

NEWFOUNDLAND TRAILS, WHALES and ICEBERGS

An active person's hiking adventure in Gros Morne National Park, Newfoundland, Canada, led by Sherry Monahan. Tour follows the spectacular west coast up to the northern most tip of Newfoundland, and includes icebergs and whales in St Anthony as well as exploration of the early Viking villages. Early booking is suggested as group size is limited to 7 people.

Tuesday, July 18 to Sunday, July 23, 2017

Tour cost based on double occupancy: \$1,695.00 plus airfare, airport taxes and HST

Single room supplement: \$450.00 + HST

PROPOSED ITINERARY:

Day 1 – Tuesday, July 18th:

(D)

Depart in the morning for Deer Lake, Newfoundland aboard a non-stop flight. Arrangements made at Deer Lake airport for mini-van rental. It's a one hour drive to Gros Morne National Park and our hotel Neddies Harbour Inn located in Norris Point. Our first stop will be at the Visitors Centre, which depicts the heritage of Gros Morne National Park and the diverse geography which we will be exploring over the next few days. The Centre also has an outstanding collection of books and hand crafts. Dinner will be at a local restaurant where we can taste fresh local seafood.



Photos taken by Sherry Monahan

Day 2 – Wednesday, July 19th:

(B,L,D)

Following a substantial hot buffet breakfast, we depart for the south side of the park. Our first day of hiking begins with the Green Garden Trail which is a 10 km loop of moderate difficulty. The coastal shoreline contains volcanic rock that tells the earth's story, millions of years ago. This is the perfect place to regain one's inner

perspective. Hiking boots are essential and walking sticks are recommended as there are a number of wooden steps. We will enjoy lunch at our leisure along the trail. In the afternoon, we will take in the Tablelands, a 4 km easy-moderate trail, notorious for its orange-brown rock; this trail was once part of the ocean floor, millions of years ago. Before returning to our hotel we will visit the Discovery Centre, an interactive exhibit depicting the geological history of Gros Morne National Park. Dinner this evening will be in a small gourmet restaurant.



Day 3 – Thursday, July 20th:

(B,L,D)

After breakfast we will drive to the base of Gros Morne Mountain. This is a full day hike of 16km. The first 6km leads up to the lookout and the second part traverses around the mountain top and rewards us with the most spectacular scenery of the tour. Wildlife and birds will complement your photos. Hill training is recommended as preparation for this hike. End the day with a relaxing dinner at our hotel in the Black Spruce Restaurant where award winning chef Jason Lynch prepares locally grown organic cuisine.



Day 4 – Friday, July 21th:

(B,D)

We will begin our journey along the west coast of Gros Morne National Park on route to the northern tip of Newfoundland. Our travels will take us along the scenic west coast, stopping Cow's Head for lunch, as well as photo opportunities along the way, arriving in St. Anthony late afternoon. We will be staying at the Grenfell Heritage Hotel. St Anthony is home to the Grenfell historic properties which include a museum and Tea House walking trail. After personal time to rest, walk or explore, we will have dinner in the hotel dining room.

Day 5 – Saturday, July 22nd:

(B,D)

Today's adventures include a boat tour of Iceberg Alley and the chance to see more varieties of whales than anywhere else in Newfoundland. Be sure to pack warm clothing and safe footwear for this tour. A dose of motion sickness medication is also suggested as a precautionary measure. Today, we will also travel from St. Anthony to L'Anse aux Meadows, a UNESCO world heritage site. We will have an opportunity to observe the early life experiences of the Vikings. Dinner this evening will be at the Light keepers Restaurant where we will savor our final evening of the Newfoundland experience.

Day 6 – Sunday, July 23rd

We will have an early breakfast and then depart from the hotel for Deer Lake airport. The return drive recaps the beauties of visiting two UNESCO world heritage sites. Our flight arrives in Toronto late afternoon.

Tour cost based on double occupancy: \$1,695.00 per person, plus airfare, airport taxes and HST
Single Room Supplement: \$450.00 + HST

Included in the price are:

- All ground transportation;
- Accommodation based on double occupancy, featuring rooms with private facilities; the single room supplement is \$450;
- Breakfast buffet daily, two lunches on the trail, and five dinners;
- All Park entrance fees and the Discovery Centre;
- Entrance to the L'Anse aux Meadows Historic Site and Grenfell Interpretation Centre.;
- Hotel taxes and gratuities;
- Tour escort.

Not included:

- HST – 13%;
- Return flight Toronto to Deer Lake, Newfoundland approximate cost \$535.00;
- The standard combination of airport taxes, security fees, fuel surcharges, etc, approx. \$135;
- Beverages with dinners, and meals other than those outlined above;
- All expenses of a personal nature;
- **Travel insurance is available through Pauwels Travel. Please call for rates.**

The trails on this tour are classed as moderate to strenuous in terms of difficulty. A number of the trails have several flights of stairs. In addition to hiking boots and walking sticks suggested preparation includes regular practice on stairs with gradual increase in the number of flights of stairs to help increase fitness and reduce muscle and joint strain.

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TERMS AND CONDITIONS

RESERVATIONS AND DEPOSITS:

Reservations should be made as early as possible to ensure the departure of your choice. A deposit of \$450.00 is required at the time of registration. **Your reservation is confirmed upon receipt of your deposit and application form. No reservations will be accepted without a signed application form.**

REFUND OF UNUSED ARRANGEMENTS:

Because the rates of Pauwels Travel Bureau Ltd. are based on group participation, no refund can be made for any tour accommodation or tour service or tour feature not taken. If cancellation occurs while the tour is in progress, no refund can be made for the tour portion not taken. We strongly suggest that to allow for any unexpected contingencies, you purchase the all-inclusive insurance.

CANCELLATION POLICY:

Refund of deposit is made in full if cancellation is received in writing by Pauwels Travel Bureau Ltd. more than 90 days prior of the departure date of the tour less a \$250.00 non refundable administrative fee per person. For cancellation received in writing 90 days prior or less the following cancellation charges apply:

90 days to 46 days before departure: 25% of tour cost
45 to 31 days before departure: 50% of tour cost
Within 30 days prior to departure 100% of tour cost

RESPONSIBILITY:

Pauwels Travel Bureau Ltd. reserves the right without notice, to withdraw any part or all of the tour. Factors such as airline schedule changes, hotel overbookings, inclement weather, etc. may necessitate changes in the itinerary as outlined. There may also be other circumstances in which changes become necessary or advisable. Any savings realized by these changes will be passed on to the passengers, any resultant expenses shall be borne by the passenger. Pauwels Travel Bureau Ltd. acts only as an agent in securing hotel, transportation and other travel services and in no event shall be held responsible for the failure by any person or company to render any transportation, lodging or other travel service to be provided on the tour. All hotel, transportation and other travel services are provided to tour members subject to all the terms and conditions under which they are offered to the public generally. The acceptance of the initial service to be provided under the tour shall be considered an acceptance by the tour member of those conditions. Pauwels Travel Bureau Ltd. also reserves the right to decline, to accept or retain any person as a member of the tour, in which case equitable refund will be made at the discretion of the tour operators.

AIR TRANSPORTATION:

Transatlantic economy flight by scheduled IATA carrier(s), based on an economy class fare. All fares are subject to specific rules and regulations, to changes and to government approval.

APPLICATION FORM

Please book ___ seat(s) on the "Newfoundland Trails, Whales and Icebergs" tour July 18-23, 2017.

Enclosed is my/our deposit of _____ (\$450 per person, *plus* insurance premium if taken.)
Deposit and insurance premium, if taken, are due with registration. You will be invoiced for the balance approximately 45 days prior to departure.

WE REQUIRE A COPY OF YOUR PASSPORT (INFORMATION PAGES ONLY) TO BE SENT WITH
YOUR APPLICATION FORM AT TIME OF REGISTRATION.

Name as on Passport. Indicate the appropriate title before each name (Mr., Mrs., Miss, Dr., Ms.)

NAME(S): _____

If applicable, give your commonly used first name as you would like it to appear on your name tag: (e.g. "Liz" for "Mary Elizabeth") _____

ADDRESS: _____

PHONE: (Residence) _____ (Business) _____ (Fax/Email) _____

If traveling alone, please indicate your willingness to share accommodations: YES _____ NO _____ SINGLE ROOM REQUIRED: _____

(We will try to find a roommate for those willing to share, but cannot guarantee success in doing so. For single travelers we are not able to match, the single supplement will apply.)

SPECIAL REQUESTS: (Dietary, wheelchair assistance, frequent flyer number, twin beds, etc.): Please list here so we can do our best to assist you.

I/we agree to the "terms and conditions" attached to the program.

Insurance, I/we accept:

All-inclusive Package _____ Non-medical Package _____ **OR** Decline Insurance _____

Signature (s) _____

If purchasing travel insurance, we require your date of birth:

Name: _____ Date of Birth _____

Name: _____ Date of Birth _____

PAYMENT:

Cheque payable to Pauwels Travel Visa American Express Mastercard

Amount Paid: _____ Card Number: _____

Expiry: _____ Security code _____ Signature: _____

Release and Indemnity:

I know that hiking and fitness programs have potential hazardous activities associated with them. I should not participate prior to approval by my physician. I assume any and all other risks associated with these events included but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. I acknowledge and authorize Pauwels Travel Bureau Ltd., to use my photograph for any or all of the following purposes: newsletters, website, public relations, outside articles etc.

Signature

Date

Print Name

Please forward completed application form, and signed Release & Indemnity, with copy of passport and payment to:

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