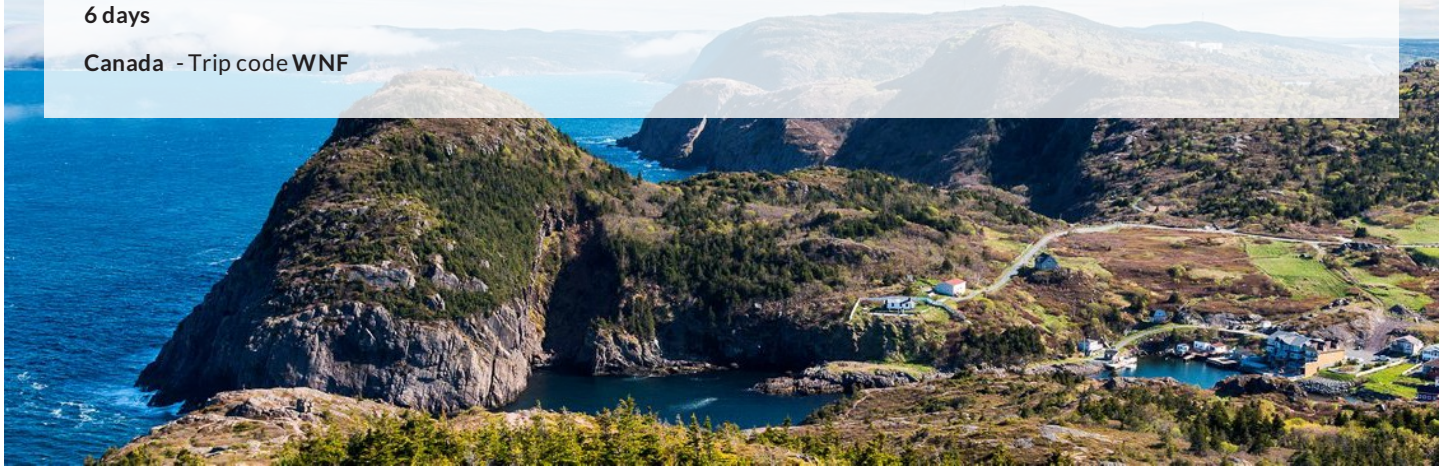


EXPLORE!

Walking in Newfoundland
6 days

Canada - Trip code WNF



Walking in Newfoundland

Newfoundland, an island on the edge of wilderness, jutting into the North Atlantic - famed for its coastal scenery, icebergs, sea stacks, prolific birdlife and whales. Known as 'the Rock' to the locals, we explore the East Coast Trail on foot, linking isolated communities who still speak with an Irish accent. Stay in two bases, St John's - perched on a fjord and famous for its old fashioned bars, and Trinity where depending on the season we take a zodiac to see icebergs or whales. Pack your walking boots and head to Canada's best kept secret.

Trip highlights

- ★ **East Coast Trail** - Explore wildlife and wilderness on foot
- ★ **St John's** - Explore the colourful backstreets of St John's
- ★ **Trinity** - Take the chance to explore the waters on a Zodiac excursion
- ★ **Whale watching** - Look out for finback and humpback whales in July and August
- ★ **Icebergs** - Watch out for icebergs from May to early June
- ★ **Puffins** - Spot these beautiful birds between May and September

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

GROUP SIZE:

8 - 13

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Arrive in St John's, optional hike to Signal Hill or Quidi Vidi

Arrive in St. John's Airport and check-in to our hotel. Depending on your time of arrival, there is the option to hike up to Signal Hill and back, or do a detour by Quidi Vidi and come back in town using the public bus or a taxi. It's a 17 minute walk from the hotel to the Signal Hill Visitor center or to the North Head trailhead, from here the Citadel trail footpath takes you to the summit of Signal Hill past the Queen's Battery and Barracks and provides a breathtaking view of St. John's Harbour.

If you are in for something a little more challenging, walk from your hotel to Outer Battery Road to reach the North Head trailhead. It follows a trail along the narrows to the North Head that may have been in use as far back as the 1500s. Finish your journey from Signal Hill to Quidi Vidi village and stop at the local bar or pub for a break and a taste of local crafted beers. The Explore Leader will leave directions for the walks at the hotel and will meet us in the hotel reception before dinner this evening.

Back in St. John's; welcome to the oldest port city in North America, and our base for the next three nights. Its steep streets are perched on a fjord like bay, the terraces of multi-coloured-houses tumble down to the water. The city's name has been attributed to the feast day of John the Baptist, when Italian navigator and explorer John Cabot was believed to have sailed into the harbor in 1497 and called the region 'New Founde Lande.' Also learn why this Canadian Province has plenty of stories of skirmishes between the British, Irish, Dutch, Portuguese, Spanish and French since Basque whalers first fished here in the early 1500's. This is a reason for Newfoundland's one of a kind accent!

The walk today is approximately 2 km and will take 1 hour with 145m of ascent and descent.



Accommodation: Quality Hotel Harbourview (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Drive to Cape Spear, hike along East Coast trail to Maddox Cove, return to St John's

This morning we drive 40 minutes to Cape Spear, North America's easternmost point. The drive south from St. John's passes a typical Newfoundland fishing community along the coast. Historic Cape Spear Lighthouse is meticulously restored and holds the distinction of hosting Newfoundland's oldest surviving lighthouse. We visit Cape Spear with its lighthouses, museum, and berry grounds, in season it is possible to spot whales from a high ridge. We then hike to Maddox Cove: keep an eye out for eagles as the path weaves up and down the steep, wooded slope of Big Cove. Today's hike takes us on a variety of hilly terrain, with big views and a boardwalk bog crossing along the shore at Staffordside, and two river crossings. The trail passes through a Nature Conservatory area in Maddox Cove. As this hike is close to Saint Johns it is a short drive back giving us some free time this afternoon to walk around the city or to visit Quidi Vidi if not visited yesterday. Downtown St John's is famous for its relaxed but slightly down-at-heel bars which echo a different era - and unlike many North American cities and towns is an easy place to get around on foot.

The walk today is approximately 10 km and will take 4 to 6 hours with 450m of ascent and descent.



Accommodation: Quality Hotel Harbourview (or similar)



Standard Hotel



Single room available



Meals Provided: Lunch

DAY 3 - Drive to Brigus Head, hike to Admiral's Cove

This morning a two hour drive take us to the start of our walk on part of the acclaimed East Coast Trail - identified by National Geographic as one of the 10 best adventure destinations in the world a few years ago. The twisting paths of this trail pass towering cliffs and headlands, eroded sea stacks, deep fjords, and a natural wave-driven geyser. Along the trail we'll search for seabird colonies and experience an exceptional blend of wilderness adventure, outstanding natural beauty, culture, and history.

Our hike takes us along the coastal Brigus Head path from Brigus South to Admirals Cove. The trail starts in the small community of Brigus South. Along the way we'll pass sandy beaches, walk on high cliffs with stunning views, see abandoned settlements, meadows and beaches. During June & July, visiting finback and humpback whales circle Brigus Bright, using its natural net shape to trap caplin, a small fish. Our path follows high cliff edges and passes over gulches and we return to St. John's at the end of day. This evening why not try the local dish of cod tongues (they taste better than expected!) with a shot or two of Screech Rum, historically brought back from the Caribbean in return for salted fish. With luck we might be able to listen to a local folk band in one of the downtown bars

The walk today is approximately 8 km and will take 3 to 5 hours with 475m of ascent and descent.



Accommodation: Quality Hotel Harbourview (or similar)



Standard Hotel



Single room available



Meals Provided: Lunch

DAY 4 - Drive to Trinity: Hike Fox Island Trail, Whale & Iceberg Zodiac excursion

This morning we leave St John's behind us and take the three hours' drive to Trinity on the Bonavista Peninsula, a small and tranquil town in the backwaters of Newfoundland. History, friendliness, and steadfast authenticity are woven into every aspect of the Trinity area, locally known as 'Trinity Bight'. We'll experience special encounters with local Newfoundlanders, from the beautifully restored fishing rooms and saltbox houses, to the lovely people greeting us in the lanes and welcoming us into their homes. English explorer John Cabot is reported to have landed here in 1497, claiming this part of the New World for the King of England and it is difficult to imagine that just one generation ago, this quiet town was a center for international trade, touching economies worldwide. Our early morning transfer will take us to Trinity:

Our first glimpse of the area will be via Fox Island trail. The trail displays the beautiful coastal scenery, views of the surrounding communities and local wildlife. Fox Island consists of two short trails (Upper and Lower), we begin with the Upper Trail which takes us to the top of the town's central point, Gun Hill, providing spectacular views of Trinity, adjacent communities in Trinity Bay and their protective harbor. The Lower Trail gives us a different perspective of Trinity as we break through a wooded area and come out into the clear to view the historic community. Parts of the trails are a little difficult but well worth the hike. We have a picnic lunch in the village.

This afternoon we head out to sea in a zodiac boat for some whale watching and iceberg observation (see season information below). We'll spend the evening back in Trinity. This historic town is an authentic fishing community with architecture seemingly unchanged since the 1800s with houses, museums, art galleries, and other historic buildings remain preserved from the 19th century.

The walks today are approximately 7 km in total and will take around 3 hours with 100m of ascent and descent.



Accommodation: Bishop White Manor Bed and Breakfast (or similar)



Standard Hotel



Single room available



Meals Provided: Lunch

DAY 5 - Skerwink trail, sea stacks & Puffins on the Klondike Trail

Today we'll wake early for a memorable sunrise hike along the Skerwink Trail. This coastal trail features sea stacks, whales, eagles, and icebergs (in season), as well as views of Port Rexton and Trinity. The Skerwink Trail loop skirts the north and south coasts of Skerwink Head, a rocky peninsula that separates Trinity's harbour from Port Rexton's. The trail is also situated in an historic area, one of the first places to be settled in Newfoundland, in the early 1600s. Trinity's magnificent harbour-which we'll see during the last third of the trail-made this area one of the most defensible and desirable in eastern Newfoundland. By the late 1700s, Trinity was a humming mercantile center, flanked by communities inhabited by fishermen, merchants, sea captains, tradesmen, and their families.

After the hike, we drive to visit the Puffins on the Klondike Trail, an easy to moderate trail from Elliston North to Spillar's Cove that follows an old railway branch line formerly connecting the towns. It has both inland and coastal scenery while providing ample opportunities to view the rugged coastline, sea stacks, whales, seabirds and a variety of animal life. Today ends in Bonavista town, where we'll visit the red-and-white striped lighthouse of Cape Bonavista. The site still employs a light keeper today, who, as in 1843 when it was built, continues to watch out for icebergs, ships, and whales. This lighthouse is one of the few in the world where visitors still can climb up the stone tower to see the same oil-fueled light used centuries ago. There will be time to explore charming

Bonavista and we'll stay here for dinner, one option is to try moose burgers at the Bonavista Social Club restaurant!

The walks today are approximately 11 km in total and will take 4 hours with 90m of ascent and descent.



Accommodation: Bishop White Manor Bed and Breakfast (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 6 - Kerleys Harbour, Random Passage and drive back to St. John's Airport where trip ends

This morning we explore Kerleys Harbour. The trailhead is located in the town of New Bonaventure, here the buildings give us a good idea of what life was like in the early 1800's. The old cart road that connected the Harbour with nearby Bonaventure makes up most of this 2km history lesson, serving as the only land link to the surrounding communities, and was probably utilized mainly for winter travel. It is well maintained and offers good views of the rugged coast of Trinity Bay - moose, hares, and birds are common sights along the trail and some areas are still used as a sheep pasture. After the hike, depending on the timing, we'll add another walk either nearby at Roberts Bay or part of the Sugarloaf trail back in St John's. There will be time for a snack and shower before we transfer to St John's Airport where the trip ends.

The walk today is approximately 2 km and will take 1 hours with 125m of ascent and descent - with the option of a second walk of 2 hours.



Meals Provided: Breakfast & Lunch

Walking and Trekking information

DAILY DISTANCES



Optional Walks

Walking grade

Easy to moderate

Trek details

Walks on 5 days for between 1 to 5 hours on well-marked and maintained trails.

Wildlife and Icebergs in Newfoundland



We've set the dates for this trip to offer us the best possibility of seeing whales, puffins and icebergs. The peak observation months are as follows:
Whales - July & August but they are in the area from June till mid-September.
Icebergs - May to early June but they can sometimes be seen in July as well.
Puffins - Between May and September

What's included?



Included meals

Breakfast: 2
Lunch: 5



Transport

Bus
Boat
Public Bus
Taxi



Trip staff

Explore Tour Leader
Driver(s)



Accommodation

5 nights standard hotel

Trip information

Country information

Canada

Climate

May-Sep is the best time to visit, when the weather is usually warm, dry and pleasant. Temperatures can be a little cooler on the coast and in the mountains; rain can be expected at any time. Early in the season, there can be snow in some areas which may limit walking possibilities.

Time difference to GMT

-7

Plugs

2 Pin Flat

Religion

Roman Catholic, Protestant

Language

English and French

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Additional Puffin tour on part of the Klondike Trail - \$60 per person 2 to 2.5 hours

All optional excursion costs are subject to change at the discretion of the local supplier.

Clothing

Weather is changeable, so bring a warm jacket/fleece and a waterproof jacket and trousers. Think 'layers' to enable you to be comfortable no matter what the temperature as this could easily fluctuate throughout the day.

Footwear

We recommend you bring lightweight walking/hiking boots with good ankle support. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream and picnic lunch.

If travelling with Westjet your check-in baggage is not included and has to be paid at check in. The current costs for baggage are approx. GBP 25.00 per person per piece. Please check the Westjet website for the most up-to-date prices and information.

Equipment

You may also find walking poles useful. Binoculars are also recommended.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

In North America tipping 15%-20% is a recognised part of life across the service industry, including restaurants, activity suppliers, taxis and guides. Local staff will look to you for personal recognition of particular services provided.

Unlike other Explore trips, during our trips in North America our Explore leaders will not operate a tips kitty. However, they will be

more than happy to provide guidance throughout the trip on who to tip when and to suggest appropriate amounts.

Country Information

Canada

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£13.00

Dinner price

£20.00

Beer price

£3.00

Water price

£1.10

Foreign Exchange

Local currency

Canadian Dollars.

Recommended Currency For Exchange

Bring your money in Canadian Dollars or US Dollars cash which can be used almost everywhere, although local stores are not keen to change anything over \$50.

Where To Exchange

Banks or 'Forex' offices in main towns/cities. Your tour leader will advise you on arrival.

ATM Availability

There are ATMs in the towns.

Credit Card Acceptance

Widely accepted just about everywhere.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Public Bus, Taxi

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Canada: (Including those in transit) Citizens of the UK, New Zealand, Australia and passport holders from several EU countries can enter Canada with an Electronic Travel Authorisation (ETA).

An electronic travel authorisation (ETA) is required when flying into Canada or transiting via Canada. For more information and to apply see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid

paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Canada

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
