

INDEX

See also Accommodations and Restaurant indexes, below.

GENERAL INDEX

AARP, 52

Access-Able Travel Source, 51

Access America, 229

Accessible Journeys, 51

Accommodations, 59–61. See

also Accommodations

Index; Camping

Baccalieu Trail, 123–124

Baie Verte, 171

best, 13–15

Bonavista, 140

Cape Shore, 121–122

Clarenville, 134–135

Conception Bay, 127–128

Corner Brook, 180–181

Deer Lake, 183

environmentally-friendly,
53, 54

Ferryland, 116

Forteau, 213

Frenchman's Cove, 148

Gander, 159, 162

between Goobies and
Marystown, 145–146

Grand Bank, 148–149

Grand Falls-Windsor,
169–170

Gros Morne National Park,
188–191

Happy Valley-Goose Bay,
220–221

Harbour Breton, 173

Irish Loop, 114

Labrador West, 224–225

L'Anse Amour, 214

L'Anse au Clair, 211–212

money-saving tip, 128

Nain, 227

Port au Choix, 196

Red Bay, 217, 219

St. Anthony, 200–201

St. Barbe, 199

St. John's, 84–90

Salmonier, 119

Terra Nova National Park,
153–154

Trepassey, 118

Trinity, 135–137

Twillingate, 165–167

A. C. Hunter Library
(St. John's), 83

Adventure Canada, 55

AeroSmith Inc., 163

AirAmbulanceCard.com, 51

Air Canada, 42, 56

Air Labrador, 42, 210

Airplane monuments (Happy
Valley-Goose Bay), 221

Air Saint Pierre, 44, 147

Air tours, Gander, 163

Air travel

Deer Lake, 182

environmentally-
friendly, 53

Gander, 159

Happy Valley-Goose Bay,
220

Labrador, 210

to Newfoundland and

Labrador, 42

within Newfoundland and
Labrador, 43–44

St. John's, 78

AITO (Association of Independ-
ent Tour Operators), 54

Ambassatours, 55

American Express traveler's
checks, 47

American Foundation for the
Blind (AFB), 50–51

Anglican Cathedral of St.

John the Baptist (St.
John's), 96

Antiques, St. John's, 108

Arches Provincial Park, 193

Area codes, 228

Art galleries, St. John's,

108–109

Association of Independent
Tour Operators (AITO), 54

Atlantic Adventures (Trinity),
139

ATMs (automated teller
machines), 46

Australia

customs regulations, 41

entry documents for
citizens of, 39–40

Automobile organizations,
228

Avalon Mall (St. John's), 106

Avalon Peninsula, 111–130

brief description of, 62–63

Avalon Wilderness Reserve,
120

Avis car rentals, 45

Avis Rent a Car, special travel
needs, 51

Avondale Railway Station
(near Brigus), 125

Baccalieu Island Ecological
Reserve, 125

Baccalieu Trail, 63, 123–127

Baie Verte Miners' Museum,
171

Baie Verte Peninsula, 63, 171

Baie Verte Visitor Informa-

tion Centre, 171

Bakeapple Folk Festival
(Forteau), 37, 216

Bakeapples, 216

Barachois Pond Provincial
Park, 176

Barbour Living Heritage Vil-
lage (Newtown), 164–165

Basilica of St. John the Bap-
tist (St. John's), 98

Battle Harbour, 7, 218–219

Battle of Beaumont
Hamel, 22

Bauline East, 112

Bay Bulls, 112

Bay de Verde, 125

Bay de Verde Heritage**House, 125****Bay L'Argent, 145****Bay Roberts Festival of Lights, 38****Beaches**

Barachois Pond Provincial Park, 176

Sir Richard Squires Memorial Provincial Park, 184

Beaumont Hamel, Battle of, 22**Bed and Breakfast Online, 60****Bed & breakfasts (B&Bs), 60.****See also Accommodations****Index**

St. John's, 87–89

Bell Island, 127, 128–129**Bell Island Terminal, 129****Ben's Studio (Port au Choix), 197–198****Beothuk, 20–21, 198****Beothuk Indians, 31****Berries, 28**

Bakeapple Folk Festival (Forteau), 37

Berry Hill Campground

(Rocky Harbour), 191

Bidgood's (St. John's), 106–107**Big Droke Interpretation Centre (Plum Point), 198****Big Falls, 184****Big Hill Festival (Cox's**

Cove), 37

Big Land Challenge (Happy Valley-Goose Bay), 222**Bird Cove, 198****Bird Island Puffin Festival, 36****Bird Rock, 122****Birds and bird-watching**

Canada geese, 134

Cape St. Mary's Ecological Reserve, 122

puffins, 141

Blow Me Down Provincial Park, 181**Blue Hill, 155****Blue Hill Pond, 156****Boating (boat rentals). See also Canoeing; Kayaking**

Labrador West Regatta, 37

Royal St. John's Regatta, 37, 104

Boats, ferries, and tours, 43

Battle Harbour, 218–219

Cape Shore, 121

Labrador, 210

within Newfoundland and Labrador, 45

Nunatsiavut, 226

Rencontre East and Pool's Cove, 145

St. Anthony, 203

St. Barbe, 199

southern coastline of Central Newfoundland, 172

Stephenville and Port aux Basques, 176

Terra Nova National Park, 155

Trinity, 139

Twillingate, 167, 168

Western Brook Pond, 193

Witless Bay Ecological Reserve, 115

Boil-ups, 139**Bonavista, 131, 140–145****Bonavista Peninsula,****63, 131–143**

getting around, 132, 134

traveling to, 132

visitor information, 132

Book Tours, 193**Books, recommended, 30–31****Borealis Crafts (Shoel Cove East), 198****Bowring Park (St. John's),****104–105****Boyd's Cove Beothuk Interpretation Centre (between****Gander and Twillingate),****165****Bridie Molloy's (St. John's),****109****Brigus, 123****British Harbour Trail, 139****Brock University (St. Catharines), 52–53****Broom Point, 193****Budget car rentals, 45****Burin, 147****Burin Heritage Museum, 147****Burin Peninsula, 63, 131, 143–149****Burnt Cape Ecological****Reserve, 206****Business hours, 228****Bus travel, within Newfoundland and Labrador, 45****Butter Pot Provincial Park, 89****Calendar of events, 35–38****Camping, 60–61. See also RV parks**

Barachois Pond Provincial Park, 176

Dildo Run Provincial Park, 166

Frenchman's Cove Provincial Park, 148

Gros Morne National Park, 191–192

La Manche Provincial Park, 114

Lockston Path Provincial Park (Bonavista Peninsula), 137

Pinware River Provincial Park (Labrador), 216

St. John's area, 89–90

Terra Nova National Park, 154–155

Canada Day, 36**Canada geese, 134****Canada Post, St. John's, 83****Canadian Coast Guard****Auxiliary (CCGA), 43****Canoeing, Dildo Run Provincial Park, 166****Canoe races, Gosling Lake, 222****Cape Bonavista Lighthouse, 116, 141****Cape Race, 112, 118–119****Cape Race Lighthouse,****117, 118****Cape St. Mary's Ecological****Reserve, 111, 121, 122****Cape St. Mary's Visitor****Centre, 121****Cape Shore, 62, 121–123****Cape Spear (St. John's),****100–101****Cap Sainte-Georges, 179****Captain Clarke Drive, 145****Captain Cook Drive, 145****Captain Cook Lookout****(Burin), 147****Carbonear, 123****Carbon offsetting, 54****Car rentals, 44–45**

St. Anthony, 200

Car travel, 123, 172

Baie Verte Peninsula, 171

Bell Island, 128–129

Bonavista Peninsula, 132

Burin Peninsula, 143

Cape Shore, 121

Conception Bay, 127

CAA (Canadian Automobile Association), 228
The Cabox, 179

- Corner Brook, 179
 Gander, 158–159
 Grand Falls-Windsor, 169
 Gros Morne National Park, 185
 Happy Valley-Goose Bay, 220
 Irish Loop, 112
 Kittiwake Coast, 164
 Labrador, 211
 Labrador City and Wabush, 223
 moose and, 196
 to Newfoundland and Labrador, 43
 within Newfoundland and Labrador, 44–45
 Port au Choix, 195
 St. Anthony, 199–200
 St. John's, 82
 Terra Nova National Park, 152
 Trans-Labrador Highway, 223
- Cartwright, 210, 211**
Castle Hill National Historic Site (between Placentia and Argentia), 122–123
CCGA (Canadian Coast Guard Auxiliary), 43
Cellphones, 57–58
Central Region, 158–174
 brief description of, 63
 southern coastline of (Coast of Bays), 172–174
- Children, families with**
 best activities for, 8–9
 information and resources, 51
 suggested itinerary, 75
- Christina Parker Gallery (St. John's), 108**
Churchill Falls, 223–226
Churchill Falls Generating Station, 225–226
Clarenville, 131, 134–135
Classic Café East (St. John's), 83
Coaker, Sir William, 132
Coastal Connections (Terra Nova National Park), 155
Coastal Trail (Terra Nova National Park), 156
Coast of Bays, 172
Cod fishing, 25–26
 Grand Banks, 149
Collette Vacations, 55
- "Come Home Year" celebrations, 19**
Community Access Program (CAP), 58
Conception Bay, 63, 127–129
Conception Bay South, 127
Conception Bay South Winterfest, 35
Connection kit, 59
Conne River Mi'kmaq Reserve, 173
Conservation International, 54
Corner Brook, 66, 179–182
Corner Brook Museum & Archives, 181–182
Corner Brook Tourist Chalet, 180
Cow Head Lobster Festival, 36
Credit cards, 46–47
Cross-country skiing
 Gros Morne National Park, 194
 Labrador West, 226
- Crow's Nest (St. John's), 110**
Cuisine. See Food and cuisine
Curious (St. John's), 50
Currency and currency exchange, 46
Customs regulations, 40–41
- D**ark Tickle Company (Griquet), 28, 206
Deadman's Bay Path, 129
Deep vein thrombosis, 50
Deer Lake, 63, 182–184
Deer Lake Regional Airport, 182
Deer Lake Visitor Information Centre, 182
Delta St. John's, 56
Destination St. John's, 78, 111
Devon House Craft Centre (St. John's), 107
Dialects, 18, 19
Dictionary of Newfoundland English, 19
Dildo, 7, 124
Dildo & Area Interpretation Centre, 125–126
Dildo Run Provincial Park, 166
Dining. See Restaurants
Disabilities, travelers with, 50–51
- Discovery Centre (Gros Morne National Park), 185, 192**
Discovery Trail Tourism Association (Clarenville), 132
Diverted, 32
Dockhouse Museum (St. Anthony), 202
Dorset-Paleoeskimo Indians, 198
Dorset Paleoeskimos, 197
Dorset Soapstone Quarry (Fleur de Lys), 171–172
Dorset Trail, 197
Downhome Shoppe & Gallery (St. John's), 107
Drinking, 33
Drinking laws, 228
Dungeo Provincial Park, 141
- E**agle River Rent-a-Car (L'Anse au Clair), 211
East Coast Trail, 111, 129–130
East Coast Trail Association, 130
Eastern Region, 131–157
 brief description of, 63
Economuseums, 198
Economy class syndrome (deep vein thrombosis), 10
Edmund Montague Exhibit Hall (Labrador City), 225
Elderhostel, 52, 55
Electricity, 228
Embassies and consulates, 228
Emergencies, 228
Emma Butler Gallery (St. John's), 108
Entry requirements, 38
Environmentally Friendly Hotels, 54
Erin Mountain Trail, 176
Erin's Pub (St. John's), 109
Exploits Valley Salmon Festival (Grand Falls-Windsor), 170
- F**amilies with children
 best activities for, 8–9
 information and resources, 51
 suggested itinerary, 75

- 236** Ferries and boats. *See* Boats, ferries, and tours
- Ferryland, 111, 112, 115–117
- Ferryland Colony of Avalon, 117
- Ferryland Lighthouse, 116
- Festival of Colours (Corner Brook), 37
- Festival of Flight (Gander), 163
- Festival of the Sea (Southern Avalon), 37
- Festivals and special events
best, 12–13
calendar of, 35–38
Happy Valley-Goose Bay, 222
St. John's, 103–104
- Film Festival, St. John's International Women's, 37
- Films, recommended, 31–32
- Fish, Fun & Folk Festival (Twillingate), 168
- Fisherman's Museum (Mushgrave Harbour), 165
- Fisherman's Museum (St. Vincent's), 119
- Fishing
Barachois Pond Provincial Park, 176
Sir Richard Squires Memorial Provincial Park, 184
- Fishing Point Park (St. Anthony), 203
- Fluvarium (St. John's), 102
- Flying Wheels Travel, 51
- Flying with Disability, 51
- Fogo Island, 158, 167
- Folk Festival, Newfoundland and Labrador (St. John's), 37, 103–104
- Food and cuisine
boil-ups, 139
dressing, 33
Exploits Valley Salmon Festival (Grand Falls-Windsor), 170
fish and chips, 94
- Fort Amherst (St. John's), 77, 101
- Forteau, 212–213
- Fortune, 131, 143
- Fossils, 28, 118, 192, 198, 212
- François, 7, 172
- Fred's Records (St. John's), 107
- French Beach, 167
- French Island Drive, 145
- Frenchman's Cove, 148
- Frommers.com, 59
- Frostbite, 48
- Frosty Festival (St. John's), 35
- G**ambo, 164–165
- Gander, 63, 158–163
- Gander International Airport, 159
- Gander Tourist Chalet, 159
- Gasoline, 229
- Gateway Labrador, 224, 225
- Gateway to Labrador Visitor Centre (L'Anse au Clair), 210, 212
- Gatherall's Puffin & Whale Watch (Witless Bay Ecological Reserve), 115
- Gay.com Travel, 50
- Gays and lesbians, 49–50
- GayTraveler, 50
- General Hospital (St. John's), 229
- George Street Festival (St. John's), 37, 103
- Giardiasis, 48
- Global ATM Alliance, 46
- Golf
Harmon Seaside Links (Stephenville), 178
Wilds at Salmonier River, 120
- Goobies, 143, 145–146
- Government House (St. John's), 96
- Grand Bank, 148–149
- Grand Banks, 149
- Grand Bank Winter Carnival, 36
- Grand Concourse, 105
- Grand Falls-Windsor, 63, 158, 168–170
- Grand Falls-Windsor Visitor Information Centre, 169
- Grates Cove, 123, 126
- "Graveyard of the Atlantic," 118
- Green Gardens, 194
- Green Head Cove Trail, 156
- Greenhotels, 54
- Green Key Eco-Rating Program, 54
- Grenfell, Sir Wilfred Thomason, 202, 203
- Grenfell Handicrafts (St. Anthony), 202
- Grenfell Historic Properties (St. Anthony), 202
- Grenfell House Museum (St. Anthony), 202
- Grenfell Interpretation Centre (St. Anthony), 202
- Grenfell Park (St. Anthony), 202
- Grey River, 172
- Gros Morne Adventures, 194–195
- Gros Morne Mountain, 193–194
- Gros Morne National Park, 63, 175, 184–195
accommodations, 188–191
camping, 191–192
exploring, 192–193
getting around, 185
outdoor activities, 193–195
traveling to, 185
visitor information, 185
- Groswater Paleoeskimos, 197
- GSM (Global System for Mobiles), 57–58
- H**appy Valley, 210
- Happy Valley-Goose Bay, 220–222
- Harbour Breton, 173–174
- Hare Bay, 199
- Harmon Seaside Links (Stephenville), 178
- Hawthorne Cottage National Historic Site (Brigus), 126
- Health Canada, 230
- Health concerns, 47–49
- Health insurance, 229–230
- Heart's Content Cable Station, 126
- Herbie's Olde Shoppe (St. John's), 101
- Heritage inns, 59–60. *See also* Accommodations Index
St. John's, 87–89
- Heritage Run Tourism Association (Marystown), 143
- Hermitage, 172
- Hertz car rentals, 45
- Hikes and walking tours. *See also specific trails*
Barachois Pond Provincial Park, 176
Battle Harbour, 219
best, 8

- Dildo Run Provincial Park, 166
- East Coast Trail, 129–130
- Gros Morne National Park, 193–194
- Labrador West, 226
- L'Anse Amour, 215
- Port au Choix, 197
- St. John's, 106
- Terra Nova National Park, 156–157
- tips and suggestions, 130
- Trinity, 139
- History of Newfoundland and Labrador, 17–26**
- best places to discover, 10–12
- Confederation, 22, 24–25
- discovery, 21–22
- pre-Confederation, 22
- HMS Raleigh Trail, 215**
- Holidays, 35**
- Holyrood, 127**
- Hospitality homes, 60**
- Hospitals, 229**
- Hotels and resorts. See Accommodations**
- Hypothermia, 48**
- I**
- Icebergs, 29–30**
- Iceberg water, 33**
- IGLTA (International Gay and Lesbian Travel Association), 50**
- Innu, 20**
- Insurance, 229**
- International Ecotourism Society, 54**
- International Gay and Lesbian Travel Association (IGLTA), 50**
- International Student Identity Card (ISIC), 52**
- International Student Travel Confederation (ISTC), 52**
- International Youth Travel Card (IYTC), 52**
- Internet access, 58–59**
- InTouch Global, 58**
- Inuit, National Aboriginal Day, 36**
- Inukshuk, 227**
- Ireland, entry documents for citizens of, 40**
- Irish Loop, 62, 111–120**
- Itineraries, suggested, 66–76**
- for families, 75–76
- St. John's, 71–73
- 1 week, 66
- the west and Labrador, 73–75
- J**
- James J. O'Mara Pharmacy Museum (St. John's), 97**
- Jersey Trail, 212**
- Jiggs Dinners, 95**
- Johnson Geo Centre (St. John's), 99**
- Jordi Bonet Murals (St. Anthony), 202**
- Journeywoman, 52**
- Junior Naturalist Club, 155**
- K**
- Kayaking**
- Dildo Run Provincial Park, 166
- East Coast Trail area, 130
- Gros Morne National Park, 194–195
- Kelly's Island, 127**
- Kelly's Pub (St. John's), 109**
- Kennel Club Championship, Newfoundland, 36**
- Kent's Pond (St. John's), 105**
- Kids**
- best activities for, 8–9
- information and resources, 51
- suggested itinerary, 75
- Kittiwake Coast, 63, 158, 163–168**
- Kittiwake Coast Tourism Association, 152**
- L**
- Labrador, 207–227**
- brief description of, 66
- flag of, 211
- getting around, 211
- visitor information, 210–211
- Labrador Canoe Regatta, 222**
- Labrador City, 223**
- Labrador Interpretation Centre (Happy Valley-Goose Bay), 222**
- Labrador Lake Melville Tourism Association (Happy Valley-Goose Bay), 220**
- Labrador retrievers, 27**
- Labrador Straits, 66, 207, 210**
- Labrador Straits Museum (Forteau), 213**
- Labrador West Regatta, 37**
- La Manche, 129–130**
- Lance Cove, 128**
- Lane Gallery (St. John's), 108–109**
- Language, dialects, 18, 19**
- L'Anse Amour, 214–215**
- L'Anse Amour Burial Mound, 214**
- L'Anse au Clair, 211–212**
- L'Anse au Loup, 215**
- L'Anse aux Meadows, 203–206**
- L'Anse aux Meadows National Historic Site, 203, 204–205**
- Lewis Hills, 179**
- Lighthouses, 116**
- Cape Bonavista Lighthouse, 116, 141
- Cape Race Lighthouse, 117, 118
- Ferryland Lighthouse, 116
- L'Anse Amour, 214
- Lobster Cove Head Lighthouse, 192–193
- Long Point Lighthouse (near Twillingate), 168
- Point Amour Lighthouse, 116
- Point Richie Lighthouse (Port au Choix), 196
- Quirpon Lighthouse Inn, 205
- Living Planet (St. John's), 107**
- Lobster Cove Head Lighthouse, 192–193**
- Lockston Path Provincial Park, 137**
- Lomond Campground, 191**
- Long Point Lighthouse (near Twillingate), 168**
- Long Range Traverse, 194**
- Lookout Trail, 194**
- Luggage Forward, 41**
- Lumsden, 164**
- M**
- Maberly Trail, 139**
- Mail, 230**
- Malady Head Campground (Terra Nova National Park), 154**
- Malady Head Trail, 156**
- Marble Mountain Resort (Steady Brook), 182**
- Marine Atlantic, 43**
- Marine Institute (St. John's), 102**

- Mariner Drive (Burin Peninsula), 144–145
- Maritime Archaic Indians, 197
- Maritime Archaic people, 20
- Marjorie Mews Public Library (St. John's), 83
- Markland, 127
- Marystown Museum, 146
- MasterCard, traveler's checks, 47
- Matthew (Bonavista), 142
- Maxxim Vacations, 55
- McCallum, 172
- MEDEX, 230
- MedicAlert identification tag, 48
- Medical insurance, 229–230
- Medical Insurance Blue Cross, 229
- Memorial University Botanical Garden (St. John's), 102
- Memorial University of Newfoundland, 101–103
- Menihek Nordic Ski Club, 226
- Métis people, 21
- Metrobus (St. John's), 82
- Michael Donovan Public Library (St. John's), 83
- Mickeleen's Path, 129
- Middle Cove Beach (St. John's), 102
- Mi'kmaq people, 21
- Mi'kmaq Reserve (Conne River), 173
- Miquelon, 131, 147
- Mistaken Point Ecological Reserve, 118
- Mobility-Advisor.com, 51
- Mockbeggar Plantation Provincial Historic Site (Bonavista), 142
- Money and costs, 45–47, 49
- Moose, 196
- MossRehab, 50
- Mumming, 38
- Museum of Whales & Things (Port au Choix), 197–198
- Musgrave Harbour, 164
- Music, 19
recommended, 32
- N**ain, 226–227
- Narrows Lounge (St. John's), 110
- National Aboriginal Day, 36
- National car rentals, 45
- National Geographic Traveler*, 54
- National parks, camping in, 60–61
- Native inhabitants of Newfoundland and Labrador, 20–21
- Natural resources, 26–30
- Nautical Nellies (St. John's), 109
- New Bonaventure, 138
- New Founde Lande Trinity Pageant, 138
- Newfoundland and Labrador Folk Festival (St. John's), 37, 103–104
- Newfoundland and Labrador Tourism, 60
- Newfoundland dogs, 27
- Newfoundland Insectarium, 184
- Newfoundland Kennel Club Championship, 36
- Newfoundland Symphony Orchestra (St. John's), 110
- Newfoundland Thermos, 119
- Newman Sound Campground (Terra Nova National Park), 154–155
- Newman Wine Vaults (St. John's), 97
- Newspapers, St. John's, 83
- Newspapers and magazines, 230
- Newtown, 164
- New Year's Eve Celebration (St. John's), 38
- New Zealand, 41
entry documents for citizens of, 40
- Niagara College, 53
- Nightlife, St. John's, 109–110
- Nonia (St. John's), 107
- Norstead, 205–206
- North Atlantic Aviation Museum (Gander), 163
- Northern Avalon Tourism, 123
- Northern Lights Military Museum (Happy Valley-Goose Bay), 222
- Northern peninsula, 63, 195–206
- Northland Discovery Boat Tours (St. Anthony), 203
- Now, Voyager, 50
- No. 2 Mine & Museum (Bell Island), 129
- Nunatsiavut, 226–227
- O**'Brien's (Witless Bay Ecological Reserve), 115
- Ocean Quest (Conception Bay), 128
- Ocean Quest (St. John's), 105–106
- Ocean Sciences Centre (St. John's), 103
- Ode to Newfoundland, 103
- O'Reilly's (St. John's), 109
- Our Lady of Lourdes Grotto (Lourdes), 179
- Our Lady of Mercy Church (Port au Port West), 179
- The Outfitters (St. John's), 108
- Overfall Brook Trail, 213
- P**aleoeskimos, 20, 197
- Paleo-Indians, 20
- Parks Canada Campground Reservation Service, 61
- Park Visitor Centre (Gros Morne National Park), 185
- Passport cards, 39
- Passports, 40, 230
- Paterson Woodworking (Bonavista), 142
- Petrol, 229
- Petty Harbour/Maddox Cove (St. John's), 101
- Phillip's Garden Coastal Trail, 197
- Picnic fare, Ferryland, 117
- Pine Tree Lookout, 221
- Pinware River, 215–216
- Pinware River Provincial Park, 216
- Pippy Park (St. John's), 105
- Planning your trip, 34–61
accommodations, 59–61
calendar of events, 35–38
customs regulations, 40–41
entry requirements, 38–41
escorted general interest tours, 55
getting around, 43–45
health concerns, 47–49
holidays, 35
money and costs, 45–47, 49

package tours, 56
 pre-departure checklist, 42
 special interest trips, 55
 specialized travel
 resources, 49–53
 sustainable tourism, 53–54
 telephones and cell-
 phones, 56–58
 traveling to Newfoundland
 and Labrador, 41–43
 weather, 34
 when to go, 34–35

Point Amour Lighthouse,
 116, 214

Point Richie Lighthouse
 (Port au Choix), 196

Polar Bear Dip (Labrador
City), 36

Pollyanna Art & Antiques
 (St. John's), 108

Pool's Cove, 145

Port au Choix, 195–198

Port au Choix National
Historic Site, 197

Port au Port Economic Devel-
opment Association, 179

Port au Port Peninsula, 179

Port aux Basques, 7, 175–178

Portugal Cove, 127

Portugal Cove South Visitor
Centre, 118–119

Portugal Cove Terminal, 129

Post offices, St. John's, 83

Powwow, Mi'kmaq Reserve
(Conne River), 173

Precipitation, average, 35

Prescription medications, 48

Provincial Airlines, 42, 210

Provincial Art Gallery
(St. John's), 98–99

Provincial Ferry Services, 45

Provincial parks, camping
in, 61

Provincial Seamen's Museum
(Grand Bank), 149

Puffins, 141

Pure Labrador (Forteau),
 213, 216

Queen Street Dinner
Theatre (Grand Falls-
Windsor), 170

Quidi Vidi (St. John's), 100

Quidi Vidi Battery
(St. John's), 100

Quidi Vidi Brewery
(St. John's), 100

Quirpon Island, 205

Quirpon Lighthouse Inn, 205

Rafting Newfoundland
(Grand Falls-Windsor), 170

Railway Coastal Museum
(St. John's), 97

Random Passage, 138

Random Passage, 32

Rare Birds, 32

Red Bay, 216–218

Red Bay National Historic
Site, 217–218

Rencontre East, 145

Rennie's River Trail
(St. John's), 105

Reservations, accommoda-
tions, bed & breakfasts
(B&Bs), 60

Resource Centre for the Arts
(St. John's), 110

Responsible Travel, 54

Restaurants. See also
Restaurant Index

Baccalieu Trail, 125
 best, 15–16
 Bonavista, 140–141
 Clarenville, 134
 Corner Brook, 180, 181
 Deer Lake, 183
 Ferryland, 116
 Forteau, 213
 Gander, 162
 between Goobies and
 Marystown, 145, 146
 Jiggs Dinners, 95
 L'Anse aux Meadows, 204
 Port au Choix, 195–196
 Red Bay, 217
 St. Anthony, 200–202
 St. John's, 90–96
 Salmonier, 119
 Stephenville, 178
 Terra Nova National Park,
 154
 Trepassey, 117–118

Rising Tide Theatre (Trinity),
 138

Roadpost, 58

Road travel. See Car travel

Rocks, 28

Rocky's Place (Trinity),
 138–139

Rodrigues Winery (Mark-
land), 126–127

Rogers (St. John's), 58

The Rooms (St. John's), 98–99

The Rooms Gift Shop
(St. John's), 108

Route 10, 112

Route 90 (Salmonier Line),
 112

Rowing competitions, 37

Royal St. John's Regatta,
 37, 104

Rum, 33

RV parks. See also Camping
 Grand Falls-Windsor,
 169–170
 St. Anthony, 201
 St. John's, 90

Ryan Premises National His-
toric Site (Bonavista),
 132, 142–143

Safety, St. John's, 83

Sailing, to Newfoundland
and Labrador, 43

St. Anthony, 199–203

St. Barbe, 199

St. Bride's, 121

St. John's, 17, 77–110
 accommodations, 84–90
 ATMs, 83
 brief description of, 62
 business hours, 83
 climate, 83
 emergencies, 83
 festivals and special
 events, 103–104
 fires, 97
 getting around, 78–82
 Internet access, 83
 nightlife, 109–110
 outdoor activities, 104–106
 post office, 83
 restaurants, 90–96
 safety, 83
 sales tax, 91
 shopping, 106–109
 sights and attractions,
 96–103
 taxes, 83
 taxis, 79, 82
 telephone, 84
 traveling to, 78
 visitor information, 78
 water, 84

St. John's Haunted Hike, 106

St. John's International
Airport, 78

St. John's International Wom-
en's Film Festival, 37

- 240** **St. John the Baptist, Basilica of (St. John's), 98**
St. Pierre, 131, 147
St. Pierre Tours, 147
St. Pierre Tours Ltd., 45, 144
St. Vincent's, 112, 119
Salmon. See also Fishing
 Exploits Valley Salmon Festival (Grand Falls-Windsor), 170
 Salmonid Interpretation Centre (Grand Falls-Windsor), 170
Salmonid Interpretation Centre (Grand Falls-Windsor), 170
Salmonier, 119–120
Salmonier Line (Route 90), 112
Salmonier Nature Park, 112, 120
Sandy Pond, 157
SATH (Society for Accessible Travel & Hospitality), 51
Scenic drives, best, 5–6
Scuba diving, Conception Bay, 128
Select Atlantic Inns, 60
Senior travel, 52
Shallow Bay Campground (near Cow Head), 192
Shamrock Festival (Ferryland), 115
Sherwink Coastal Trail, 139
Ship Inn (St. John's), 110
***The Shipping News* (movie), 32, 138**
Shipping your luggage, 41
Shopping
 Forteau, 213
 St. John's, 106–109
Signal Hill National Historic Site (St. John's), 77, 99–100
Silent Witness Memorial (Gander), 163
Sir Richard Squires Memorial Provincial Park, 184
Skiing
 cross-country
 Gros Morne National Park, 194
 Labrador West, 226
 Smokey Mountain Ski Club, 226
 White Hills Resort (Clareville), 134
SkyCap International, 41
Sleepy Cove, 167, 168
Smallwood, Joseph Roberts, 24
Smokey Mountain Annual Slush Cup (Labrador City), 36
Smokey Mountain Ski Club, 226
Smoking, 230
SnoBreak (Happy Valley-Goose Bay), 222
Society for Accessible Travel & Hospitality (SATH), 51
South Coast, 63
Southern Avalon Tourism Association, 112
Southern Shore Folk Arts Council, 115
Spa at the Monastery (St. John's), 98
Special events and festivals. See Festivals and special events
Splash-n-Putt Resort (Glovertown), 156
Sports Express, 41
The Spout, 129
Spout Path, 129
Stan Cook Sea Kayak Adventures, 130
Starbucks/Chapters (St. John's), 83
STA Travel, 52
Stephenville, 175–179
Stephenville Theatre Festival, 178
Stirling, Georgina Ann, 166
Strait of Belle Isle, 207, 210
Student travel, 52–53
Sundance Bar & Grill (St. John's), 109
Sunny Cottage (Harbour Breton), 174
Sustainable tourism, 53–54
Sustainable Travel International, 54
getting around, 152–153
 restaurants, 154
 traveling to, 152
 visitor information, 152
Theater, 19
 Ferryland, 115
 Grand Falls-Windsor, 170
 Rising Tide Theatre (Trinity), 138
 Stephenville, 178
Thule people, 21
Time zones, 230
 Labrador, 210
Tipping, 230
Toilets, 231
Top of Twillingate Trail, 167
Tourism Concern, 54
Tourism For All, 51
Tourist information. See Visitor information
Tradition by the Sea (Harbour Breton), 174
Trail Connections, 129, 130
Train travel
 to Newfoundland and Labrador, 43
 Tshuietin Rail Transportation, 224
Trans-Canada Highway (Hwy. 1), 44
Trans-Labrador Highway, 223
Trapper John's (St. John's), 109
Travel Assistance International, 230
Travel CUTS, 52
Traveler's checks, 47
Travelix Insurance Services, 229
Travel Guard International, 229
Traveling to Newfoundland and Labrador, 41–43
Travel Insured International, 229
Trepassey, 117–118
Trinity, 7, 131, 135–139
 accommodations, 135–137
Trinity Bay, 136
Trinity Interpretation Centre, 132, 137–138
Trip-cancellation insurance, 229
Triple Falls RV Park (St. Anthony), 201
Trout River Pond Campground (Trout River), 192

Tablelands, The (Gros Morne National Park), 192
Tablelands Trail, 194
Taxes, 230
Telephones, 56–57
Temperatures, average, 35
Terra Nova National Park, 63, 131, 149–157
 accommodations, 153–154
 camping, 154–155
 exploring, 155–156

Tshiuettin Rail Transportation, 43, 224
Tuckamore, 185
Turkey Joe's (St. John's), 109
Twillingate, 7, 158, 164, 165–168
Twillingate Island Boat Tours, 168
Twine Loft (Trinity), 138

United Kingdom

customs regulations, 41
 for disabled and elderly people, 51
 entry documents for citizens of, 40

U.S. citizens

customs regulations, 40–41
 entry requirements, 38–39

USIT, 52

Vikings, 21, 140, 204–206

Viking Trail Pass, 185

Village Shopping Centre (St. John's), 106

Visa, traveler's checks, 47

Visas, 231

Visitor information

Avalon Peninsula, 111
 Baccalieu Trail, 123
 Bonavista Peninsula, 132
 Burin Peninsula, 143–144
 Cape Shore, 121
 Corner Brook, 180
 Gander, 159
 Grand Falls-Windsor, 169
 Gros Morne National Park, 185
 Happy Valley-Goose Bay, 220
 Irish Loop, 112
 Labrador, 210–211
 Labrador West, 224
 L'Anse aux Meadows, 203
 Port aux Basques, 176
 St. Anthony, 200
 St. John's, 78
 southern coastline of Central Newfoundland, 172
 Terra Nova National Park, 152

Wabush, 223

Walking tours. See Hikes and walking tours

Water, drinking, 231

Weather exposure, 48

West Coast Craft Fair (Corner Brook), 37

Western Brook Pond, 193

Western Hemisphere Travel Initiative (WHTI), 38

Western Newfoundland, 175–206

brief description of, 63

WestJet, 42, 56

Whales and whale-watching, 29

Museum of Whales & Things (Port au Choix), 197–198

St. Vincent's, 119

Whitbourne, 123

White Hills Resort (Clarenville), 134

Wi-Fi access, 58–59

Wilderness Newfoundland

Adventures (St. John's), 106

Wildlife and wildlife viewing, 3–5, 28–29. *See also* Birds and bird-watching; Whales and whale-watching

Avalon Wilderness Reserve, 120

Salmonier Nature Park, 112, 120

The Wilds, 120

Windsock Lounge (St. John's), 109

Wines and wineries

prices, 91

Rodrigues Winery (Marland), 126–127

Winter Carnival, Grand Bank, 36

Winter driving, 44

Winterlude (Grand Falls-Windsor), 36

Witless Bay, 111

Witless Bay Ecological Reserve, 112, 114

exploring, 115

Women travelers, 51–52

Woody Island Resort, 144

Woof Design (St. John's), 108

Wordplay, 19

World Legacy Awards, 54

ACCOMMODATIONS

Artisan Inn (Trinity), 135

Atsanik Lodge (Nain), 227

Aunt Jane's Place (Woody Point), 191

Banberry House

(St. John's), 87

Basinview Bed & Breakfast (Red Bay), 217

Battery Hotel & Conference Centre (St. John's), 84

Battle Harbour Inn (Red Bay), 219

Beachside B&B (Kelligrews), 127–128

Beachside Hospitality Home (L'Anse au Clair), 211–212

Bears Cove Inn (Witless Bay), 114

Bird Island Resort (St. Bride's), 121

Blazing Horizon Cottages (Whiteway), 123–124

Blue on Water (St. John's), 85

Bluestone Inn (St. John's), 87–88

BlueWater Lodge & Retreat (Gander), 159

The Brittoner (Brigus), 124

Cabins by the Sea (Twillingate), 165

Campbell House (Trinity), 135–136

Cape Anguille Lighthouse Inn (Port aux Basques), 176

Carol Inn (Labrador City), 224

Carriage House Inn (Grand Falls-Windsor), 169

Celtic Rendezvous Cottages by the Sea (Bauline East), 114

Clarenville Inn, 134–135

Clode Sound Motel & Restaurant (Charlottetown), 153

Comfort Inn (Gander), 159, 162

Courtyard St. John's, 85

Crows Nest Inn Bed & Breakfast (St. Anthony), 201

Davis Bed & Breakfast (Happy Valley-Goose Bay), 220

Deer Lake Motel, 183

Dockside Motel & Cabins (St. Barbe), 199

Dorset Country Inn (Baie Verte), 171

Driftwood Inn (Deer Lake), 183

Elaine's B&B by the Sea (Witless Bay), 114

Elizabeth J. Cottages (Bonavista), 140

- 242** Entente Cordiale (Portland Creek), 188
 Eriksen Premises (Trinity), 136
 Fishers' Loft Inn (near Trinity), 136–137
 Foley's Place B&B (Fogo Island), 167
 Fong's Motel (Carbonear), 124
 Frontier Cottages (Wiltondale), 188
 Glynmill Inn (Corner Brook), 180
 Goose River Lodges (Happy Valley-Goose Bay), 220–221
 Gover House (Trinity), 136
 Grand Fairways Resort (Frenchmen's Cove), 148
 Greenwood Inn & Suites (Corner Brook), 180
 Grenfell Louie A. Hall Bed & Breakfast (Forteau), 213
 Gros Morne Cabins (Rocky Harbour), 188
 Guv'nor Inn (St. John's), 85–86
 Hagan's Hospitality Home B&B (Aquaforce), 116
 Harbour Lights Inn (Twillingate), 166
 Harbour Quarters Inn (Bonavista), 140
 Haven Inn (St. Anthony), 200–201
 HI-St. John's, 89
 Holiday Inn St. John's Government Centre Hotel, 86
 Holiday Inn Stephenville, 178
 Hotel & Conference Centre (St. John's), 85
 Hotel Gander, 162
 Hotel Port aux Basques, 178
 Humberview Bed & Breakfast (Deer Lake), 183
 Inn by the Bay (Dildo), 124
 Irving West Hotel (Gander), 162
 Kilmory Resort (Swift Current), 146
 Labrador Inn (Happy Valley-Goose Bay), 221
 La Manche Provincial Park, 114
 Leaside Manor (St. John's), 88
 Lighthouse Cove Bed & Breakfast (L'Anse Amour), 214
 Lighthouse View (Trinity), 136
 Long Ridge Cottages, 148
 Marble Inn Resort (Corner Brook), 180–181
 Marblewood Village Resort, 181
 Marystown Hotel, 146
 McCoubrey Manor (St. John's), 88
 Memorial University Campus (St. John's), 89–90
 Middle Brook Cottages & Chalets (Glenburnie-Birch Head), 189
 Midway Travel Inn (Churchill Falls), 224
 Mount Peyton Hotel (Grand Falls-Windsor), 169
 Murray Premises Hotel (St. John's), 86
 NaGeira House (Carbonear), 124
 Northern Light Inn (L'Anse au Clair), 212
 Northern Lights Fishing Lodge (near Wabush), 224
 Ocean View Motel (Rocky Harbour), 189
 Oh What a View! (St. John's), 88
 Pippy Park Trailer Park (St. John's), 90
 PJ's Inn by the Lake (Labrador City), 225
 Points East (St. John's), 88–89
 Riverfront Chalets (Grand Falls-Windsor), 169
 Rosedale Manor B&B (Placentia), 122
 Royal Inn & Suites (Happy Valley-Goose Bay), 221
 St. Jude Hotel (Clarenceville), 135
 Sanger Memorial RV Park (Grand Falls-Windsor), 169–170
 Sea Echo Motel (Port au Choix), 196
 Shallow Bay Motel & Cabins (Norris Point), 189–191
 Sheraton Hotel Newfoundland (St. John's), 86–87
 Southern Port Hotel (Harbour Breton), 173
 Terra Nova Hospitality Home, 154
 Terra Nova Resort, 153
 The Thorndyke (Grand Bank), 148
 Toulanguet Inn Bed & Breakfast (Twillingate), 166–167
 Trailside Motel (Goobies), 146
 Traveller's Inn St. John's, 87
 Trepassey Motel & Restaurant, 118
 Uncle Steve's Place (Woody Point), 191
 Valhalla Lodge (L'Anse aux Meadows), 204
 Victorian Manor Heritage Properties (Woody Point), 191
 Viking Nest B&B (L'Anse aux Meadows), 204
 Viking Village Bed & Breakfast (L'Anse aux Meadows), 204
 Vinland Motel (St. Anthony), 201
 Wabush Hotel, 225
 The Wilds at Salmonier River, 119
 Winterholme Heritage Inn (St. John's), 89
 Woody Island Resort, 144

RESTAURANTS

- Alcock & Brown's (Gander), 162
 Anchor Café (Port au Choix), 195–196
 AQUA Restaurant & Bar (St. John's), 90
 Audrey's Restaurant (Grand Bank), 145
 Auntie Crae's (St. John's), 94
 Bacalao (St. John's), 90–91
 Bay of Islands Bistro (Corner Brook), 181
 Blue on Water (St. John's), 91–92
 Brown's Restaurant (White-way), 123–124
 Buddy's (St. John's), 94
 Cabot Club (St. John's), 92
 Caddie's Cookhouse (Salmonier), 119

- Carriage Room (Corner Brook), 180
- Cartier's Gallery Restaurant (St. Anthony), 200–201
- Chafe's Landing (St. John's), 101
- Ches's (St. John's), 94
- Clode Sound Motel & Restaurant (Charlottetown), 153
- Colony Café (Ferryland), 116
- The Country Corner (Brigus), 125
- Emile's Pub and Eatery (Stephenville), 178
- Giovanni's (Gander), 162
- Great Viking Feast at Leifsburdur (St. Anthony), 201
- Green Sleeves Pub, Lounge & Restaurant, 94
- Guv'nor Pub & Eatery (St. John's), 95
- Hartery's Family Restaurant (Stephenville), 178
- Irving Big Stop Family Restaurant (Deer Lake), 183
- Java Jack's (Rocky Harbour), 189
- Jungle Jim's (Deer Lake), 183
- Jungle Jim's (Gander), 162
- Kountry Kravins 'n' Krafts (Dildo), 125
- Leo's (St. John's), 94
- Lighthouse Picnics (Ferryland), 117
- Lightkeeper's Restaurant (St. Anthony), 202
- Madison's Grill (Corner Brook), 181
- Magnum & Steins (St. John's), 92
- Moo Moo's Ice Cream (St. John's), 95
- Mulligan's Pub (Happy Valley-Goose Bay), 221
- Nautical Nellies (St. John's), 92–93
- Norseman Restaurant (L'Anse aux Meadows), 204
- Northwest Lodge Bed & Breakfast (Trepassey), 117
- Oliver's (St. John's), 93
- P.J. Billington's Restaurant (Marystown), 146
- Random Sound Restaurant (Clareville), 134–135
- Rumpelstiltskin's (St. John's), 93
- S at the Majestic (St. John's), 92
- Seaside Restaurant (Trout River), 189
- Sea View Restaurant (Forteau), 213
- Skipper's Restaurant (Bonavista), 140–141
- The Sprout (St. John's), 95
- Starfish Eatery (Terra Nova National Park), 154
- Sweet Relic (St. John's), 96
- Taste of Thai (St. John's), 93
- Velma's Place (St. John's), 93–94
- Whaler's Restaurant (Red Bay), 217
- Wine Cellar (Corner Brook), 180
- Zapata's (St. John's), 94

NOTES