalon Peninsula
- Enjoy a visit and a walk at Mistaken Point Ecological Reserve, a UNESCO World Heritage site, where fossils from pre-historic sea life dating back over 500 million years, are showcased and protected
- Concluding the day out at sea on a whale watching cruise that provides the opportunity to see not only whales but puffins and other marine life
- Plus an evening farewell dinner (included)
- Stay Holiday Inn for 3<sup>rd</sup> night

Thanks  
for visiting  
Newfoundland  
Hope you had a  
whale of a time!



# DAY ELEVEN – Monday 28<sup>th</sup> June



- Today we say so long for now to beautiful Newfoundland as we enjoy our breakfast and we transfer to St. John's International Airport (10-15 minutes) to begin our journey home
- Stay longer, journey elsewhere
- Safe travels!

# Further Information

## **Inclusions:**

10 nights accommodations: good 3-4+ star hotels

All rooms Ensuite. Transportation from Deer Lake airport on Day 1 until drop off at St. John's International Airport, Day 11

Breakfast from Day Two onwards

Boxed Lunch on Day Four, and the welcome and farewell dinners

All booked visitor attractions entrance fees/guides included, including cruises

All guided walks: Corner Brook Captain Cook's Monument and Stream Trail, Gros Morne Tablelands, Lobster Cove Lighthouse, L'Anse aux Meadows, Iceberg Alley, Gander, Terra Nova National Park, Avalon Peninsula, Cape Spear and more .

Luxury coach with air-conditioning

Dedicated driver and guide throughout trip

Fully guided tour, arranged by Travel Only, Lucia Pinteia (TICO) and lead in combination with local guides and Cheryl Millett

Y-Dan exercises every morning (optional) for an opportunity to stretch and for posture lead by Cheryl Millett

## **Exclusions:**

Flights, Personal Travel Insurance, all other lunches and dinners, gratuities.





### **Advice on gear.**

Weather is variable with average temperature highs ranging from 16-17 degrees Celsius in June with the exception being St. Anthony in the north with average temperatures of 12. Night time lows are 6-10 degrees lower. There are usually 6 hours of bright sunshine every day of the 16 hours of daylight.

As accustomed walkers you will know how to dress in layers for any weather conditions.

It is strongly recommended that you bring both good hiking boots and light rain gear.

Packing list to be provided.

### **Setting the scene.**

Best we be reminded that Newfoundland is often referred to as 'the other Ireland.' There are some films and documentaries that will give you an idea of the surroundings from the film 'Orca' to the documentary 'My Ancestors Were Rogues and Murderers' which I so happen to have in my library for a movie and popcorn night. 'You Are Here: A Come from Away Story' the film that has captured many an audience as a musical play. Many of the Newfoundlanders are of Irish descent, most of which settled in Avalon Peninsula.

### **Price comparison.**

This is an unique tour to Newfoundland designed to have walking but not too much walking.

Compare other tours for the time they are on the bus and with no guided walks. Most online coach tours are in 50 seater coaches full to capacity. There is a lot of time on the bus.

This tour, your tour and only for 20 people maximum has been arranged by **Travel Only with Lucia**, owned and operated by Lucia Pinteá.

# Your Walking Holiday Price

Price per person sharing a room:

\$3,438 CAD

With single supplement:

\$4,307 CAD

Triple occupancy:

\$3,197 CAD

20 Passengers (PAX) max

Special Arrangement: 15 PAX to make the trip viable  
and if PAX is lower than 19, cost will be adjusted  
higher by \$425 CAD (taxes included)

Initial Deposit \$300 Cdn to confirm seat then 2  
instalments on Nov 15 2020 and Feb 15 2021. All  
taxes included. If using a credit card fees added.

