

.. CIRCUMNAVIGATION OF NEWFOUNDLAND ..

DETAILED ITINERARY

Sep 15/26



This circumnavigation itinerary offers the perfect opportunity for viewing whales, icebergs, and breeding seabirds. At Gros Morne, the planet's mantle frames fjords that would be at home in Norway; on the Avalon Peninsula, a chunk of what was once Africa meets remnants of the Appalachian Mountains. We will visit Red Bay UNESCO World Heritage Site, learn about the Viking history in North America at L'Anse aux Meadows, and enjoy a taste of the Mi'kmaq culture in Conne River.

Starting and ending in historic St. John's, we experience Newfoundland's lively culture and dramatic scenery in daily expedition stops. A visit to the French island of Saint-Pierre completes the adventure. The welcome we receive in Newfoundland's outport communities is warm and genuine; the music and stories unforgettable. Experience the province's legendary music, food, and hospitality the way it was meant to be experienced—by sea.

FACTS & HIGHLIGHTS

- 12 days • Start and finish in St. John's • All meals on board included • Travel aboard the Ocean Nova • Revel in Newfoundland's world-famous culture and hospitality
- Experience life in remote outports and fishing villages
- Visit North America's only authenticated Norse site at L'Anse aux Meadows • Enjoy a warm Mi'kmaq welcome in Miawpukek First Nation • Get a taste of Europe on the French island of Saint-Pierre • Visit three UNESCO World Heritage Sites: Red Bay, L'Anse aux Meadows, and Gros Morne National Park • Savour local dishes of the 'taste of place' culinary program

DEPARTURE DATES & PRICES FROM (Per person)

Please call our office or visit our website for 2028 dates & rates.

Activity Level: 1

Comfort Level:

Seas can be rough. Wet and dry zodiac landings required.

ACCOMMODATIONS

All travel aboard the Ocean Nova.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

This is not an ElderTreks operated tour. As such, participants on this tour are not exclusive ElderTreks clients and it may not adhere to ElderTreks' maximum size restrictions of our tours.

DAY 1 ST. JOHN'S, NL

Welcome to St. John's—Newfoundland's historic, vibrant capital. Sailing out of the port of St. John's, Signal Hill keeps watch as we exit the world-famous Narrows. The charming houses of the Battery are always a hit with shutterbugs. Watch for whales and seabirds as we sail!

DAY 2 SAINT-PIERRE, FRANCE

Explore Saint-Pierre, a last bastion of France's colonial territories in North America. The colourful and charming shops and residences of the town of Saint-Pierre reveal its unique historical character. French food, wine, clothing, and culture are all on offer here. The sweets at the local cafes and bakeries are in high demand. Saint-Pierre offers a taste of European living, just a short sail from the coast of Newfoundland!

DAY 3 MIAWPUKEK (CONNE RIVER)

The First Nations community of Miawpukek became a permanent settlement sometime around 1822. Before then, it was one of many semi-permanent camps used by the Mi'kmaw people—who had traditionally travelled nomadically throughout the east coast of Canada.

Since its establishment as a reserve in 1987, Miawpukek has successfully bridged traditional knowledge and contemporary practice. We will receive a formal welcome from local leaders and have a chance to explore this special community



DAY 4 FRANCOIS, NEWFOUNDLAND

The wild and windswept coast of southern Newfoundland is home to a few remaining outpost communities. Experience the warm hospitality and adventurous spirit of Francois, Newfoundland—a quaint and picturesque fishing village, with colourful homes and buildings that offer visitors a glimpse into Newfoundland’s coastal lifestyle.

Explore the town, and hike to stunning lookout points and waterfalls. A day in Francois will stimulate your soul and remind you of the importance of good neighbours, stories, and music.

After a day of adventure, head to the community hall for an oversized kitchen party with treats, drinks, and dancing. Rediscover a bit of your own spirit, through the essence of Newfoundland’s culture in this charming and resilient community.

DAY 5 SOUTHERN COAST

There are many choices of unique bays and coves to explore via Zodiac or land excursions. Along the coast, the geology is outstanding, and the plant life is gorgeous. We’ll be on the watch for wildlife, too. We’ll make the most of every chance to explore this beautiful and remote coast.

DAYS 6-7 GROS MORNE NATIONAL PARK AND WOODY POINT

Gros Morne National Park’s Tablelands, a six-hundred-metre plateau, form one of the world’s best examples of exposed mantle. Normally found below the Earth’s crust, the mineral-rich rocks support very little life, making the Tablelands an eerie landscape.

Various walking and hiking options will be offered here. Views of Bonne Bay are spectacular. Gros Morne’s interpretation centre is excellent and the town of Woody Point is a delight to explore.

DAY 8 RED BAY - BASQUE WHALING HISTORY

The Red Bay Basque Whaling Station became a UNESCO World Heritage site in 2013. Basque whalers operated out of the Red Bay harbour in the 1500s: North America’s first export industry.

The interpretation centre at Red Bay is excellent. Here we find tools, personal items, and navigational instruments recovered from the wreck of the whaling ship San Juan. The ship was lost in a storm in 1565 and found centuries later submerged in the harbour. We’ll visit nearby Saddle Island to learn the history of the whaling industry.

DAY 9 L’ANSE AUX MEADOWS

L’Anse aux Meadows, a UNESCO World Heritage Site, is the only authenticated Norse settlement in North America. The archaeological remains found here in 1960 date to approximately 1000 CE. Amazingly, the location was first established by a close reading of the Viking sagas.

Today, a superb interpretation centre and several reconstructed Norse-style sod buildings make L’Anse aux Meadows a must-see for any visitor to Newfoundland and Labrador.

DAYS 10-11 NORTHEAST COAST

The northeast coast of Newfoundland is known for the dozens of picturesque villages that dot its rocky shores, and we’ll find harbour in one of these unique communities. We look forward to a characteristically warm Newfoundland welcome upon our arrival.

Photographers will have their work cut out for them, capturing all the special charm of classic island communities and stunning coastlines.

DAY 12 ST. JOHN'S, NL

On the final day of our expedition, we sail back through the Narrows and into St. John's harbour.

We will say our farewells and the expedition team will be on hand to assist you with luggage and transportation arrangements.





THE OCEAN NOVA DETAILS:



Maximum: 78 passengers

Thanks to the Ocean Nova's intimate group size and our seamless operations, hopping into one of our eight Zodiacs is a breeze—rain, shine, or snow. With the ship's shallow draft and ability to anchor close to shore, you'll spend less time ferrying and more time exploring. Need to head back to the ship mid-excursion? No problem. Simply return to the landing site, and we'll whisk you back in no time. More adventure, less waiting—that's the Ocean Nova way!

CABIN CATEGORIES:

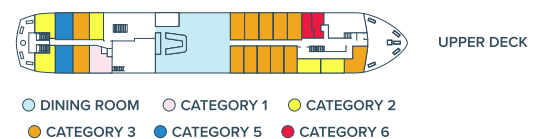
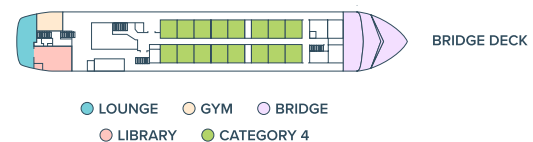
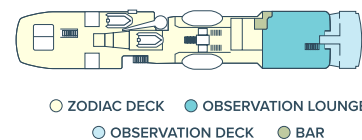
- CABIN CATEGORY 1
Triple / Upper Deck
- CABIN CATEGORY 2
Bunk Bed Twin / Upper Deck
- CABIN CATEGORY 3
Upper Deck Twin / Upper Deck
- CABIN CATEGORY 4
Bridge Deck Twin / Bridge Deck
- CABIN CATEGORY 5
Superior Twin / Upper Deck
- CABIN CATEGORY 6
Single / Upper Deck



Panorama Lounge aboard the Ocean Nova



Dining aboard the Ocean Nova.



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

The Ocean Nova is a 78 passenger vessel.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

From Day 1 to disembarkation, all meals, coffee/tea/water, wifi, lectures, expeditions, entertainment and services of naturalist guides are included. A complimentary expedition jacket is also included.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International and charter flights, speciality drinks (including alcoholic and non-alcoholic drinks) and tips. Personal expenses like telephone calls and laundry are not included and put onto your shipboard account which is payable in USD the night prior to disembarkation. Gratuities are not included. Automatic gratuity of \$15 USD per guest/per day will be added to shipboard account. This goes into a lumpsum and distributes to the entire crew equally.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit museums and local villages. We also have talks and discussions on many aspects of the history and culture Newfoundland, but this is only one aspect of what we do. We believe that it is equally educational to meet new people on a non-commercial basis. Sometimes the most “educational” moments are spent having a cold drink with the locals.

5. HOW DO WE TRAVEL DURING THE TOUR?

We cruise on our vessel and often use Zodiacs for our adventure excursions.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

The ship’s design is compact, cozy and charming. It is designed for efficiency, functionality and connection with nature. The ship was custom built for ice-choked waters.

7. WHAT ABOUT THE WEATHER?

We travel to Newfoundland during their summer season. In general, Newfoundland can experience temperatures between 50-70 F (10-20 C).

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$3000 USD is due as soon as you decide to go and will reserve your place on the tour. The balance of the land payment is due 150 days before departure. Cancellation charges are applicable and these are outlined in the “Terms & Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is required for this adventure with a minimum of \$500,000 USD coverage for evacuation insurance, including air ambulance. We strongly recommend cancellation and interruption insurance as well! ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

10. WHAT MEALS ARE INCLUDED?

All meals are included, starting with dinner on day 1 and finishing with breakfast on departure day.

11. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries, not group flights. Stop over enroute, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the adventure, please call our office for more details. A Trip Specialist will be happy to answer your questions. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

