

Travel Guide



Newfoundland



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Introduction

Welcome to the captivating province of Newfoundland, where stunning landscapes and a rich cultural tapestry await. While Paris may have its charm, Newfoundland boasts natural beauty and a heritage that rivals any European gem. From the rugged shores of Gros Morne National Park to the vibrant streets of St. John's, this island province carries a unique narrative shaped by its indigenous roots and maritime history.



St. John's, with its picturesque harbor lined with colorful houses, is a treasure trove of history and culture. Explore Signal Hill, visit The Rooms museum, and immerse yourself in the lively atmosphere of George Street, filled with traditional music and friendly locals. These are just glimpses into the cultural wonders that await you in St. John's.

Gros Morne is often referred to as the "Wilderness Canvas," a UNESCO World Heritage Site that showcases nature's masterpieces such as fjords, cliffs, and unique geological formations. The Gros Morne National Park and Tablelands exemplify the natural legacy of this province.

For those seeking hidden gems off the beaten path, Twillingate beckons you to explore its charming coastal villages and witness the rugged beauty of icebergs drifting along "Iceberg Alley." Visit the Long Point Lighthouse or delve into maritime history at Prime Berth Fishing Museum to get a taste of Twillingate's rich heritage.

In Newfoundland, life seamlessly intertwines with nature. It is a place where literary greats like E.J. Pratt were born while modern musicians like Alan Doyle thrive. Talented chefs like Todd Perrin create culinary delights using freshly caught seafood sourced from local waters. Every corner of Newfoundland reflects an appreciation for artful living.

When it comes to food in Newfoundland, prepare yourself for a feast for all senses. From savory Jigg's dinner to sweet toutons (a local delicacy), each bite takes you on a journey through local culinary delights rooted in fresh seafood and locally sourced produce. While traditional fare holds a special place, the province also embraces inventive gastronomy found in quaint seafood shacks, traditional scoffs, and award-winning restaurants.

Beyond its cultural heritage, Newfoundland's landscapes are breathtaking. From dramatic coastal cliffs to serene inland lakes, this province offers a diverse range of outdoor adventures. Hike the East Coast Trail one day, kayak through the fjords of Western Brook Pond the next, or explore ancient fossils at Mistaken Point. Newfoundland's natural wonders are as varied as the stories etched in its cultural fabric.

So come and immerse yourself in the wonders of Newfoundland - an island that captivates with its natural beauty and rich heritage. Discover a tapestry of nature and culture that will leave you in awe of this remarkable province.

Newfoundland's 12 Must Visit Destinations

1. Gros Morne National Park:



Nestled in the western part of Newfoundland, Gros Morne National Park holds a rich geological history that spans an impressive 485 million years. This UNESCO World Heritage Site serves as a testament to the Earth's evolution, showcasing magnificent cliffs, glacial fjords, and the unique Tablelands. Shaped by ancient tectonic plate movements, the park also preserves traces of human history, with archaeological sites revealing the presence of Indigenous peoples over 4,000 years ago. Today, Gros Morne stands as a paradise for outdoor enthusiasts, providing an array of hiking trails, boat tours, and an awe-inspiring landscape that immerses visitors in both natural wonders and cultural heritage.

One of the main highlights is embarking on the Gros Morne Mountain Trail to witness breathtaking panoramic views. Additionally, taking a boat tour of Western Brook Pond offers a unique perspective on the park's beauty.

Exploring the Tablelands allows visitors to delve into its distinctive geological features.

To make the most of your visit, it is recommended to plan your trip between late spring and early fall when pleasant weather prevails and outdoor activities are easily accessible.

Visitor centers within Gros Morne National Park typically operate from May to October between 9 am and 5 pm. For further information or inquiries, you can contact them at +1 709-458-2417 or visit [Parks Canada - Gros Morne](<https://www.pc.gc.ca/en/pn-np/nl/grosmorne>).

For those seeking hidden gems within the park with fewer crowds but equally fascinating rock formations, Green Point Geological Site is worth exploring.

To satisfy your taste buds with local delights while visiting Norris Point in Gros Morne National Park, be sure to try out The Old Loft Restaurant for an authentic culinary experience.

2. St. John's:



St. John's, founded in 1497 by the intrepid explorer John Cabot, holds the distinction of being North America's oldest city as well as the capital of Newfoundland and Labrador. Its storied history is intertwined with maritime exploits, from its early days as a bustling fishing hub to its strategic significance in military endeavors. The resilient spirit of the city is exemplified by the colorful houses perched on the hillsides of The Battery,

which have withstood fires and wars throughout the years. A momentous event occurred at Signal Hill, a historic site within St. John's boundaries, when it witnessed the transmission of the first transatlantic wireless signal in 1901. Today, St. John's seamlessly combines its rich past with a vibrant present, where lively streets, iconic landmarks such as Cabot Tower, and a thriving arts scene narrate an ongoing tale of reinvention.

If you're visiting St. John's, make sure to explore The Battery's charmingly colorful houses and take a hike up Signal Hill for breathtaking views steeped in history. And don't miss out on experiencing the lively atmosphere of George Street's pubs.

For optimal weather and to partake in summer festivals, plan your visit during this season when temperatures are milder.

The Signal Hill National Historic Site operates from 9 am to 6 pm should you wish to pay it a visit. You can reach them at +1 709-772-5367 or find more information on their official website: [Signal Hill National Historic Site](<https://www.pc.gc.ca/en/lhn-nhs/nl/signalhill>)

Discover a hidden gem in Quidi Vidi Village—a picturesque fishing village boasting craft breweries that add to its allure.

Indulge your taste buds with delectable local seafood at Mallard Cottage located in Quidi Vidi—a true culinary delight that shouldn't be missed!

3. L'Anse aux Meadows:



Step back in time and immerse yourself in the rich history of L'Anse aux Meadows. This extraordinary archaeological site, believed to be the only Viking settlement in North America, provides a captivating window into the Norse past. Dating back to around 1000 AD and attributed to Leif Erikson, this remarkable discovery reshaped our understanding of Newfoundland's place as the first European landing site on this continent.

Prepare to be amazed as you explore the reconstructed Norse buildings that stand as a testament to their skilled craftsmanship. These timber-framed structures offer an authentic glimpse into the Vikings' transient presence in the New World. Marvel at their ingenuity and craftsmanship, which have been painstakingly brought back to life.

For those seeking a deeper connection with history, visit the visitor center where you can admire artifacts that further illuminate this fascinating chapter of exploration. Delve into the stories behind each piece and let your imagination transport you back to a time when Vikings roamed these lands.

To fully appreciate the beauty of L'Anse aux Meadows, plan your visit during summer when temperatures are milder. This will allow you to

explore both the historical site and its breathtaking coastal surroundings without any discomfort.

When you arrive at L'Anse aux Meadows National Historic Site, be sure to check their opening hours: 9:30 am to 5 pm. This will give you ample time to soak up all that this remarkable place has to offer.

For any inquiries or additional information, feel free to contact them at +1 709-623-2608 or visit their website [L'Anse aux Meadows NHS] (<https://www.pc.gc.ca/en/lhn-nhs/nl/meadows>). The friendly staff will be more than happy to assist you with any questions or concerns you may have.

While exploring this unique destination, don't miss out on a hidden gem - Dark Tickle Company. This local treasure offers an array of one-of-a-kind berry products that are sure to delight your taste buds. Take a moment to indulge in the flavors of the region and savor the true essence of Newfoundland.

For an authentic culinary experience, make a stop at the Norseman Restaurant. Here, you can sample local delicacies that showcase the rich flavors and traditions of this land. Let your taste buds embark on a journey through time as you savor each bite and appreciate the culinary heritage of L'Anse aux Meadows.

So plan your visit today and let L'Anse aux Meadows transport you back in time to an era of exploration, craftsmanship, and cultural exchange. Discover the secrets of the Vikings and create memories that will last a lifetime.

4. Cape Spear:



Cape Spear, the guardian of the easternmost point of North America, holds a significant place in history. Dating back to 1836, the iconic Cape Spear Lighthouse stands tall, serving as a sentinel overseeing the vast Atlantic Ocean. Its primary purpose was to guide ships safely through treacherous waters, witnessing centuries of maritime activity. During World War II, Cape Spear played a crucial role in safeguarding the coast. Today, visitors can stand on its rugged cliffs and immerse themselves in its rich historical significance while being captivated by breathtaking views. It stands as a

timeless testament to Newfoundland's profound maritime heritage and enduring connection to the sea.

One of the key attractions at Cape Spear is undoubtedly the iconic Cape Spear Lighthouse itself. Visitors can marvel at its beauty and enjoy awe-inspiring views of the Atlantic Ocean.

Cape Spear is open for visitors year-round, but summer offers more pleasant weather conditions for exploration.

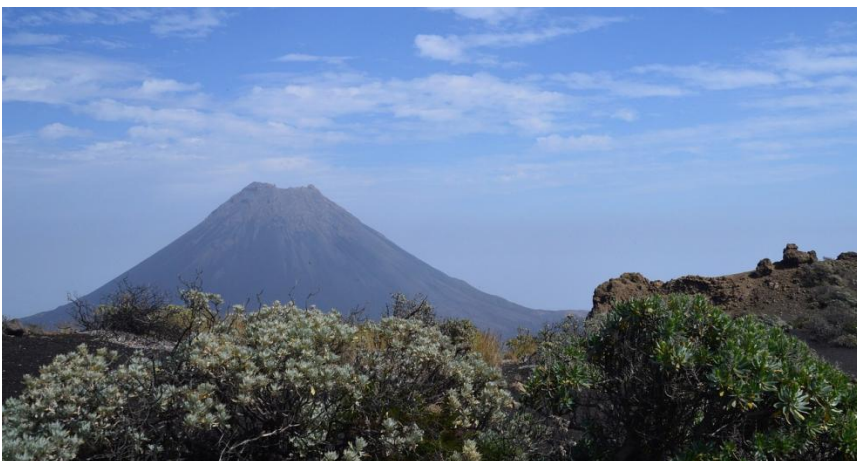
The operating hours for Cape Spear Lighthouse are from 10 am to 6 pm.

For further information or inquiries, you can contact Cape Spear NHS at +1 709-772-2193 or visit their website [here](<https://www.pc.gc.ca/en/lhn-nhs/nl/spear>).

A hidden gem at Cape Spear is exploring the picturesque Cape Spear Path that offers panoramic coastal views. It's an excellent opportunity for hikers and nature enthusiasts.

When it comes to culinary delights, indulging in a picnic with local treats from Rocket Bakery in St. John's is highly recommended. The combination of delicious food and stunning surroundings creates an unforgettable experience.

5. Fogo Island:



Fogo Island has a captivating history that dates back to the 18th century when Irish and English fishermen settled on its shores. These early inhabitants embraced maritime traditions, relying on fishing as their livelihood and shaping a unique cultural identity. However, economic challenges arose in the 20th century with the decline of the cod fishery. Nonetheless, a revival took place thanks to the Shorefast Foundation and the renowned Fogo Island Inn. Today, Fogo Island seamlessly blends its rich past with contemporary innovation by offering artist residencies and embracing sustainability for a promising future. It serves as a living narrative where echoes of centuries gone by resound against a backdrop of modern resilience.

One of the main highlights of Fogo Island is its combination of contemporary architecture, artist residencies, and breathtaking coastal scenery. Visitors can immerse themselves in this captivating blend while exploring all that the island has to offer.

For those planning a trip, late spring to early fall is recommended for milder temperatures and an enjoyable experience. While opening hours may vary depending on specific locations, it's worth noting that Fogo Island Inn is open year-round.

To get in touch with Fogo Island or make reservations at Fogo Island Inn, you can contact them at +1 709-658-3444 or visit their website [Fogo Island Inn](<https://fogoislandinn.ca/>).

A hidden gem on Fogo Island is the Brimstone Head Trail, which offers panoramic views that are truly awe-inspiring. Hiking this trail is an experience not to be missed for nature enthusiasts and adventure seekers alike.

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