

Newfoundland Circumnavigation

June 20–July 01, 2028

July 08–19, 2028

From **\$9,995** to **\$19,995** USD

Aboard the *Ocean Nova*

Starts: St. John's, NL, Canada

Ends: St. John's, NL, Canada



Expedition Summary

Best Understood from the Sea

Long before roads connected its communities, the coastline did. Harbours became gathering places, fishing stages became workplaces, and the North Atlantic carried people, ideas, traditions, and livelihoods from one shore to the next. To circumnavigate Newfoundland is to experience the island much as generations before have known it: arriving by water, where each headland, harbour, and outport reveals another chapter in the story of a place shaped by the sea.

Following the coastline reveals how the Atlantic has shaped every aspect of the island. In Gros Morne National Park, the Earth itself tells a remarkable story, where rocks from the Earth's mantle helped transform our understanding of plate tectonics. At L'Anse aux Meadows and Red Bay (Labrador), UNESCO World Heritage Sites reveal centuries of Indigenous presence, Norse exploration, and Basque seafaring, reminding us that these waters have long connected people, cultures, and ideas. In Miawpukek First Nation, François, and Saint-Pierre, that connection continues today through vibrant communities whose distinct traditions remain rooted in the sea. Along the way, whales, seabirds, and, in season, icebergs are enduring reminders that the Atlantic remains as alive today as it has always been.

Newfoundland's character is found as much in its people as in its places. Conversations linger. Stories are shared as readily as songs. Music belongs in community halls as naturally as conversation belongs around kitchen tables, while wit, resilience, and independence are woven into everyday life. Travelling by small ship allows these encounters to unfold naturally through arrivals in harbour, time spent ashore, and conversations with the people who know these places best.

By the time you return to St. John's, you'll understand why Newfoundland has always looked to the sea.

Expedition Summary

Website & brochure copy · 80 words

Best Understood from the Sea

Circumnavigate the island to discover an Atlantic world shaped by centuries of movement and exchange. These waters carried people, knowledge, livelihoods, and traditions between shores, connections that remain visible in the communities encountered today. From Mi'kmaw culture and Newfoundland's outports to French life in Saint-Pierre and Miquelon, each reveals a different relationship with the sea. Along the way, dramatic geology, wildlife, and rich food traditions deepen the story.

Itinerary

Day 1: St. John's, NL, Canada

Day 2: Miquelon, France

Day 3: Miawpukek (Conne River), NL, Canada

Day 4: Francois

Day 5: South Coast

Day 6-7: Gros Morne National Park and Woody Point

Day 8: Red Bay

Day 9: L'Anse aux Meadows

Day 10-11: Northeast Coast

Day 12: St. John's, NL, Canada

Highlights

A journey around the rock

Wit, laughter, music, and storytelling are woven into everyday life in Newfoundland. Circumnavigating the island brings you into coastal communities where local traditions remain strong, independence runs deep, and a good story is rarely far away.

Travel alongside local Newfoundlanders from our expedition team as they share the tales, tunes, and traditions of home. Hear music in community halls and gatherings, receive a Mi'kmaw welcome in Miawpukek First Nation, and spend time with people whose knowledge and experiences bring each place to life. Harbour by harbour, discover the warmth and character that make travelling around Newfoundland as much about the people you meet as the places you visit.

A little bit of France, just offshore

Off Newfoundland's southern coast, France meets the North Atlantic. In the archipelago of Saint-Pierre and Miquelon, French language, cuisine, and traditions thrive just a short sail from Canada. Explore a distinctive French island where café culture and colourful streets meet dramatic coastlines, sweeping dunes, and a rich fishing heritage, creating an experience that feels unmistakably French, yet shaped by the North Atlantic.



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Gros Morne National Park: where the Earth turns inside out

In Gros Morne, rocks normally found deep beneath Earth's crust lie exposed at the surface. The striking ochre Tablelands helped scientists understand the movement of tectonic plates and contributed to Gros Morne's recognition as a UNESCO World Heritage Site.

Walk among these ancient rocks with our naturalists and discover an environment where geology shapes almost everything you see, from the sparse vegetation beneath your feet to the immense scale of the surrounding landscape. Few places offer such a tangible encounter with Earth's deep history.

L'Anse aux Meadows: where the Norse landed

A thousand years ago, Norse seafarers crossed the North Atlantic and established a small encampment at L'Anse aux Meadows, the only authenticated Norse site in North America. Archaeological remains and reconstructed sod buildings reveal both the ambition of those voyages and the practical realities of life at the edge of the known Norse world.

Explore the site with interpreters and consider this remarkable encounter within the much longer history of Indigenous presence in the region and centuries of movement across the North Atlantic.

Newfoundland's kitchen table

Every meal tells a story of land, sea, season, and the people who bring them together. Throughout the journey, Newfoundland's distinctive food culture comes alive through locally inspired cuisine and the stories behind the ingredients.

Savour flavours that have sustained communities for generations, from freshly caught cod and bakeapple tarts to moose and other regional specialties. Meet the fishers, foragers, farmers, and cooks who continue to shape a food culture deeply connected to place, while discovering how Newfoundland traditions continue to evolve on today's tables.

Highlights at a Glance

- Experience Newfoundland's wit, music, storytelling, and warm community spirit in coastal communities around the island.
- Step ashore in Saint-Pierre and Miquelon, where French culture and North Atlantic traditions meet just offshore.
- Walk Gros Morne's extraordinary Tablelands and discover geology that helped transform our understanding of plate tectonics.
- Explore L'Anse aux Meadows, the only authenticated Norse site in North America, within a much longer Indigenous history.



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- Taste Newfoundland through local food traditions shaped by land, sea, season, and community.

Itinerary

Day 1: St. John's, NL, Canada

Old Soul, Lively Spirit

Often celebrated as North America's oldest city, St. John's is a glorious jumble of colourful houses, winding streets, steep hills, and unexpected laneways gathered around a harbour that could belong nowhere else. Beneath Signal Hill, the Narrows form a dramatic gateway between the sheltered waterfront and the open Atlantic, giving the city one of the continent's most unmistakable settings.

Its centuries of history are matched by an energy that feels entirely of the moment. An emerging culinary scene brings fresh imagination to Newfoundland ingredients and traditions, while Water Street offers an eclectic mix of independent shops, galleries, cafés, and local character. When evening arrives, music spills from pubs and performance spaces, carrying a lively tradition that remains central to the city's identity. Historic, creative, colourful, and full of personality, St. John's makes an irresistible gateway to Newfoundland.

Day 2: Miquelon, France

France on the Wild Atlantic

A small French community with a character shaped equally by Europe and the North Atlantic. Acadian, Basque, Breton, and Norman roots run through its history, while generations of fishing and farming have created traditions distinctly adapted to island life. French remains the language of everyday conversation, and local shops, cafés, and artisans give the village a quietly contemporary spirit.

Beyond the village lies a surprisingly varied natural world of rocky headlands, ponds, dunes, and wind-shaped vegetation. Miquelon is connected to Langlade by La Dune, a remarkable twelve-kilometre ribbon of sand formed by the meeting of ocean currents and the site of numerous shipwrecks. Trails open onto sweeping Atlantic views, with opportunities to encounter coastal flora and birdlife along the way.

Explore at your own pace, perhaps browsing locally made goods or pausing at a café. With French flavours, deep maritime roots, and wild landscapes close at hand, Miquelon feels unlike anywhere else in North America.

Day 3: Miawpukek (Conne River), NL, Canada**Experience Mi'kmaw Culture**

At the mouth of the Conne River lies Miawpukek, whose Mi'kmaw name means "Middle River." Long used as a seasonal gathering place, it became a permanent community around 1822 and today is the only recognized First Nation reserve on the island of Newfoundland. Its history is part of a much older pattern of movement throughout Mi'kma'ki, the traditional territory of the Mi'kmaq.

Miawpukek is also a story of cultural strength and contemporary renewal. Language, traditional knowledge, education, ceremony, and community life remain closely connected, while present-day conservation initiatives carry an enduring responsibility to the surrounding lands and waters forward in new ways.

Receive a formal welcome from community leaders and spend time in Miawpukek, where history is not confined to the past but continues through living culture, modern leadership, and a relationship with place sustained across generations.

Day 4: Francois**Where There Are No Roads**

Hidden deep within a steep fjord, the outport of Francois can be reached only by boat. Colourful homes cling to the hillside in a community where the sea remains the way in and out. Explore waterfalls and lookout trails, wander through the settlement, and spend time talking with the people who continue to make their lives here.

As evening falls, we usually gather with the community for a joyful kitchen party—music, dance, laughter, and good company flowing as naturally as the tide. Raise a glass and join in the moment.

Day 5: South Coast**Explore a Wild and Beautiful Shoreline**

Along Newfoundland's southern edge, the roads fall away and the sea becomes the highway. Deep fjords, sheltered coves, and towering headlands define a coast shaped by water, weather, and isolation. Its outports and resettled communities hold an important place in Newfoundland's



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cultural memory, recalling generations whose lives were connected to the island primarily by sea.

The coastal barrens and bogs are alive with low-growing wildflowers, while seabirds gather along the cliffs and offshore waters. Capelin may draw whales into the bays. Bald eagles patrol the headlands, seals surface in sheltered coves, and waterfalls descend after the spring thaw.

Remote, roadless, and known intimately by the sea, the South Coast remains one of Newfoundland's wildest and most compelling landscapes.

Days 6–7: Gros Morne National Park and Woody Point

Walk Through Incredible Geology

In Gros Morne National Park, Earth's story is written in stone. The bronze-coloured slopes of the Tablelands expose rocks from deep within the Earth's mantle—part of the geological evidence that helped transform our understanding of plate tectonics. Join Parks Canada naturalists for guided walks through this extraordinary landscape and learn why Gros Morne is recognized as a UNESCO World Heritage Site.

After exploring the Tablelands, experience the warm spirit of Woody Point, where artists, writers, and musicians continue to draw inspiration from the surrounding mountains and sea.

Day 8: Red Bay

Uncover Basque Whaling History

In the 1500s, Red Bay was a major centre of Basque whaling, connecting this Labrador harbour with communities across the Atlantic. Today, it is a UNESCO World Heritage Site.

Visit the interpretation centre to see recovered artifacts, including tools and personal items from the San Juan, lost here in 1565. Then cross to Saddle Island to explore remnants of the whaling station and consider the people, ships, knowledge, and commerce that once moved through these waters as part of an early transatlantic industry.

Day 9: L'Anse aux Meadows

Encounter a Norse Crossing

At the northern tip of Newfoundland, within a landscape shaped by some 6,000 years of Indigenous presence, a cluster of low ridges revealed a remarkable chapter in Atlantic history.



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L'Anse aux Meadows is the only authenticated Norse archaeological site in the Americas and the earliest known evidence of a European presence on the continent. Its discovery confirmed that Norse seafarers reached North America around the year 1000, a journey preserved for centuries in the Icelandic sagas.

The remains of timber-framed turf dwellings, workshops, and a forge reveal a base camp built in the tradition of settlements in Greenland and Iceland. Among the finds was a hand-forged nail, evidence of the earliest known iron production in North America. Even more intriguing are butternuts, which do not grow naturally in Newfoundland and suggest voyages farther south.

The Norse presence was brief, but its discovery transformed an ancient saga into historical fact and secured L'Anse aux Meadows a place of global significance.

Days 10–11: Northeast Coast

Discover Outports and Ocean Heritage

Sailing Newfoundland's northeast coast brings you into communities whose histories and ways of life have long been oriented toward the sea. Depending on conditions and opportunities, visit small fishing communities where boats gather in sheltered coves and the wharf remains a natural place for conversation.

Spend time ashore, meet local people, and notice the details of coastal life—fishing stages and sheds, working boats, music, stories, and the easy wit that so often accompanies them. Harbour by harbour, another side of Newfoundland comes into view.

Day 12: St. John's, NL, Canada

The Island Comes Full Circle

Return through the Narrows and beneath Signal Hill, completing a full circle around Newfoundland. St. John's may appear much as it did at the beginning, but its colourful houses now sit within a broader palette of landscapes, stories, and communities encountered around the island.

Along the way, the sea has been more than a backdrop. It connects distant shores, sustains communities, shapes traditions, and finds its way into Newfoundland's music and song. From lively harbours to roadless coastlines, the island's character is grounded in the strength, wit, creativity, and warmth of its people.



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Twelve days and an entire island later, the circle closes where it began, with the Narrows ahead and a whole island's worth of stories, songs, and good company astern. As they say in Newfoundland, long may your big jib draw.