

NEWFOUNDLAND & LABRADOR AND GLOBUS





NEWFOUNDLAND & LABRADOR	 Experience UNESCO World Heritage sites like Gros Morne National Park – twenty times older than the Rockies - and L'Anse aux Meadows National Historic Site – North America's only authenticated Viking settlement. Or journey to Labrador to Red Bay National Historic Site, which is home to a 16th Century whaling station. In Newfoundland and Labrador you can get up close to the world's largest population of Humpback Whales. It is also home to some of the world's largest and most accessible seabird colonies in North America; more than 35 million seabirds gather here every year. Get a great ocean view from 29,000 kilometres of coastline - perfect for coastal drives. And visit Cape Spear National Historic Site – the most Easterly point in North America, where you can see the sun rise before anyone else on the continent! Or stroll the picturesque fishing villages and hear their stories and song. Music is a huge part of Newfoundland and Labrador's culture – during your Globus tour guests will be sure to experience some great music. And it is fitting that St. John's Newfoundland is hosting the 2010 JUNO Week from April 12- 18 with "Ruckus On The Edge" – a week-long
	celebration of music.
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
	Here are some interesting facts; St. John's is as close to Dublin in Ireland as it is to Toronto.
	Cape Spear is the most easterly point in North America; It's the world's 11th largest island and has 17,000 km of coastline: fjords, inlets, coves, guts, bays and tickles
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 travelers 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
Government	The Provincial government is currently headed up by Premier Danny Williams of the Conservatives
Time zone	The Province has its own time zone1.5 hours ahead of EST
Health	If you are a resident of Canada, you should carry your MCP card just in case you need medication attention. If you are taking medicine prescribed by your doctor, it is a good idea to make a list of what you are taking in case of emergency, and bring along a copy of your prescription in the event that you need to have it renewed by a doctor in Newfoundland and Labrador.
Safety	St. John's has continuously had one of the lowest crime rates of any city in Canadaand 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 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).
Today's weather	2 degrees Centigrade and scattered flurries (6 March 2010)
Best time to visit	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. Northern Lights: Catch the greatest natural light show on earth, playing to Labrador audiences more than 240 nights a year.

GETTING THERE	St. John's International Airport is located 5.6 km northwest of the city
	and airlines include Air Canada, Air Canada Jazz, Air Labrador, Air



	Saint-Pierre, Air Transat, CanJet, Continental Airlines, Porter Airline, Skyservice, Sunwing Airlines and Westjet. There is also a convenient airport at Deer Lake/Corner Brook on the west coast of Newfoundland.
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	 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. 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. 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. 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.
Distances	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 non stop drive west-east from Port aux Basques to St. John's. Amazingly, St. John's is as close to Dublin Ireland as it is to Toronto
Ferries	 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; one-way fares are \$28.75 adults, plus \$81.50 for an automobile. (2010 rates) 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. The one-way fare is \$80.50 adults, \$167.25 for cars. On both ferries, children 5 to 12 years old ride for half-price (free for children under 5). Reserved reclining seats, sleeping berths, and private cabins are available. (2010 rates)
	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.
Trains	Newfoundland doesn't have rail service any more, but the track has been converted to a multi-use trail for hiking and biking.
Car Rental	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).
Buses	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.

ACCOMMODATION	Accommodation of all kinds is available in the province from B&B's to 5
TYPES	star resorts.
	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. For more information contact Ed English at 709-634-2285.

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) 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 bythe kids will love this attraction!
	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.



Genealogy	aphrodisiac! 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
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
Teens	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 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.
	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.
	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.
	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 LAnse 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.
	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.
	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.



Seniors	 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. Excellent escorted tours are available, e.g. from Globus, that allow
	Seniors to see the sights without having to rough it or drive long distances themselves.

	La barre en ettin e in anning and a sub-
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.
	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.
	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. The island of Newfoundland was nearly conquered by New France explorer Pierre Le Moyne d'Iberville in the 1690s. 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. 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 .
	There's a big celebration this year (2010) as the community of Cupids celebrate their 400 th anniversary – <u>www.cupids400.com</u> for details of their celebrations this coming summer.
Books	Frommer's Newfoundland and Labrador
	Best travel experiences: hiking Gros Morne Best nature and wildlife viewing: birds and caribou on the Avalon Peninsula
	Best Canadian culinary experience: Newfoundland berries
	Best views in Canada: Signal Hill and Bonavista Peninsula Best Festivals: Newfoundland and Labrador Folk Festival
	Most dramatic drives: Viking Trail
	Best walks: Green Gardens Trail, Gros Morne Best B&B: At Wit's Inn, St. John's
	Best Camping: Gros Morne NP
1000 Places to see	Gros Morne National Park
before you die Must Sees	LINESCO World Haritaga Sitas:
111131 JEES	UNESCO World Heritage Sites: L'Anse aux Meadows
	Gros Morne NP

SPORTS ACTIVITIES	
Golf	Clovelly Golf Course,
	Stavanger Drive, St. John's
	Telephone: (709) 722-7170



	opportunities to dive around several wrecks. Ocean Quest is the local dive operator and can arrange diving charters for \$135 per day.
Diving	Conception Bay and the waters around Bell Island offer excellent
Horse Riding	Circle Square Ranch in Conception Bay South has trail rides available: Telephone: (709) 781-5330 Website: www.csranch.ca
	902/857-3600), runs van-supported trips based in hotels and B&Bs
	biking trips in and around central Newfoundland; Freewheeling Adventures, R.R. 1, Hubbards, NS B0J 1T0 (tel. 800/672-0775 or
	622, Springdale, NF A0J 1T0 (tel. 709/673-4453), arranges mountain
	showers and places to dry their gear. Aspenwood Tours, P.O. Box
	themselves frequent stays in motels or inns, where they can find hot
	blustery days, complete with horizontal rains that seem to swirl around from every direction. The happiest bike tourists are those who allow
	necessarily brutal (although many are). Expect more than a handful of
Cycling	Bike touring in Newfoundland is for the hearty. It's not that the hills are
	lodging, and van support. See whales, icebergs, and seabirds, visit the heart of Irish Newfoundland.
	style. Half-day to multi-day treks feature interpretive guides, meals,
5	Explore this famous trail along Newfoundland's Avalon Peninsula in
Hiking	Hike the East Coast Trail
	hundreds of miles long. The Department of Tourism produces a free brochure outlining several canoe trips; call 800/563-6353.
	pond near St. John's to world-class descents of Labrador rivers
	and Labrador. Canoe trips can range from placid puttering around a
Canoeing	A glance at a map shows that rivers and lakes abound in Newfoundland
	advice to complete packages that include bush-plane transportation, lodging, and personal guides.
	services on the island and mainland can provide everything from simple
	lbs), brook trout, and northern pike. More than 100 fishing-guide
	Other prized species include landlocked salmon, lake trout (up to 40
	30,000 salmon.
	especially those stalking the cagey Atlantic salmon , which can weigh up to 18kg. Some of the best salmon rivers have runs in excess of
Fishing	Newfoundland and Labrador are legendary among serious anglers,
	Website: www.pippyparkgolf.com
	Toll Free: 1-888-397-6259
	Green - 18 hole and Captain's Hill - 9 hole Nagle's Hill, Pippy Park, St. John's
	C.A. Pippy Golf Course, St. John's: features two courses: Admiral's
	Website: www.clovellygolf.com



CULTURE	"Ode to Newfoundland" by Sir Cavendish Boyle
	When sun-rays crown thy pine-clad hills
	And summer spreads her hand,
	When silvern voices tune thy rills,
	We love thee, smiling land.
	When spreads thy cloak of shimmering white,
	At winter's stern command,
	Through shortened day and starlit night,
	We love thee, frozen land.
	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,
	As loved our fathers, so we love,
	Where once they stood we stand,
	Their prayer we raise to Heaven above,
	God guard thee, Newfoundland
Arts	Enjoy the unique island culture, hospitality, songs and music.
Music	Stroll the picturesque fishing villages and hear their stories and song.
	Music is a huge part of Newfoundland and Labrador's culture.
	St. John's Newfoundland is hosting the 2010 JUNO Week from
	April 12- 18 with "Ruckus On The Edge" – a week-long celebration
	of music, culminating with the awards on April 18.
	www.ruckusontheedge.com
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. Its open to the public in summer and a local
	group is trying to preserve it as an ongoing attraction
Museums	The Rooms, St. John's:
	Immerse yourself in culture at Newfoundland and Labrador's newest
	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



Festivals	unfolding. 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. Website: <u>http://www.geocentre.ca</u> Ruckus on the Edge: April 12 – 15, 2010 After eight years and seven cities, Canada's Music Awards are finally coming back to the Rock! From April 12 – 18, 2010 the best and brightest of Canada's music industry will descend on the City of Legends for seven days and nights of musical celebration, and the locals couldn't be happier. Ruckus on the Edge will be a celebration of Newfoundland and Labrador's unique culture and unbridled creativity. The music scene is literally bursting with energy. St. John's has a vibrant and thriving music scene. From the soothing sounds of a folk melody to heart-pumping, head-banging rock to sultry jazz, they've got it
	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 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
	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.



Cupids400 It was called Cupers Cove. The first planned settlement in this New Founde Land. It was a rugged vista, wild and ferocious in its beauty, cruel and unforgiving to those who took it for granted. And yet John Guy and his brave pioneers thrived, prospered, explored and conquered. Through tenacity and daring, and no small measure of sweat and toil, they wove the fabric of a culture that has resonated across the ebb and flow of centuries. Over the next 400 years, English settlement in Newfoundland and Labrador and the rest of British North America grew to become what is now English Canada. But it all started in 1610 with John Guy's fateful choice of Cupids as his new home. There are events planned to celebrate this 400 th anniversary throughout the year and you see what is going on and when at their website: <u>www.cupids400.com</u>
St John's Time, July 29 to August 8, 2010, celebrates four unique Festivals.
GEORGE STREET FESTIVAL <u>www.georgestreetfestival.com</u> July 29 – August 3, 2010
George Street, in downtown St. John's, is the focal point of the City's nightlife. The pubs and taverns lining this historic cobblestone street offer everything from traditional Newfoundland music to the latest rock music. The festival features five nights of live outdoor entertainment featuring some of Newfoundland's top acts.
ROYAL ST. JOHN'S REGATTA <u>www.stjohnsregatta.org</u> August 4, 2009 (weather permitting)
What probably began as a few fishermen competing to see who could row his dory the fastest has grown into the annual Royal St. John's Regatta, North America's oldest continuing sporting event. The Regatta began officially in 1825 and has run the first Wednesday in August every since. For over 190 years the Royal St. John's Regatta has been held at Quidi Vidi Lake in the heart of the east end of St. John's, Newfoundland.
The Holiday is held on the First Wednesday in August - Weather permitting - with the decision made early that morning (if not it "goes" the next day). Regatta Day is probably the only Municipal Holiday in Canada that is dependent on the weather. If it is raining or too windy, the holiday is simply put off until the next suitable day. The day is a civic holiday for the entire St. John's area and is a full day



of Fixed Seat Rowing Races. Our Fixed seat rowing shells are unique - being six person + coxswain and our races start and finish at the same spot - requiring all the crews to "turn the buoys" at the halfway point of the race. A crew can be 6 men or 6 women + coxswain and range in age from 13 to senior citizens. The shores of beautiful Quidi Vidi Lake are totally encircled by booths and concessions offering all manner of fun, food and games of chance or games of skill. Throughout the day the crowds can reach as high as 30-40 thousand people as the citizens of St. John's and visitors enjoy a "Day at the Races
NEWFOUNDLAND AND LABRADOR FOLK FESTIVAL www.nlfolk.com August 6, 7, 8 2009
The good times in St. John's keep roaring in August with the annual Provincial Folk Festival held in Bannerman Park featuring musicians, dancers and storytellers from around the province. It is a perfect opportunity to get a taste of the traditional Newfoundland lifestyle with music, dancing, storytelling and traditional good times. You can even join the fun at the Homemade Jam tent for an old-fashioned session - all sweetness and no calories. Bring an instrument, your own voice or even your kitchen spoons. Everyone is welcome to participate in the spirit of folk arts. In days gone by you would see this in every kitchen and at every parish hall in St. John's.
BUSKER'S FESTIVAL <u>www.downtownstjohns.com</u> August 6, 7, 8 2009
Every year clowns, magicians and musical talent come out into the streets to perform. The festival hosts a number of great acts all around the downtown area. International, national and local performers put on a show like no other. Juggling, acrobatics, magic, comedy and so much more await you at various busking stages throughout downtown. You as an audience member decide how much to pay a performer based on the act.

ATTRACTIONS	
Beaches	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:
	Bellevue park and beach in Trinity Bay - a quiet, shallow inner pool where toddlers can splash around drains off through the main beach on



Historic Sites	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
Gardens	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.
	The National Parks of Newfoundland and Labrador now number three: Gros Morne National Park Terra Nova National Park Plus the newest National Park in Canada: Torngut Mountains in Labrador
Parks	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
Wildlife	 north at Cow Head, where the beach is right next to the campground. Moose are everywhere and number 110,000 on Newfoundland. Puffins: about 95% of all North America's puffins breed in colonies around the Newfoundland and Labrador coasts and they are the provincial bird. The Pitcher plant is the provincial flower. Whale watching: 32 species of whales; humpbacks are usually spotted April to October 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.
	the windward side where visitors should keep an eye out for Semi-Palminated Plovers and other shorebirds. 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



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. 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.
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

OTHER ACTIVITIES	
Shopping	 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. 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.
Market	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
Nightlife	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. 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. 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 and rarely top C\$5.
Trapper John's , 2 George St. (tel. 709/579-9630), 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. (tel. 709/739-5554). For a more upscale spot with lower decibel levels, try Christian's Bar, 23 George St. (tel. 709/753-9100), which offers the nonalcoholic option of specialty coffees.

CUISINE	
Food	Some local specialties you should try when in St. John's: Seal- flipper pie; fish'n'brewis with scruncheons; lobster; arctic char; cod tongues; caribou; mushrooms; partridgeberries
Drink	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.
	The Story of ScreechLong before any liquor board was created, the Jamaican rum that waseventually to be known as Screech was a mainstay of theNewfoundland diet. Salt fish was shipped to the West Indies inexchange for rum; the fish became the national dish of Jamaicans andthe rum became the traditional drink of Newfoundlanders.Not being overly concerned with alcohol content, the early fishermentended to drink the rum at incredibly high strength with no attempt madeto temper the taste. When the Canadian government took control of thealcohol 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. 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. 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?" The taciturn Newfoundlander who had answered the door replied simply, "The screech?" 'Tis the rum, me son." 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, so that in 2003, Screech Rum won a gold medal for excellent taste at the International Rum Festival. Today, Screech remains a Newfoundland favorite.
Restaurants	 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, scruncheons, and bakeapple cheesecake, as well as vegetarian, Indian, Chinese, Japanese, Mongolian, Mediterranean, and Italian food. 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 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.



	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
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MORE INFO	
Brochures	The Newfoundland and Labrador 2010 Traveller's Guide , published by the province's department of tourism, is hefty and helpful, with listings of all attractions and accommodations in its 400+ pages. Newfoundland & Labrador Tourism P.O. Box 8700 St. John's, NL, Canada, A1B 4J6 Tel: (709)729-2831 Fax: (709)729-0057 Toll-Free: 1-800-563-6353 email: <u>contactus@NewfoundlandLabrador.com</u> website: <u>www.NewfoundlandLabrador.com</u>
Websites	www.newfoundlandlabrador.com www.cupids400.com www.ruckusontheedge.com

PERSONAL	St. John's: Hotel Newfoundland, across the Avalon Peninsula to St
EXPERIENCES	Phillips, to Cape Boyle: Newfoundland Wilderness Adventures 2-man
	kayaks: waterfall, caves, puffins, 4hours paddle, dinner at Charlotte's,
	Cabot Tower, Quidi Vidi harbor
	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
	Labeter Cove Head (lighthouse, keepers esttere), Green Beint
	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 occ) Point Riche, moose, Plum Point Motel
	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 inAmerica, 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 fishing boys adopted by Max, connor fish, eel, Reg's Mussel Bound Tour pontoon catamaran into Bay of Exploits, mussel farm, kissing the mussel, music – fiddle, accordion, guitar, Tim's first fish 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



GLOBUS	 Explore spectacular Newfoundland and Labrador with Globus - the world leader in first-class escorted travel. Every Globus journey tells a story, and the Newfoundland and Labrador epic is rich with history, rife with culture and filled with natural beauty. Globus gives you more selection, more features, more leisure time, more superior hotels and more experience. Because not everyone likes to travel the same way, Globus offers a variety of vacation styles that best suit you. Their vacations are designed to offer you flexibility, choice, and a pace to match the way you want to travel. Choose from their "Platinum Collection", "Regional Discoveries", "Panorama", "Cruise & Tour", "Family Travel" and "Special Events". Other tour operators may drive you by the major sights, but Globus takes you inside the world's most awe-inspiring places – with special reservations to avoid waiting in long lines. Globus offers destinations on six continents and more than 70 countries, including tours close to home in the U.S., Canada, Mexico and Costa Rica. For details of their Newfoundland Tour, click here or pick up a copy of the Globus United States and Canada brochure at your local Travel Agent.
History	 Website: www.GlobusFamily.ca More than 80 years ago, Antonio Mantegazza bought a rowboat to transport commercial goods across Lake Lugano in Switzerland. Who would have known that rowboat would launch the world's leading guided travel company? Antonio's frequent trips across the scenic lake led him to consider opportunities in a different market: tourism. His entrepreneurial instinct pushed him to gradually acquire some motor coaches to transport tourists around the Lake Lugano area. In 1928, Antonio opened a company specializing in motor coach touring called Globus Viaggi. The company began with a fleet of 12 coaches which operated local excursions for European tourists in Switzerland. By 1950, Globus Viaggi had grown to a fleet of 33 coaches and featured overnight excursions to Rome, Venice, the Dolomites and the French Riviera. For 80 years, the Globus family of brands has been providing a variety of products that address the needs of today's diverse traveler. Whether it's a fully escorted, premium, independent, or river cruise vacation, with Globus family of brands you will get unmatched value and world-class customer service with every journey. Today, the Globus family of companies consists of more than 30 tourism and aviation businesses, serviced by a group of more than



	5,000 professionals worldwide.
	Combined, Globus and Cosmos carry about 500,000 passengers a year making the company the leading operator of guided vacations worldwide.
Why Globus?	With Globus, you'll always visit the key sights - the Sistine Chapel, the Colosseum and the Forum in Rome, the Prado Museum in Madrid, Michelangelos's David in the Academy of Fine Arts in Florence, and many others. You'll enjoy many more inclusions like cruises, high-speed trains, local guides, and in Italy's main cities, headsets for clear commentary. They offer twice the number of included features as many competitors, without any additional cost to you. Look for the complete list of their special included features on each tour page in their brochure. Globus not only brings you experience that others simply don't offer, they also ensure that you end up with more time to enjoy the rest of your destination. Most competitors require you to take extra optional excursions to see these important sights, costing you additional time and money. And if you don't join their excursion, you'll spend most of your time waiting in line. But with Globus, these sights are already included, freeing up the remainder of your time for exactly what you'd like to see.
	European River Cruises River Cruises are an increasingly way to explore castles, cathedrals and villages. Travel hassle-free aboard Europe's most modern fleet of luxury river cruise ships with Globus' Avalon brand. This is a great way to see some of the best sights that Germany has to offer in a luxurious and relaxing way.
Hotels with Globus	Globus understand the importance of hotel quality to your vacation. That's why, unlike most competitors, Globus hotels are First Class and above. And they stand behind their ratings, as confirmed by the hotel & travel Index or national tourist board. For reference they have included hotel rating totals for each vacation in their brochure. The hotels selected are chosen not only for the superior quality but also for their convenient location, and their volume buying power worldwide means unparalleled value for you. For example, all hotels listed on the Monagrams Independent Vacations and Leisurestyle vacations are located in the heart of your destination, so you're close to what you want to see. On the Castle villa stays they have special accommodations that are destinations in their own right. You'll be treated like royalty at unbeatable value.
Tour Directors	One of the greatest advantages of travelling with Globus is your Tour Director. Never underestimate the importance of experience. On average, each of their several hundred European Tour Directors has completed more than fourteen seasons on the road, successfully



	the Eurostar Globus travel bag and travel documents; Monograms wallet and travel documents
	emergency washroom while touring All tours London- Paris/Brussels & Paris/Brussels-London travel are on
	Private Deluxe motor coach with air-conditioning, extra leg room, and
	Hotels listed on tour page. Twin-bedded rooms with private bath and shower, hotel taxes service charges, and tips for baggage handling
	Professional Tour director while touring, cruise director on River Cruises, local hosts for Monograms
	Globus has fifty hosts in London alone to assist you at the airports and hotels
	Discounts abound: group reduction, child reduction, triple room reduction, multiple tour reduction.
	Low Air-fares: compare their competitive air-inclusive prices, and business class is also available.
	Free airport transfers: book your scheduled transatlantic flight with Globus and benefit from free transfers
Globus Value	Globus includes all the main features of a destination without extra cost. Their volume buying power saves you money. In fact, a whole day of touring with Globus generally costs what you'd pay for just a hotel alone if you plan the trip on your own. Yet they also provide a Tour director, a great variety of transportation, many meals, a rich sightseeing program and much more. Here's a few more value-added items:
	 conducting an average of nearly 140 vacations. Globus Tour Directors are experts who have honed the art of taking you inside a destination, so you can rest assured that you're seeing the sights like a local. When you're been travelling as long as they have, you have operations down to an art form. They have spent more than 75 years refining itineraries and procedures and their Swiss Heritage ensures that your trip is trouble free to the last detail. With over 30 offices around the world, they have support when and where you need it, under any circumstances.

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	Headsets included for sightseeing with local guide in Rome, Florence,
	Venice and Pompeii
Journeys Club	Journeys Club is an exclusive fellowship created for past Globus passengers. It invites you to share your passion for travel with a group of like-minded, experienced Globus globetrotters. Benefits include:
	Exclusive journeys with upgrades, extras amenities and welcome gifts Member-only discounts, Insider information regarding new, upcoming Globus vacations, Quarterly newsletters and E-mail updates with Journeys Club information and promotions, Journeys Club travel
	merchandise and Travel & destination tips and articles
Children	An adult must accompany travelers who are less than 18 years old on the tour departure date; the child receives a 10% discount on the land tour price. Children under the age of 8 are not allowed on escorted tours, because they are considered too young to enjoy these vacations.
Globus Brand	The Globus brand provides:
"Every journey tells a	- More selection, more included features, more leisure time, more
story"	 superior hotels More once-in-a-lifetime opportunities, such as the Passion Play in 2010 in conjunction with a Globus & Cosmos tour More Experience – their story began over 80 years ago and ever since they've been refining their itineraries and procedures to ensure that
	 clients get the most out of their vacation. Many Globus vacations include a welcome dinner to introduce one to the cuisine of the region being visited. More Great Ways to Travel - to give you even more vacation options, many Globus & Monograms Independent Vacations are combinable with River Cruises or with Monograms (on selected departures) No other Tour Operator offers as many means of included transportation as Globus: All high-speed trains in Europe Vignette vacations feature at least one train as a mode of transportation from city to city, so getting there is part of the adventure The newest fleet of deluxe river cruise ships on the main European
	 rivers, the Nile, and Portugal's Douro River Sea cruises in the Mediterranean and the northern seas (including Hurtigruten cruises) Globus offers many vacations for the wine connoisseur - In Oporto enjoy a wine tasting in a Port wine cellar, or at Tuscany's Verrazzano Castle, learn about the fine art of making Chianti.
	Globus Offers Many Vacation Styles:
	1. Monograms Independent Vacations – Independent travel without



	the hassles that typically come with travel on your own. Let them handle
	all the details – they handle reservations to transportation, even down to
	directions and local insight – leaving clients to relax, have fun, and soak
	up all their vacation was meant to be.
	2. Vignettes – Designed for a new generation of touring Europe, these
	exciting vacations deliver a comprehensive overview of your
	destination—with more time in each city, centrally located hotels and at
	least one train as a mode of transportation, so getting from city to city is part of the adventure!
	3. Regional Discoveries – These are in-depth vacations that go
	beyond the expected to let one experience the character, personality,
	and stories of a specific country or carefully selected combination of
	countries.
	4. Platinum Collection – These exceptionally guided vacations feature superior hotels selected for their premium comfort and central locations.
	You'll also appreciate a more leisurely pace that lets one soak up their
	destination and savor the local culture.
	5. Cruise & Tour – Enjoy the best of both worlds by combining a big-
	ship cruise with a Globus land vacation. Greece & Portugal come to life
	through these two wonderful points of view.
	6. River Cruises – Discover Europe the way she grew up – along her
	waterways. Step aboard the newest ships on Europe's most famous
	rivers, accompanied by legendary Globus land excursions
	7. Popular with families - Designed for families with children or
	grandchildren ages 8 to 18, Globus Family Travel vacations are
	enriching getaways featuring excursions and activities for all ages and
Olahara Amanda	hotels in the middle of the action.
Globus Awards	- "Best Tour Operator to Europe" Travel Weekly's Reader's Choice
	Awards – (2004, 2005, 2007) "Best Tour Operator to Europe" TravelAge West magazine (2007)
	 "Best Tour Operator to Europe" TravelAge West magazine (2007) "Top Tour Operator to Europe" Recommend magazine (1999-2007)
Globus Discounts	- Discount for young travelers: 10% off land arrangements
	- Pay less for your second and subsequent vacations: \$70 off
	subsequent Globus vacations
	- Discounts available for group travel, young travelers, and triple rooms.
The Cosmos Brand	Cosmos tours features:
"Turning travel dreams	- For more than four decades Cosmos has offered savvy, value-minded
into reality"	travelers the most affordable travel packages to the world's most
	fascinating places - places like the snow-capped peaks of Switzerland,
	sunny Spain, the ancient splendor of Greece and Egypt, festive France,
	and the beautiful British Isles.
	- For as little as \$75 per day, you can enjoy the benefits of escorted
	travel, a greater choice of activities, plenty of free time to explore your
	destination the way you want, and longer stays in key cities so that you



	 small-ship cruising. Offering the newest, quietest, and most spacious ships, state-of-the-art resort-style amenities, and incomparable service by English-speaking crews, Avalon lets you discover Europe, Egypt, China, and the Galápagos Islands in a world-class way. Deluxe cruise in an outside stateroom with hotel style beds Services of a professional Cruise Director
Avalon Brand	Avalon Waterways feature: - Part of the Globus family of brands, Avalon is backed by 80-plus years of travel expertise, more than 200 professional support staff members in Europe, and 37 offices worldwide, an ongoing collaboration to ensure guest satisfaction that continually raises the bar when it comes to
	 Cosmos Vacations offer flexibility: Joining late and leaving early options with various reductions A professional team takes care of you in London Extra nights Many meals are included in the vacation price Cosmos takes care of your hotels, which are superior tour class & tourist- class, however we also feature some first-class hotels. In 2010 Cosmos Tours feature the Oberammergau Passion Play as an inclusion
	Fascinating Sightseeing & Plenty of Leisure Time Discover the best ways to see Europe – train rides, cable car ascents, Aegean cruise ships, scenic day ferries, walking tours with local guides, private first class motor-coaches.
	 Stretch Your Vacation Dollar: Value-packed vacations at down to earth prices They make it easy for singles to travel - they accept reservations on a "guaranteed share" basis Discount for young travelers: 10% off land arrangements Pay less for your second and subsequent vacations: \$50 off subsequent Cosmos vacations
	Cosmos offers three Vacation Styles: - Regional Discoveries – Focus on a one specific region, in depth packages. - Panoramas – Multi-country packages, absolutely the best way to get an overview of Europe - Escapes – Vacations of 9 days or less
	can truly immerse yourself in the local culture. So you could be on your way to the vacation experience of a lifetime.



 Onboard lectures, activities & nightly piano music (Europe) Sightseeing with local guides Headacta for all guided above exercises in Europe & Egypt
 Headsets for all guided shore excursions in Europe & Egypt Inside visits, including admission charges where applicable
- Dedicated website <u>www.avalonwaterways.ca</u>
 Travel in Style on the Youngest Fleet: With Avalon Waterways you will sail with the newest ships on the European Waterways, an impressive fleet that averages just two years in age, in fact each year Avalon adds more award winning vessels – 2009 saw the launching of Avalon Affinity and Avalon Creativity Also enjoy modern, luxury cruising onboard the Victoria Anna and Victoria Jenna in China, the Royal Lotus in Egypt, and the La Pinta and Santa Cruz in the Galápagos Islands These ships all feature elegant interiors with abundant glass, polished metal, and vibrant colors, modern designs with contemporary appointments, state-of the-art technology, personalized service, fine dining, remarkable amenities, and spacious outside staterooms. Avalon has a 96% traveler satisfaction rating.
Avalon Ships & Launch Dates: - Offering the most modern cruising on Europe's legendary rivers are the Avalon Affinity (2009), Avalon Creativity (2009), Avalon Scenery (2008), Avalon Imagery (2007), Avalon Tranquility (2007), Avalon Tapestry (2006), Avalon Poetry (2005), and Avalon Artistry (2004). - "Ship Pax Award for Outstanding Cruise Concept" (2007)Recognized for the innovative Silent Drive System (SDS) ship design, the Avalon Tranquility, Avalon Imagery and Avalon Tapestry were the 2007 recipients of the prestigious ShipPax Award for Outstanding Cruise Concept. This ground breaking design separates the vessel's passenger and propulsion sections, reducing noise and vibrations and delivering a smoother cruise experience.
 Classic Style, Modern Luxury: As experts in travel, Avalon continues to raise the bar when it comes to small-ship cruising. Their fleet of contemporary designed vessels provides the luxury and amenities you desire most in a warmly welcoming and comfortable environment. Whether you're seeking quiet spaces for relaxing, lively common areas for meeting new friends, or a combination of both, Avalon Waterways' well-appointed ships will meet your needs. Ship features & amenities include:
 Elegant polished metal & glass throughout - Revolutionary engineering - Non smoking interiors – Internet access – Fine dining -



	 Wine included with dinner – Spacious Sky Decks for sunning - Spacious Sky Decks for sunning – Panoramic picture windows for landscape viewing – The largest staterooms on the European waterways today (172 sq.ft.) – the majority of staterooms have floor-to ceiling-sliding glass doors with French balconies – Hair Salon – Fitness Center – 6-person whirlpool (select vessels) – Lounge & Bar – Complimentary coffee & tea available throughout the day – Elevator (select vessels) Features exclusive to Avalon's European vessel staterooms: Floor-to-ceiling sliding glass doors in most staterooms - French balconies in most staterooms Flat screen satellite TV & radio - Private bathroom with shower Comfortable, hotel-style beds - European-style duvets Egyptian super-combed cotton linens - Large closets- Mini bar, hairdryer & safe - Individual climate control Outstanding Service & Exceptional Cuisine - The very best land programs – the best local guides - Theme Cruises – 2009 Festive France theme on Flavors of Burgundy & Provence, Music Theme Cruise on the Magnificent Europe, Wine Theme Cruises on Flavors of Burgundy & Provence, The Legendary Danube, The Blue Danube Discovery Cruising on the great rivers of Europe – Rhine, Main, Moselle, Rhone & Danube Rivers Egypt Nile River Cruises, China's Yangtze River Cruises, Galapagos Islands Cruises
	I have personally enjoyed a cruise with Avalon – see my travel blog at: <u>http://christalkstravel.blogspot.com/search?updated-min=2008-01-01T0</u> <u>0%3A00%3A00-06%3A00&updated-max=2009-01-01T00%3A00%3A00</u> <u>0-06%3A00&max-results=27</u>
Monograms "Get more vacation from your vacation"	 Monograms is a new way to travel independently: Monograms is independent travel without the hassles that typically come with "ordinary" independent travel. With Monograms you never have to worry about whether or not your hotel will have your reservation, how to get from here to there, or where to go once you get to your destination. Monograms is ideal for vacationers who want the freedom of independent travel but who prefer the convenience of a package that takes care of all the details, such as reserving hotels, air arrangements, airport transfers, and even guidance at your destination. Unlike ordinary independent travel where all the details are left for you to plan, Monograms packages remove the logistical guesswork. They pre-select hotels for you in the heart of your destination and provide you with the services of a local host or service on call.



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	- In Europe, South America, Asia, and the South Pacific their local hosts provide area expertise and insider information, and are available to help answer questions, arrange excursions and city sightseeing, give directions, and direct you to the activities that interest you most for a truly personal, one-of-a-kind vacation.
	- In North America, Monograms provide you with Service On Call, a toll-free helpline to assist with anything you need throughout your journey—24 hours a day, 7 days a week.
	- Hotels: Monograms' carefully selected hotels provide the comfort and convenient locations you desire.
	- Choose from two different levels of hotel packages: Standard or Premium. Then, once you've selected your package, it will be the same
	throughout your entire trip, regardless of which city you are in. - Packages : Just as the world is wonderfully diverse, so too are
	Monograms vacations and the memories they create. They offer single- and multi-city packages around the world, including Europe, North America, South America, Australia & New Zealand, and Asia. Their
	single-city stays are perfect for a short getaway and our multi-city stays are prepackaged in the combinations that are right for you
	- Flexibility: Monograms vacations deliver ultimate flexibility, so you can travel when you want and at your own pace. Vacation packages vary in length and offer frequent departures, in some cases daily departures, to fit your busy schedule.
	- You'll also benefit from plenty of free time so you can experience each destination in your own way.
	- Dedicated website: <u>www.monogramstravel.ca</u> Monograms Europe Vacations include
	• Services of a Local Host • City map (s) - • Centrally located hotels • Transportation between cities • Guided sightseeing • Ability to add flights to your package • Breakfast daily • Airport transfers when you
	 Purchase air from them Add more vacation to your vacation: to give you even more options, several Monograms vacations are combinable with another Monograms vacation or a river cruise with the sister company, Avalon Waterways. North America Monograms: Single City & Multi-City Getaways offering
	single- and multi-city packages in North America's most popular cities. The following is included: • Service On Call helpline • Transportation between cities (Multi-City Getaways) • Conveniently located hotels •
	Ability to add flights to your package • Sightseeing • Airport transfers when you purchase air • City guide(s) & Map(s)
	- Rail Getaways : enjoy time exploring popular cities in Western Canada then sit back, relax, and take in the beautiful scenery. The following are included: • Service On Call helpline • Rail transportation between cities • Conveniently located hotels • Ability to add flights to your package •



New Tours in 2010 Globus 2010 Brochures	 2010 Globus River Cruises Save up to \$1000 per couple on select departures 2010 Globus River Cruises Solo Traveller Offer - No Single Supplement on Select Departures Save up to \$1160 per couple on select Globus Greece Cruise & Tour Vacations Save up to \$600 per couple on a 2010 Globus European River Cruise Vacation Save \$600 per couple when you book select 2010 Globus vacations with Air Canada Flights Southern US Delights Enchanting Hawaii San Antonio Escape Cape Cod and the Islands
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	Here's a summary of the current deals as at March 2010:
	http://www.globusjourneys.ca/Tour-Globus/Special-Offers
Deals	special section of their website at:
Globus Special	 Hawaii Island Getaways: relax and experience Hawaii's most popular sights and hidden treasures at your own pace. The following is included: Service On Call helpline • Rental car (if needed) • Conveniently located hotels • Hawaii map • Sightseeing • Ability to add flights to your package On The Road Driving Vacations: experience the spectacular landscapes that connect North America's most popular destinations. The following is included: • Service On Call helpline • Detailed driving directions, mileage, and maps • Conveniently located hotels • Information about attractions • Rental Car (if needed) • Ability to add flights to your package Your Monograms South America, China & Asia, and South Pacific vacation include • Services of a Local Host, • City maps, • Centrally located hotels, • Transportation between cities, • Guided sightseeing, • Ability to add flights to your package, • Breakfast daily, • Airport transfers when you purchase flights



 European Winter Vacations (including 18 Christmas Vacations & 11 River Cruises, all fully escorted)
• Europe & Britain (including Monograms Independent Vacations, Escorted Vacations, Cruise & Tour Vacations & River Cruises, and vacations also to Egypt, Morocco & Turkey)
 Italy and Spain (including 3 new Italy tours bringing total Italy Vacations to 15)
• River Cruises (including new Europe river cruises, & new China Yangtze river cruise, this brochure also includes cruises to the Galapagos)
• Religious Travel – Faith Based Vacations (including Oberammergau vacations, Travel the Lands of the Bible vacations, Travel the Lands of Protestant/Evangelical Christianity vacations, and Travel the Lands of Catholicism vacations)
• South America, Asia, & South Pacific (including Escorted Vacations, Cruise & Tour, and Monograms Independent Vacations, and also vacations to Hawaii, Central America, Mexico & Costa Rica)
• Africa (including 3 fully escorted tours to Tanzania, South Africa with Victoria Falls on Zambia side and 2 Egypt Nile river cruises onboard the MS Royal Lotus ship operated by Movenpick Line)
 United States & Canada (including fully escorted vacations & Monograms Independent Vacations, also offered are Alaska Cruise extensions operated by Holland America Cruise Line, Train journeys onboard Rocky Mountaineer daytime train, and Via across Canada journey and tours of Hawaii. In addition, unique travelling styles which include: Platinum Collection vacations including Superior hotels in central locations and a Choose Your Experience sightseeing option giving clients a choice of sightseeing options, Special Event vacations – which offer a close up view & behind the scenes glimpses of North America's famous celebrations e.g. Pasadena's Tournament of Roses Parade, Calgary Stampede, Albuquerque Balloon Fiesta. Also featured are Family Vacations with tours geared to families,
 Family Travel (including fully escorted Europe vacations, & United



Newfoundland and Labrador with Globus	 States vacations) These vacations are geared to families with children under the age of 21, vacations are designed to offer families travelling flexibility, choice and a pace that best fits the demands of a family travelling together. Children under the age of 18 to 8 receive a 10 % discount on the land cost, also special discounts are offered on Optional Excursions 50% discount for children 8 – 11 years of age and 25 % discount on children 12 – 17 years of age. Newfoundland & Labrador Tour: 12 days from Corner Brook to St. John's 8 Tours in June, July and August at \$2529 to \$2549 per person, not including airfare.
	Vacation Overview With cruises, ferry crossings, and visits to several United Nations World Heritage Sites, this breathtaking escorted tour features the best of Newfoundland and Labrador. Begin your tour in Corner Brook, Newfoundland, for a city tour. Then head to Gros Morne National Park, known for its breathtaking beauty and unique geological features. Visit Port-au-Choix National Historic Site and explore the archaeological finds from ancient cultures before boarding a ferry to cross the Strait of Belle Isle, known as Iceberg Alley. Ferry to St. Barbe and tour the L'Anse Aux Meadows National Historic Site, the only known Viking settlement in North America and a United Nations World Heritage Site. On the way to Gander, Twillingate, and Port Blandford, view lighthouses and quaint fishing villages along the scenic coastline. You might spot whales as well. In St. John's, tour the oldest settlement in North America with a local expert. Then board your boat for a narrated cruise to view humpback whales and puffins in Witless Bay. Your trip concludes with a special farewell dinner—the perfect way to end this wonderful vacation to Newfoundland and Labrador on Canada's Atlantic coast.
	Vacation Highlights Corner Brook: Sightseeing tour Gros Morne National Park-Plum Point: Visit Lobster Cove Head Lighthouse, Port-au-Choix National Historic Site, and Broom Point Strait of Belle Isle: Ferry across Iceberg Alley Red Bay: Sightseeing tour L'Anse aux Meadows: Visit Viking settlement site St. Anthony: Visit Grenfell Mission Arches Provincial Park Grand Falls-Windsor: Visit Salmonid Interpretation Center Twillingate: Visit Prime Berth Fishing Museum, Long Point Lighthouse and Terra Nova National Park



Cape Bonavista: Visit Bonavista, Ryan Premises Heart's Content: Cable Station Historic Site St. John's: Sightseeing tour; Signal Hill National Historic Site; Witless Bay cruise; farewell dinner and traditional screech-in ceremony
Itinerary Day 1 Arrive in Corner Brook (Mon.) Welcome to Corner Brook! At 6 pm, meet your traveling companions for a welcome drink. Your Tour Director will prepare you for your upcoming adventure.
Day 2 Corner Brook (Tue.) Enjoy an orientation tour of Corner Brook, followed by a break in Curling to see the Captain James Cook National Historic Site. Travel along Humber Arm to the Bay of Islands with excellent photo opportunities on the way to Frenchman's Cove. Enjoy a stop at Lark Harbour. Savor great views of Guernsey, Tweed, and the Pearl Islands on the return to Corner Brook.
Day 3 Corner Brook–Gros Morne National Park–Plum Point (Wed.) Skirt the shores of Deer Lake and head north to GROS MORNE NATIONAL PARK, a United Nations World Heritage Site known for its exceptional beauty and unique geological features. Depart for Plum Point, visiting a few important sites along the way. At the Lobster Cove Head, visit the LIGHTHOUSE and the fascinating marine displays. Next is BROOM POINT, highlighting the history of Canada's earliest fishing settlements. Lastly, view glacier-carved gorges on the way to PORT-AU-CHOIX NATIONAL HISTORIC SITE. The exhibits focus on archaeological finds of Maritime Archaic and Dorset peoples, who settled here before 2000 BC.
Day 4 Plum Point–Red Bay–L'Anse-au-Clair (Thu.) Board your FERRY to cross the Strait of Belle Isle, known as Iceberg Alley, to Blanc Sablon. Then, to RED BAY NATIONAL HISTORIC SITE, the first major industrial complex of the New World and home to a 16th-century Basque whaling station. Return to L'Anse-au-Clair. Note: Icebergs are most often seen in June and July.
Day 5 L'Anse-au-Clair–L'Anse aux Meadows–St. Anthony (Fri.) FERRY back to St. Barbe. Enter L'ANSE AUX MEADOWS NATIONAL HISTORIC SITE, the only known Viking settlement in North America and a United Nations World Heritage Site. Tour the reconstructed sod huts, learn how the Vikings lived, and see Norse artifacts dating back to 1000 AD.



Day 6 St. Anthony–Rocky Harbour (Sat.) This morning, your visit of St. Anthony includes the internationally renowned GRENFELL MISSION, where Sir Wilfred Grenfell brought modern medicine to remote Labrador communities in the 1890s. Tour his family home and visit the Interpretation Centre. Travel along the Viking Trail with a stop at ARCHES PROVINCIAL PARK to photograph the two large arches carved by the pounding sea.
Day 7 Rocky Harbour–Gander (Sun.) Depart for Grand Falls-Windsor with a stop at the SALMONID INTERPRETATION CENTRE, one of North America's largest Atlantic salmon enhancement projects. This provides a great opportunity to see salmon migrating upstream (through underwater windows). On to Gander, once the international crossroads of the world.
Day 8 Gander–Twillingate–Terra Nova National Park–Port Blandford (Mon.) Along the "Road to the Isles," the local predilection for colorful language comes across with place names such as "Too Good Arm," "Virgin Arm," and "Crow Head." On the way to Twillingate, visit the PRIME BERTH FISHING MUSEUM and the LONG POINT LIGHTHOUSE. With luck, you might spot whales along the coast en route to TERRA NOVA NATIONAL PARK.
Day 9 Port Blandford. Excursion to Cape Bonavista (Tue.) This morning, travel to historic Trinity, one of the oldest communities in North America, with its scenic harbor. Continue to Cape Bonavista to admire the beautiful cliffs and coastlines. In Bonavista, learn how modern North America began when John Cabot made landfall here in 1497. A visit to RYAN PREMISES NATIONAL HISTORIC SITE commemorates the prosperous fishing industry from the early 1500s to present day.
Day 10 Port Blandford–Heart's Content–St. John's (Wed.) Rejoin the Trans-Canada Highway to the Avalon Peninsula. Drive through Heart's Delight and Heart's Desire to the small town of Heart's Content to visit the HEART'S CONTENT CABLE STATION PROVINCIAL HISTORIC SITE, where the first transatlantic cable was landed in 1866. Take a short break in Harbour Grace, an old pirate town and where Amelia Earhart took off in 1932 on her solo flight across the Atlantic Ocean. Continue around Conception Bay to St. John's, visiting Cape Spear en route, the most easterly point in North America.
Day 11 St. John's. Witless Bay Cruise



(Thu.) Tour the oldest settlement in North America with a Local Guide. Visit SIGNAL HILL NATIONAL HISTORIC SITE, Cabot Tower, the old town, and the Basilica of St. John the Baptist. Then, a short drive south to Witless Bay Ecological Reserve, where whales and puffins abound. After lunch, board your boat for a narrated CRUISE around the three islands. Newfoundland has the largest concentration of spectacular humpback whales in the world and is also known as the "Seabird Capital of North America" with the largest Atlantic Puffin sanctuary in North America. This evening, your Tour Director hosts a special farewell dinner including a traditional screech-in ceremony. Wonderful conversation and cuisine make the perfect finale for your vacation.
Day 12 St. John's (Fri.) The vacation ends this morning with guests departing on individual schedules. Airport transfers are provided.