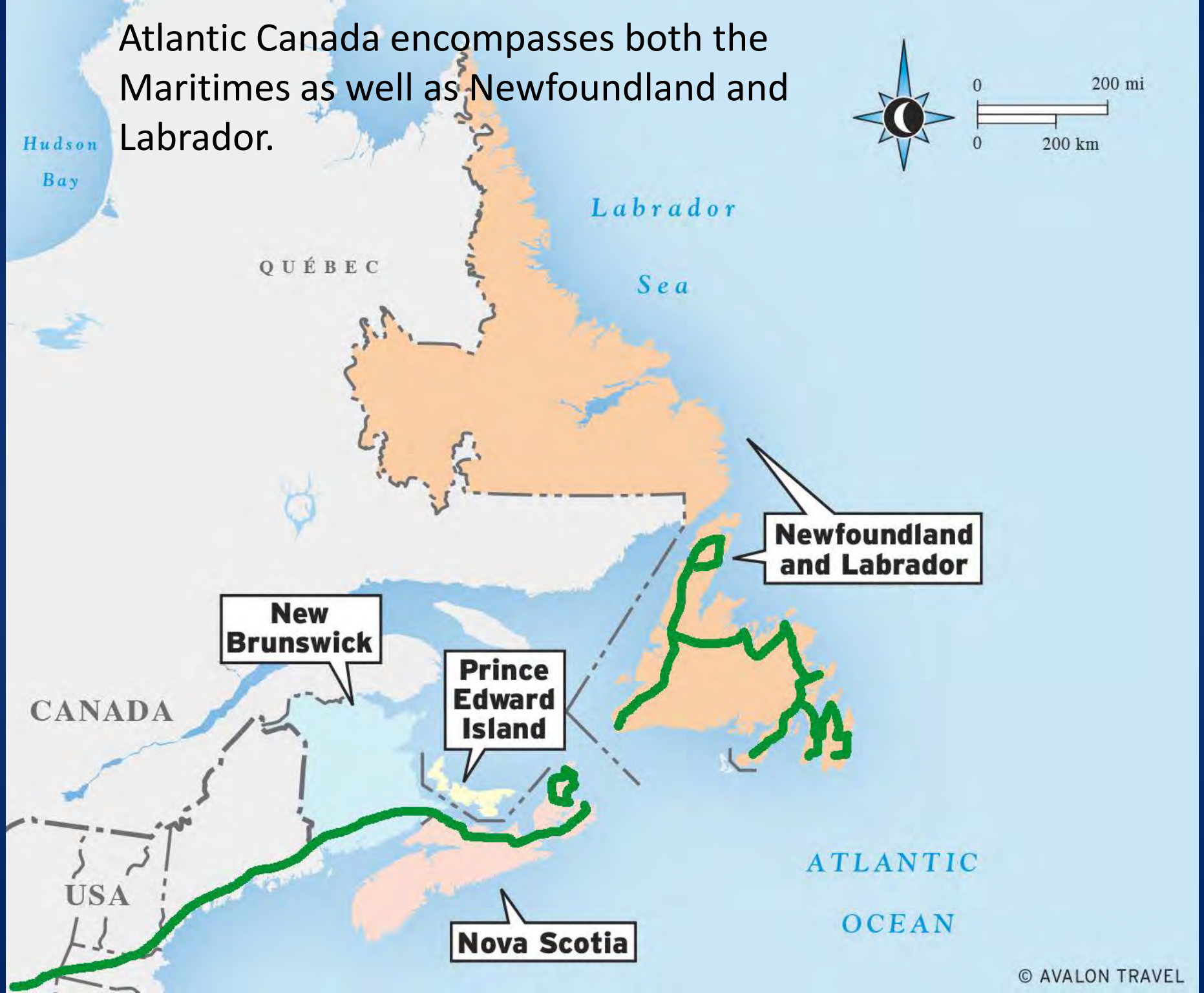
# By Land and by Sea

A journey through the Atlantic
and Maritime provinces of Canada


Atlantic Canada encompasses both the Maritimes as well as Newfoundland and Labrador.
Hudson Bay
Labrador Sea
QUÉBEC
0
200 mi
0
200 km
Newfoundland and Labrador
New Brunswick
Prince Edward Island
CANADA
USA
Nova Scotia
ATLANTIC OCEAN
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# Our living quarters,  kitchen area and entry

Our dining and living space

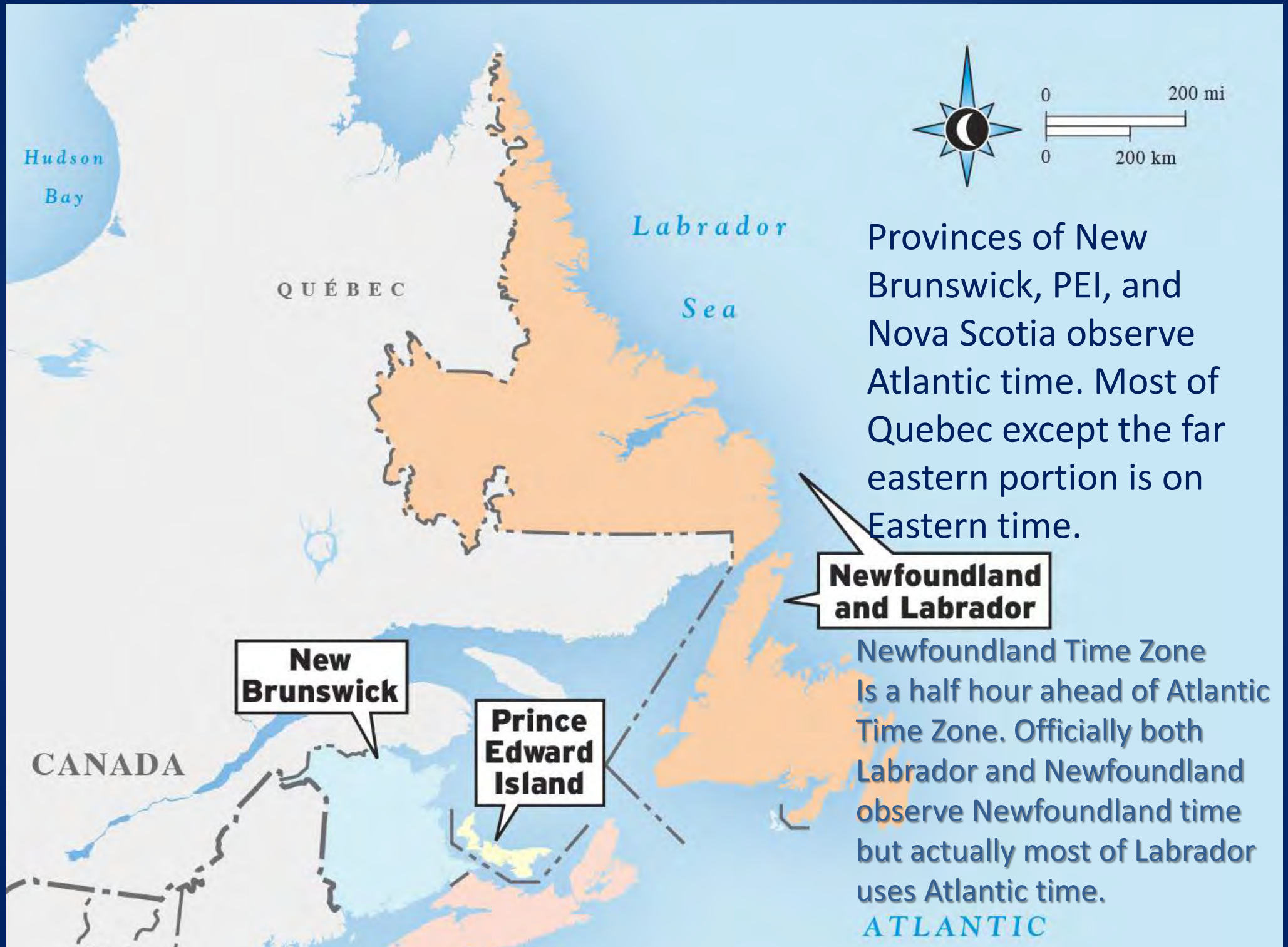
# Our bathroom and our bedroom

Our travel companions, Rob and Aida Schmidt and their dog Pilot

Departure: July 10
Return home: September 24
(then left Sept. 27 for North Dakota for 2 weeks)

Miles driven: 12,000+
States visited: Wisconsin, Illinois, Indiana, Ohio, West Virginia, Maryland, Pennsylvania, New York, Connecticut, Massachusetts, New Hampshire, Maine, Vermont, New Jersey
Provinces: New Brunswick, Nova Scotia, Newfoundland

NEWFOUNDLAND




Provinces of New Brunswick, PEI, and Nova Scotia observe Atlantic time. Most of Quebec except the far eastern portion is on Eastern time.

Newfoundland Time Zone Is a half hour ahead of Atlantic Time Zone. Officially both Labrador and Newfoundland observe Newfoundland time but actually most of Labrador uses Atlantic time.

First settlement: Paleo-Eskimo 2000 BC, Vikings at L'Anse Aux Meadows in 1006; then Beothuk. Portugese, French and Spanish also visited the island starting in early 1500s. Claimed for England by Sir Humphrey Gilbert in 1583, making it England's oldest colony

In French: Terre Nueve (New Land)
In Gaelic: Talamh an Éisc (Land of the Fish)

Population: 490,000+; Capital: St. John; [Labrador: 30,000]

Languages: English, French, Gaelic (Newfoundland dialects of each) M'ikmaq

French ceded control to England in 1713, keeping only nearby islands of St. Pierre and Miquelon (which remain French territory)

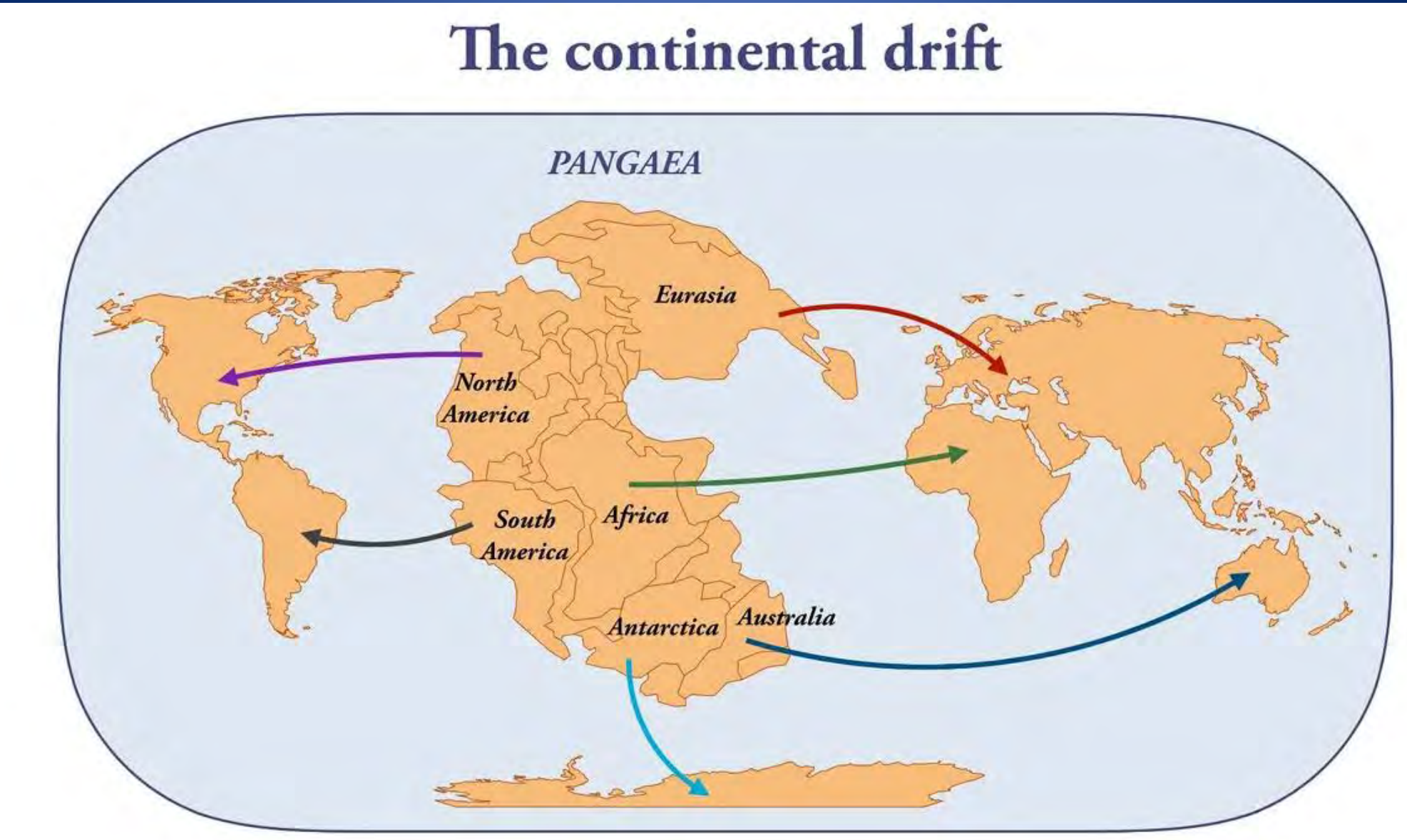
Area: 42,000 square miles, the 16th largest island in the world (about the size of Virginia, and a third larger than New Brunswick) Newfoundland joined Canada as a province in 1949 (final province admitted to confederation). Province name changed to Labrador and Newfoundland in 2001.

Economy: paper and pulp, iron ore mining, oil, fishing, tourism (Newfoundland continues to have the highest unemployment rate in Canada, around 10.4%)

The flag of Newfoundland and Labrador was designed by Canadian artist Christopher Platt and first flown on Discovery Day June 24, 1980. The blue represents the waters of the sea, lakes and rivers; the white represents snow and ice; the red represents human endeavor. The red triangles represent the two provincial regions, Labrador and Newfoundland; the gold arrow points to a brighter future. The overall design is based partly on Beothuk etchings.

PANGEA

super continent joining North America to Africa circa 200+ million years ago. Tectonic plate shift and climate change led to breakup over next 30 million years.



# THE ROCK

Home to some of the oldest rocks and fossils on the planet, up to 3800 million years old.

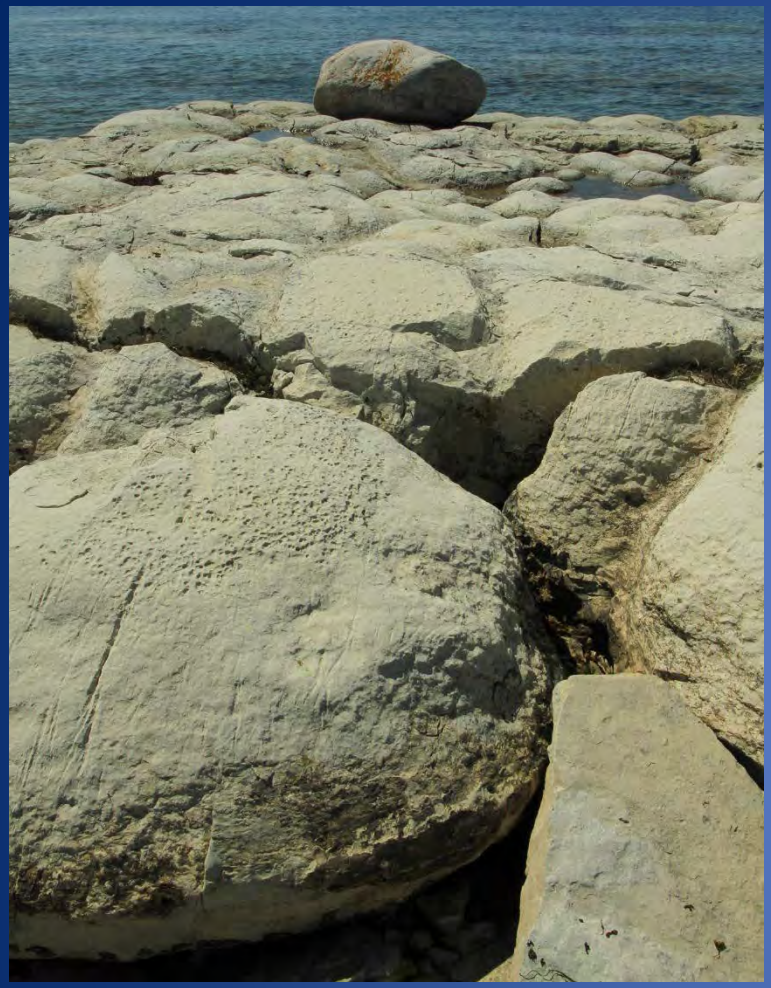
- Plate tectonics at Gros Morne NP
- Thrombolites at Flowers Cove
- 560 million year old fossils Mistaken Point

Long Range Mountains along the northern peninsula and extending into the southwest corner are an extension of the Appalachian mountains of the eastern U.S.

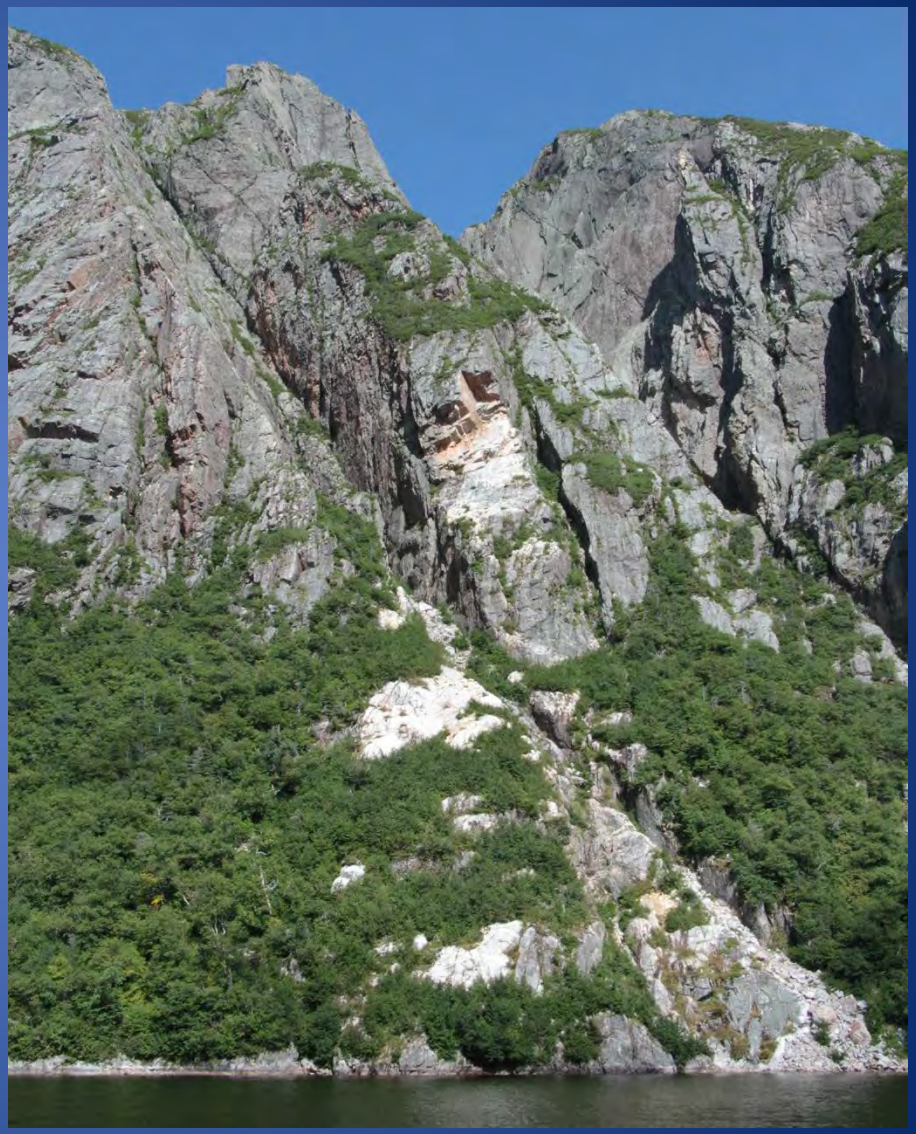
The Cabox, highest point 2,664 feet

Situated at the southern end of the Long Range Mountains at the western mouth of the Codroy Valley, the name originated because high winds - often well in excess of hurricane force - would occasionally blow railway cars on the narrow gauge trains operated by the Newfoundland Railway completely off the track. Although the railway was closed in 1988, the winds are still a hazard to vehicles on Highway 1 and transport trucks occasionally get blown off the road. Winds have been measured over124 miles per hour.

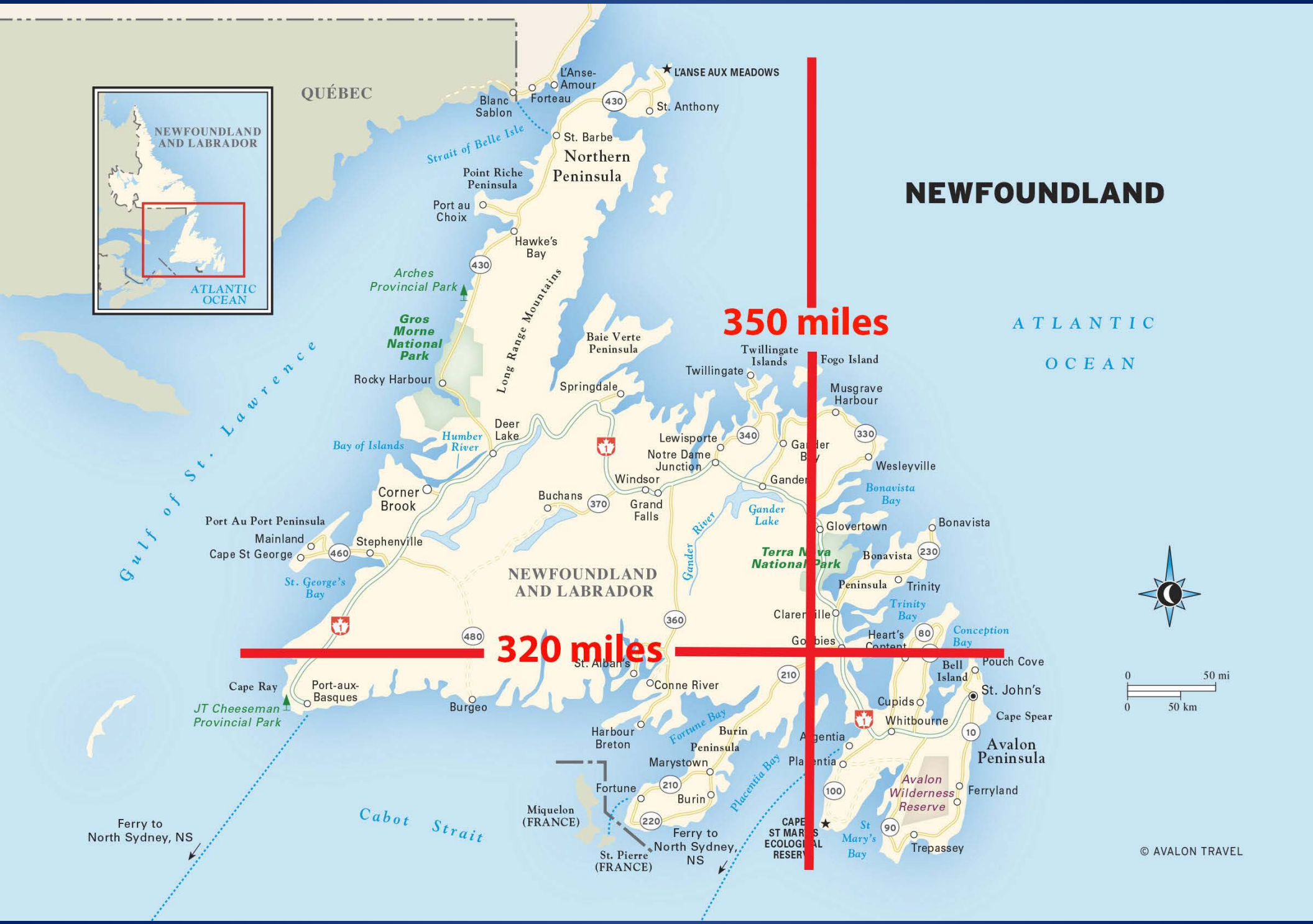
Newfoundland rocks: basalt, granite, gneiss, limestone, quartzite, mudstone/shale, sandstone

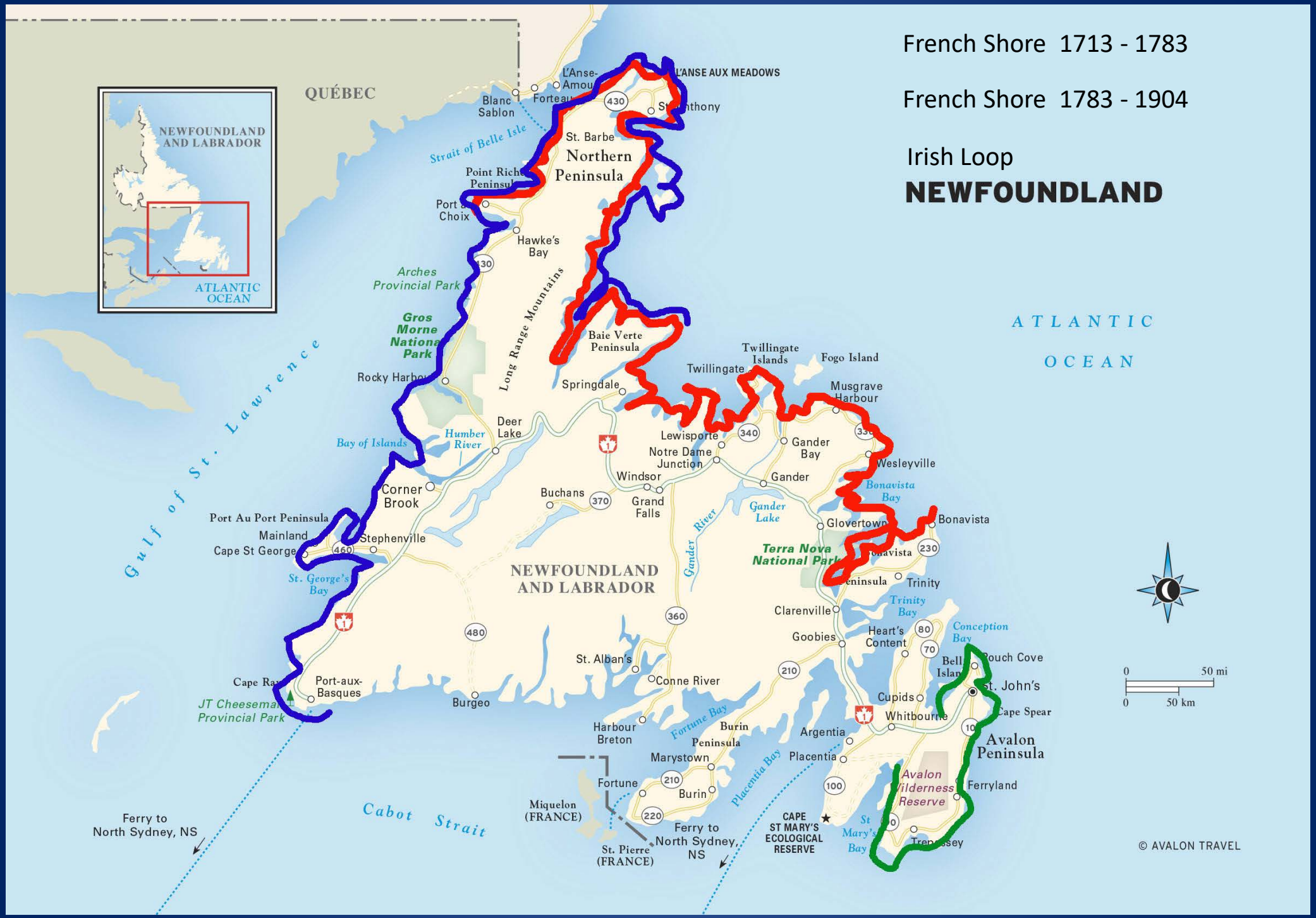


Thrombolites, 650 million year old fossil structures at Flowers Cove, composed of calcified cyanobacteria



White granite on mountain slope of Western Brook fjord at Gros Morne NP


NEWFOUNDLAND
350 miles
320 miles
NEWFOUNDLAND AND LABRADOR
QUÉBEC
ATLANTIC OCEAN
Gulf of St. Lawrence
Cabot Strait
Strait of Belle Isle
Bay of Islands
Fortune Bay
Placentia Bay
Trinity Bay
Conception Bay
Bonavista Bay
St. George's Bay
Northern Peninsula
Avalon Peninsula
Burin Peninsula
Port Au Port Peninsula
Baie Verte Peninsula
Point Riche Peninsula
Long Range Mountains
Gander River
Gander Lake
L'Anse-Amour
L'ANSE AUX MEADOWS
Blanc Sablon
Forteau
St. Anthony
St. Barbe
Port au Choix
Hawke's Bay
Arches Provincial Park
Gros Morne National Park
Rocky Harbour
Springdale
Twillingate Islands
Twillingate
Fogo Island
Musgrave Harbour
Deer Lake
Humber River
Lewisporte
Notre Dame Junction
Windsor
Grand Falls
Buchans
Corner Brook
Mainland
Cape St George
Stephenville
Gander
Wesleyville
Glovertown
Bonavista
Terra Nova National Park
Peninsula
Trinity
Clarenville
Heart's Content
Bell Island
Pouch Cove
St. John's
Cape Spear
Cupids
Whitbourne
Argentia
Placentia
Avalon Wilderness Reserve
Ferryland
Trepassey
St Mary's Bay
CAPE ST MARYS ECOLOGICAL RESERVE
Harbour Breton
Marystown
Fortune
Burin
Miquelon (FRANCE)
St. Pierre (FRANCE)
Ferry to North Sydney, NS
Ferry to North Sydney, NS
Cape Ray
Port-aux-Basques
Burgeo
JT Cheeseman Provincial Park
St. Alban's
Conne River
ATLANTIC OCEAN
0 50 mi
0 50 km
© AVALON TRAVEL


French Shore 1713 - 1783
French Shore 1783 - 1904
Irish Loop
NEWFOUNDLAND
QUÉBEC
NEWFOUNDLAND AND LABRADOR
ATLANTIC OCEAN
L'ANSE AUX MEADOWS
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Gulf of St. Lawrence
ATLANTIC OCEAN
0 50 mi
0 50 km
© AVALON TRAVEL

# Atlantic cod (*Gadus morhua*)

The pursuit of cod stocks off Newfoundland and New England was a main "pull" factor for European merchants and fishermen, driving the establishment of North American trading ports and colonial systems. A cheap source of protein for Europe and easily shipped from Newfoundland and Labrador thanks to preservation through drying and salting. (and also shipped to the slave plantations in the Caribbean). Between 1500 and 1650, annual consumption of cod in Europe quardrupled.

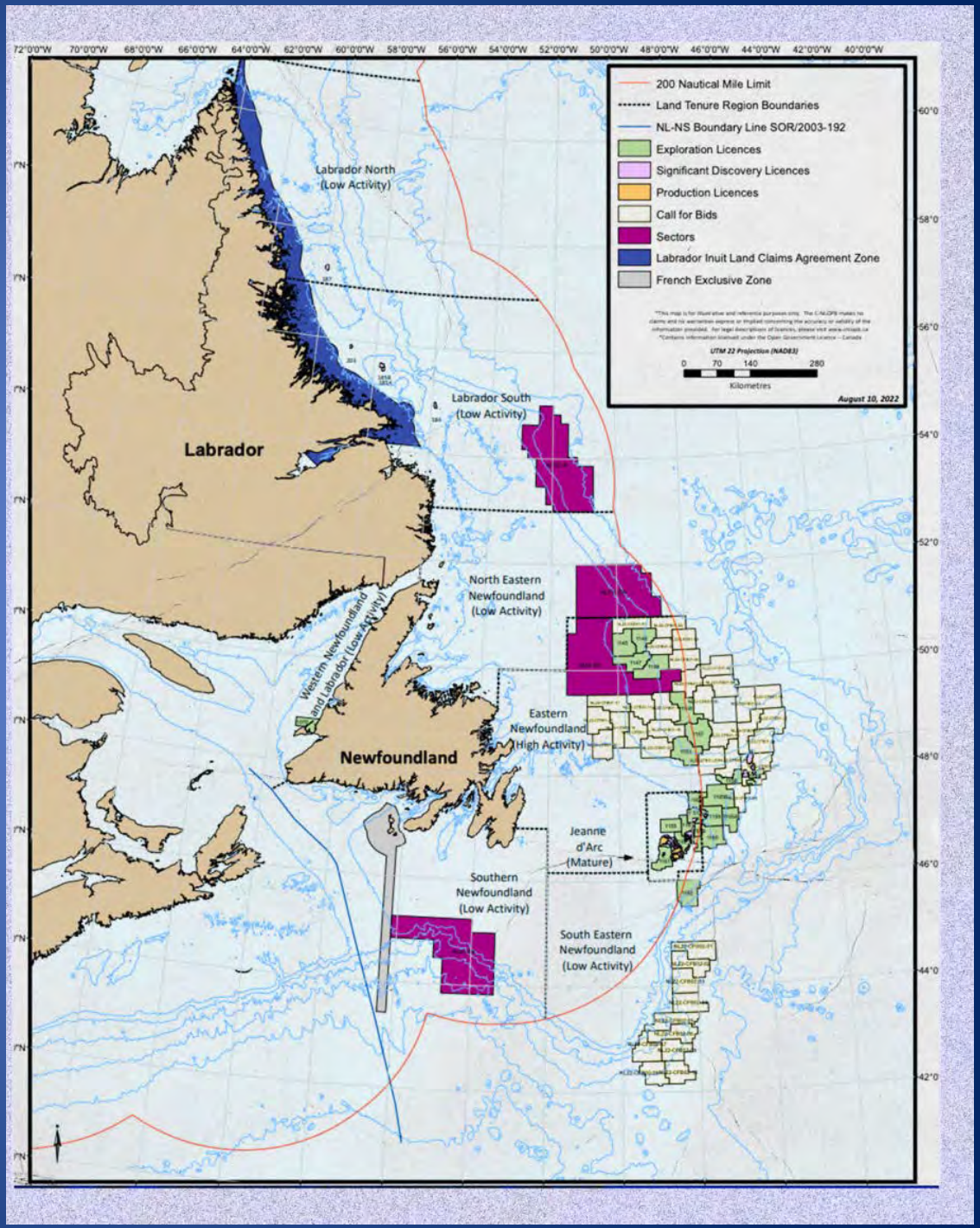
Recreational fishing for cod is allowed, season runs June to September, catch limit 5 per person per day.

The Grand Banks of Newfoundland are a series of underwater plateaus south-east of the island of Newfoundland on the North American continental shelf. They constitute one of the world's richest fishing grounds, supporting Atlantic cod, swordfish, haddock and capelin, as well as shellfish, seabirds and sea mammals thanks to the mixing of the Labrador and Gulf Stream currents. The cod fishery collapsed in 1992 from overfishing. Though it isn't expected to fully recover until 2030, the Canadian government lifted the ban in 2024, allowing a limited reopening for commercial fishing.

Eight foot granite cod sculpture in the fishing outport Port au Choix celebrating the community's fishing heritage and the hope that "we will again be blessed with cod abundant waters."

# Oil fields in Newfoundland

Reserves were first discovered in 1979, with first oil in 1997. Twenty eight  years later, there are five fields producing an average of 240,000 barrels per day. The fields produce 25 percent of Canada's light crude oil.



# Newfoundland glossary

**CFA** : stands for Come From Away and it refers to all non-Newfoundlanders. Title of the book and musical concerning 911 and Gander

**Whatta yat?:** What are you doing? How're you doing?

**Wha?** : similar to the Canadian "eh?" Example: "It's some sunny out, wha?"

**Who knit ya? :** who are your parents

**B'y** : used for emphasis, "Go on, b'y"

**After** : used instead of the auxililary verb "have" as in "I'm after to visit the dentist today."

**Mauzy**: cloudy or foggy

**Some/Right** : used as an adjective in place of "very" as in: "It's some cold out." or "She's right pretty." ("right" carries more emphasis)

# More Newfoundlandese

"I just dies at you."
[response to someone that makes you laugh]

"I'm just about gutfoundered."
[really hungry]

"Do you want some taken up?"
[offer to serve a meal]

"Skint!" [awesome]

"It's cold enough for vamps."
[vamps are wool socks]

"My love,"

# So what is a tickle?

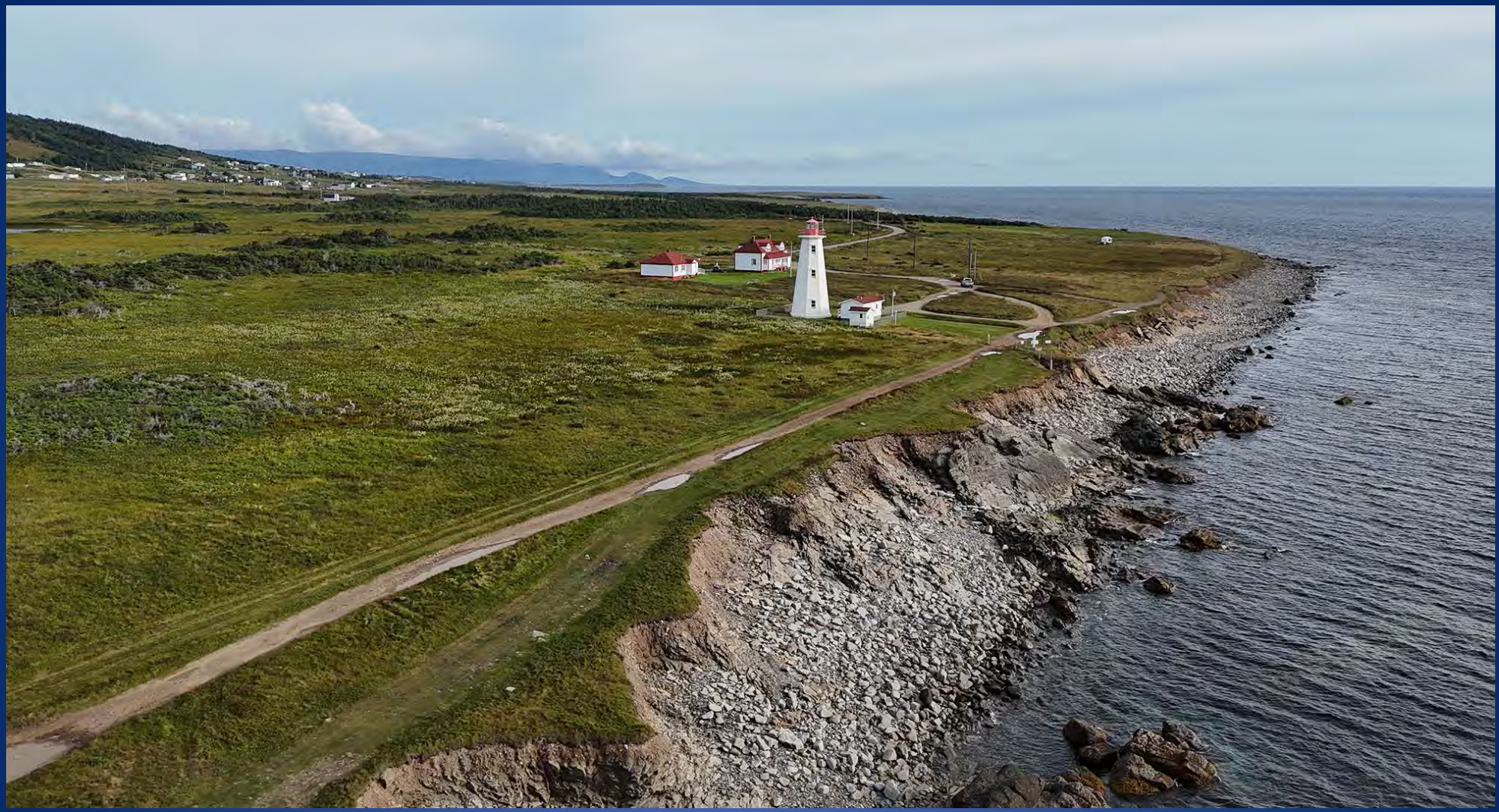
(it's not your sibling trying to provoke fits of laughter)

It is a narrow channel between two rocks  wide enough to navigate with a boat. Generally refers to a narrow ocean strait carved by retreating glaciers.

A flake is not a particle of frozen precipitation (or a pejorative)

It is a platform built on poles and spread with branches and boughs for drying cod.

# Cape Anguille



Cape Anguille is the western most point in Newfoundland. The name Anguille is French meaning eel. The octagonal concrete lighthouse was built in 1960, replacing wooden one built in 1908. The adjacent lighthouse keeper’s residence is now an inn.

# Codroy Valley
## near Cape Anguille

White rose

Holy Trinity Anglican Church in Codroy

# Codroy Valley

Little Codroy River, Long Range mountains in distance

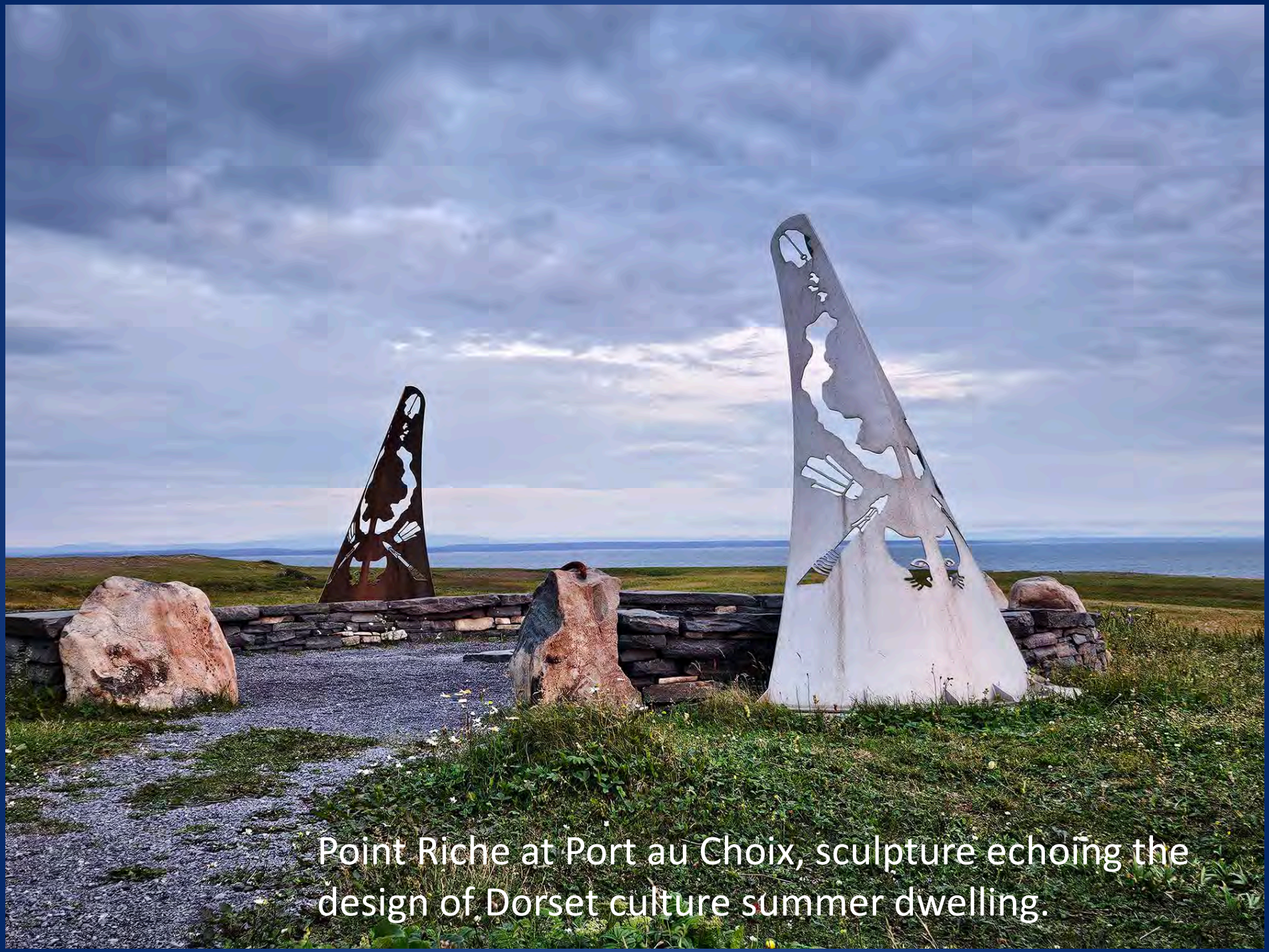
Road to Coastangs trail head.

# Cornerbrook

The fifth largest community in Newfoundland with a population of 19,000, and the largest community in the province outside of the Avalon Peninsula. Situated on the Bay of Islands near the midpoint of the western coastland.

The Captain James Cook Historic Site stands on Crow Hill overlooking the city. Cook surveyed the area on his 1767 voyage, his third voyage to Newfoundland to survey the coast.

The Emporium general store in Corner Brook has a little bit of everything, old and new, including a guide on Newfoundland trees and shrubs we bought.



Point Riche at Port au Choix, sculpture echoing the design of Dorset culture summer dwelling.

Point Riche lighthouse

# Port au Choix

Removing bread from French Bread Oven.

Chaloupe boat at French Bread Oven.

Woodland caribou walking along residental street in Port au Choix

# L'Anse aux Meadows

The only verified Viking settlement in North America. Thought to be the Vinland recorded in the  Iceland Sagas. Site discovered by Norwegian explorer Helge Ingstad  and his wife, archaeologist Anne Stine Ingstad, in 1960.

# L’Anse aux Meadows:

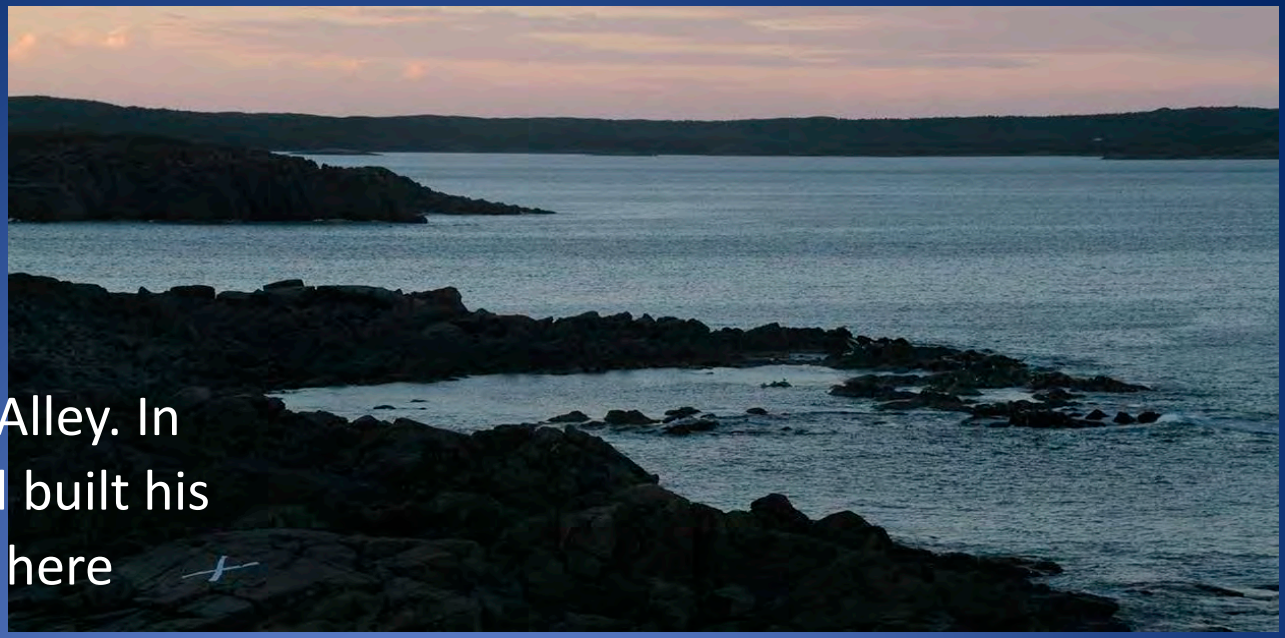
Designated a UNESCO World Heritage Site in 1978. This is a reconstruction of the Viking settlement founded by Leif Eiriksson and which was used as a staging site for exploring the Gulf of St. Lawrence, including New Brunswick and Nova Scotia. Norse named the area Vinland (Land of Wine) because of presence of wild grapes and timber.

Meeting of Two Worlds sculpture at L'Anse Aux Meadows. Created by Luben Boykov and Richard Brixel in 2002, this sculpture symbolizes the meeting of human migration from the east through Asia to North America and from the west through Europe to North America. The two groups met when the Norse landed at L'Anse aux Meadows.

Sod wall and wild geraniums

Great Hall at L’Anse aux Meadows

# Northern Peninsula St. Anthony



The Gateway to Iceberg Alley. In 1900 Dr. Wilfred Grenfell built his first year-round hospital here

Commercial fishing docks

# Dr. Wilfred Grenfell

British medical missionary Wilfred Grenfell arrived at Labrador in 1892 to investigate living conditions among local fishers for the United Kingdom's National Mission to Deep Sea Fishermen. He spent much of the summer sailing up and down the Labrador coast aboard the medical vessel Albert, treating about 900 people for a wide range of illnesses. Shocked by the area's widespread poverty and almost complete absence of medical resources, Grenfell spent the next year raising money at St. John's and England to establish regular health-care services in Labrador. He did much of this independent of the Mission to Deep Sea Fishermen, which felt Grenfell's vision was beyond its scope and finances. As a result, the Grenfell Mission (later the International Grenfell Association) eventually formed and provided medical services in Labrador for close to a century.

Lightkeepers Restaurant, St. Anthony

Seafood chowder

# Northern Peninsula

## French Shore

Eastern side of peninsula visited by fishermen from Brittany since 16th century. Treaty of Utrecht 1713 allowed French to fish seasonally on Newfoundland's north coast between Bonavista and Point Riche. The French relinquished these rights in 1904.

French Shore Interpretation Center in Conche

# French Shore Tapestry

Modeled after the Bayeux Tapestry. Embroidered by local residents. 217 feet long. Depicts 400 years of French, Irish and English history on the shore, up to the present day.

Fishing sheds at Conche the white crosses on doors is a local custom, intended to be a blessing for fish catches and protection from storms

# Twillingate

Town of 2,121 people located on the Twillingate Islands in Notre Dame Bay, off the north eastern of Newfoundland. Twillingate is one of the stops along Iceberg Alley, which stretches from the northern Labrador coast to the easter shore of Newfoundland.

June and July are the best months for viewing whales as well as icebergs drifting down from Greenland. Several breweries and distilleries harvest ice from the bergs to make spirits and beer.

Osprey nest

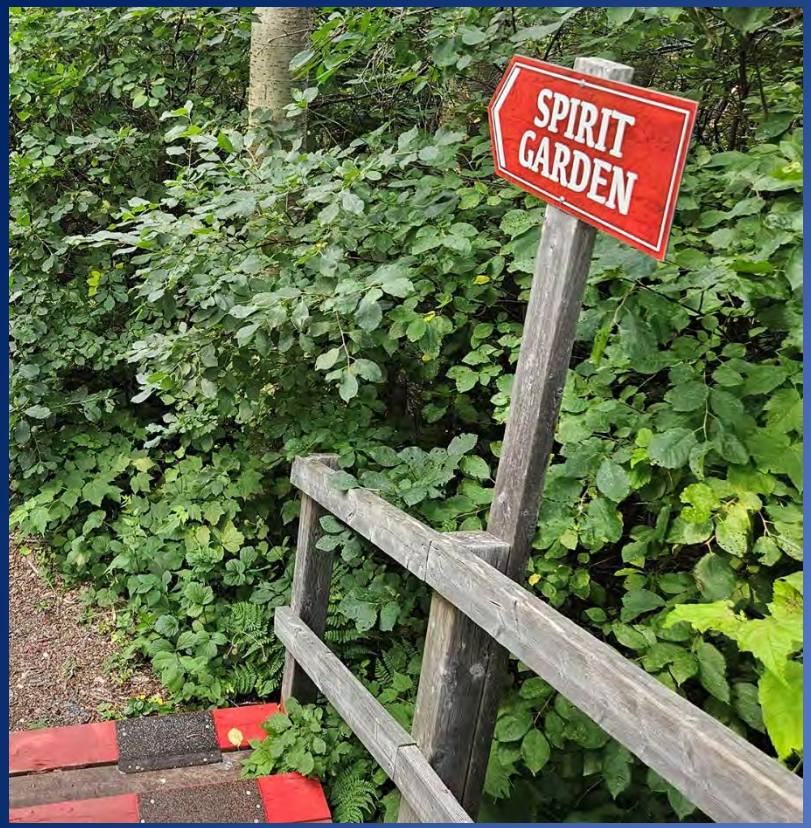
Osprey, sea raptor with up to 71 inch wing span

Our first and last campfire of the trip in Twillingate, due to the fire bans throughout most of Newfoundland and Nova Scotia. Hefty fines of $25,000 and up for violating the ban, or for entering the forests.

Crab pots on board a fishing boat. In Newfoundland the commercial shellfish seasons (snow crab and lobster) run from April into July.

# Boyds Cove

## Beothuk Interpretive Center



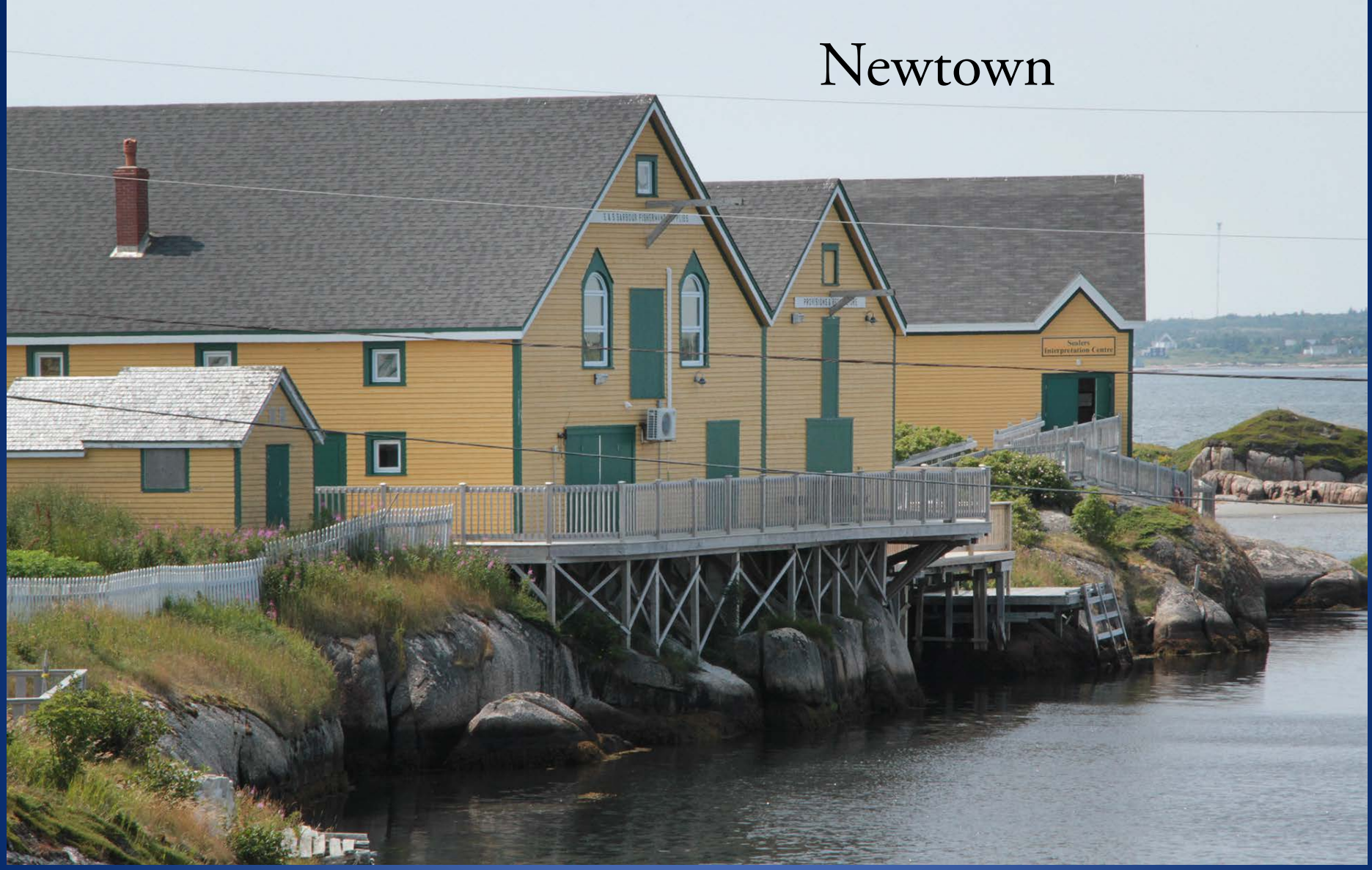

There are likely people living today that are faintly related to the Beothuk through intermarriages through the years however therefore they refer to the Beothuk as culturally extinct rather than the Beothuk are extinct.

Beothuk Interpretive Center guide Lowan who is from this area. He just finished his second year of college in St. John's studying law enforcement with an emphasis on indigenous populations.

# Spirit Garden

Here people can leave prayer hangings which we could have picked up some at the check-in desk.

# Newtown




Barbour Heritage District in Newtown. The town is known as the “Venice of the North” due to the waterways (tickles) winding through the town. The first settlers arrived in the 1850s for the cod fishing. Due to the resettlement of outports in the 1950s and ‘60s, Newtown grew and now has over 700 residents.

Barbours Tickle Studio
“The artist creates rugs and baskets from commercial fishing line. Turquoise is his favortite.

# Baccalieu Trail, Bay de Verde Peninsula

In 1855 Heart's Content was chosen as the location for the first transatlantic submarine telegraph cable. The first successful cable was connected in 1866.

Cable operators house in Heart's Content

The brick cable station built in 1865 and expanded in 1908 was bought by the province in 1965 and turned into a historical museum.

“

Another smoky day from the fires. They are on the Avalon Penisula where we are headed but on the eastern side and we will be on the western. Had hoped to drive the eastern side but that is not possible. The road closure keeps expanding both to the north and the south. The good news is we don’t smell or taste the fire like we did in the Northwest Territory both times we traveled there.

Whiteway Shags Rock. Forget about what you think ‘shag’ mean, in Newfoundland English, "shag it" means "forget it" or "I don't care," often used when someone is fed up or has had enough of something. It's a common expression in the Newfoundland dialect, also known as Newfinese. Additionally, "shag" can refer to the cormorant bird, which are locally known as shags and are common around the island's coast. These rocks are inhabited by many cormorants.

# Bonavista Peninsula

Italian explorer, John Cabot, sailing under the commission of King Henry VII of England, was the first European to reach the North American coast since the Vikings established a settlement at L'Anse aux Meadows in 1000. Cabot anchored off the Bonavista Peninsula June 24,  1497, though that is disputed by some scholars who believe Cape Breton ion Nova Scotia was more likely for a landing.

# Bonavista

Ryan Premises, a restored 19th century mercantile complex significant to the history of the region's cod, seal, and Labrador fisheries. It is one of the last remaining examples of a 19th century mercantile complex. It includes a house, store, salt storage and various outbuildings. The Ryan family carried on the traditions until 1952.

# Orange Hall

The Lodge Building, the largest fraternal hall of wooden construction in North America was built in 1907. It served as many as 475 Orangemen in Bonavista making it the large Orange Lodge in North America.

The Orange men of Newfoundland were members of the Loyal Orange Lodge, a Protestant fraternal organization that originated in Ireland in 1795 and became extremely popular in Newfoundland.

Over the past 10,000 years the pounding waves of the mighty Atlantic Ocean slowly but surely eroded this rugged coastline. As time passed two snake-like sea caves were carved out of the sedimentary rock, digging deeper and deeper inland. Eventually the individual caves widened and connected and couldn’t support the weight of the overhead rock; the ceiling collapsed creating the Dungeon. This formation is also known as blow-hole or gloup.

# Bonavista Peninsula

## Elliston

Elliston has more than 130 documented root cellars, the most in Newfoundland. These traditional food storage systems – used mainly for root vegetables like potatoes and carrots – are built right into the ground, mainly into small hills and banks. The natural humidity and moisture keeps things cool in the summer and prevents freezing in the winter.

# Bonavista Peninsula - Trinity Bay North

Port Union is the only union-built town in North America. It was founded in 1916 for the Fishermen's Protective Union. It was the base for the publication of the Fishermen's Advocate journal. It has since been combined with several other small towns to form Trinity Bay North.

Castle Hill in Newfoundland is a National Historic Site that preserves the remains of French and British fortifications built to control strategic fishing grounds and the approaches to the French colony of Canada. The site features the ruins of Fort Royal, defensive walls, and artillery batteries, reflecting the French (1692-1713) and British (1713-1811) presence and rivalry for control of Newfoundland. Castle Hill's location atop a high hill overlooking Placentia (Plaisance) made it a crucial point for controlling the valuable cod fisheries and the sea routes to the French colony.

# Mistaken Point Ecological Reserve

Mistaken Point Ecological Reserve home to the Mistaken Point Formation, tilted and cleaved slabs of mudstone that contain 565 million year old fossils, the oldest complex multicellular life on the planet. Over 10,000 of these sea floor organisms preserved.

# Cape Race

Cape Race Light Station, built in 1907, houses one of the most powerful lighthouse beams in the world, visible for over 50 nautical miles.

Myrick Wireless Interpretation Center. The station was established in 1904 to provide wireless service to mariners. On April 14, 1912, at 10:25 operator Jack Goodwin and apprentice Jimmy Myrick, age 14, heard the wireless distress call of the Titanic. Cape Race became famous for its role in relaying information concerning the disaster worldwide by landline and submarine cable stations at Cape Ray and Heart's Content.

# Avalon Peninsula - Irish Loop

“

Parked at the marina in Ferryland to check out the remains of the 18th century Avalon colony. Kept hearing sound of sheep, and noticed  pickup trucks by the fishing boats. When they started moving discovered they were pulling pens filled with sheep. Four trailer loads of sheep plus a motorboat. Later learned the sheep spend the summer and early fall out on one of the islands. They had to come back early as the well was running dry.

# Ferryland

“

There was traditional music by several local musicians. The play was funny. We could actually understand much of what was said but some of the local jokes and puns we didn’t understand. It was set in a boarding house at the beginning of the 1900s I think. Had a wonderful time. Besides Rob and Aida, our table partners were two local couples whose families goes back generations here. The woman next to me was talkative which was great. Her first words were ‘where ye at?’ I tried to recall what that meant, decided it was “where are you from”. Nope, it is “how are you doing”. Oh well. We got along great, and she made the evening delightful with her commentary and her stories. Both she and her husband worked in cod fishing until it was shut down. Went back when it was again open.

# Avalon Peninsula – St. John's

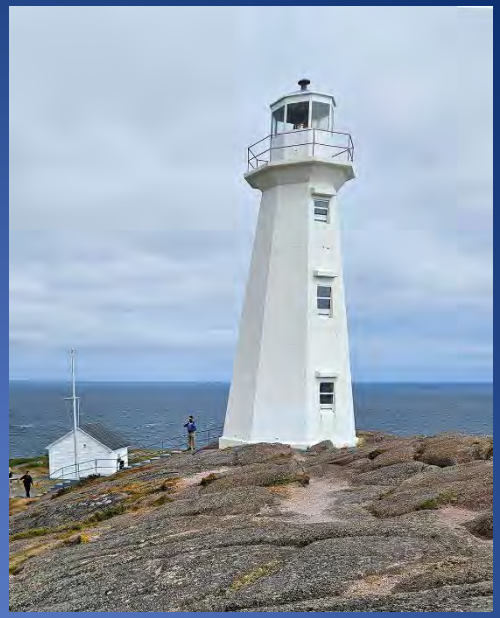
The provincial capitol and largest city in Newfoundland, and the easternmost city in North America.Thought to takes it name from explorer John Cabot and the day he reportedly  sailed into the harbour on the Nativity of John the Baptist in 1497.

Kali, member of the Yukon Territory softball team.

“

We commented on her Manitoba sports jacket, and she explained she was on the Yukon Territory team but really is from Yellowknife in the Northwest Territory. They did not have enough to field a team, so she joined Yukon Territory’s team.

Canada Games 2025 – Sprint cycle race through downtown St. John’s.



Cape Spear, eastern most point in North America

Cape Spear Lighthouse was built in 1836 to guide ships into St. John's harbour, and is the oldest surviving lighthouse in Newfoundland. It went out of service in 1955 when a concrete tower replaced it.

# Newfoundland wildlife

The moose population in Newfoundland averages 120,000, the highest density of moose in North America. Until 1878 Newfoundland was moose free. A cow and a bull moose were introduced that year to augment hunting opportunities. The province introduced more moose in 1904. Newfoundland logged an average of 539 moose-vehicle collisions a year between 2012 and 2020

1998 was the peak year with over 1200 moose/vehicle accidents

***Alces alces***)

Largest land mammal in Newfoundland, weighing up to 1200 pounds

# These are the moose we encountered in 2025

# Woodland Caribou

Compared to barren-ground caribou of mainland Canada and Alaska boreal woodland caribou do not form large aggregations and are more dispersed, particularly at calving time. Their seasonal movements are not as extensive. They also have a darker coat. Male caribou can weigh up to 600 pounds, but average just over 400  lbs. Barren ground caribou weigh less.
Number of caribou in Newfoundland is around 27,000.

# Seabirds

Immature Black-legged Kittiwake at Elliston Point

**Witless Bay Ecological Reserve**
Consists of four islands, and hosts the world's largest colony of Atlantic Puffins, over 260,000 breeding pairs. And the second largest colony of Leach's Storm Petrols.

**Baccalieu Island Ecological Reserve**
Has greatest variety of seabird species in Newfoundland. Hosts the world's largest population of Leach's Storm Petrols, over 3.3 million

**Funk Island Ecological Reserve**
Hosts Canada's largest colony of Common Murres, over 396,000 breeding pairs.

**Cape St. Mary's Ecological Reserve** is the most accessible seabird colony and the most southern as well as the largest northern gannet rookery in North America.  Over 7,600 nesting pairs inhabit Bird Rock from May to October.
Other species:
Black Guillemot, Black-legged Kittiwake, Common Murre, Cormorant, Razorbill, Thick-billed Murre, . Reserve established in 1983. 1.5 Km trail to viewing point, which is about 50 feet from Bird Rock.

# Witless Bay Ecological Reserve

Black-legged Kitiwakes

Provincial bird of Newfoundland and Labrador, 95% of North America population nests on Newfoundland islands and coastline.  Puffins live most of their life on the ocean, returning in spring to the same island, and same burrow where they were born. Also return to the same mate.

# Atlantic puffin

Atlantic Puffins on Bird Island at Elliston Point, Bonavista Peninsula

Source: Newfoundland and Labradore Dept of Tourism

Iceberg Alley stretches from the coast of Labrador to the southeast coast of the island of Newfoundland. The bergs travel the Labrador current and are most plentiful  from spring to early summer. The icebergs calve from the Greenland ice sheets, ice which dates back up to 10,000 years.  The icebergs reaching Newfoundland are one to two years old.

Locals harvest the ice from the bergs and use it to brew beer and distill spirits, as well as for bottled water.

Pond or Lake?

# Pond or Lake?

Technically speaking, there is no official distinction between a lake and a pond; one may think that a pond tends to be smaller and a lake tends to be bigger, but a simple glance at Maine's Great Pond (46-mile perimeter) can easily dispel any notion of uniformity.

Many limnologists (scientists who study freshwater) define a pond as a body of water which is shallow enough to allow rooted plants to grow throughout it. Sunlight needs to be able to shine through to the bottom to allow this to happen, and ponds tend to allow this process to take place. Lakes are usually far too deep.

LakeScientist.com has three key questions that might help you in figuring out what body of water you're looking at:

- Does light reach the bottom of the deepest point of the water body?
- Does the water body only get small waves (i.e., smaller than 1ft/30cm in height)?
- Is the water body relatively uniform in temperature?"

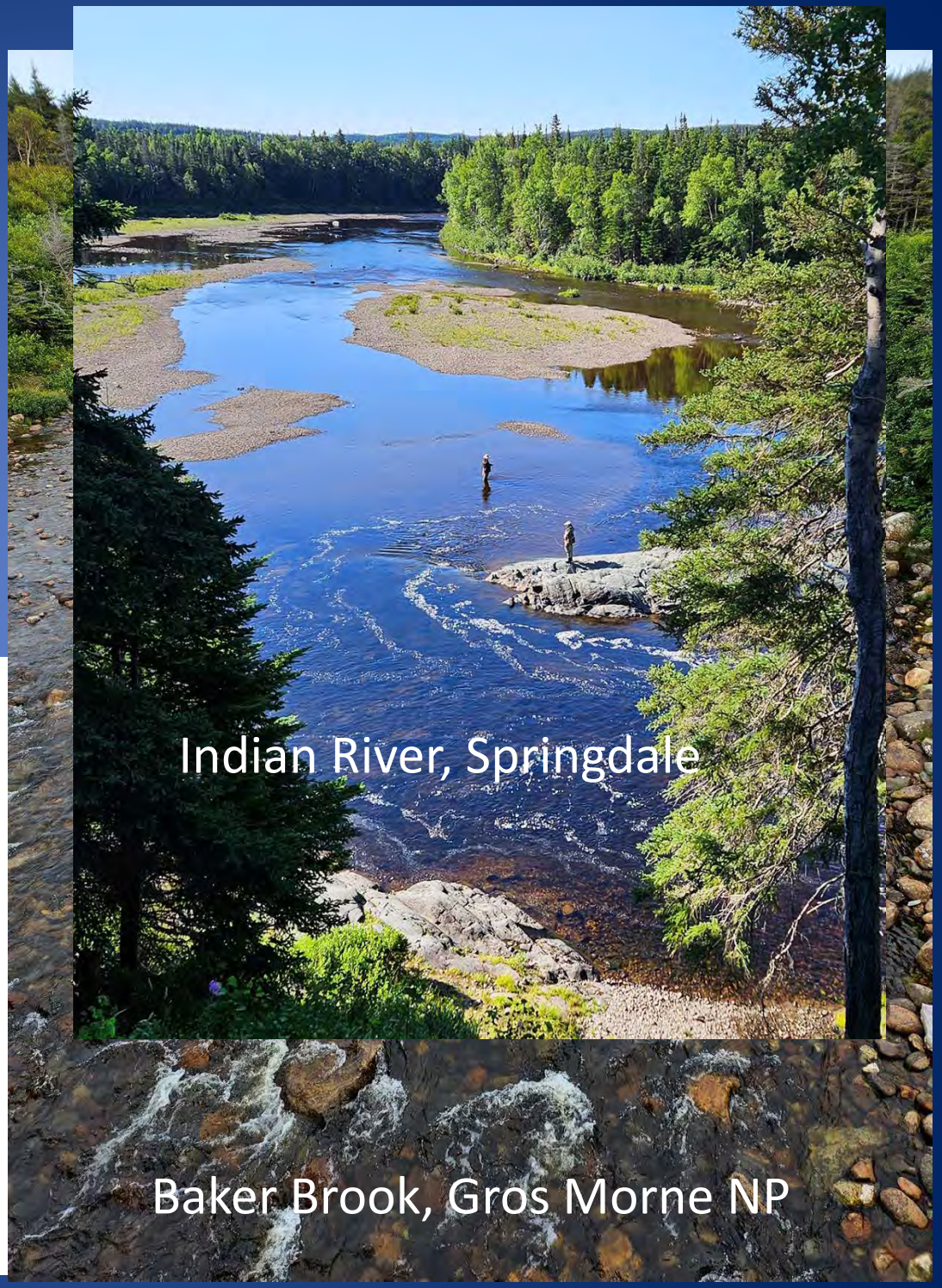
If the answer to all three of these questions is a yes, the site claims that you have yourself a pond and not a lake.

# Western Brook Pond

| | |
|---|---|
| Max. length | 9.9 mi) |
| Surface area | 8.9 sq mi |
| Average depth | 238 ft |
| Max. depth | 541 ft |

What is the difference between a brook and a river?

The difference between a brook and a river is primarily one of **size and scale**, with rivers being larger, deeper, and more significant watercourses that shape the landscape, while brooks (or streams/creeks) are smaller, shallower, often feeding into rivers, though local naming is inconsistent.



Indian River, Springdale

Baker Brook, Gros Morne NP

# Cuisine of the Maritimes and Newfoundland

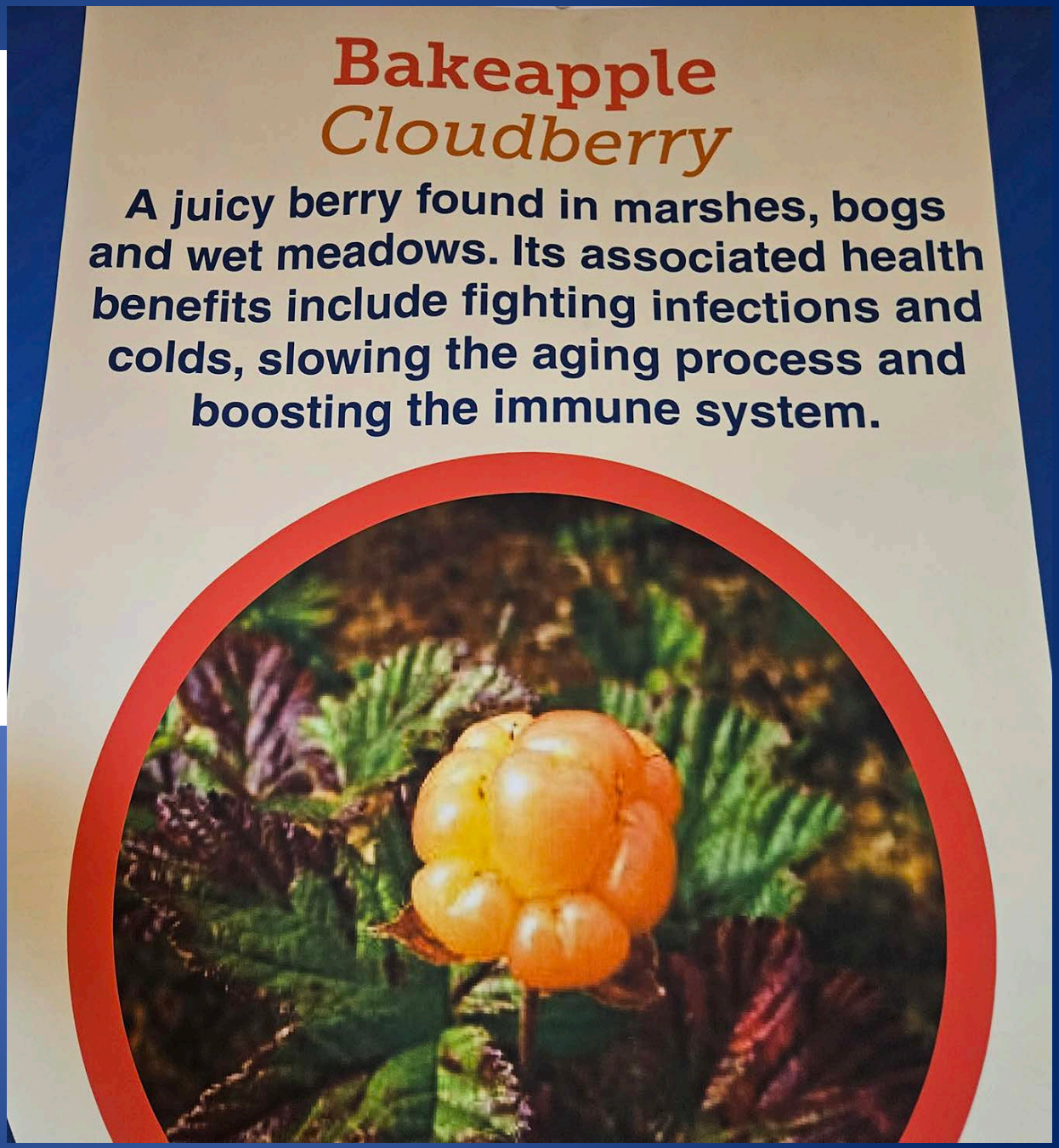
toutons

# They do make wine in Newfoundland

Five wineries in Newfoundland, mainly berry wines, though Newfoundland Vinters imports grape juice for traditional grape winemaking.

Great Auk Winery, Twillingate

Twelve varieties of berries in Newfoundland used for making preserves and syrups, and also wine. Primary berries used in wine making are blueberries, partridgeberries, bakeapples, raspberries and crow-berries.



# Northern Peninsula

St. Lunaire:  Home to the Dark Tickle Economusee, world's only museum dedicated to interpretation of wild berries; and the Dark Tickle Company

An economusee showcases artisans working in fine crafts and the agri-food sector.

Processing room for berry jams and preserves. Dark Tickle makes cloud berry (baked apple), partridge berry, blueberry and crowberry preserves

# How to become a Newfoundlander

The "screech-in" is a ceremony performed on non-Newfoundlanders (known to Newfoundlanders as a "come from away" or "mainlander") involving a shot of screech (Newfoundland rum), a short recitation, and the kissing of a cod. Sometimes eating Newfoundland steak (baloney)

# Whimsical roadside structures

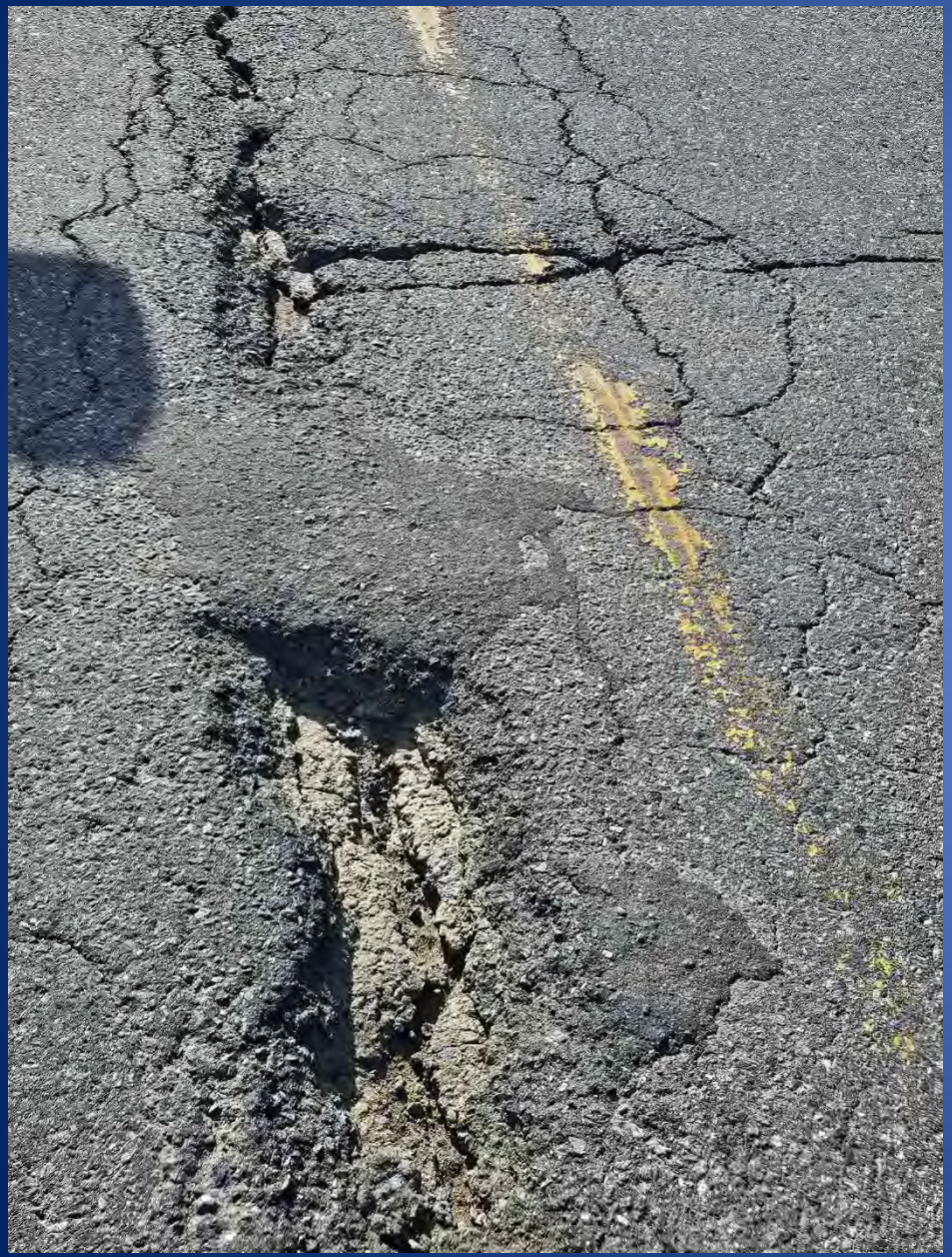
School bus shelter in Placentia

Trash bin in Twillingate

Church yard art with raffle ticket instructions in Newsom.

Model village along harbor in St. Lawrence

# Not so whimsical:  Newfoundland road condtitions



Newfoundland settlement was mainly along the coast, hence that is where the roadways are.  Except for the Trans-Canada Highway, only two all weather highways bisect the interior.
We avoided those because of this:

Over 6,000 wildfires occurred throughout Canada from May through October 2025.  Over 200 occurred in Newfoundland and Labrador.

Stacks of firewood are common whether along the coast or along interior roads due to the high cost of heating oil and propane.

Challenges for agriculture:
poor soil, a small domestic market, and short growing season (120 days)
Primary commodities:  dairy, chicken, eggs, greenhouse and nursery, and vegetables.

Personal and community garden plots are common sights along the highways, particularly on the Northern Peninsula.

On September 11 2001 38 planes were diverted to the airport at Gander, Newfoundland due to the closing of American airspace. Over 6,000 passengers were on board (and 19 animals), over half the population of Gander whose residents went all out to welcome them over the course of five days. Locals provided meals, clean bedding, and hot showers. Schools, churches, and legion halls were converted into makeshift dormitories.

Gander airport opened in 1938, by 1940 had four runways and was the largest airport in the world.

Bonnie Harris, who worked at the local animal shelter and supervised the care of the stranded animals:
*'We didn't do this for a thank you. We did it because it needed to be done.'*

Gander was also the site of the worst aviation tragedy for the province: December 12 1985, Arrow Air Flight 1285 crashed shortly after takeoff in Gander, Newfoundland. The tragedy claimed all 256 lives on board, including 248 soldiers from the 101st Airborne Division returning home.

# Resettlement Program in Newfoundland and Labrador

Three attempts of resettlement were initiated by the Canadian Government between 1954 and 1975 which resulted in the abandonment of 300 communities and nearly 30,000 people moved.

The goal was to reduce costs for essential services like health care and schools by consolidating the outport communities in inland locations served by rail and roads.

Farley Mowat, author of Never Cry Wolf, was among the critics of the resettlement program who noted that it resulted in what was likened to a "cultural genocide" as rural Newfoundland society became decimated. The cod moratorium of 1992 was another blow to the outport communities, whose entire economies were based on the ocean and its resources.

Throughout the 1990s and into the 2000s, outports have voluntarily agreed to depopulate as government required 100% agreement among residents for resettlement, prior to agreeing to close a community. The threshold was subsequently lowered and is now 75 percent.

# France ‘s last territorial holdings in North America:  Islands of St. Pierre and Miquelon

# Nova Scotia

Arriving at Sydney, Cape Breton Island

One of the three Maritime provinces
Capital:  Halifax
Area:  21,300 square miles
Population: 1.09 million
Languages: English (92%) French (3.5%) Mi'kmaq (.5%)
Economy: Agriculture, fisheries, forest products, mining, oil and gas, aerospace, tourism, IT, film production

NOVA SCOTIA
NEW BRUNSWICK
PRINCE EDWARD ISLAND
Gulf of St. Lawrence
Northumberland Strait
Bay of Fundy
ATLANTIC OCEAN
Chignecto Bay
Minas Basin
Cobequid Bay
St. Georges Bay
Lake Ainslie
Bras d'Or Lakes
Lake Rossignol
Grand Lake
Aspy Bay
Cape Breton Highlands National Park
Fortress of Louisbourg National Historic Site
Cape Chignecto Provincial Park
Blomidon Provincial Park
Tor Bay Provincial Park
Taylor Head Provincial Park
Kejimkujik National Park
Kejimkujik National Park Seaside Adjunct
Ovens Natural Park
Isle Madame
Cape Breton Island
FREDERICTON
CHARLOTTETOWN
HALIFAX
Saint John
Moncton
Sussex
Tignish
Mont-Carmel
St-Peters
Georgetown
Cape Tormentine
Tidnish
Wood Islands
Amherst
Pugwash
Joggins
Parrsboro
Cape d'Or
Canning
Kentville
Wolfville
Windsor
Truro
Balmoral Mills
Stellarton
Pictou
Arisaig
New Glasgow
Antigonish
Port Hastings
Guysborough
Canso
Sherbrooke
Shubenacadie
Sheet Harbour
Tangier
Musquodoboit Harbour
Annapolis Royal
Digby
Digby Neck
Brier Island
Meteghan
Mavillette
Yarmouth
Shelburne
Barrington
Port Joli
Liverpool
Mahone Bay
Chester
Peggy's Cove
Lunenburg
Bridgewater
Dartmouth
Lawrencetown
Chéticamp
Ingonish
St-Ann's
Baddeck
Sydney
Louisbourg
Ferry to Portland, Maine
© AVALON TRAVEL
0 30 mi
0 30 km
ATLANTIC CANADA
Labrador Sea
QUÉBEC
NEWFOUNDLAND AND LABRADOR
PRINCE EDWARD ISLAND
NEW BRUNSWICK
NOVA SCOTIA
USA
ATLANTIC OCEAN
0 200 mi
0 200 km

# Cape Breton Island

The name "Cape Breton" first appears on a Portugese map of 1516 in reference to the Breton region of northwestern France.

The Mik'mak name for the island is **Unama'ki**, which loosely translates to "land of fog."

Italian explorer John Cabot reportedly landed at Cape Breton in 1497, but the maps then were not clear, so it could have been the Bonavista peninsula in Newfoundland.

Cabot Trail skirts the coastlines of the northern peninsula and Cape Breton Highlands National Park.

# Fortress Louisbourg

The Fortress of Louisbourg  constructed between 1720 and 1740. Suffered key weaknesses, since it was erected on low-lying ground commanded by nearby hills and its defenses were oriented to a sea borne assault. It was also a long way from reinforcements in France or Quebec. Captured by New Englanders in 1745,  and returned to France in treaty ending the War of the Austrian Succession. It was captured again in 1758 by British forces in the Seven Years' War, after which its fortifications were systematically destroyed by British engineers.

The fortress walls were constructed between 1720 and 1740 and surrounded the town and fishing port founded in 1713 and initially called Havre à l'Anglois. When the walls were completed this became the largest French fortress in North America.

While stone walls and concentrated batteries protected the town and harbor on the ocean side, the landward side defences were more spread out, a mixture of earthen redoubts and stone walls, and more vulnerable to assault from surrounding hills.

“

Had lunch at the working class eatery. Only get a spoon. Had pea soup which was really carrots in broth soup. No pea flavor at all. Then chicken with mushrooms which was good. Was able to eat it as it was very well cooked. Figured it had to be since no knives. Had traditional hot chocolate from an old 1800s recipe. Very dark chocolate without any sugar. Finally added some brown sugar which made it great. Had a sugar cookie which amazed me. It was like what I had growing up . . .

Fried haddock with potatoes and carrots

Produce from the gardens is used by the two restaurants in the fortress

# Cape Breton Highlands National Park

## Green Cove

First national park of the Atlantic provinces, established in 1936.  366 square miles

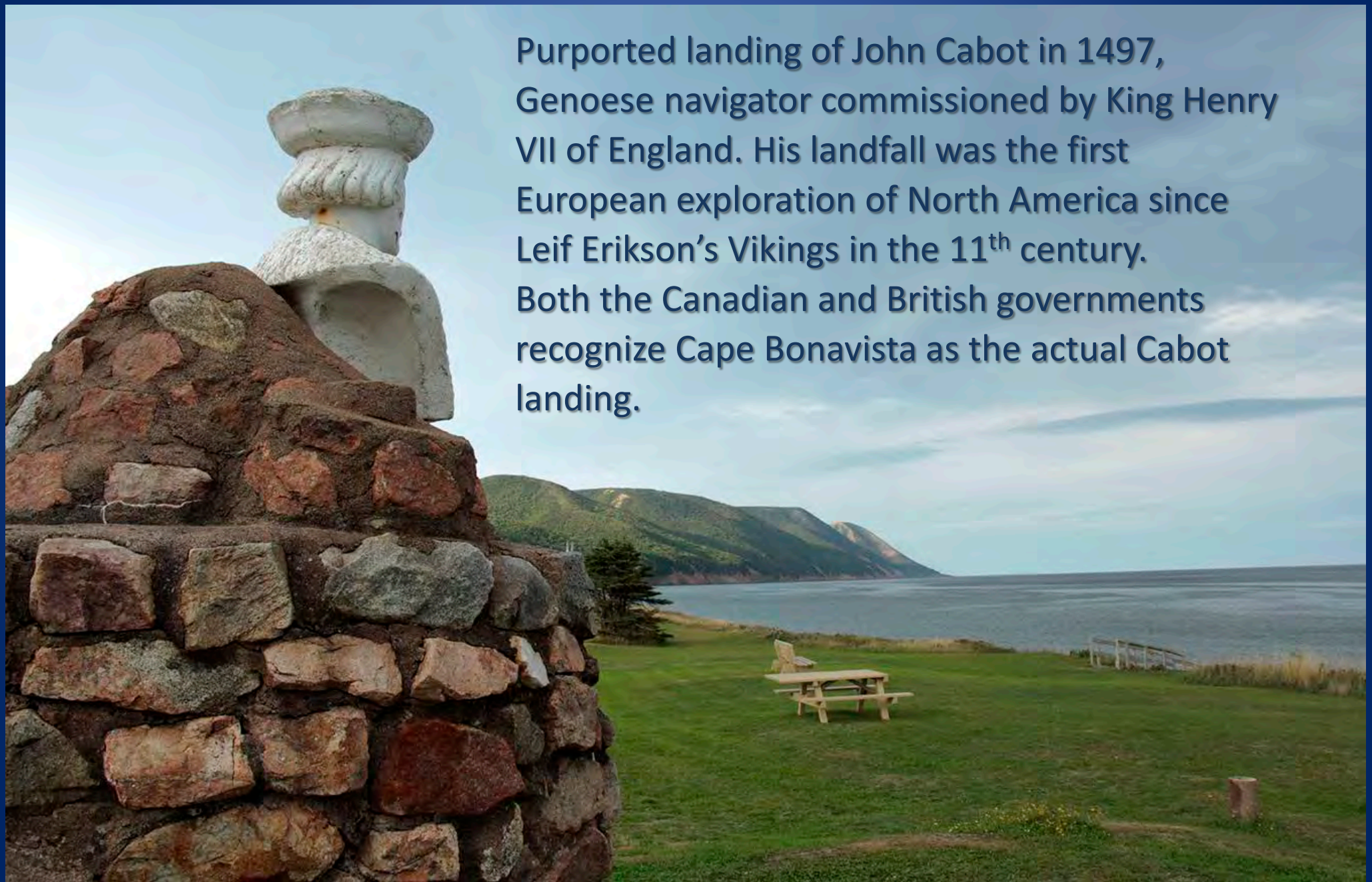
# Cape Breton Highlands National Park

## Mary Ann Falls

# View of Stanley Point from Cape Breton Highlands National Park

# Aspy Bay and Cabot Landing Provincial Park

Point where the first telegraph cable laid connecting Nova Scotia and Newfoundland



Purported landing of John Cabot in 1497, Genoese navigator commissioned by King Henry VII of England. His landfall was the first European exploration of North America since Leif Erikson's Vikings in the 11th century. Both the Canadian and British governments recognize Cape Bonavista as the actual Cabot landing.

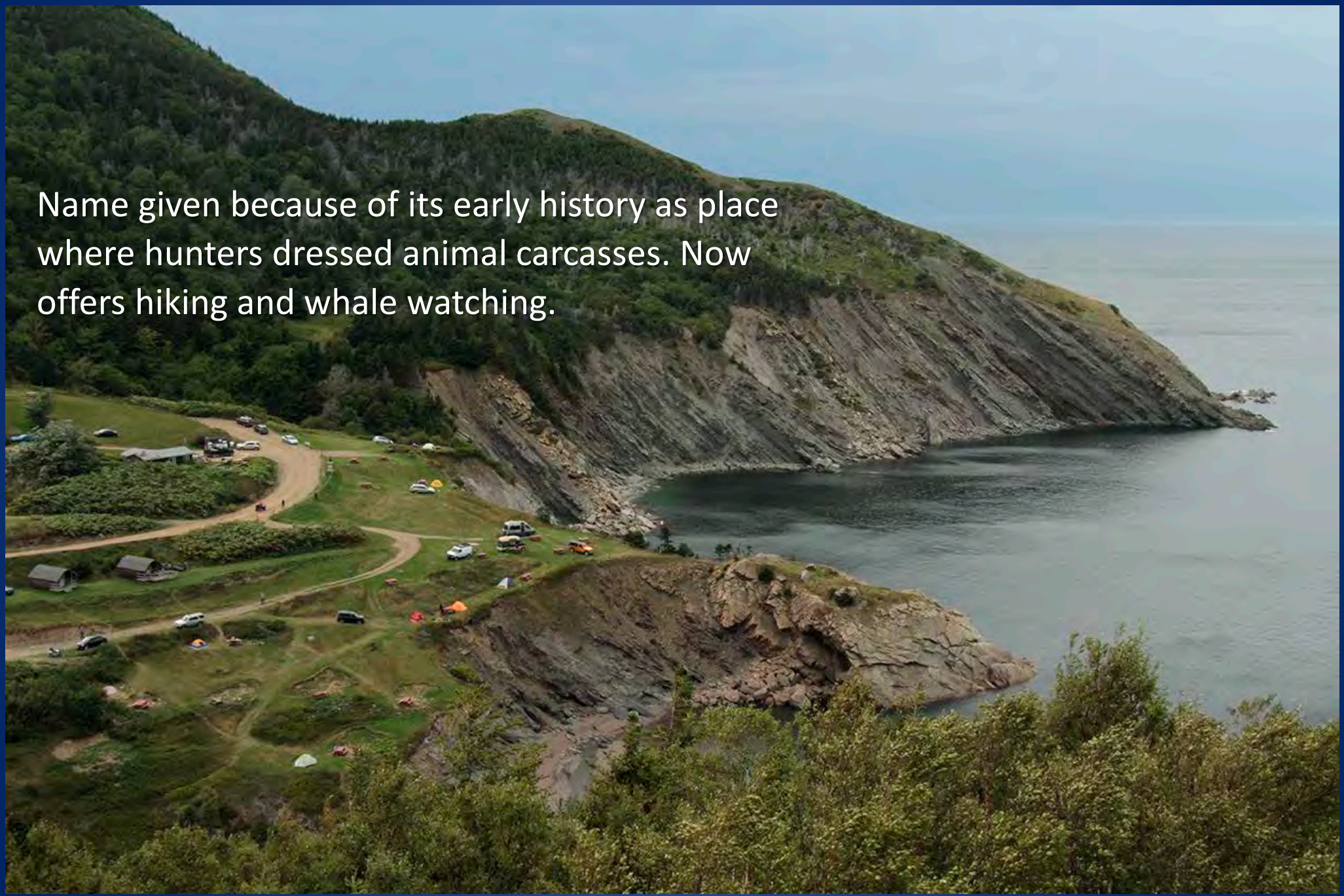
## SEPTEMBER 13

Stopped for lunch at the Rusty Anchor which was written up in National Geographic for its lobster sandwiches. Could not sit on the patio due to extremely high winds. . . David had the lobster sandwiches while I had one lobster and one crab. They are small but they were delicious. I am ready to go back for more.

# Capstick near Cape North

This area was the one place in Nova Scotia that most resembled Newfoundland.

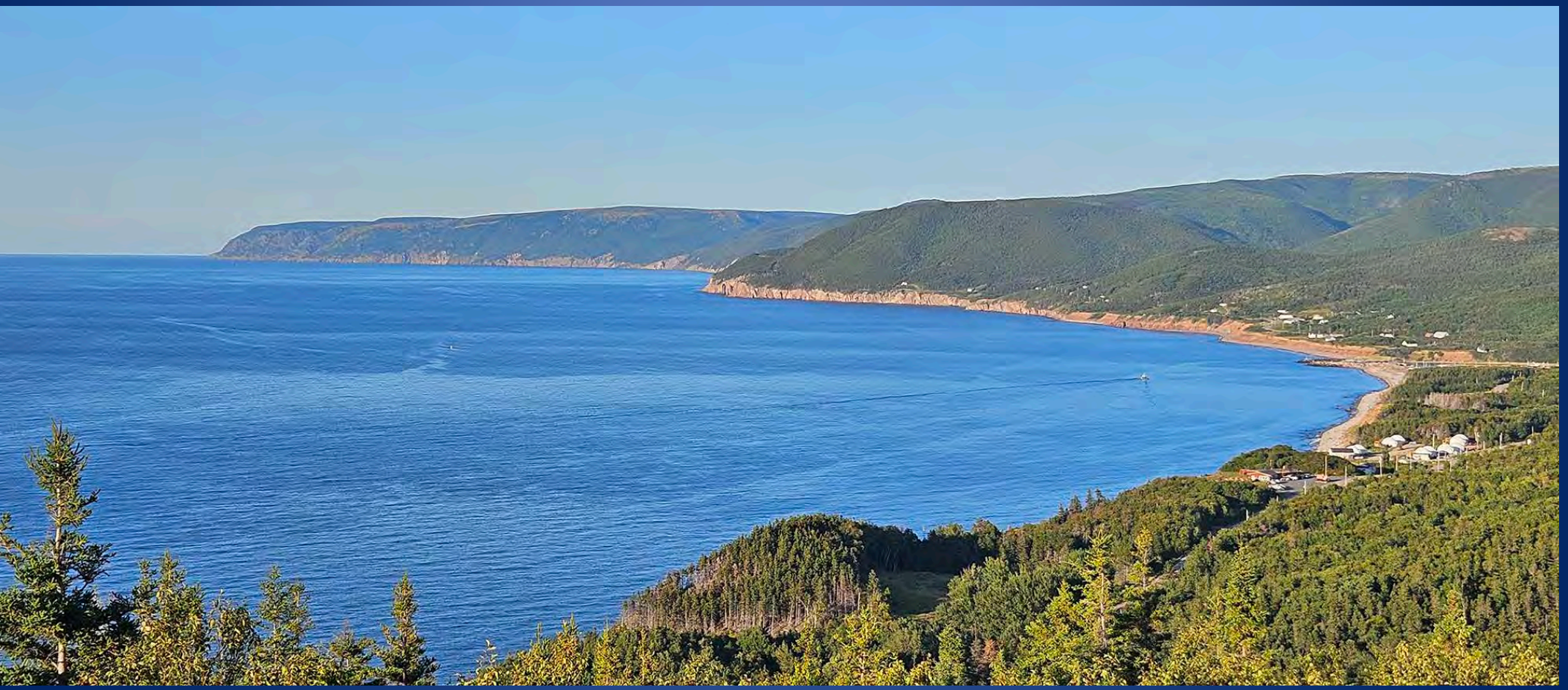
# Meat Cove, furthest north community accessible by road



Name given because of its early history as place where hunters dressed animal carcasses. Now offers hiking and whale watching.

# Cape Breton Island, The Ceilidh Trail

Ceilidh (Kay-lee) is Gaelic for “gathering.” The area has been occupied by the Mi’kmaq people, and from the 17th century by the Scots, French, Irish and British. In the late 18th century Loyalists from the newly formed United States emigrated to Cape Breton. Over 50,000 Highland Scots emigrated to Cape Breton during the first half of the 19th century.



Founded in 1939 to promote the Gaelic culture. The college offers year-round programming in the culture, music, language, crafts, customs, and traditions of the immigrants from the Highlands of Scotland. Currently, students are able to choose to study from over ten traditional arts, including Cape Breton fiddle, piano, guitar, step-dancing, and piping, highland dancing, weaving, and of course Gaelic language.

# Colaisde Na Gàidghlig (The Gaelic College)

# Glenora Distillery

Canada’s first single malt whisky distillery. Located on the west coast between Glenville and Mabou. The first single malt distillery in North America, starting production in 1990.

Single malt means they soak the barley one time. It requires a lot of pure water. They tested over 200 streams and locations in Cape Breton and settled on one in Glenville. It has an artisan spring in the mountain that they use by taking some each day. They only distill in winter months as they are not air conditioned and the process needs to be in a cool environment.  Their barrels are from Kentucky, the fermenting vats are made in Scotland from trees in British Columbia.

Mash tank produces the wort that is used in fermentation

# Ceilidh Trail

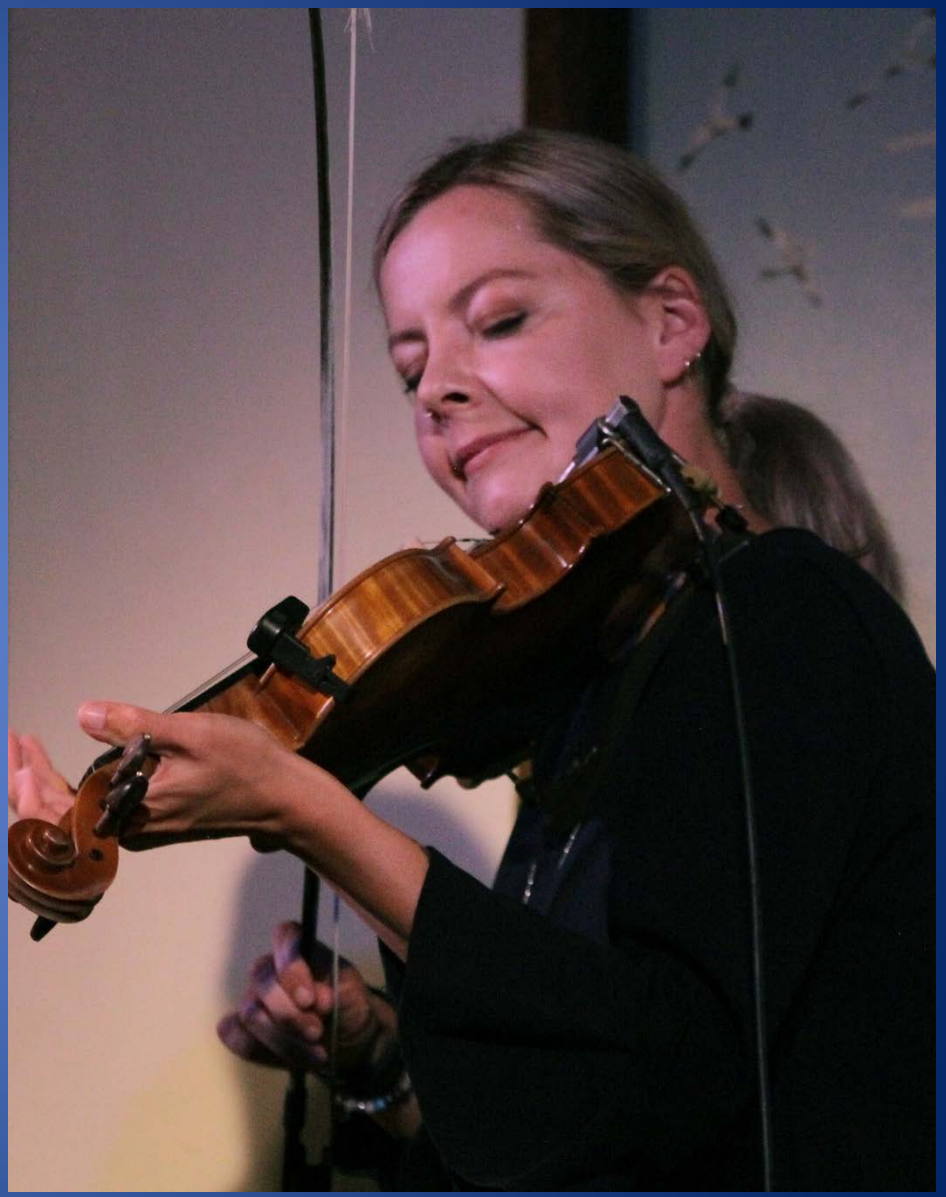
Celtic Music Interpretive Center in Judique on the west coast. Nova Scotia's official Celtic music center and the Inverness County's official cultural archives. Offers concerts, lessons, workshops, and operates a resource library.

# Ceilidh

Traditionally, a ceilidh was an evening of entertainment, where people would come together to share music, dance, stories, and poetry.
Sometimes used interchangeably with kitchen party, but kitchens are usually smaller gatherings, more improvisational, and often in homes.

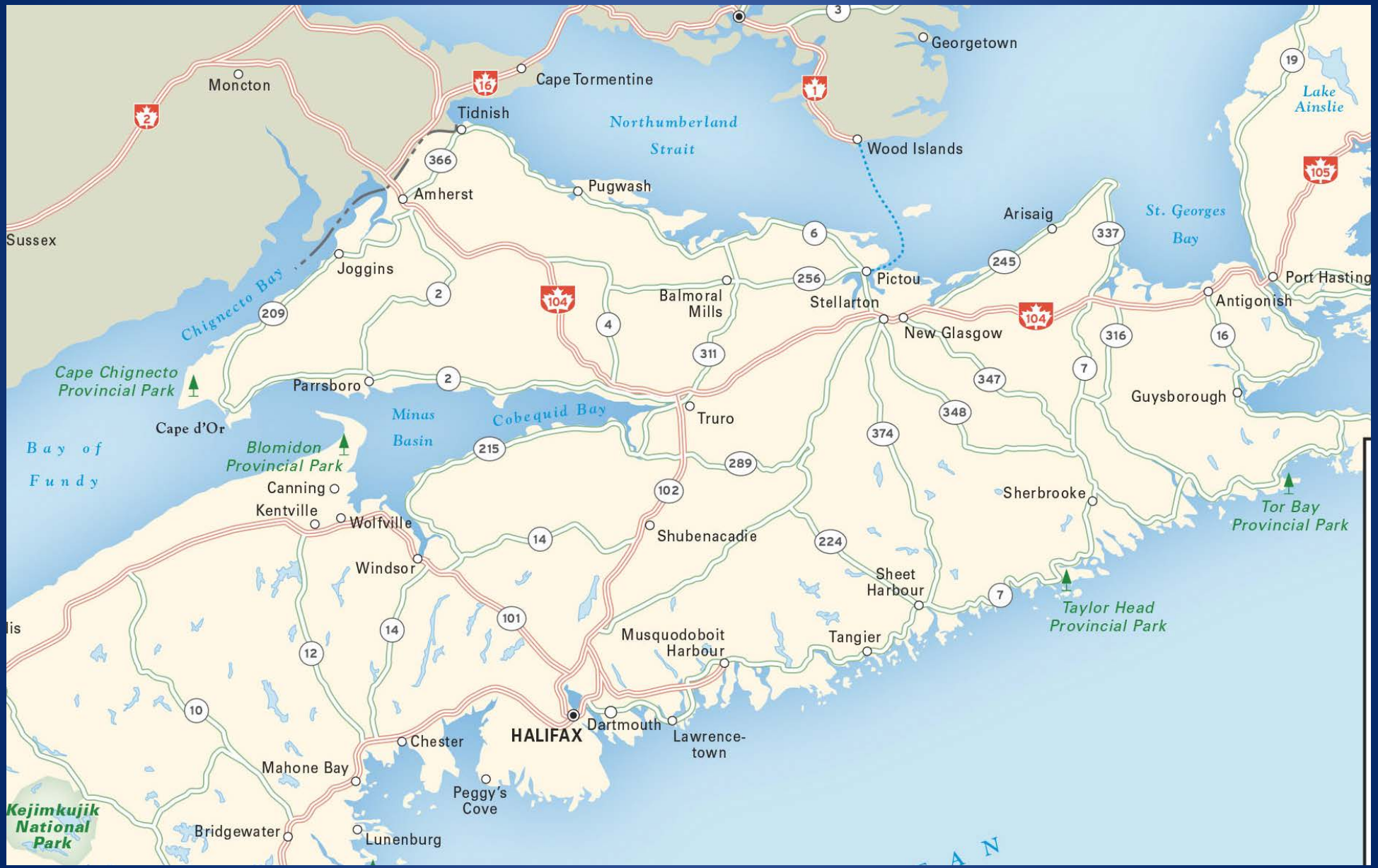
# Chrissie Crowley

She was born and raised in the area. Her mother is a Scottish fiddler and her father an Irish fiddler. She took the time to not only explain but play the difference. Best way to describe without hearing is Irish is more embellished. One thing she pointed out, that by being isolated on the island until the 1950s (no bridge to the main of Nova Scotia), they were mostly self-taught and other forms of music hadn't influenced them as much as other places, including Scotland.



The most common tune types heard in Cape Breton are strathspeys, reels, jigs, with a lesser number of airs, marches, and clogs. Cape Breton playing is highly accented, characterized by driven up-bowing. The tunes of other music origins (Irish, French-Canadian, etc.) sound quite different when performed by Cape Breton players. The strong downbeat pulse is driven by the fiddler's heel into the floor. The pattern and force of the fiddler's toe tapping is an integral part of the tune. Typically, the tunes are played in medleys; with each tune being played twice. Each medley tends to center around a single key or tonal area while spanning a variety of tempos, for instance a strathspey accelerating into a reel for a solo step-dance exhibition. Commonly a medley , or “set” will begin with a slow air followed by a slow strathspey, a fast strathspey, a march and will end with a string of very fast reels.

# South Shore Nova Scotia



# Halifax

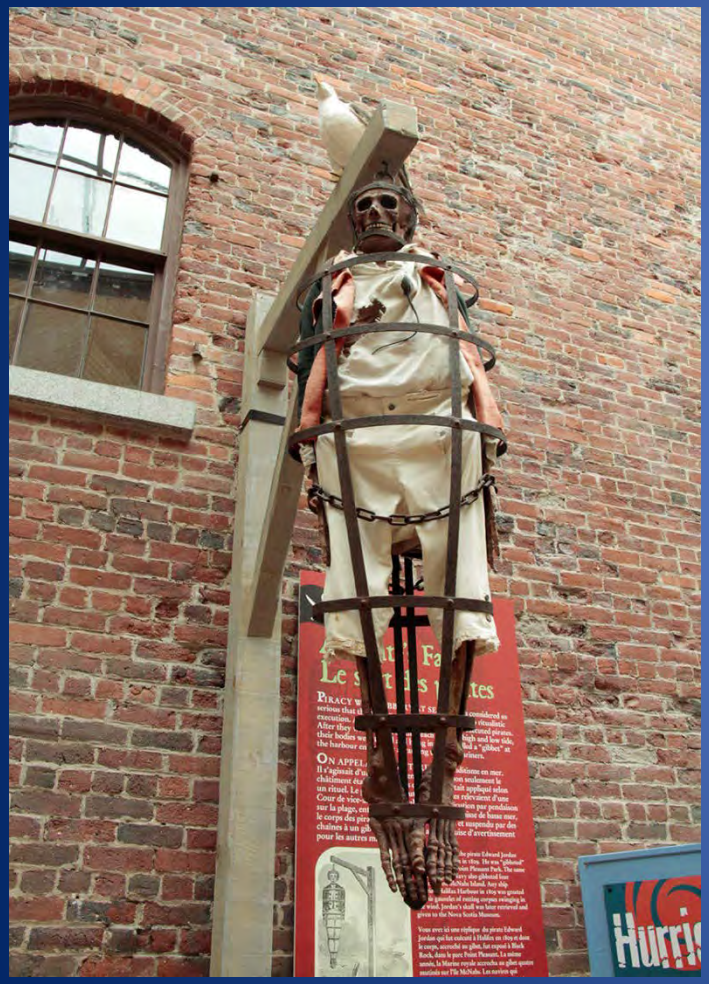
Capital of Nova Scotia, population 465,000. Established 1749; capital transferred to Halifax from Annapolis Royal that year. Economy: Government services, port operations, agriculture, fishing, mining, forestry and natural gas extraction

Harbor boardwalk stretches 3 km between the Museum of Immigration and the Halifax shipping yards.

Wave sculpture along the boardwalk

Halifax Seaport Farmers Market, is the oldest, continuously operating farmers' market in North America. It was established by royal decree in 1750

# Halifax,  Maritime Museum of the Atlantic

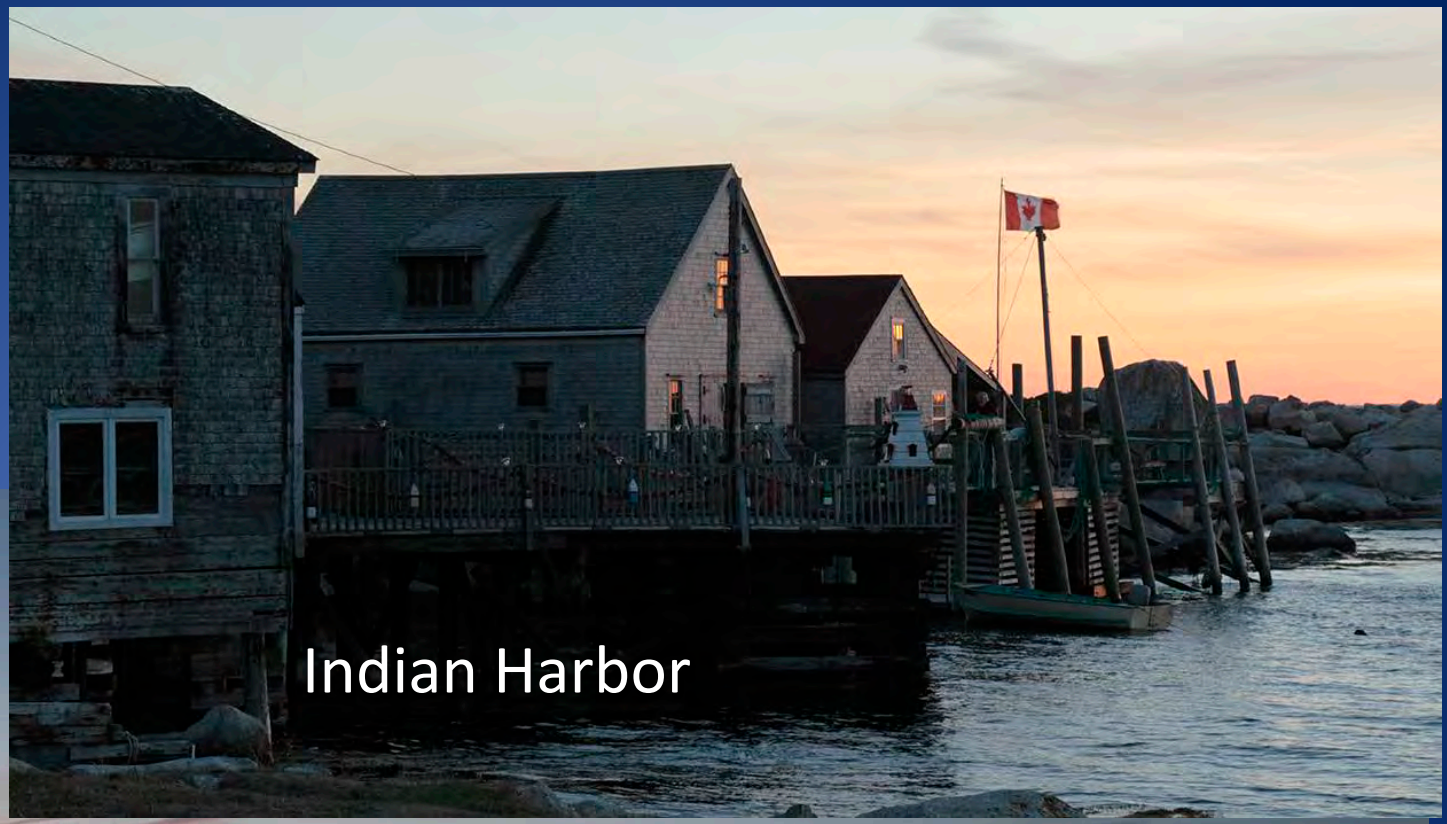


Canada's largest and oldest maritime museum. Has over 30,000 photographs of ships as well as a large collection of ship models including the original production models of the television show Theodore Tugboat; and actual ships on its waterfront, including HMS Sackville, a WWII Flower class corvette.

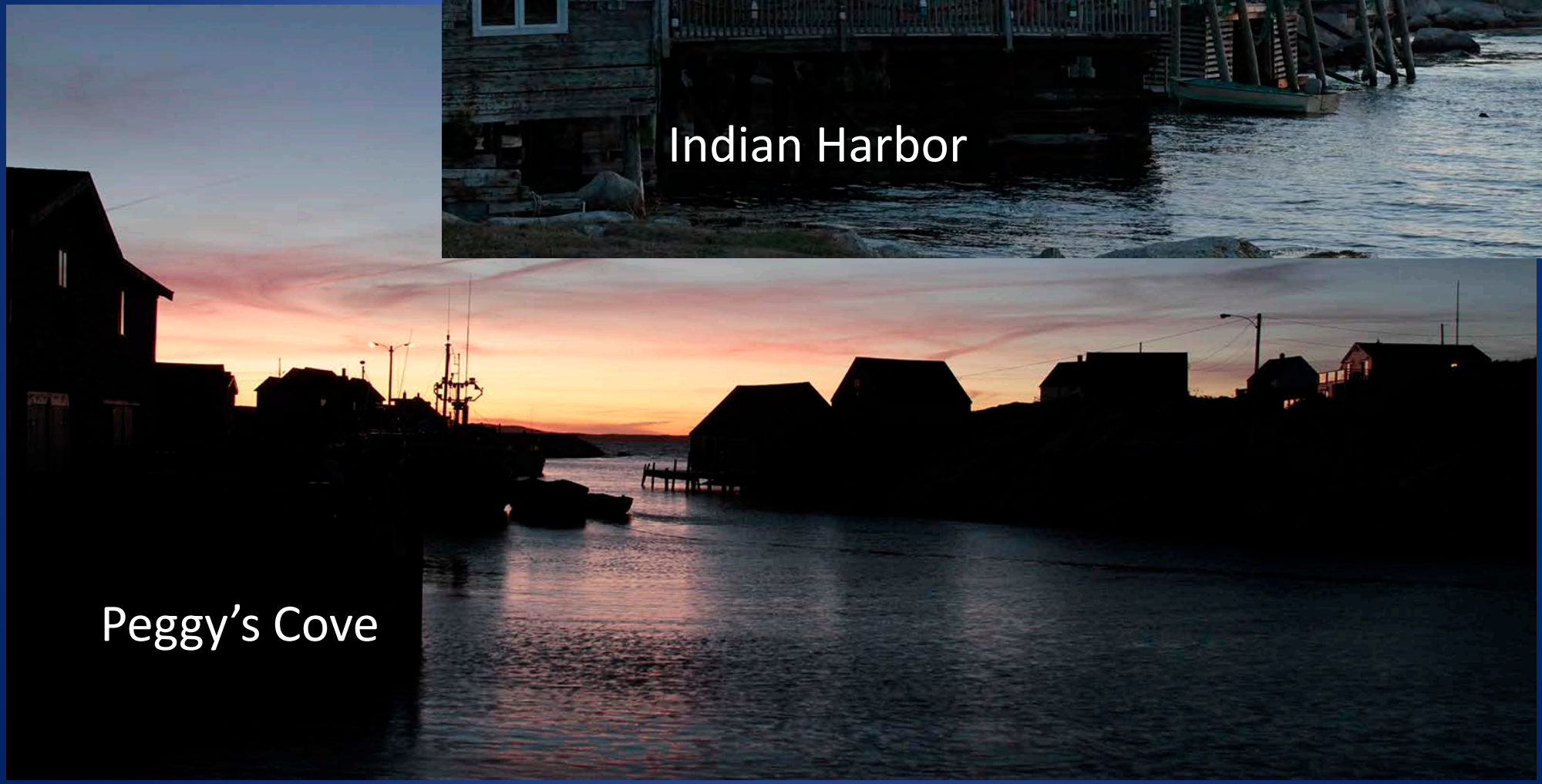
SOLDIERS SEARCHING DEBRIS FOR VICTIMS IN GREAT HALIFAX DISASTER.
—Copyright Underwood & Underwood, N.Y.

# Halifax Explosion

Canada's largest human caused disaster occurred in Halifax harbor in 1917 when the SS *Mont-Blanc*, a French cargo ship carrying munitions, collided with the Belgian Relief vessel SS *Imo* in "The Narrows" between upper Halifax Harbour and Bedford Basin. The resulting explosion, **the Halifax Explosion**, devastated the Richmond District of Halifax, killing approximately 2,000 people and injuring nearly 9,000 others. The blast was the largest artificial explosion before the development of nuclear weapons.



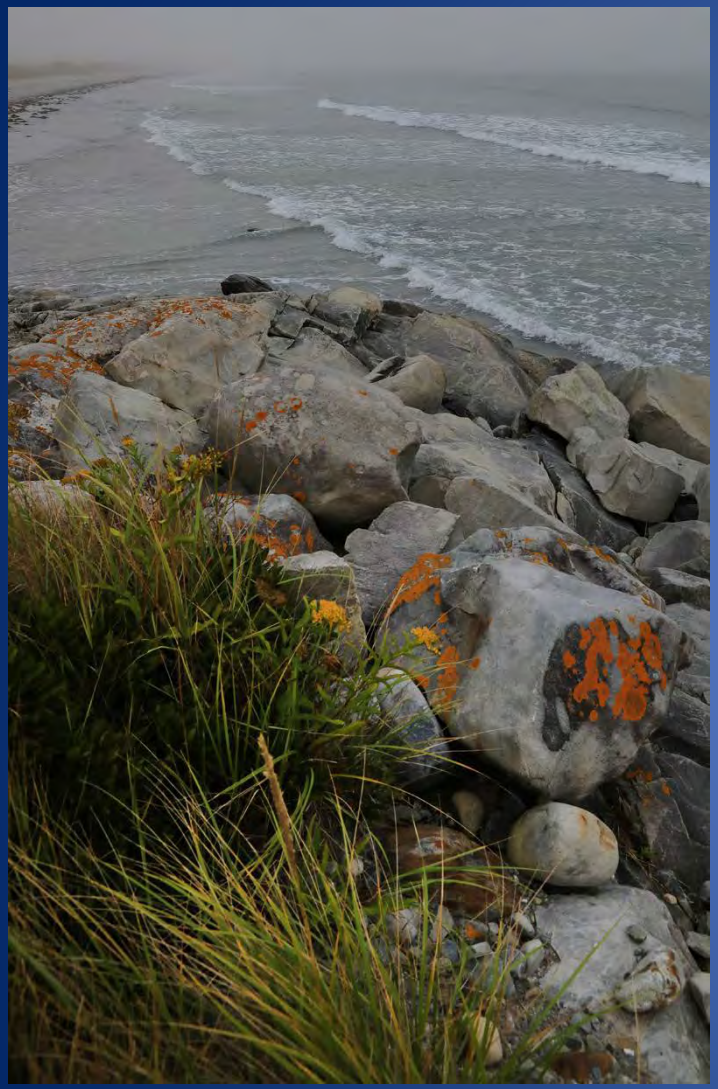
Indian Harbor



Peggy’s Cove

# Southwest Shore

# Lockporte



Crescent Beach

In 1762, two families headed by Jonathan Locke and Josiah Churchill from Massachusetts journeyed to Nova Scotia in an effort to find a new colony that was closer to the rich fishing grounds of the Grand Banks. When they found the sheltered Allendale Bay, they knew they had found a gem in the rough. Situated halfway between the colonies in New England and the fishing grounds, their new town became a center for both fishing and trade with hotels, trade warehouses and multiple fish plants being constructed. Large trade ships plied the sea lanes from Locke's Island to the West Indies to trade lumber and salt cod, returning to the town laden with molasses and salt.

# Shelburne

Following the arrival of Samuel de Champlain, French settlers began to arrive in Nova Scotia between 1632 and 1653, with some forming the fishing settlement of Port Razoir in Shelburne. Ownership of these Acadian colonies moved between French and English rule until the War of Spanish Succession ended in 1713, turning Nova Scotian Acadians over to the British.
Following the Acadians' repeated refusal to fight the French, the British Governor and Nova Scotia council began to deport the Acadians of Grand Pre and Port Royal in 1755. Some families took refuge in the Cape Sable region (comprising Yarmouth and Shelburne) until this community, too, was sent into exile between 1756 and 1759.

Longboat built by the Shelburne Longboat Society

Boat house of the Shelburne Longboat Society

United Empire Loyalists fleeing the American Revolutionary forces relocated to Shelburne in 1783 as part of the British evacuation from New York City. Among them were thousands of Black Loyalists, formerly enslaved persons who had sought refuge with the British. Though the British promised land grants and freedom in Nova Scotia these did not come to fruition. Discouraged around half the 1500 Black Loyalists left Nova Scotia in 1791 for Sierra Leone in Africa.

# Dedication of Longboat II at Shelburne Yacht Club

The christening ceremony was interesting with dignitaries of today and people as dignitaries then. The piper,  Pat Melanson, piped the procession of Society members and dignitaries down the marina docks to the waiting longboat to be dedicated in the memory of Society member Bill Cox.

Bagpiper and British Army and militia reenactors at the longboat dedication.

Pubnico, on the southwest coast, is the oldest Acadian village still inhabited by descendants of its founders. The village was founded by Philippe Mius d'Entremont in 1673, and consists of three communities;  Pubnico or Pubnico Head, mainly English speaking, West Pubnico which is mostly French speaking, and East Pubnico mostly English speaking. The historic village site was established in 1999 and most of the structures are historic having been relocated to this site. This area of Nova Scotia up to Yarmouth has the highest population of Acadians in Nova Scotia.

# Yarmouth

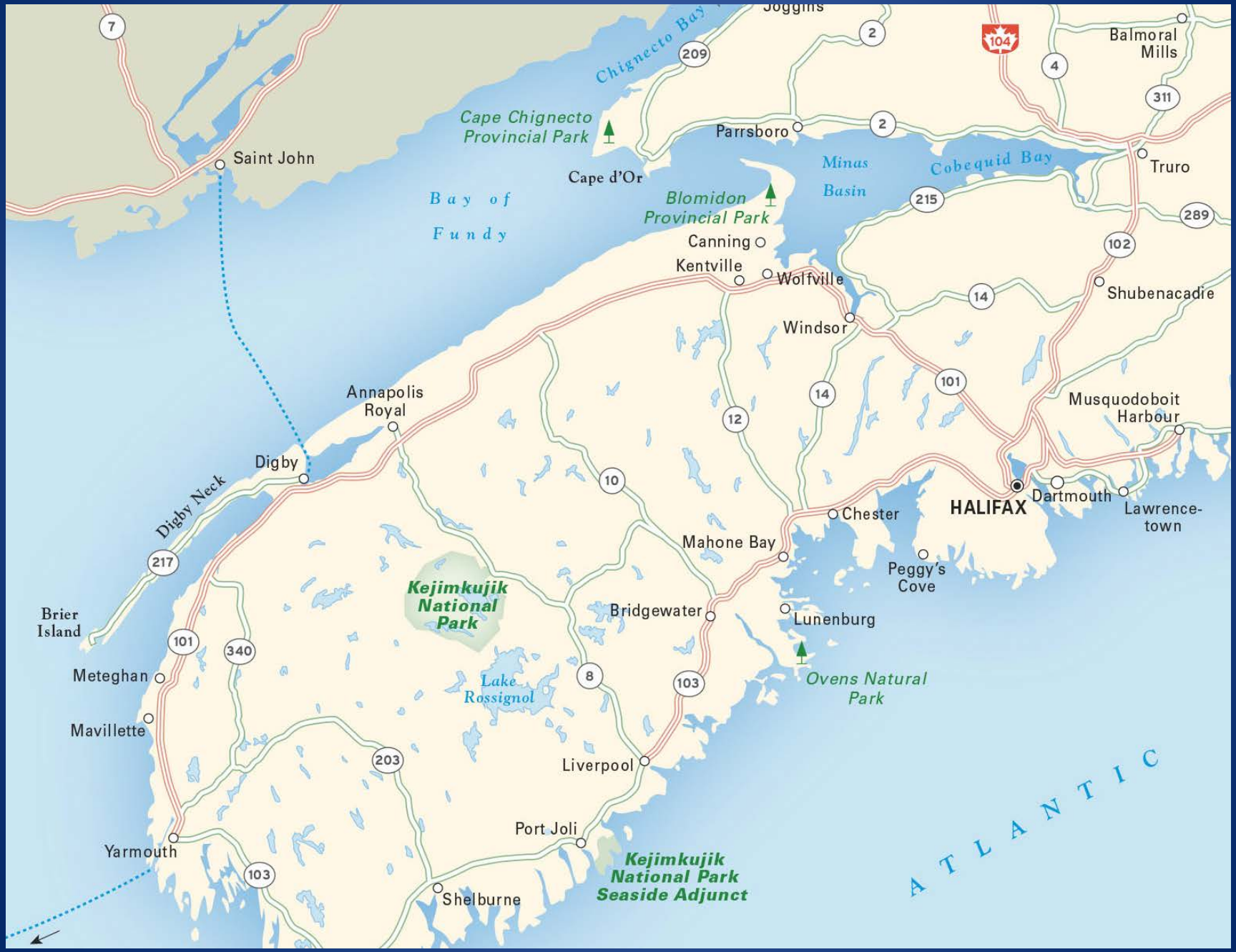
Originally named Cape Fourchu by French explorer Samuel de Champlain in 1604, the name was changed to Yarmouth in 1761 with the arrival of New England planter families from Massachusetts. Throughout the 19th century, Yarmouth was a major ship-building center, and from 1874 to 1885, Yarmouth was the second largest port of registry in Canada.

Cape Forchu lighthouse

Yarmouth Bar buoy wall

A colorful palette graces these Victorian structures in Yarmouth’s main business district.

# Annapolis Valley and Bay of Fundy



# Annapolis Valley

## Annapolis Royal

First permanent settlement in Nova Scotia, founded by French in 1605 as Port Royal, and capital of Acadia for 150 years until surrendered to the British in the 1710 siege. French built the earthen Vauban design fort.

This is the oldest national historic site in Canada.

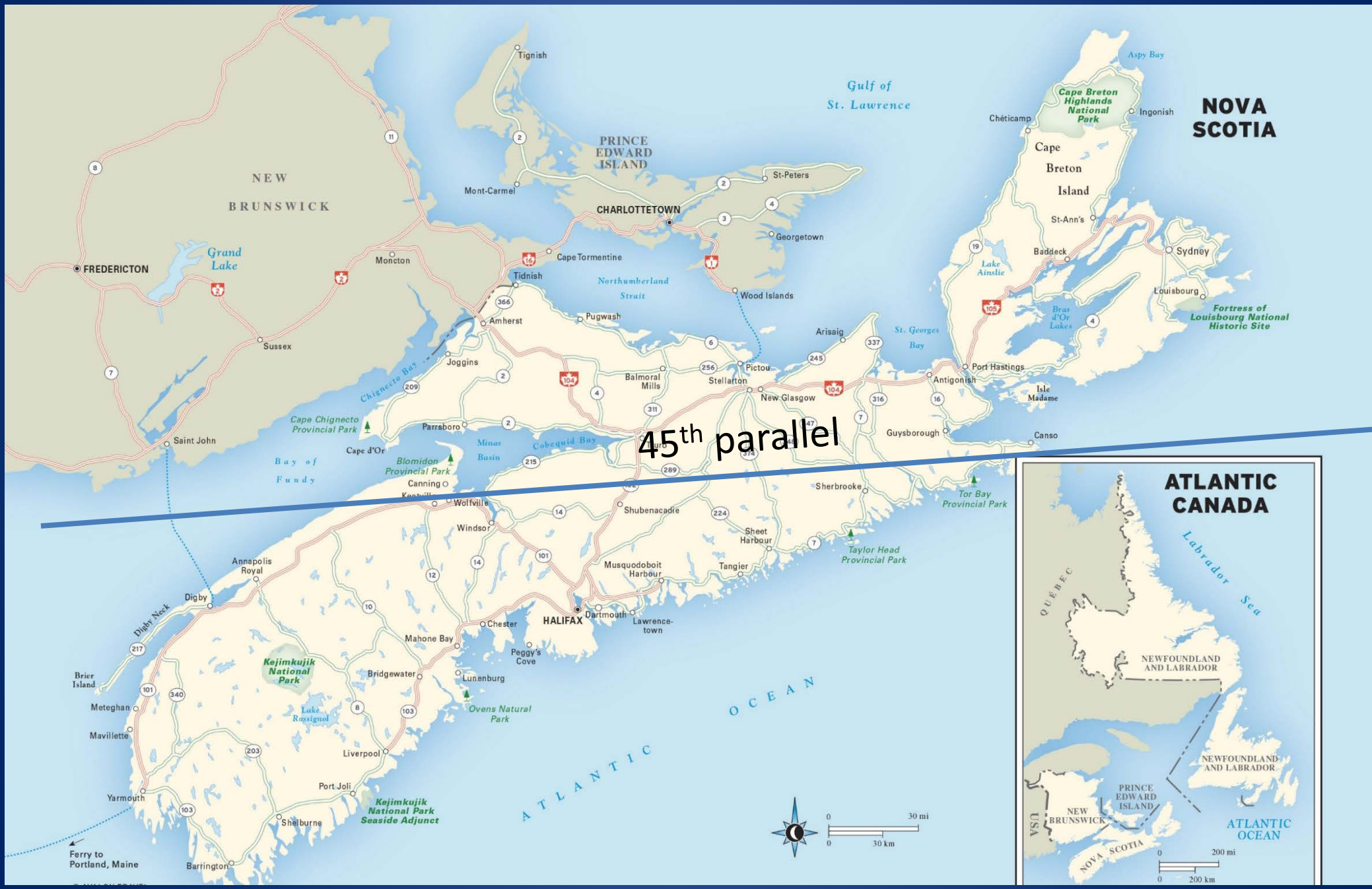
Fort Anne National Historic Site

French allied with Mi'kmaq warriors attempted to take the city and fort a half dozen times in the 1700s but were thwarted by New England reinforcements.

Great German cuisine at Sachsen restaurant and café in Annapolis Royal.

Dunkelweissen beer

# Wine Country – Annapolis Valley



The 78 mile long valley is formed by two mountainous ridges which provide a microclimate of relatively mild temperatures and, coupled with the fertile glacial sedimentary soils on the valley floor, the region is conducive to growing vegetable and fruit crops, including wine grapes. Primary grapes are northern varieties:
L'Acadie Blanc (Nova Scotia's signature white),
Baco Noir, Marechal Foch, Seyval Blanc, Vidal

Wine grapes have been grown in Nova Scotia since the 17th century, making this the first North American wine growing region. Nova Scotia now has 70 growers and 800 acres of grapes in cultivation, most of this happening in the Annapolis Valley. The soils and climate in this area are similar to France's Champagne region.

Tidal Bay is Nova Scotia's first appellation (launched in 2012); an off-dry still white wine. Primary grapes in Tidal Bay are L'Acadie Blanc, Vidal, Seyval.

L'Acadie Blanc grapes

# Vineyards of the Nova Scotia Kingstec College viticulture program

# Annapolis Valley

Gardens, memorial church and interpretation center commemorating Acadian culture and the 18th century deportation

Grand Pre (Great Meadow) settled by French between 1682 and 1755. Salt marshes drained with dikes and thousands of acres of farms developed, making the area the capital of Acadia. British ordered deportation of Acadians began in 1755 and ran to 1762, resulting in the exodus of over 11,000 people. Memorialized in Longfellows 1847 poem Evangeline.

# Digby and Digby Neck

Digby Harbor at low tide

# Maud Lewis

Maud Lewis lived most of her life in poverty in a tiny house in Marshalltown, Nova Scotia. She achieved national recognition in 1964 and 1965 for her cheerful paintings of landscapes, animals and flowers, which offer a nostalgic and optimistic vision of her native province. Several books, plays and films have been produced about her. She remains one of Canada's most celebrated folk artists. Her works are displayed at the Art Gallery of Nova Scotia, as well as her restored house, whose walls she adorned with her art.

Maud Lewis painting table

Replica paintings of Maud Lewis

# Bear River and Valley

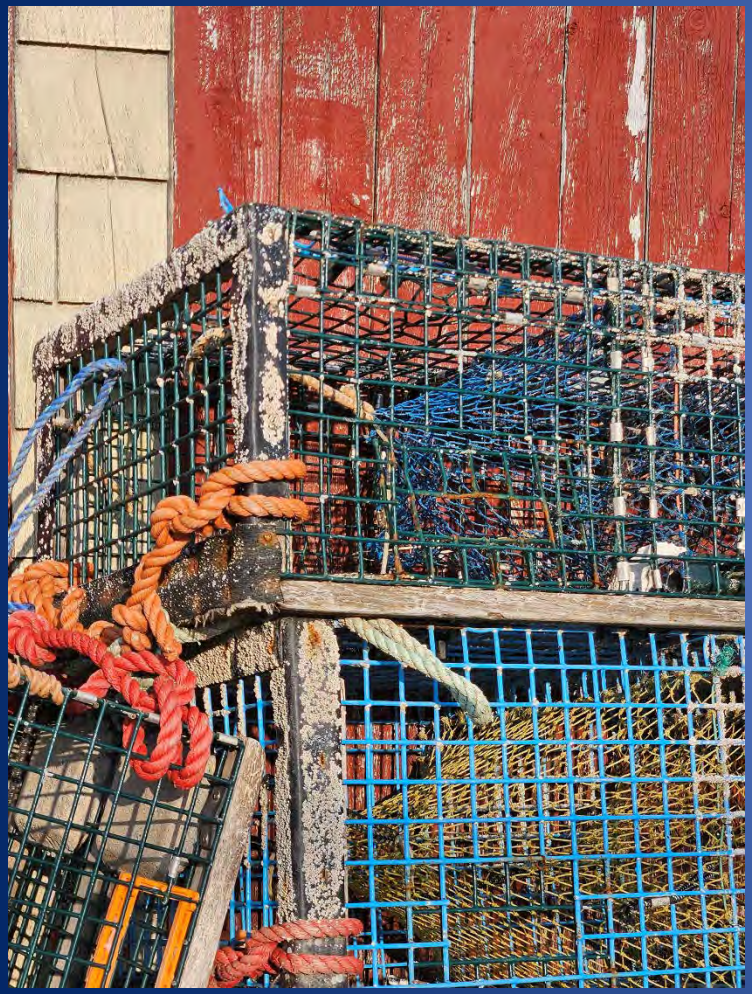
Bear River is the town on stilts thanks to its location at the head of the tide waters of Bear River. River elevation falls by 26 feet at low tide. The community is also known as Little Switzerland due to the steep hills surrounding the town.

The river and hills contribute a moderating effect on the climate making the valley conducive to the growing of grapes and several vineyards have emerged.

# Bear River Vineyards

# Digby Neck

The narrow peninsula consists of the Digby Neck, and two islands: Long Island, and Brier Island, which are accessible by the province run ferry.

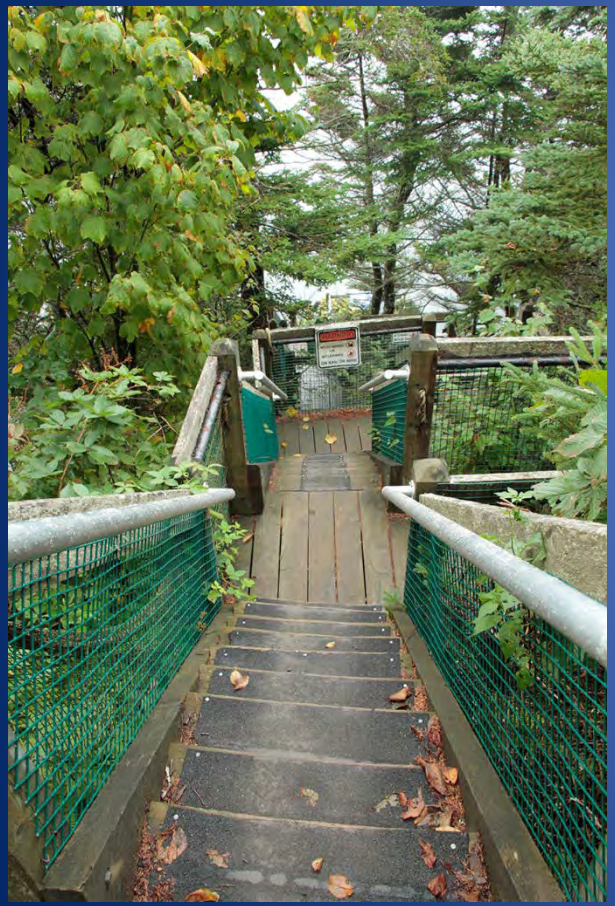


Lobster traps

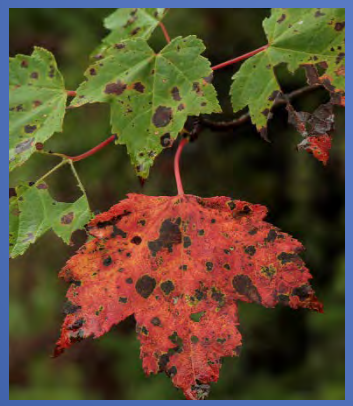
Fishing shed at Tiverton

Digby Neck,  Tide changes are more obvious on the Bay of Fundy coast.

Balancing Rock , basalt formation, is on Long Island.



Stairway to shore



# Bay of Fundy

The Shubenacadie River near South Maitland is a popular place to watch for tidal bores.

New Brunswick

Named for the city of Braunschweig in Lower Saxony, the ancestral home of England's King George I of the House of Hanover.

Original First Nations peoples:  Mi'kmaq, Maliseet, Passamaquoddy

First European exploration by Jacques Cartier in 1534 and Samuel de Champlain in 1604

Acquired by the British during the Seven Years War

The largest of the three Maritime provinces at 28,000 square miles (equal to New England without Maine). Mainly Anglo and Celtic population, but one third is Francophone, descendants of Acadians. Major population centers are on rivers, not on the coasts per se.

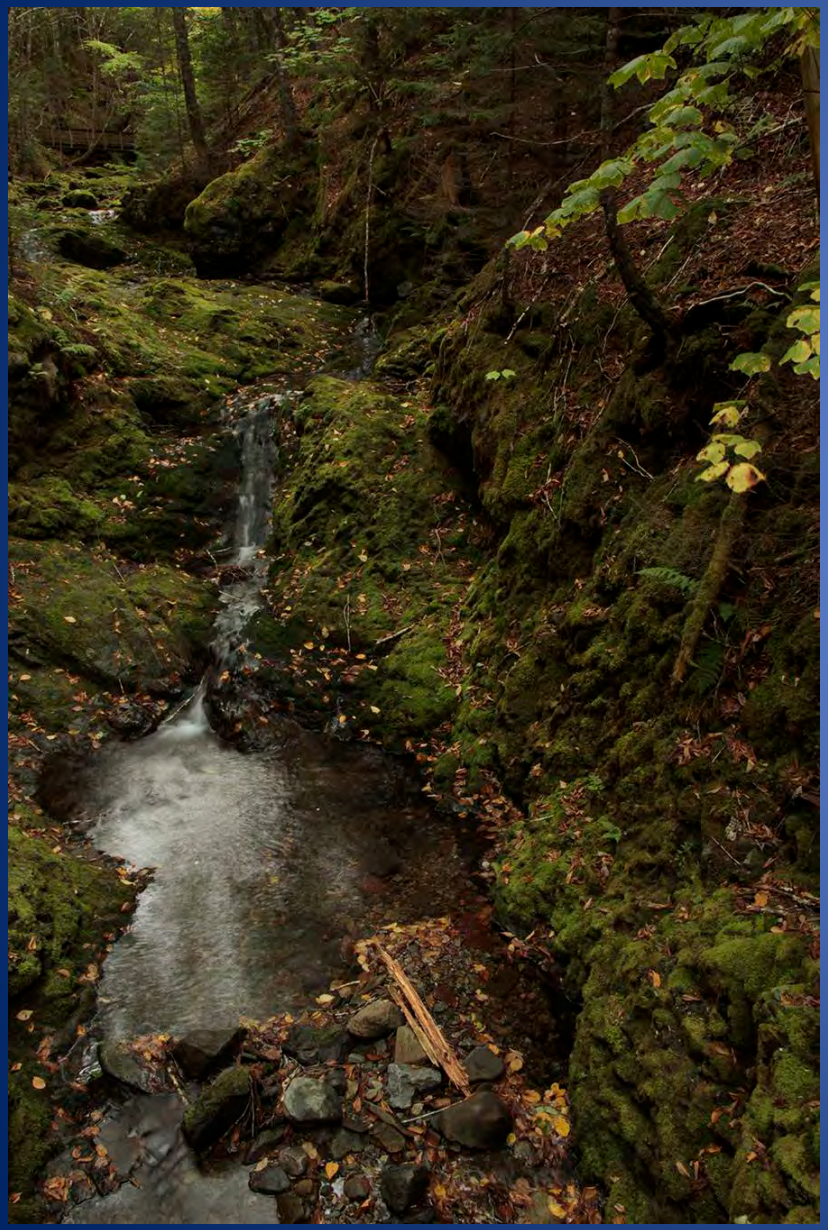
Population: 868,630 Capital: Fredericton
Languages: English (65%), French (42%), Mi'kmaq (.5%)

Economy: Forestry, mining, government, agriculture, health and education, fisheries

# Bay of Fundy National Park

# Bay of Fundy National Park

80 square mile national park created in 1948 in area settled by Scots, Irish and English. Features 25 waterfalls and world's highest tides.

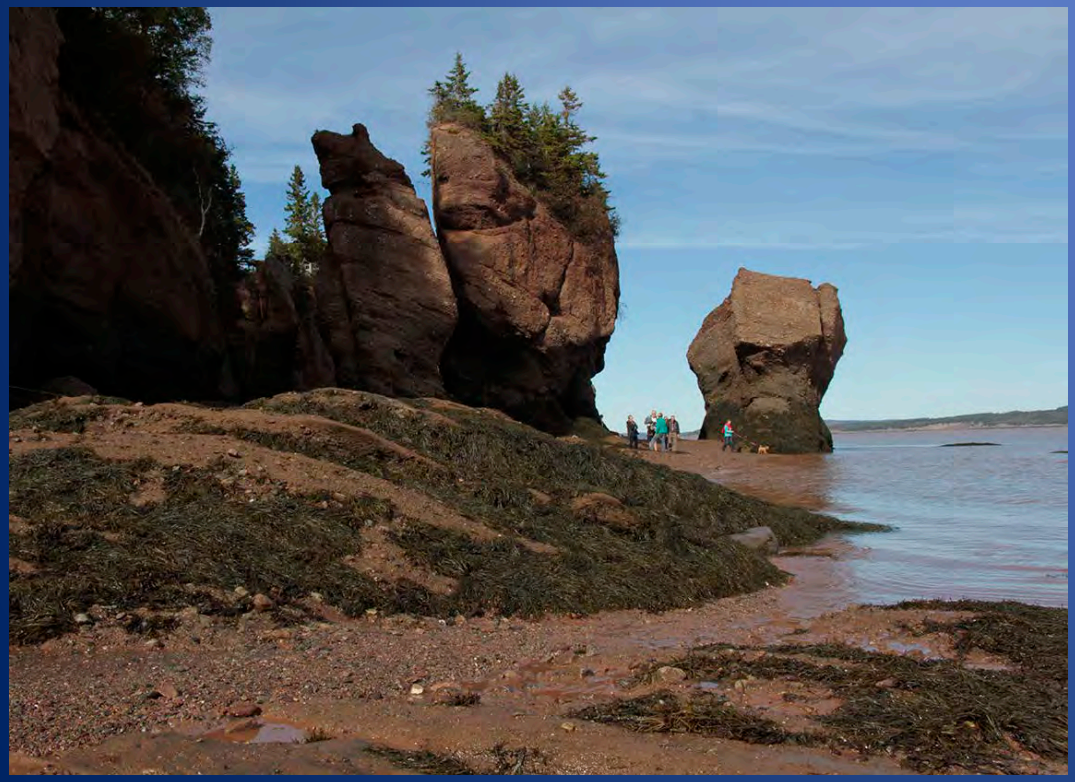


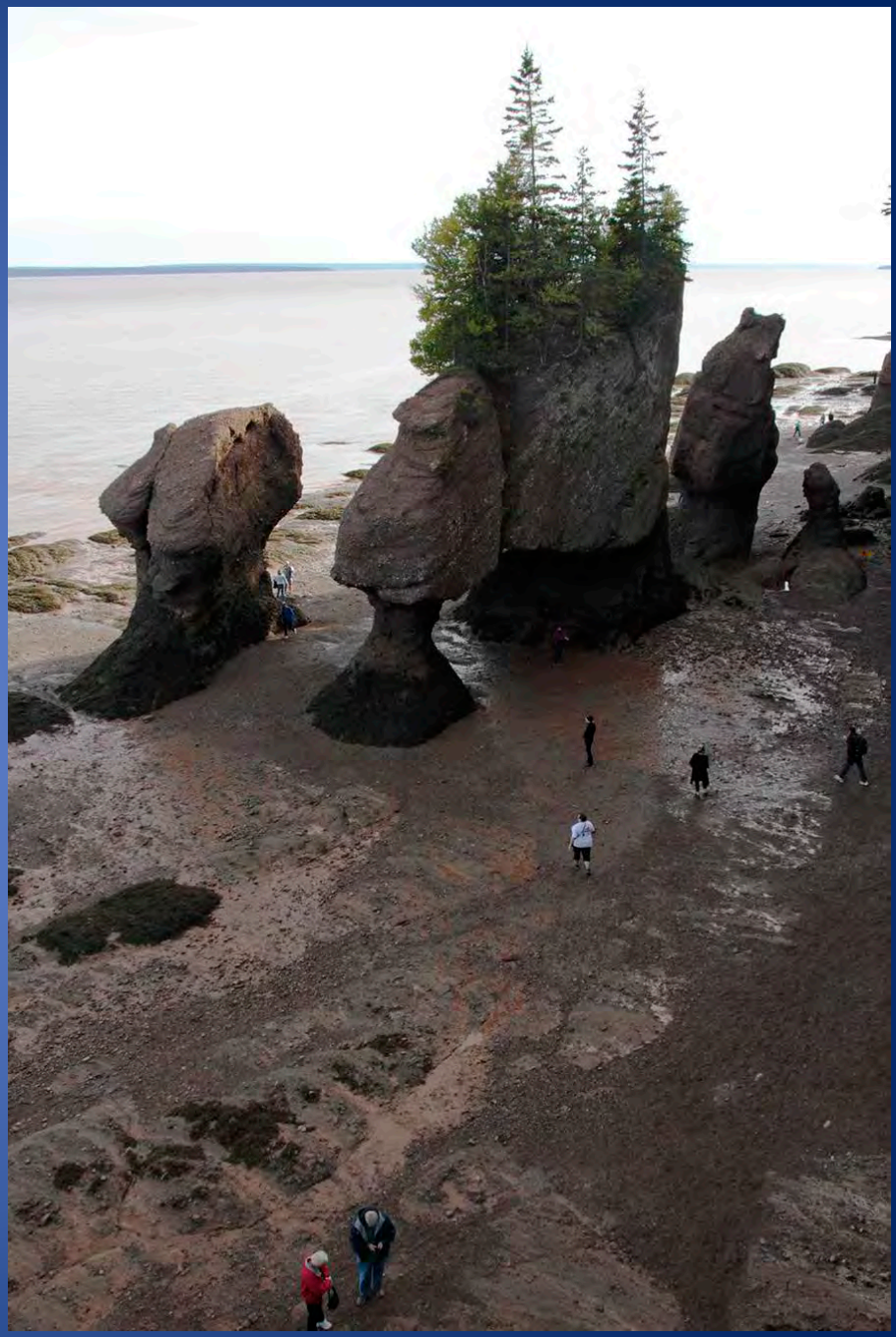
Point Wolfe covered bridge
NB has 60 covered bridges, two in Fundy NP

Dickson Brook

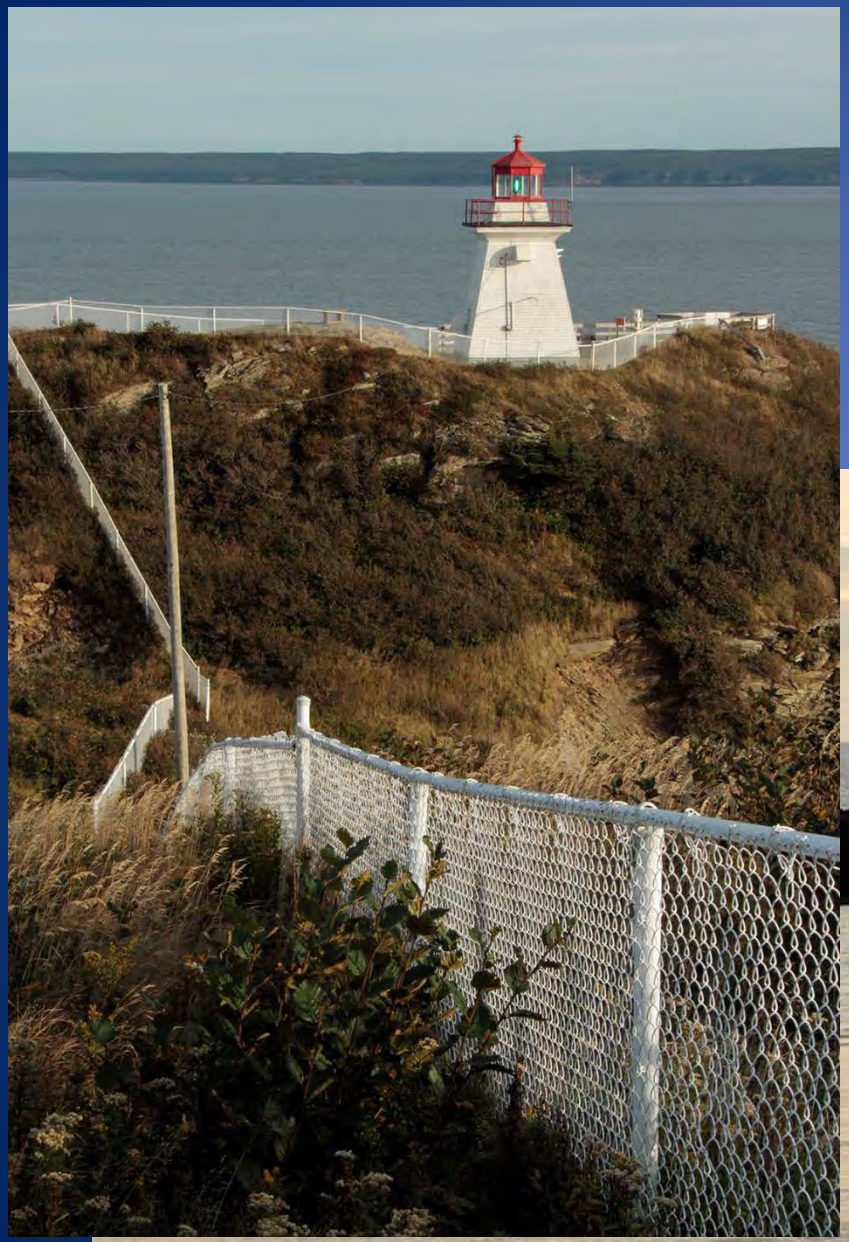
# Hopewell Rocks Provincial Park

Rock pillars provide dramatic testimony to the record tides, rising and falling 46 feet. This is one of the most popular tourist destinations in New Brunswick, with shuttle bus service to the different viewpoints, and guided walks on the tidal flats.





NB’s oldest lighthouse dates to 1838



# Cape Enrage

derives its name from the large reef that extends south into Chignecto Bay, which causes the water off the point to become extremely violent, particularly at half tide when the reef is partially exposed and the water is moving quickly.

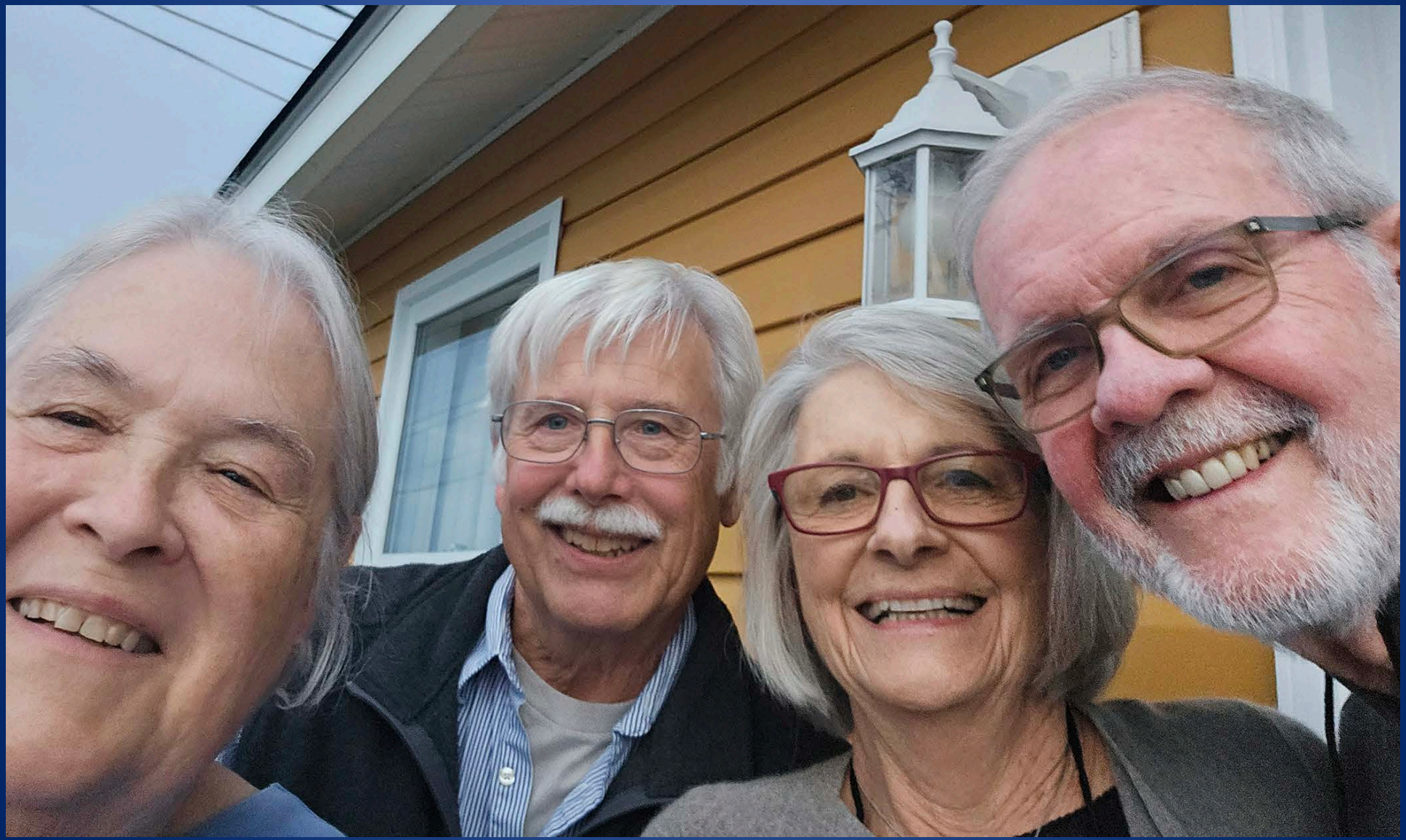
# Moncton

Largest city in New Brunswick, bordering the Petitcodiac River

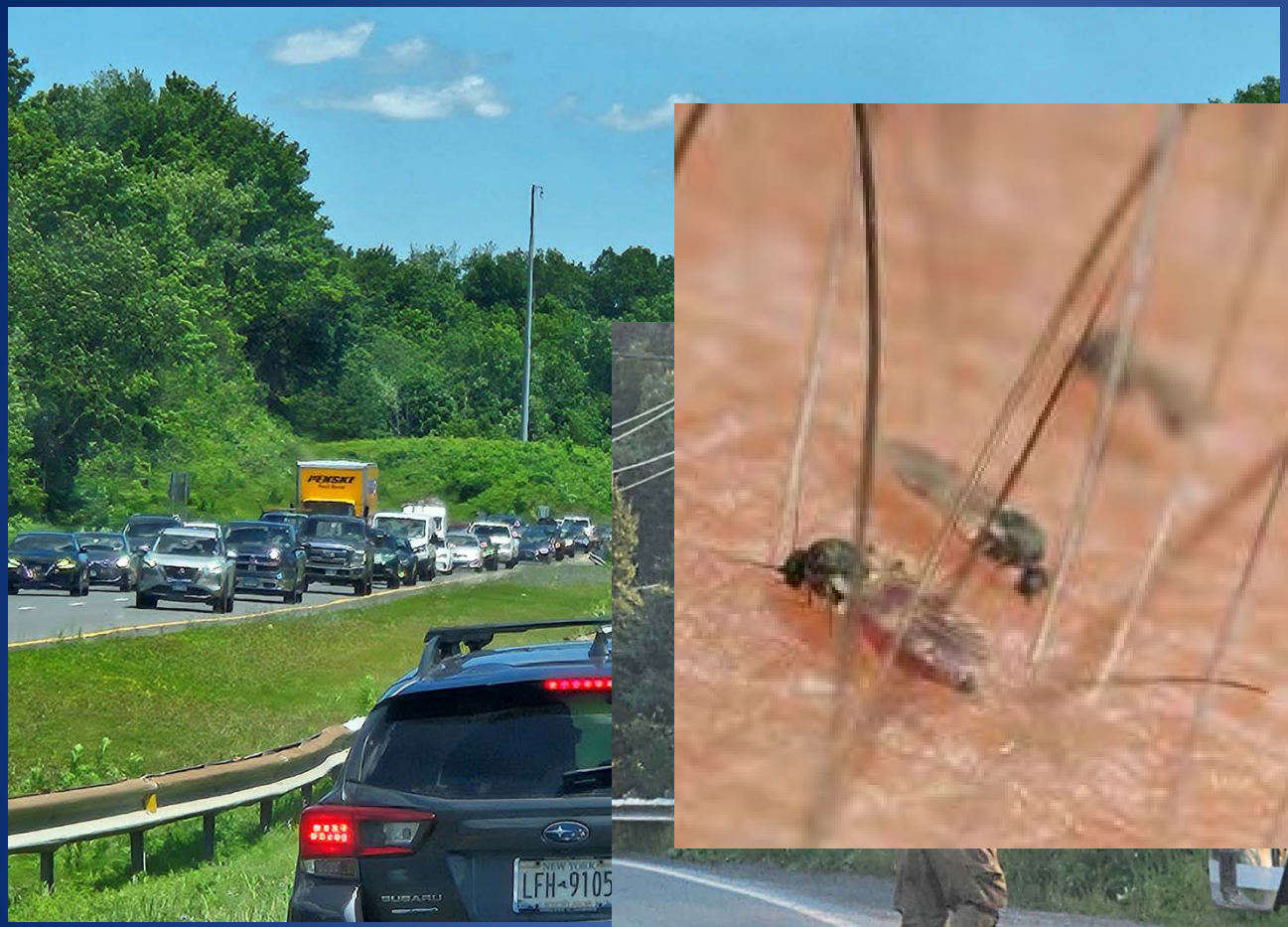
And the best location to see the tidal bore

These guys were taking a break from their jobs in Moncton to ride the bore.

We leave Door County for two months and drive 3000+ miles to Newfoundland and who do we run into? Ray and Carol Ann from St. Luke's who were visiting Newfoundland.



# There were irritations and inconveniences



# And a few setbacks

# But people reached out

# And we paid it forward

Coming soon in 2027

Exploring the Badlands of North Dakota