



# Discovering Newfoundland and Labrador <sup>1</sup>

## Newfoundland and Labrador, Canada

### SAVE THE DATE!

**Aug 4 – 15, 2019**

*Please note: these dates are subject to change.*

### WHO CAN GO?

**14 girls, 14-15 years old on the first day of the trip + 2 Guiders**

You must meet the Eligibility Requirements as listed on the [Eligibility tab of the NST webpage](#).

## WHAT YOU'LL EXPERIENCE

### DAY 1:

Au revoir to your hometown! Catch a ride to your local airport and fly to Deer Lake, Newfoundland where you'll meet your fellow trip participants. Have a fun evening preparing and bonding over what an amazing experience you're about to embark on.

### DAY 2:

Begin your adventure by exploring Gros Morne National Park and its never-ending local wildlife and flora. Spend some time learning about the latest research in the aquaria and touch tanks. Enjoy a leisurely walk to the Western Brook Pond to take a boat through the gorge, with mountains, glacier-carved valleys, beaches, dunes and more spectacular scenery. Have your camera ready!

### DAY 3:

It's time to hike the Tablelands Trail (also known as 'the centre of the Earth') where an 80km<sup>2</sup> slab of the Earth's mantle has heaved onto the Earth's crust from deep beneath the ocean floor. You'll hear all about the regional geology and plant life before heading back to Woody Point to take in local culture, shops and galleries.

### DAY 4:

Today you'll explore one of North America's most fascinating archaeological finds amid a rugged coastline of unique barrens, forests, and bays. Visit ancient burial sites and settlements and view original artifacts. Take the ferry across to Labrador where you may have a chance to spot birds, whales, seals, icebergs, or puffins!

### DAY 5:

A Parks Canada guide shares the history of the Red Bay UNESCO World Heritage Site, and helps you imagine what life was like here back in the 16th century.

### DAY 6:

Hop on the ferry back over to Newfoundland where you'll catch a glimpse of some of the amazing wildlife this province has to offer. Once you arrive, go even further back in time to learn about where the Vikings stood a thousand years ago.

### DAYS

### 7-8:

Your trek East across the island to St. John's begins! Explore Norstead Viking Village, the Newfoundland Insectarium, and the North Atlantic Aviation Museum. Stop in Gander and learn about the town's important role as a safe landing place for planes during September 11.





# Discovering Newfoundland and Labrador <sup>2</sup>

## Newfoundland and Labrador, Canada

- DAY 9:** Welcome to St. John's! Spend an evening exploring the colourful city that tourists and locals alike can't get enough of.
- DAY 10:** Start your day atop Signal Hill, then catch a boat ride to watch the whales and visit North America's largest puffin colony. In the afternoon, you'll head on over to Seal Cove, where you will begin your two-night stay at Girl Guides Con Ba Su Camp.
- DAY 11:** Spend the day camping, learning about Guiding in the province, reminiscing, and reflecting about what you learned and experienced on your trip. Have a celebration dinner and enjoy your last night in Newfoundland and Labrador.
- DAY 12:** Your adventure is coming to an end and it's time to head home. Your family and fellow Girl Guides will be so happy to hear all about your journey!

*Please note: this itinerary is subject to change.*

## ACTIVITY LEVEL

### Recreational

For more information on activity levels, visit the [FAQ tab on the NST web page](#).

## COSTS

The total value of this program is approximately \$5,934 per person.

### **Girls, great news – GGC National office covers 50% of the total cost of the trip!**

Guiders, your trip is fully funded through the Jean Youngson Memorial Bequest to the Canadian World Friendship Fund. Visit the [Costs & Fundraising tab on the NST webpage](#) for more information about what's included, fundraising, and other potential funding.

## READY, SET, APPLY!

Before beginning your application, please review the [Application Instructions](#) and check out the [Top Tips](#) for support. These two documents will help better prepare you to fill out your application.

Once you're ready, visit the Nationally Sponsored Trips webpage to apply!

Applications (including your letter of recommendation) must be completed and submitted online by

**5:00pm ET on Wednesday, September 12, 2018.**

## QUESTIONS?

Email us: [nationaltravel@girlguides.ca](mailto:nationaltravel@girlguides.ca)

