

Newfoundland

The Great Northern Peninsula

A Greentours Itinerary

Day 1 To Deer Lake

Our flights will arrive into St. John's early in the afternoon and then we'll catch a short flight to Deer Lake arriving in plenty of time to settle into the lovely Deer Lake Motel before dinner.

Day 2 Gros Morne National Park

Today we head to Gros Morne National Park, a UNESCO World Heritage Site. Our first stop will be the Lomond River where we will look for several orchids including *Cypripedium parviflorum* and the stunning large pink and white pouches of *Cypripedium reginae*. Also here is the very rare *Corallorhiza striata* var. *vreelandii*. In the afternoon we will visit the serpentine barrens of the Tablelands. This area looks like a moonscape and superficially appears quite dry. However, looks are deceiving; water flows just below the rock surface allowing pitcher plants to grow in the gravel! Here we will look for some endemics and near-endemics such as *Cerastium terrae-novae* and *Minuartia marcescens* and the disjunct fern *Adiantum aleuticum*. Other noteworthy plants will be *Silene acaulis*, *Armeria maritima* subspecies *siberica*, *Primula egaliksensis* and *Packera paupercula*.

Day 3 Western Brook Pond & The Arches

This morning we will take a boat tour on Western Brook Pond, a landlocked fjord. The scenery will be breathtaking and the forty-five minute walk to the boat dock will allow us to visit some local bogs and see some boreal forest wildflower species. In the afternoon we will visit a bog which, if the conditions are perfect, will be pink with *Arethusa bulbosa* orchid blossoms. We even have the potential to find white and bicolored forms. Pitcher plants and sundews will also abound. Next we will visit the Arches, a coastal limestone outcrop with several open arches overlooking the sea. Among the prostrate *Shepherdia canadensis* and *Juniperus horizontalis* we will look for *Rubus arcticus* and the rare hybrid *Rubus X paracaulis*. Look for Humpback Whales offshore as they are often seen this time of year.

Day 4 Barrens near Bellburns & the Maritime Archaic Indian National Historic Site

This morning we will head to the Barrens near Bellburns where we will have our first taste of real limestone barrens. We will look for the Newfoundland's rare orchid *Platanthera hookeri*, along with the more common *Platanthera huronense* and

Platanthera aquilonis. Yellow Lady's Slippers will abound. The "forest" of the barrens are composed of prostrate Arctic willow (some 6 species), *Betula pumila*, *Dryas integrifolia*, *Empetrum nigrum*, and *Arctostaphylos uva-ursi*. We will have lunch in an excellent seafood restaurant at Port-aux-Choix. In the afternoon we will visit the Maritime Archaic Indian National Historic Site at Port-aux-Choix to learn about the people that lived in this area 5000 years ago! In some years there are literally thousands of yellow lady's-slippers in this area. In places the ground will be pink with the abundance of *Oxytropis campestris* var. *johanenesis*. If lucky, we may find some vanilla-scented *Pseudorchis albida*, known in Europe as the Small White Orchid.

Day 5 Plum Point, Nameless Cove & Trombolite Fossils

Today we botanize around Plum Point and points further north such as Brig Bay, Nameless Cove and Anchor Point. Here we will see a mix of coastal flora and limestone barrens flora, including the endemic *Braya longii*. Other plants of note will be *Saxifraga cespitosa*, *Halerpestes cymbalaria*, *Iris hookeri*, *Primula laurentiana* and *Cornus suecica*. We will also visit the Trombolite Fossils of Flower's Cove. These rare fossils date back more than 3.5 billion years!

Day 6 Cape Norman and Burnt Cape

We have a bit of driving today with a morning stop at Cape Norman and the afternoon at Burnt Cape. Cape Norman is home to three endemics; *Braya fernaldii*, *Salix jejuna* and *Astragalus bodinii*. The scenery here is stunning with chances at seeing icebergs if any are around. Burnt Cape is a botanical wonderland with the widest diversity of Arctic-alpines found anywhere in Newfoundland...or this far south in the world! Besides species seen earlier on the trip, we will add *Potentilla nivea*, *Saxifraga paniculata*, *Antennaria alpina*, *Bartsia alpina* and *Cerastium alpinum* just to name a few. Besides arctic-alpines, we will look for the orchids *Amerorchis rotundifolia*, *Corallorhiza trifida*, and *Dactylorhiza viride*. Most wonderful, if blooming, will be the only population of *Calypso bulbosa* orchids known in Newfoundland. It will be early evening before we reluctantly leave this shangra-la and head to the Grenfell Inn at St. Anthony for the night.

Day 7 Whale and Iceberg-watching Boat-trip & L'Anse-aux-Meadows

Botanizing will be limited today as we take a boat tour in the morning with the intent of looking for whales and icebergs. In the afternoon we will visit L'Anse-aux-Meadows, another UNESCO World Heritage Site...the only authenticated Viking presence in North America dating back to the year 1000 AD. A walking trail near the Viking site will see us amongst five *Vaccinium* species, *Rubus chamaemorus*, and the very dwarf Newfoundland birch, *Betula michauxii*. Dinner this evening will be at the Norseman Restaurant, seafood extraordinaire.

Day 8

Down the Great Northern Peninsula

Today is a driving day as we head back down the Great Northern Peninsula to Deer Lake. We will make scattered stops to pick up on any plants we might have missed earlier in the trip.

Day 9

Departure

Today we head back to our respective homes, feeling botanically overwhelmed after a week on the unique and hauntingly beautiful Newfoundland limestone barrens.

Day 10

Arrive UK/Europe

If you would like to ask about any other aspect of this holiday, please call 01298 83563 or email us at enquiries@greentours.co.uk.

To Book a on this Holiday please fill in the booking form which you can download from www.greentours.co.uk (also found in the Greentours brochure) and post to Greentours, 8 Eliot Close, Armitage, Rugeley, WS15 4UP, UK. Tel +44 (0)1298 83563. After booking your place you'll receive a confirmation letter and a detailed information pack will be dispatched twelve weeks prior to departure. Flower and bird checklists are available.