



## **Canada: Western Newfoundland and Labrador Birding Trip Itinerary 7 Days and 6 Nights**

**(Plus 1 Day/1 Night Extension for Rock Ptarmigan)**

### **Day 1: Arrival in Deer Lake, Newfoundland**

Trip participants can arrive at any time today. No formal birding is planned for the day.

No matter your arrival plan, we will sort out a transfer to get you to the hotel.

Those who have arrived by late afternoon should plan to have supper together around 6:00 PM, but feel free to arrive after this time (though we all want to get to bed for an early start the next day).

Overnight in Deer Lake.

### **Day 2: Full Day Birding Gros Morne National Park**

After breakfast at the hotel, we will begin our drive towards Gros Morne National Park, just a half hour northwest of Deer Lake via the Viking Trail. Before entering the park, we will likely stop at a site or two that have interesting habitat, including scanning Bonne Bay Big Pond for water birds.

Once we enter the national park, we will spend the rest of the morning and afternoon looking for many of the more common birds of western Newfoundland, including Yellow-bellied Flycatcher, Boreal Chickadee, Canada Jay, Pine Grosbeak and Lincoln's Sparrow. Throughout the day, we will make a special effort to find less common species such as Spruce Grouse, Olive-sided Flycatcher, Blue-headed Vireo, Winter Wren, White-winged Crossbill, American Tree Sparrow, Ovenbird, Tennessee Warbler and Mourning Warbler.

Eventually we will make our way to our lodging in Rocky Point, then take time to scan the Gulf of Saint Lawrence for Common Eider, gulls (especially Black-legged Kittiwake), terns, including Caspian Tern and hopefully Arctic Tern, plus Black Guillemot.

Overnight in Rocky Harbour.



**Day 3: Morning Birding Gros Morne National Park. Afternoon Birding West Coast to Saint Barbe. Evening Ferry to Labrador**

We will spend the early morning searching for any likely species we have not yet seen and/or visiting new and interesting destinations in Gros Morne National Park. Some additional species possible in the area include Spotted Sandpiper, Red-breasted Nuthatch, Ruby-crowned Kinglet, Hermit Thrush, Swainson's Thrush, Red Crossbill, Fox Sparrow, White-winged Crossbill, Magnolia Warbler and Blackpoll Warbler.

This will be followed by a drive north through spectacular scenery along Newfoundland's western coast. We will pass many coves and ponds, many of which we will pause to scan especially for seabirds and shorebirds. Southward shorebird migration will have begun by the time we arrive here. Some of the more likely species include Semipalmated Plover, Whimbrel, Ruddy Turnstone, Wilson's Snipe and Greater Yellowlegs. While not normally abundant, and absent some years, we have a chance to see Ring-necked Duck, Common Eider, Harlequin Duck and Red-breasted Merganser.

After reaching Saint Barbe, we will prepare for the 6:00 PM ferry crossing. Depending on the time of our arrival, we may sit down for an early dinner, buy something to eat while on the ferry, or plan to go to dinner once we are across the Gulf of Saint Lawrence.

During the ferry crossing, which takes an hour and forty-five minutes, it is advised that everyone be out scanning the sea with binoculars. We should see at least a few of these species, either tonight or on our return trip tomorrow evening: Common Murre, Thick-billed Murre, Razorbill, Atlantic Puffin, Black-legged Kittiwake, Wilson's Storm-Petrel, Leach's Storm-Petrel, Northern Fulmar, Great Shearwater, Sooty Shearwater, Manx Shearwater, Northern Gannet and Pomarine Jaeger.

We will depart the ferry in Quebec and drive a few minutes to our lodging in Labrador. If we did not eat dinner before making the crossing, we will find a nice place to eat and then get to our rooms for a welcome night of rest.

Overnight in L'Anse au Clair.



#### **Day 4: Birding Labrador; Afternoon Ferry Birding Back to Newfoundland**

We will the morning and early afternoon birding and sightseeing in southeastern Labrador. There are a few birds that we are more likely to find here than on the island of Newfoundland. While enjoying what Labrador has to offer, we will make an effort to locate any species we have not yet seen, particularly trying for Common Redpoll, American Tree Sparrow, White-crowned Sparrow and Tennessee Warbler. Your guide will review reports of bird activity in the area and plan the day accordingly.

Today we will reach the northernmost point we will visit during the tour, around Red Bay, Labrador. If time allows, we may continue birding further north, but our time is limited by the ferry schedule. We need to be back in line for the ferry before 2:30 PM. On the return ferry ride you will of course have a second chance to see any of the seabirds that we were looking for on the first crossing.

After disembarking from the ferry in Saint Barbe, we will check in to our hotel and eat dinner together. We can enjoy a relaxing evening in town or do some additional birding in the area.

Overnight in Saint Barbe.



### **Day 5: Birding Northwest Newfoundland (including Visit L'Anse aux Meadows, a Historic Viking Settlement): Meadows and Coastlines and More**

Today we will be birding and touring Newfoundland's Great Northern Peninsula. As we drive, we should look for Northern Harriers and Short-eared Owls, as they may be more likely in this area than other places we have been on this trip.

A highlight of the day will be a visit to L'Anse aux Meadows, at the tip of the peninsula. This is the site with the first known evidence of European presence in the Americas. Norse expeditions sailed from Greenland, building a small encampment of timber-and-sod buildings over a thousand years ago. We will keep our eyes open for birds as we wander about this historic site.

As we drive back towards Saint Barbe, we will make a few stops to scan some of the inlets for more sightings of seabirds and whales. There is a chance there will be some icebergs to view as well, even in late July.

Overnight in Saint Barbe.

### **Day 6: Birding on the way to Deer Lake via Gros Morne National Park: Forest, Meadow and Coastline Birding**

We will begin the day looking for any species we need around Saint Barbe.

Based upon the species we have left to find or newly reported, your guide will plan the rest of the day with a few new birding stops as we make our way back to Deer Lake. We will be going back through Gros Morne National Park with its forest and meadow habitats at various elevations and its beautiful coastline, so we will have additional opportunities to visit sites within the park that we may have missed earlier in the trip.

We plan to reach Deer Lake by about 6:00 PM.

Overnight in Deer Lake.

## **Day 7: Flights Home or One-Day Extension for Rock Ptarmigan Hike**

For any participant who is not adding on the extension trip, we will arrange for airport transfers for those heading home today.



## **Day 7/Extension Day 1: One-Day Extension for Rock Ptarmigan Hike**

Trip participants adding the one-day extension will depart the hotel in the morning and return to the nearby Gros Morne National Park. We will then enjoy a hike to one of the higher elevations in the park to look for Rock Ptarmigans. Depending on the ability of the group, this could take from five to eight hours of walking, round trip.

As we wander the higher elevations, we will also be looking for Willow Ptarmigan, Horned Lark and American Pipit.

Since it is unlikely that we will be back in Deer Lake in time for flights home this evening, we will stay an additional night in Newfoundland.

Overnight in Deer Lake.

## **Day 8/Extension Day 2: Flights Home**

No matter our birding plans for today, we will plan to reach the airport around 3:30 PM. You should book flights home tonight after 6 PM, or we can arrange another night (about \$150 to \$200 per room) for you near the Denver airport.