

Carleton College

ALUMNI ADVENTURES

Explore the world

Newfoundland and Labrador A Walk Through Time

July 9-17, 2016 (9 days) with Carleton Professor Clint Cowan
plus an optional St. John's extension July 17-20

"I enjoyed the people in the group and the expert knowledge of Clint."

- Dorothy, Virginia

© NLBM

Carleton College Faculty Leader



Clint Cowan '83 has taught Geology at Carleton since 1997. Before starting at Carleton, he worked for Shell Research in the Hague. Clint has led professional and academic geology field trips to New Zealand, Australia, The Bahamas, Belize, Italy, the Pyrenees, Morocco, and the Jura Mountains along the Franco Swiss border. He has also led several Carleton Alumni Adventures programs, hiking throughout Argyll and the isles along the west coast of Scotland, hiking Scotland's northern Orkney and Shetland Islands, and sailing in a tall ship off the coast of Newfoundland. Clint did his graduate work in the terrains of Newfoundland and Labrador, but today focuses his research in the sedimentary rocks of the upper Midwest USA, working with Carleton students and colleagues at the Minnesota Geological Survey and The University of Minnesota.

Dear Carleton College Alumni and Friends,

I invite you to **join Carleton College geologist Clint Cowan ('83)** on this wonderful adventure amidst spectacular scenery in the footsteps of the New World's Aboriginal Peoples and first Viking explorers. Journey through time with Clint plus two top notch guides and learn about the birth of a continent and the death of an ocean, magnificent seabirds and whales, plus the seafaring traditions and culture of Newfoundlanders and Labradorians.

For several years, Clint Cowan has led successful, small-group hiking adventures for Carleton alumni among remote islands in Scotland. He now looks forward to sharing this new Alumni Adventure with fellow Carls in Newfoundland and Labrador, where he has conducted extensive research. Highlights include **three remarkable UNESCO World Heritage sites**:

- Gros Morne National Park, featuring majestic fjords and glacial valleys;
- L'Anse aux Meadows, North America's first authenticated Viking settlement;
- Red Bay, the 16th-century Labrador home to over 1,500 Basque whalers.

Two minibuses, each with an expert local driver/guide, will accompany our private group. Your guides will explain in advance the difficulty of each day's hike/walk, which will be easy to moderate in difficulty. To fully enjoy and visit all the sites on this itinerary, you must be reasonably fit and enjoy hiking. All accommodations, meals, excursions and more are included.

Since this Alumni Adventure is **limited to only sixteen travelers**, plus Clint and our two expert guides, I suggest you reserve your space ASAP by contacting the Alumni Adventures travel office at **800-811-7244** or carleton@studytours.org.

Sincerely,



Robert D. Smulian, Class of '78
President, Carleton College Alumni Association

Itinerary

B = Breakfast, L = Lunch, D = Dinner

Saturday, July 9, 2016: Depart Home | Arrive Deer Lake, NEWFOUNDLAND, Canada

Upon arrival in Deer Lake (airport code: YDF), you will be transferred to our nearby hotel. Since most flights will arrive very early on the morning of July 10th, we have reserved this hotel night so that you may check in when you arrive, either late on July 9th or very early on July 10th. *Overnight in Deer Lake at the Holiday Inn Express.*

Sunday, July 10: Deer Lake | Rocky Harbour

This morning is at leisure. This afternoon you will be transferred to Rocky Harbour, where we begin this Newfoundland and Labrador adventure with an overview of your trip and perhaps a light hike in Gros Morne or a wander along the dockside enjoying the coast and fishing communities. The region is rich with moose, waterfalls, orchids, mountains, songbirds, and wildflowers. *Overnight in Rocky Harbour at Ocean View Hotel for three nights.* (B,D)

Monday, July 11: Rocky Harbour | Gros Morne National Park (Western Brook Pond) | Rocky Harbour

Today venture into a billion years of geological wonder: Gros Morne National Park, a UNESCO World Heritage site, which provides one of the world's great geology lessons. Deep ocean crust and the rocks of the Earth's mantle lie exposed. Its spectacular scenery includes coastal lowland, alpine plateau, fjords, glacial valleys, sheer cliffs, waterfalls, and pristine lakes. As Prince Edward noted, "What the Galapagos are to biology, Gros Morne is to geology." This morning, enjoy a gentle, 60-minute walk to Western Brook Pond for a 2.5-hour boat journey among a gorge, mountains, and glacier-carved valleys. The level trail's highlights include orchids, carnivorous plants, and sometimes moose and caribou. After repeating this morning's gentle, 60-minute walk out of the park, and lunch, our afternoon features beaches, dunes, spectacular scenery, and more opportunities for sighting caribou and moose. Also take time to enjoy the region's fishing villages and lighthouses. (B,L,D)



Tuesday, July 12: Rocky Harbour | Gros Morne National Park (Tablelands) | Rocky Harbour

Journey to “the center of the Earth” today: the Tablelands, where a 49-mile-square slab of the Earth’s mantle was shoved up onto land from deep beneath the ocean floor. Some scientists say the Tablelands more closely resemble the surface of the moon than the rest of the Earth. Visit the Park’s Discovery Centre and learn more about this site’s intriguing history and geology. Setting out on our Tablelands walk (via the Lookout Hills Trail, for one to two hours), photographers will marvel at the mountains and the visual spectacle of this glacier-carved landscape. The region features a unique collection of plants, including high arctic species, southern mountain top varieties, and carnivorous plants that are tolerant of the heavy metal rocks thrust up from deep inside the planet. There is also a good chance of spotting rock ptarmigan and arctic hare, and a more remote (but still real) chance of spotting a moose. We also venture back in time to the Cambrian Period as we admire secret fossil beds. (B,L,D)

Wednesday, July 13: Rocky Harbour | St. Barbe ferry to LABRADOR | L’Anse-au-Clair

Today we check out of our hotel and take the dramatic “Viking Trail” highway north to St. Barbe and the Labrador ferry. En route we visit The Arches, where the ocean has carved dramatic tunnels in the limestone rocks. The ferry ride may require an early morning departure, but it is a trip highlight, with whales, seals, icebergs, puffins, and pelagic seabirds all commonly seen. In fact, it is often included among listings of the world’s best pelagic seabird watching trips. (This is a local ferry service, and the schedule can be influenced by weather and other factors.) Weather-permitting, spend some time on deck during the 90-minute ferry ride to view the marine wildlife and scenery. Time permitting, we may walk this afternoon to a local feature of some paleontological significance. The Cambrian limestones in this area are rich in fossil sponges of the extinct genus *Archeocyatha*, which constructed the first animal-based (rather than algal-based) ecological reefs in Earth’s oceans. Dinner this evening is likely to feature the delicious flavors of Labrador’s berries and seafood. *Overnight in L’Anse-au-Clair at the Northern Light Inn for two nights.* (B,L,D)

Thursday, July 14: L’Anse-au-Clair | Red Bay | Point Amour | L’Anse-au-Clair

Today we visit Red Bay Basque Whaling Station, the 16th century’s whaling capital of the world and today a UNESCO World Heritage site. Less than 50 years after Columbus, this little-known part of North America had a population of over 1,500 Europeans (while Boston and New York were still wilderness). Visit the interpretation center and, nature permitting, catch a boat ride to the actual dig site where we explore the trails walked by the Basques almost five centuries ago. The new world’s first written documents originated here, such as ships’ manifests and whalers’ wills. Visit Canada’s second tallest lighthouse at Point Amour, as well as the oldest burial mound in North America—older than the pyramids. The entire Labrador Straits area is rich in birds of prey, wildflowers, ancient reefs, and fossils; land-based whale- and seal-watching can be amazing; and the sweeping seascapes and dramatic colors that the sea itself takes on will altogether make for great photography. Depending on the ability and interest of the group, several hikes to coastal lookouts and along the coastal cliffs are possible. (B,L,D)

Friday, July 15: L’Anse-au-Clair | Blanc Sablon, QUEBEC for ferry to NEWFOUNDLAND | L’Anse aux Meadows | St. Anthony

Today we take the Labrador ferry back to Newfoundland and, along the way, get our last look at Labrador’s whales, seabirds, lighthouses, and seals. Upon arrival in St. Barbe, Newfoundland, travel to L’Anse aux Meadows to visit the only authenticated Viking site in North America. From here we can look out at Belle Isle, the northern extreme of the Appalachians, the backbone of this continent. Late this afternoon, take a boat trip out of St. Anthony for viewing dolphins, whales, and other wildlife (sometimes icebergs, too) off of the dramatic coastline. Dinner is at our hotel this evening. *Overnight in St. Anthony at the Haven Inn.* (B,L,D)



Previous page and above, views of Gros Morne National Park, Newfoundland, a UNESCO World Heritage site. Below, the Atlantic Puffin is commonly seen along the coast. Bottom, “The Arches” en route to St. Barbe.



Saturday, July 16: St. Anthony | Corner Brook

This morning we explore St. Anthony, on the northern tip of Newfoundland, which was the staging point for many northern expeditions. Arctic explorers used its sheltered harbour to take on sled dogs and other supplies as the world raced for the North Pole. Another St. Anthony highlight is the Grenfell Interpretation Centre. In 1892 a young English doctor visited St. Anthony and founded the Grenfell Mission in order to bring medical aid to the native and fishing families along the coast of Newfoundland and Labrador. The Interpretation Centre tells the inspiring story of Dr. Grenfell, and we visit his actual home. Step back to the early days of the 20th century amid tales of dog teams, hardships, courage, and innovation that surrounded Dr. Grenfell. We often take one last look for whales and dolphins from the cliff, with an opportunity for a birding hike, before we start our southward journey to Corner Brook, Newfoundland's second city. Stop along the way to explore the Maritime Archaic Indian exhibit at Port au Choix National Historic Park and learn about the trade, art, and artifacts of the ancient people that occupied this site 3,500 years ago. *Overnight in Corner Brook at The Glynmill Inn.* (B,L,D)

Sunday, July 17: Corner Brook | Deer Lake | Fly Home OR to St. John's for the extension

Transfer to the Deer Lake airport this morning for flights homeward, or onward to St. John's (airport code: YYT) for those participating in the optional extension. If your flight schedule allows, you may first choose to explore some of Corner Brook from our well-located hotel. (B)



Above, a Norse long house excavation, L'Anse aux Meadows. Below, a modern Basque chalupa, Port au Choix National Historic Park.



OPTIONAL POST-TOUR EXTENSION

St. John's: Seabirds and Whales, July 17-20, 2016

Sunday, July 17, 2016: Corner Brook, Newfoundland | Deer Lake | St. John's

Arrive in St. John's, the capital of Newfoundland and Labrador, in mid- to late afternoon and transfer to our hotel in this iconic city at the edge of the world. Gather this evening for dinner at a local restaurant. *Overnight in St. John's at the Quality Hotel Harbourview for three nights.* (D)

Monday, July 18: St. John's | Cape St. Mary's Ecological Reserve | St. John's

Today we drive to Cape St. Mary's Ecological Reserve, where we will visit the continent's second-largest gannet colony for spectacular views of these majestic seabirds tending their chicks. At this wonderfully accessible seabird colony, the full spectacle of tens of thousands of seabirds, including the world's most southerly thick-billed murre, is only a twenty-minute hike from road's end. Gannets, kittiwakes, and murre with their chicks take up every available space in this seabird paradise. Often this site offers excellent land-based humpback whale watching. We will also explore some of the boreal forest, visit salmon rivers, and stand on the rugged coast that represents the southern boundary for the distribution of some high Arctic plants and animals. (B,L,D)

Tuesday, July 19: St. John's | Witless Bay Ecological Reserve | Cape Spear | Signal Hill | St. John's

This morning we visit Witless Bay Ecological Reserve, half an hour south of St. John's and home to the continent's largest Atlantic puffin colony. Tens of thousands of puffins and other seabirds tending eggs or chicks await. The Reserve comprises four islands—Gull, Green, Great, and Pee Pee—just a few kilometers off the east coast of Newfoundland's Avalon Peninsula. Our boat tour will provide the opportunity to spot shearwaters, jaegers, dolphins, whales, and the other marine wildlife known to visit the area. After a lunch featuring local flavors of land and sea, travel the coastal route around St. John's exploring Cape Spear Lighthouse National Historic Site, the most easterly point in North America and the province's oldest extant lighthouse. Also visit the Johnson Geo Centre, a geological interpretation center on Signal Hill, 85% of which is underground (carved into half-billion-year-old rock); and Signal Hill National Historic Site, perhaps best known as the place where Marconi received in 1901 the very first wireless transatlantic signal. Return to our hotel and gather this evening for a farewell dinner. (B,L,D)

Wednesday, July 20: St. John's | Fly Home

Transfer to the airport this morning for flights homeward. (B)



Above, gannets and their chicks. Below, St. John's. Bottom, a whale sighting in Witless Bay.



What to Expect: This is a good introduction to hiking in Newfoundland and southern Labrador for people with basic fitness, **combining hiking (easy to moderate) and wildlife viewing with walking tours of geological, archaeological, and historic sites.** Flexibility will be an asset, as the itinerary is set well ahead of time but may need to be adapted en route due to the abilities and interests of the group, weather conditions, transportation (e.g. ferry schedules), or other factors. **Daily hiking/walking distances will not exceed five miles, with varying amounts of ascent,** and we do not expect to hike/walk for longer than one hour at a time unless the group decides to take advantage of the longer trails in the Gros Morne area. (The Western Brook Pond visit on July 11th is the most arduous required part of the itinerary, involving a 60-minute level walk, a 2.5-hour geological boat trip, and a 60-minute walk back to the parking area.) There are many shorter options, and some can involve changes in elevation of close to 1,000 feet, but almost all of our time will be spent close to sea level. Most hiking/walking will be on paths, boardwalks, tracks, or quiet roads, although the surfaces can be wet and rough.

Two expert local guides (Mark and Stew) will accompany our main tour and they know the area very well, so easier alternative hikes/walks are possible on most days. An experienced local guide will accompany the St. John's extension. **The weather in July** can vary from mild summer conditions to something cooler, windier, and/or wetter, then back again within a week (or a day). Expect average high temperatures in the low to mid 60s Fahrenheit, and average low temperatures in the low to high 40s Fahrenheit. It is usually mild, but you should arrive prepared with clothes to cover cool and warm weather, not to mention rain, since we could encounter chilly weather on exposed, breezy coasts and on boat trips. Nearly all meals are included, and you will enjoy charming, comfortable accommodations throughout.

Air Arrangements & Transfers: Airfare from/to home is not included. Airfare from Deer Lake to St. John's for the extension is not included. Arrival and departure airport shuttles on the main tour and arrival and departure taxi transfers on the extension are provided. Once you have received your final payment invoice, you should book your flights. If you are considering booking your flights before this time, please contact our office first. We do not accept any liability for cancellation penalties related to domestic or international airline tickets.

Passenger Cancellation Penalties: All requests by passengers for cancellations must be received in writing. Cancellations received at least ninety (90) days prior to departure are fully refunded less an administrative fee of three hundred dollars (\$300) per person. Cancellations received between sixty (60) and ninety (90) days prior to departure are fully refunded less an administrative fee of one thousand dollars (\$1,000) per person. Cancellations received within sixty (60) days of departure are subject to a penalty of 100% of the tour cost. For this and other reasons, **participants are strongly encouraged to purchase trip cancellation insurance. An application will be sent with confirmation of receipt of your deposit.**

For questions and to make a reservation please contact:

Carleton College
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(800) 811-7244

Email: carleton@studytours.org Web: go.carleton.edu/adventures

PO Box 938, 47 Main Street, Suite One, Walpole, NH 03608

Toll Line: (603) 756-4844 Fax: (603) 756-2922

Main Tour Prices (Per Person)

Double Occupancy (13 to 16 participants)	\$3,995
Double Occupancy (11 to 12 participants)	\$4,295
Double Occupancy (9 to 10 participants)	\$4,695
Single Supplement.....	\$545

Optional Extension Prices (Per Person)

Double Occupancy (2 to 16 participants)	\$845
Single Supplement.....	\$245

Single room supplement will be charged when requested or required (limited availability).

Prices Include:

- Leadership of Carleton faculty leader Clint Cowan (with 9+ participants on main tour and 8+ participants on extension);
- Accommodations in finest available hotels, as per the itinerary;
- Nearly all meals, as indicated, including soft drinks, bottled water, coffee/tea;
- All entrance fees for visits included in the itinerary and all boat/ferry passes;
- Arrival and departure airport shuttles on the main tour and taxi transfers on extension arrival and departure;
- Transportation by ferry (main tour) and air conditioned minibuses including bottled water;
- Expert local guide(s)/driver(s) throughout;
- Gratuities to porters and waiters;
- Local taxes and service charges;
- Porterage;
- Comprehensive pre-departure information, including a suggested reading guide, travel guide, and packing list.

Prices Do Not Include: Airfare from/to home; airfare from Deer Lake to St. John's to join the extension; passport and visa fees; inoculation fees; all airport fees and departure taxes; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; tips to guides/drivers; personal tips; items of a personal nature, such as laundry; alcoholic beverages; taxi, telephone, and fax charges; optional excursions or deviations from scheduled tour.

Note: Prices are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, and leader are subject to change.

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Newfoundland and Labrador: A Walk Through Time
July 9-17, 2016 (9 days) with Carleton Professor Clint Cowan

To hold your reservation for seven days while this form and your deposit are in the mail, please contact us at 800-811-7244 or carleton@studytours.org

Name 1: _____
(as it appears on passport) Carleton Class of: _____

Name 2: _____
(as it appears on passport) Carleton Class of: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone (h) _____

Phone (w) _____

Phone (cell) _____

Email _____

I/We have read the 'What to Expect' section and am/are physically able to participate fully on the program.

Enroll me/us in the post-tour extension to St. John's.

ACCOMMODATIONS:

Double (one bed) Twin (two beds) Single

I will be sharing with: _____

Share-please assign a roommate (not guaranteed)

I am a Non-smoker Smoker

RESERVATIONS & PAYMENT:

A deposit of \$1,000 per person is required to confirm a reservation. Final payment is due 90 days prior to departure. You will receive an invoice for final payment. **Please note that credit cards are not accepted for final payment.**

All prices and payments are in US dollars.

DEPOSIT TYPE (PLEASE CHECK ONE):

Check payable to: EOS Passenger Account-CAA Newfoundland7/16

Visa Master Card American Express

CC# _____

Exp. Date _____ Security Code _____

Name on Card _____

Please complete this reservation form, sign the release statement below, enclose your deposit, and mail or fax to:

Carleton College Alumni Adventures
P.O. Box 938, Walpole, NH 03608-0938
Fax: 603-756-2922

By signing this form, you are acknowledging that you have read and agree to the Terms & Conditions on the reverse and throughout.

Signature _____ Date _____

Signature _____ Date _____

Terms & Conditions

Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to passengers who do not complete the tour for whatever reason nor to passengers whose required documentation for entry into any country on the itinerary is delayed or denied. **RESPONSIBILITY:** Carleton College and its agent, Eos Study Tours (hereinafter "Sponsors"), and the tour operator, and/or its agents (hereinafter "Operator") assume no liability for failure to provide the services, transportation, lecturers and accommodations referred to in this brochure to the extent that such services and accommodations cannot be supplied due to delays or other causes beyond the control of Operator, which include but are not limited to sickness, epidemics, pandemics, weather, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, termination or suspension of war risks or other carrier insurance, quarantine, and acts of God. In the absence of negligence on the part of Operator, the participant agrees that Operator has no responsibility or liability of any nature whatsoever for damage to or loss of property, or injury to, or death of persons due to any act, omission or negligence of any carrier, hotel, restaurant, bus carrier, tender service, sightseeing company, or any other persons rendering any of the services or ground portions of the itinerary. The participant further waives any claim against Operator and Sponsors for any such damage, loss, injury or death. Operator and Sponsors shall not be responsible for any additional expenses, delays, substitution of equipment, and/or any act or omission whatsoever by the suppliers of such services, their agents, servants and employees, and the participant hereby waives any claim arising there from. Operator and Sponsors reserve the right to decline, accept or retain any participant at any time. Sponsors and Operator reserve the right to cancel this tour prior to departure, in which case payment will be refunded without further obligation on our part, except when trip cancellation, itinerary changes and/or delays are mandated by any of the aforesaid causes beyond our control, the passenger shall have the option of accepting in lieu of the original tour such rescheduled tour or other substituted tour(s) as may be offered by us, or else, receiving a refund of as much of such advance tour expenditures as Operator and Sponsors are able to recover on the passenger's behalf from carriers, third-party tour vendors, etc., but, Operator and Sponsors shall not have any obligation or liability to the passenger beyond the foregoing. All refunds of passenger payments are the responsibility of Eos and/or the Operator, and the participant agrees that Carleton College bears no financial responsibility for refunding of participant's payments. The passenger contract in use by the carriers concerned (when issued) shall constitute the sole contract between the transportation companies (such as ship operators and airlines) and the purchaser of this tour and/or passage. Participants are encouraged to purchase airline tickets no sooner than 60 days before the tour begins to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Sponsors and Operator accept no liability for the purchase of non-refundable airline tickets to the tour departure city and return. Baggage and personal effects are at all times the sole responsibility of the participant. By forwarding of deposit, the passenger certifies that he/she agrees with these terms and conditions, and that he/she does not have any mental, physical or other condition or disability that would create a hazard for him/herself or other passengers. **Itinerary:** Sponsors and Operator reserve the right to change the itinerary due to weather conditions, availability of anchorages, political conditions and other factors beyond our control without consulting the participants. Participants have no right to any refund or other considerations in the event of these itinerary changes. Rates are based on tariffs and exchange rates in effect at the time of printing and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, the price of fuel, services and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices. **AS A CONDITION OF ACCEPTANCE, EACH PARTICIPANT MUST AGREE TO AND SIGN THE FOLLOWING RELEASE OF LIABILITY:** **RELEASE:** Notwithstanding anything set forth above or otherwise contained herein, the signatory clearly understands that the Sponsors are in no way responsible and can assume no liability of any nature whatsoever for the tour and any acts, omissions or negligence by the Operator or by companies and persons with whom the Operator may contract. The signatory has carefully read the list of activities, requirements and conditions as listed in the brochure and application for the tour and is/are aware that the tour and its activities involve the risk of personal injury or death and damage or loss of property. In consideration of the benefits to be derived from participation in the tour, the signatory voluntarily accepts all risk of personal injury or death and property damage or other loss arising from participation on the tour and hereby agrees that he/she and his/her dependents, heirs, executors and assigns, do release and hold harmless Sponsors and the employees, officers, directors, trustees or representatives of Sponsors, from any and all claims, including claims of negligence, illness, personal injury, death or property damage or loss, however caused, arising from or related to this tour. The signatory has read carefully this agreement, and will abide by the conditions set by Sponsors and the Operator as described in the brochure and in the Terms and Conditions of this and other sections as stated herein or elsewhere published. The signatory affirms that he/she has not received or relied on any oral or written representation of Sponsors as a basis for executing this Release.