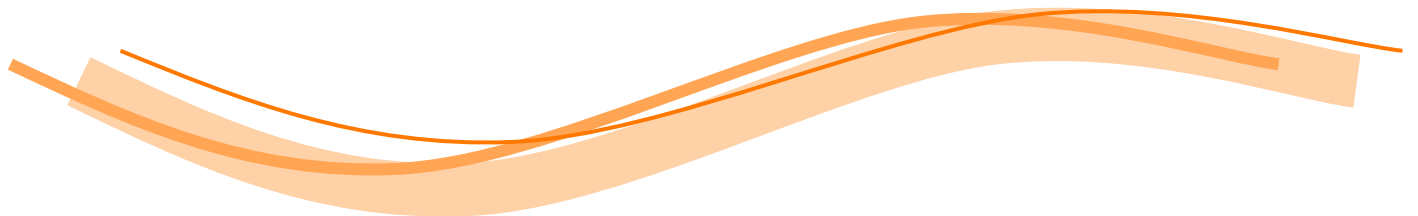




**ST. JOHN'S,
NEWFOUNDLAND &
LABRADOR**





ST JOHN'S, NEWFOUNDLAND

Newfoundland and Labrador - the land where the sun first rises. Rich with history. Rife with culture. Sprawling with natural beauty. Around every corner, around every bend, you will find a piece of heaven, a delightful sight, a playful breeze that will help your journey.

Explore **St John's** –a happening cosmopolitan town within easy distance to great nature adventures and close to icebergs, whales and puffins!

St John's Time, July 30 to August 9, 2009, celebrates four unique Festivals.

GEORGE STREET FESTIVAL www.georgestreetfestival.com
July 30 – August 4, 2009

George Street, in downtown St. John's, is the focal point of the City's nightlife. The pubs and taverns lining this historic cobblestone street offer everything from traditional Newfoundland music to the latest rock music. The festival features five nights of live outdoor entertainment featuring some of Newfoundland's top acts.

ROYAL ST. JOHN'S REGATTA www.stjohnsregatta.org
August 5, 2009 (weather permitting)

What probably began as a few fishermen competing to see who could row his dory the fastest has grown into the annual Royal St. John's Regatta, North America's oldest continuing sporting event. The Regatta began officially in 1825 and has run the first Wednesday in August every since.

Regatta Day is probably the only Municipal Holiday in Canada that is dependant on the weather. If it is raining or too windy, the holiday is simply put off until the next suitable day.

NEWFOUNDLAND AND LABRADOR FOLK FESTIVAL
www.nlfolk.com
August 7, 8, 9, 2009

The good times in St. John's keep roaring in August with the annual Provincial Folk Festival held in Bannerman Park featuring musicians, dancers and storytellers from around the province. It is a perfect opportunity to get a taste of the traditional Newfoundland lifestyle with music, dancing, storytelling and traditional good times.

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	<p>BUSKER'S FESTIVAL www.downtownstjohns.com August 7, 8, 9, 2009</p> <p>Every year clowns, magicians and musical talent come out into the streets to perform. The festival hosts a number of great acts all around the downtown area.</p>
Location	<p>Newfoundland is a large island lying off the east coast of North America between latitudes 46½°N and 52°N. Its capital is St. John's, which is in the same latitude of Quebec, Duluth, Seattle and Paris. It is Canada's most easterly province, consisting of the island of Newfoundland and the mainland portion of Labrador. Newfoundland has a triangular shape, stretching 600km across, and covering 100,000 sq km. It can be described as the size of Pennsylvania, and larger than Ireland. It lies on the continental shelf of North America, as it is separated from Labrador by only 20km, and by Cape Breton by 120km</p> <p>Here are some interesting facts; St. John's is as close to Dublin in Ireland as it is to Toronto. Cape Spear is the most easterly point in North America; It's the world's 11th largest island It has 17,000 km of coastline: fjords, inlets, coves, guts, bays and tickles</p>
Geography	<p>Area: 400,000 sq km; island: 100,000; Labrador: 300,000; The province has more than three times the total area of the Maritime Provinces (Nova Scotia, New Brunswick and Prince Edward Island), in fact it's so much larger than the three other Atlantic provinces combined that you need lots of time: the average visit is 12 days</p>
Name	<p>While the name "Newfoundland" is derived from English as "New Found Land", Labrador is named after Portuguese explorer João Fernandes Lavrador.</p>
Population	<p>Population: 516,000; St. John's: 100,000 (metro 180k) People from Newfoundland are called "Newfoundlanders" (and at times "Newfies", though this can be seen as a pejorative) while people from Labrador are called "Labradorians".</p>
Language	<p>Newfoundland has its own dialects of the English, French, and Irish Gaelic languages. The English dialect in Labrador shares much with Newfoundland. Furthermore, Labrador has its own dialects of Innu-aimun and Inuktitut.</p> <p>There's some to-and-fro among travelers about how to accent Newfoundland. Correctly done, there's a little bit of emphasis on the final syllable, but it's subtle. Here's a trick. Recite this bit of doggerel: "You just won't understand, 'Til you've been to Newfoundland." Now drop everything but the last word.</p>
Currency	<p>Canadian Dollar</p>

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Tipping	15% is the norm
Government	Provincial government headed up by Premier Danny Williams of the Conservatives
Time zone	Time zone: 1.5 hours ahead of EST
Health	If you are a resident of Canada, you should carry your MCP card just in case you need medication attention. If you are taking medicine prescribed by your doctor, it is a good idea to make a list of what you are taking in case of emergency, and bring along a copy of your prescription in the event that you need to have it renewed by a doctor in Newfoundland and Labrador.
Safety	St. John's has continuously had one of the lowest crime rates in Canada.

CLIMATE	
General climate	The weather in Newfoundland might charitably be called "mercurial." You might very well experience all four seasons during a 1-week trip to the island - from relatively warm and sunny days (the average high temperature in summer is about 21 °C) to the downright frigid (it often dips into the range of 4 °C or lower on summer evenings). St John's like to say that their city has one of the mildest winters in Canada (third mildest city next to Victoria and Vancouver).
Today's weather	19 degrees Centigrade and sunny (11 July 2009)
Best time to visit	Spring summer and fall are all idyllic times to see St. John's and even winter has its own special magic with lots of snow on the ground

GETTING THERE	The city's aviation needs are served by St. John's International Airport. The airport is located 5.6 km northwest of the city and airlines include Air Canada, Air Canada Jazz, Air Labrador, Air Saint-Pierre, Air Transat, CanJet, Continental Airlines, Provincial Airlines, Skyservice, Sunwing Airlines and Westjet
Flying time	2 hours from Montreal to St. John's
St. John's	St. John's is the provincial capital of Newfoundland and Labrador, located on the eastern tip of the Avalon Peninsula on the island of Newfoundland. It is Canada's oldest city and arguably the oldest city in North America. St. John's is the most populous Census Metropolitan Area (CMA) in the province, it is the second largest CMA in the Atlantic Provinces after Halifax, and 20th largest metropolitan area in Canada with a population of a little over 180,000. The city enjoys a long and vibrant history as the oldest English-founded city in North America. The harbour was a frequent haven for European fisherman throughout the early 1500s, and was officially established as a community when Sir Humphrey Gilbert declared Newfoundland an English colony in 1583. While the origin of the name St. John's is not definitively known, its first

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	<p>usage appears in a Portuguese map as "Rio de San Johem" by 16th century Portuguese cartographer Pedro Reinel. The popular origin of the name, however, is said to have originated from the Italian discoverer Giovanni Caboto, who landed in Bonavista on 24 June, 1497.</p> <p>With a long and prosperous history in the fishery industry, the last half of the 20th century has seen St. John's transformed into a modern export and service centre. More recently, its proximity to recently discovered oil fields has led to an economic boom that has spurred population growth and commercial development.</p>
Distances	<p>It takes about 8 or 9 hours to drive from Port aux Basques (where the ferry from Nova Scotia docks) to the tip at St. Anthony's and it's a 15 hour non stop drive from Port aux Basques to St. John's.</p> <p>St. John's is as close to Dublin Ireland as it is to Toronto</p>
Ferries	<p>Marine Atlantic (tel. 800/341-7981; www.marine-atlantic.ca) operates a year-round ferry service from North Sydney, Nova Scotia to Port aux Basques, with as many as three sailings each way daily during the peak summer season. The crossing is about 5 hours; one-way fares are \$28.75 adults, plus \$81.50 for an automobile. (2009 rates)</p> <p>A seasonal ferry (summers only) also connects North Sydney with Argentia on the southwest tip of the Avalon Peninsula. This crossing is offered three times weekly in summer and takes 14 to 15 hours. The one-way fare is \$80.50 adults, \$167.25 for cars. On both ferries, children 5 to 12 years old ride for half-price (free for children under 5). Reserved reclining seats, sleeping berths, and private cabins are available. (2009 rates)</p> <p>A much shorter ride on the M/V Apollo connects Blanc-Sablon, Labrador with St. Barbe, Newfoundland. The ride takes 20 minutes. Call tel. 866/535-2567 for more information.</p>
Trains	<p>Newfoundland doesn't have rail service any more, but the track has been converted to a multi-use trail for hiking and biking.</p>
Car Rental	<p>To explore the countryside, you'll need a car. Major rental companies with fleets in Newfoundland include Avis (tel. 800/230-4898), Budget (tel. 800/472-3325), Thrifty (tel. 800/367-2277), National (tel. 800/227-7368), Enterprise (tel. 800/261-7331), and Rent-A-Wreck (tel. 800/535-1391).</p>
Buses	<p>Several bus lines connect the major ports and cities. DRL Coachlines (tel. 709/738-8088) has one bus daily from Port aux Basques to St. John's.</p>
ACCOMMODATION TYPES	<p>Accommodation of all kinds is available in the province from B&B's to 5 star resorts.</p> <p>For something different, try Quirpon (pronounced Kar-Poon) Lighthouse</p>

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	<p>Inn, which offers independent and group itineraries featuring whales, icebergs, and culture. This former lighthouse set on an island in northern Newfoundland is absolutely unique, overlooking Iceberg Alley where the bergs drift by the area with Newfoundlands longest iceberg season. Access is by boat or helicopter, the furniture and quilts are handmade, and the food is excellent. For more information contact Ed English at 709-634-2285.</p>
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TARGET GROUPS	
<p>Kids</p>	<p>The Fluvarium, St. John's: This low, octagonal structure at the edge of Long Pond (near Memorial University, a few miles west of downtown) actually descends three stories into the earth. The second level features exhibits on river ecology, including life in the riffles (that's where trout spawn) and in shallow pools, which are rich with nutrients. On the lowest level you'll find yourself looking up into a deep pool that's located alongside the building. Watch for brown trout swimming lazily by...the kids will love this attraction!</p> <p>Families find that Newfoundland and Labrador has a lot of different things that kids like to see and do. These things could be insects, Vikings, small marine critters, fish - even sitting in a pilot's seat. The Newfoundland Insectarium in Reidville on Route 430 (just outside Deer Lake) features live and preserved insects, and butterflies, so this could be both a Yuck, gross place or just Cool.</p> <p>If it's a rainy day in the West, why not head for the pool? It's a great break and a refresher for the who family, and a sure favourite is the pool at Rocky Harbour In Gros Morne National Park. The parents can soak in the huge hot tub while the kids swim.</p> <p>Vikings have a scary reputation, but they were also great explorers, sailors and adventurers. Learn about them, and stand where they founded the first European settlement in North America 1,000 years ago at LAnse aux Meadows National Historic Site. After that, hop over to Norstead, an imaginary 11th-century Viking port of trade 2 km away. Both are on Route 436 near the northern tip of the Island of Newfoundland.</p> <p>The North Atlantic Aviation Museum in Gander on Route 1 is where you'll find a DC3. Climb in and grab the controls of this classic airplane. Let the kids wait their turn! From the skies, you can move back in time to the 19th century at the Green Family Forge in Trinity on Route 239. This place has all the tools the local blacksmith used to make everything from horseshoes to boat hooks. It seems like all it needs to get going is</p>

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	<p>a fire and someone to work the bellows.</p> <p>And what family vacation would be complete without a trip to the zoo? In this case, it's Salmonier Nature Park on Route 90 where animals and birds usually found only in the wilderness are housed in remarkably natural surroundings. Moose, caribou, beaver, hares - even bats - are found here.</p>
Teens	<p>Walk two kilometres down the road from the L'Anse aux Meadows National Historic Site and discover Norstead, a replica of a Viking port of trade. Here you can have your first axe-throwing lesson and challenge yourself in a Norse traditional game. Set your eyes on the Snorri, a replica of a Viking ship that retraced Erickson's course from Greenland to the Meadows. Take a pottery lesson or spin yarn the way the Vikings once did on the grounds of L'Anse aux Meadows.</p>
Romance	<p>The combination of magnificent scenery, romantic inns and B&B's, wide open spaces and the freshest air on the planet is a powerful aphrodisiac!</p>
Genealogy	<p>Anyone can learn about family history in Newfoundland and Labrador with the help of the Family History Society of Newfoundland and Labrador, a volunteer non-profit organization founded in 1984 and incorporated in 1987. Its Genealogical Resource Centre provides access to historical databases and acts as an information service for genealogical researchers. It also provides information on archives and heritage organizations across the province. Membership is open to anyone researching their Newfoundland ancestry, and members receive a quarterly journal called The Newfoundland Ancestor. Indexing projects include parish registers, cemetery transcriptions, census records and family histories compiled and maintained by volunteers all over North America. Collections available include genealogical reference books, family histories, cemetery transcripts, genealogical periodicals, directories and censuses.</p>
Seniors	<p>Excellent escorted tours are available, e.g. from Maxxim Vacations, that allow Seniors to see the sights without having to rough it or drive long distances themselves</p>

UNIQUES	<p>Iceberg spotting in spring and early summer Visit a little bit of France just 20 km from Fortune, Newfoundland – St Pierre and Miquelon are just a short boat ride away.</p>
Surprising	<p>Visit the Root Cellar Capital of the World! With over 130 root cellars - small storage spaces skillfully built into the hillsides - Elliston has an unusual heritage. Important to many in rural Newfoundland, the root cellars kept vegetables cool, yet frost free and edible during the long winter months. Elliston is also a great place to observe a variety of seabirds, including the colourful puffin, which can</p>

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	<p>be viewed at close range in its natural habitat. The puffin spends most of the year at sea, coming to shore to nest and raise its young. Some are terrific divers. Once called Bird Island Cove, Elliston is surrounded by numerous tiny islands, one of the best puffin colonies in Newfoundland.</p>
<p>History</p>	<p>Newfoundland has a number of historical firsts. The oldest known settlement anywhere in The Americas built by Europeans is located at L'Anse aux Meadows, Newfoundland. It was founded circa 1000 A.D. by Leif Ericson's Vikings. Remnants and artifacts of the occupation can still be seen at L'Anse aux Meadows, now a UNESCO World Heritage Site.</p> <p>The island was inhabited by the Beothuks and later the Mi'kmaq. John Cabot became the first European since the Vikings to discover Newfoundland, landing at Bonavista on June 24, 1497.</p> <p>On August 5, 1583, Sir Humphrey Gilbert formally claimed Newfoundland as England's first overseas colony under Royal Prerogative of Queen Elizabeth I.</p> <p>From 1610 to 1728, Proprietary Governors were appointed to establish colonial settlements on the island. John Guy was governor of the first settlement at Cuper's Cove. Other settlements were Bristol's Hope, Renews, South Falkland and Avalon which became a province in 1623. The first governor given jurisdiction over all of Newfoundland was Sir David Kirke in 1638.</p> <p>The island of Newfoundland was nearly conquered by New France explorer Pierre Le Moyne d'Iberville in the 1690s.</p> <p>Newfoundland received a colonial assembly in 1832, which was and still is referred to as the House of Assembly, after a fight led by reformers William Carson, Patrick Morris and John Kent. The new government was unstable and divided along sectarian lines between the Catholic and Protestant populations of the colony. In 1842, the elected House of Assembly was amalgamated with the appointed Legislative Council. This was changed back in 1848 to two separate chambers. After this, a movement for responsible government began.</p> <p>In 1934, the Dominion gave up its self-governing status as the Commission of Government took its place. Following World War II, the Commission held elections for the Newfoundland National Convention which debated the dominion's future in 1946 and 1947. Two referenda resulted in which Newfoundlanders decided to end the commission, and join the Canadian Confederation in 1949.</p>
<p>Books</p>	<p>Frommer's Newfoundland and Labrador: 2nd edition</p> <p>Best travel experiences: hiking Gros Morne</p> <p>Best nature and wildlife viewing: birds and caribou on the Avalon</p>

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	<p>Peninsula Best Canadian culinary experience: Newfoundland berries Best views in Canada: Signal Hill and Bonavista Peninsula Best Festivals: Newfoundland and Labrador Folk Festival Most dramatic drives: Viking Trail Best walks: Green Gardens Trail, Gros Morne Best B&B: At Wit's Inn, St. John's Best Camping: Gros Morne NP</p>
1000 Places to see before you die	Gros Morne National Park
Must Sees	UNESCO World Heritage Sites: L'Anse aux Meadows Gros Morne NP

SPORTS ACTIVITIES	
Golf	<p>Clovelly Golf Course, Stavanger Drive, St. John's Telephone: (709) 722-7170 Website: www.clovellygolf.com</p> <p>C.A. Pippy Golf Course, St. John's: features two courses: Admiral's Green - 18 hole and Captain's Hill - 9 hole Nagle's Hill, Pippy Park , St. John's Toll Free: 1-888-397-6259 Website: www.pippyparkgolf.com</p>
Fishing	<p>Newfoundland and Labrador are legendary among serious anglers, especially those stalking the cagey Atlantic salmon, which can weigh up to 18kg. Some of the best salmon rivers have runs in excess of 30,000 salmon.</p> <p>Other prized species include landlocked salmon, lake trout (up to 40 lbs), brook trout, and northern pike. More than 100 fishing-guide services on the island and mainland can provide everything from simple advice to complete packages that include bush-plane transportation, lodging, and personal guides.</p>
Canoeing	<p>A glance at a map shows that rivers and lakes abound in Newfoundland and Labrador. Canoe trips can range from placid pattering around a pond near St. John's to world-class descents of Labrador rivers hundreds of miles long. The Department of Tourism produces a free brochure outlining several canoe trips; call 800/563-6353.</p>
Hiking	<p>Hike the East Coast Trail Explore this famous trail along Newfoundland's Avalon Peninsula in style. Half-day to multi-day treks feature interpretive guides, meals, lodging, and van support. See whales, icebergs, and seabirds, visit the heart of Irish Newfoundland.</p>

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Cycling	Bike touring in Newfoundland is for the hearty. It's not that the hills are necessarily brutal (although many are). Expect more than a handful of blustery days, complete with horizontal rains that seem to swirl around from every direction. The happiest bike tourists are those who allow themselves frequent stays in motels or inns, where they can find hot showers and places to dry their gear. Aspenwood Tours, P.O. Box 622, Springdale, NF A0J 1T0 (tel. 709/673-4453), arranges mountain biking trips in and around central Newfoundland; Freewheeling Adventures, R.R. 1, Hubbards, NS B0J 1T0 (tel. 800/672-0775 or 902/857-3600), runs van-supported trips based in hotels and B&Bs
Horse Riding	Circle Square Ranch in Conception Bay South has trail rides available: Telephone: (709) 781-5330 Website: www.csranch.ca
Diving	Conception Bay and the waters around Bell Island offer excellent opportunities to dive around several wrecks. Ocean Quest is the local dive operator and can arrange diving charters for \$135 per day.

CULTURE	<p>"Ode to Newfoundland" by Sir Cavendish Boyle</p> <p>When sun-rays crown thy pine-clad hills And summer spreads her hand, When silvern voices tune thy rills, We love thee, smiling land.</p> <p>When spreads thy cloak of shimmering white, At winter's stern command, Through shortened day and starlit night, We love thee, frozen land.</p> <p>When blinding storm gusts fret thy shore And wild waves lash thy strand, Through spindrift swirl and tempest roar, We love thee, wind-swept land,</p> <p>As loved our fathers, so we love, Where once they stood we stand, Their prayer we raise to Heaven above, God guard thee, Newfoundland</p>
Arts	Enjoy the unique island culture, hospitality, songs and music
Music	At the many music festivals and in many pubs, music is an intrinsic part of local life and a constant delight for the visitor
Films	Both the feature film The Shipping News and the TV mini-series Random Passage were filmed in the Trinity Bight area on Newfoundland's Bonavista Peninsula. The Random Passage set,

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	<p>featuring 1830s-style houses and fishing buildings, is the province's first movie tie-in attraction. Its open to the public in summer and a local group is trying to preserve it as an ongoing attraction</p>
<p>Museums</p>	<p>The Rooms, St. John's: Immerse yourself in culture at Newfoundland and Labrador's newest public cultural space. It's the place where it all comes together - history, heritage and artistic expression. The Rooms unites the Provincial Museum, the Provincial Art Gallery and the Provincial Archives under one roof. A place for people, The Rooms is a portal to the many stories the province has to tell. Soaring into the skyline of historic St. John's, The Rooms combines twenty-first century technology with a striking visual reference to the past. Its unique design mirrors the "fishing rooms" where families came together to process their catch. The new "rooms" are also places to gather. In them, you'll find collections, exhibits and programs that tell stories and interpret our natural world through art, artifacts, archaeology, architecture and archival records. The Rooms site itself is of deep historical significance. Almost 250 years before The Rooms rose on the landscape, this was the site of Fort Townshend. The great star-shaped citadel, one of the largest British fortifications in North America at the time, was built to defend Britain's fishing interests. With the withdrawal of the imperial garrison in 1870, the site became the home of the Royal Newfoundland Constabulary. Connections, the Museum's permanent exhibit, introduces visitors to Newfoundland and Labrador, its natural life and the peoples who lived here from 9,000 years ago to 1730. Fun, interactive exhibit components engage children in an exploration of the world around them. Other temporary exhibits focus on the cultural diversity of contemporary Newfoundland and Labrador.</p>
<p>Festivals</p>	<p>St John's Time, July 30 to August 9, 2009, celebrates four unique Festivals.</p> <p>GEORGE STREET FESTIVAL www.georgestreetfestival.com July 30 – August 4, 2009</p> <p>George Street, in downtown St. John's, is the focal point of the City's nightlife. The pubs and taverns lining this historic cobblestone street offer everything from traditional Newfoundland music to the latest rock music. The festival features five nights of live outdoor entertainment featuring some of Newfoundland's top acts. Thursday, July 30th is opening night and features Blue Rodeo and Steven Page. Tickets are \$32. There's a Kitchen Party on August 4th.</p>

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ROYAL ST. JOHN'S REGATTA www.stjohnsregatta.org
August 5, 2009 (weather permitting)

What probably began as a few fishermen competing to see who could row his dory the fastest has grown into the annual Royal St. John's Regatta, North America's oldest continuing sporting event. The Regatta began officially in 1825 and has run the first Wednesday in August every since.

For over 190 years the Royal St. John's Regatta has been held at Quidi Vidi Lake in the heart of the east end of St. John's, Newfoundland. The Holiday is held on the First Wednesday in August - Weather permitting - with the decision made early that morning (if not it "goes" the next day). Regatta Day is probably the only Municipal Holiday in Canada that is dependent on the weather. If it is raining or too windy, the holiday is simply put off until the next suitable day.

The day is a civic holiday for the entire St. John's area and is a full day of Fixed Seat Rowing Races. Our Fixed seat rowing shells are unique - being six person + coxswain and our races start and finish at the same spot - requiring all the crews to "turn the buoys" at the halfway point of the race. A crew can be 6 men or 6 women + coxswain and range in age from 13 to senior citizens.

The shores of beautiful Quidi Vidi Lake are totally encircled by booths and concessions offering all manner of fun, food and games of chance or games of skill. Throughout the day the crowds can reach as high as 30-40 thousand people as the citizens of St. John's and all our visitors enjoy a "Day at the Races"

NEWFOUNDLAND AND LABRADOR FOLK FESTIVAL
www.nlfolk.com
August 7, 8, 9, 2009

The good times in St. John's keep roaring in August with the annual Provincial Folk Festival held in Bannerman Park featuring musicians, dancers and storytellers from around the province. It is a perfect opportunity to get a taste of the traditional Newfoundland lifestyle with music, dancing, storytelling and traditional good times. The 33rd Annual Newfoundland and Labrador Folk Festival will be held August 7, 8 and 9th, 2009 at Bannerman Park in downtown St. John's.

You can even join the fun at the Homemade Jam tent for an old-fashioned session - all sweetness and no calories. Bring an instrument, your own voice or even your kitchen spoons. Everyone is welcome to participate in the spirit of folk arts. In days gone by you would see this in every kitchen and at every parish hall in St. John's.

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	<p>BUSKER'S FESTIVAL www.downtownstjohns.com August 7, 8, 9, 2009</p> <p>Every year clowns, magicians and musical talent come out into the streets to perform. The festival hosts a number of great acts all around the downtown area. International, national and local performers put on a show like no other. Juggling, acrobatics, magic, comedy and so much more await you at various busking stages throughout downtown. You as an audience member decide how much to pay a performer based on the act. If you enjoy the show let the busker know when the hat is passed! For more information call 726 8244.</p>
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ATTRACTIONS	
Beaches	<p>Bellevue park and beach in Trinity Bay - a quiet, shallow inner pool where toddlers can splash around drains off through the main beach on the windward side where visitors should keep an eye out for Semi-Palminated Plovers and other shorebirds.</p> <p>Gros Morne National Park has two excellent sandy beaches, one at the mouth of the fjord at Western Brook Pond, and the other a bit further north at Cow Head, where the beach is right next to the campground.</p>
Wildlife	<p>Moose are everywhere and number 110,000;</p> <p>Puffins: about 95% of all North America's puffins breed in colonies around the Newfoundland and Labrador coasts and they are the provincial bird</p> <p>The Pitcher plant is the provincial flower</p> <p>Whale watching: 32 species of whales; humpbacks are usually spotted April to October</p> <p>Bird-watching doesn't get much more interesting or exotic than in Newfoundland and Labrador. Seabirds typically attract the most attention, and eastern Newfoundland and the Avalon Peninsula are especially rich in bird life. Just south of St. John's is the Witless Bay Ecological Reserve, where several islands host the largest colony of breeding puffins and kittiwakes in the western Atlantic. On the southern Avalon Peninsula, Cape St. Mary's features a remarkable sea stack just yards from easily accessible cliffs that's home to a cacophonous colony of northern gannets.</p>
Parks	<p>Pippy Park is on St. John's hilly western side adjacent to the university and contains 1,340 hectares of developed recreation land and quiet trails. You should definitely visit if you're coming with kids. This popular park is home to the city campground and The Fluvarium , as well as miniature golf and regulation-size golf courses, picnic sites, playgrounds, hiking trails, and more</p> <p>The National Parks of Newfoundland and Labrador now number three:</p>

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	Gros Morne National Park Terra Nova National Park Plus the newest National Park in Canada: Torngut Mountains in Labrador
Gardens	Memorial University Botanical Garden in St John's is a great place to learn about the province's flora.
Historic Sites	<p>Signal Hill, St. John's: You'll come for the history, but stay for the views. Signal Hill is St. John's most visible and visit-worthy attraction. This rugged, barren hill is the city's preeminent landmark, rising up above the entrance to the harbor and topped with a craggy "castle" complete with flag fluttering overhead - the "signal" referred to in the name. The layers of history here are rich and complex: flags have flown atop this hill since 1704, and over the centuries a succession of military fortifications have occupied these strategic slopes, as did three different hospitals. The castle-like structure (which is officially called Cabot Tower) dates from 1897, when it was built in honor of Queen Victoria's diamond jubilee and the 400th anniversary of John Cabot's arrival in the new world. The hill secured its spot in history in 1901, when Nobel laureate Guglielmo Marconi received the first wireless transatlantic broadcast - three short dots indicating the letter S in Morse code, sent from Cornwall, England - on an antenna raised 120m on a kite in powerful winds.</p> <p>A good place to start a tour is in the interpretive center, where you'll get a briefing about the hill's history. (Military drills and cannon firings still sometimes take place in the field next to the centre; check here if you're interested.) From the centre, you can follow serpentine trails up the hill to the tower, where you'll be rewarded with breathtaking views of the Narrows and the open ocean beyond - Cape Spear can even be seen in the distance to the south, and look for icebergs in the early summer and whales anytime. Interpretive placards, scattered about the summit, feature photos from various epochs.</p> <p>Quidi Vidi Battery is a Provincial Historic Site in St John's built in 1762 by the French and now populated by costumed guides. There are a number of lighthouses and Cape Spear, Newfoundland's oldest lighthouse, is only 11km from St John's</p>

OTHER ACTIVITIES	
Shopping	Newfoundland and Labrador's provincial mineral emblem is Labradorite . One of the most beautiful and popular of the "semi-precious" stones, labradorite is found at a number of locations on the coast of Labrador and on the Island of Newfoundland. It is an igneous iridescent crystalline mineral, and set in silver it makes a unique jewellery souvenir of the province.

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	<p>Devon House Craft Centre: The nonprofit Devon House (operated by the Craft Council of Newfoundland & Labrador) displays the works of more than 150 of the province's artisans in an attractive old house across from the Hotel Newfoundland; the shop specializes in works in clay. There's also a gallery of current crafts and design.</p>
Market	<p>St. John's Farmers' Market runs weekly on Saturdays from June until the end of November featuring locally made arts/crafts, baked goods, international food, and local produce</p>
Nightlife	<p>The nightlife in St. John's is extraordinarily vibrant, and you'd be doing yourself an injustice if you didn't spend at least one evening on a pub-crawl.</p> <p>The first stop for a little local music and cordial imbibing should be George Street, which runs for several blocks near New Gower and Water streets, close to City Hall. Every St. John's resident confidently asserts that George Street is home to more bars per square foot than anywhere else on the planet. I have been unable to track down a global authority that verifies pubs-per-square-foot, but a walk down the street did little to rebut their claims.</p> <p>George Street is packed with energetic pubs and lounges, some fueled by beer, others by testosterone, still more by lively Celtic fiddling. The best strategy for selecting a pub is a slow ramble around 10pm or later, vectoring in to spots with appealing music wafting from the door. At places with live music, cover charges are universally very nominal and rarely top C\$5.</p> <p>Trapper John's, 2 George St. (tel. 709/579-9630), is known for outstanding provincial folk music, but it tries a bit harder for that Ye Olde Newfoundland character. This is a traditional "screeching in" spot for visitors (this involves cheap Newfoundland rum and some embarrassment). For blues and traditional music, there's the lively Fat Cat Blues Bar, 5 George St. (tel. 709/739-5554). For a more upscale spot with lower decibel levels, try Christian's Bar, 23 George St. (tel. 709/753-9100), which offers the nonalcoholic option of specialty coffees.</p>

CUISINE	
Food	<p>Some local specialties you should try when in St. John's: Seal- flipper pie; fish'n'brewis with scrunchions; lobster; arctic char; cod tongues; caribou; mushrooms; partridgeberries</p>
Restaurants	<p>Here in Newfoundland and Labrador, the traditional dishes and recipes still flourish alongside a spectrum of modern delights derived from local and international influences. Today, anyone can easily indulge in traditional and modern Newfoundland and Labrador cuisine such as cod, scrunchins, and bakeapple cheesecake, as well as vegetarian,</p>

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	<p>Indian, Chinese, Japanese, Mongolian, Mediterranean, and Italian food.</p> <p>The Cellar: At 189 Water Street in St. John's, it's as intimate and warm (though never as stuffy) as a fine gentleman's club. The kitchen has been turning out fine meals for a while now, developing a local following for its creativity and consistency. Look for standbys like gravlax, homemade bread, and pastas. Fish is prepared especially well; cuts are often paired with innovative flavors such as ginger or pear. Lunches are an even better bargain: Past menus have featured such tasty and offbeat offerings as baked brie in phyllo with a red-currant chutney, and scallop crepes.</p> <p>A good recommendation for a local pub is Bridie Molloy's Guinness Pub and Restaurant which has regular live Irish/Newfoundland music and good food, plus a wide selection of draught beer. They are on the east end of George Street. They have friendly staff and a warm atmosphere</p>
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MORE INFO	
Brochures	The Newfoundland and Labrador 2009 Traveller's Guide, published by the province's department of tourism, is hefty and helpful, with listings of all attractions and accommodations. Request a free copy before arriving by calling tel. 800/563-6353 or 709/729-2830. You can also request it by fax (709/729-1965), e-mail (tourisminfo@mail.gov.nf.ca), or mail (P.O. Box 8700, St. John's, NL A1B 4J6).
Websites	www.stjohnstime.ca www.georgestreetfestival.com for the George Street Festival www.stjohnsregatta.org for the St John's Regatta www.nlfolk.com for the Newfoundland and Labrador Folk Festival www.downtownstjohns.com for the Buskers Festival www.newfoundlandlabrador.com www.maxximvacations.com

PRIZE PARTNERS	<p>The Rooms - Museum, Art Gallery and Archives (see Museums)</p> <p>Johnson Geo Centre</p> <p>O'Brien's Bird and Whale Watching Tour</p> <p>Legend Tours – City Tours</p> <p>Bridie Molloy's Guinness Pub (see Restaurants)</p> <p>Quidi Vidi Microbrewery</p>
The Johnson Geo Centre	The Johnson Geo Centre is housed in one of the most distinctive buildings in the province, on a beautiful 7 hectare property next to Signal Hill National Historic Site, on world-famous Signal Hill. The large, glass-encased entry is the only part of the building above ground. Most of the over 3,100 m2 of floor space are underground — right inside of

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	<p>the solid rock walls.</p> <p>At the Johnson Geo Centre, you will be intrigued by the stories behind the radical changes that take place in our climate; and the constant, all-powerful influences of the Sun and our Earth's gravity. And you will also marvel as you look at what lies far beyond our planet, into the far reaches of outer space, where science tells us how our Earth's future is unfolding.</p> <p>Even the heating system is unique. The Geo Centre is heated by the Earth itself, through holes drilled over 150 metres into the rock, using heat pumps to circulate fluids that heat or cool the building.</p> <p>Website: http://www.geocentre.ca</p>
<p>O'Brien's Bird and Whale Watching Tour</p>	<p>If you are planning an ocean adventure then you want to sail with the best. O'Brien's are the first and most respected boat tour company in Bay Bulls, Newfoundland, Canada. Family owned and operated, they have been thrilling tourists and locals alike for 25 years.</p> <p>Come for the humpback whales, puffins, seabirds, icebergs. Come for the stories. Come discover the nautical wonders of this rugged coast. Experience their famous tours that deliver a natural rush every time!</p> <p>Website: www.obriensboattours.com</p>
<p>Legend Tours</p>	<p>Legend Tours was incorporated in 1994 and provides daily tour service, charter service, private tour service, and step on guide service. Their three hour tour of St. John's includes the Cabot Tower, Signal Hill, Quidi Vidi, historic Downtown St. John's and Cape Spear.</p> <p>Website: http://www.legendtours.ca</p>
<p>Quidi Vidi Brewery</p>	<p>The Quidi Vidi Brewery, a micro brewery, is located in a restored building on the harbor at Quidi Vidi and is one of only two microbreweries in Newfoundland. They produce the typical Canadian light lagers as well as some not-so-typical Canadian brews. The 1892 Traditional Ale, with a noticeably hoppiness to it, is a particularly favoured brew.</p>
<p>MAXXIM VACATIONS</p>	<p>Maxxim Vacations offers the very best of Newfoundland and Labrador, from the independence of a self-drive vacation, to the comfort of an escorted tour, as well as concert, resort and golf getaways. They also offer the best in vacations packages to Nova Scotia, New Brunswick, Prince Edward Island, Quebec, Ontario, Alberta, British Columbia and the Yukon.</p> <p>Telephone: 1-800-567-6666</p> <p>Website: www.maxximvacations.com</p>
<p>PERSONAL EXPERIENCES</p>	<p>St. John's: Hotel Newfoundland, across the Avalon Peninsula to St Phillips, to Cape Boile: Newfoundland Wilderness Adventures 2-man kayaks: waterfall, caves, puffins, 4hours paddle, dinner at Charlotte's, Cabot Tower, Quidi Vidi harbor</p>

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Viking Trail: Tablelands, Seaside Restaurant in Trout River (cod cheek, tongue), boat trip on Trout River Pond for 2.5hrs (fjord), fox and cubs, Mountain Range Cottages in Rocky Harbour; Gros Morne NP James Calaghan Trail to summit of Gros Morne, 18.8 km, 9 hrs, tuckamore, black bear encounter, summit plateau (lichen and felsenmeer), 806m summit, Ten Mile Pond view, ptarmigan, caribou

Lobster Cove Head (lighthouse, keepers cottage), Green Point (snowshoe hares), SS Effie shipwreck, Western Brook Pond, Broom Point (Mudge Family Cabin), Cow Head (lunch), The Arches PP (3 massive rock arches, Daniels Harbour Zinc Mine, Port Aux Choix Nat Hist Site (5500yrs occ) Point Riche, moose, Plum Point Motel

St Barbe, ferry across Labrador Straits (90 mins), minke whales, Blanc Sablon Quebec, L'Anse au Clair info centre, Forteau lunch (cloudberry pie, seafood chowder), Point Amour (Canada's tallest lighthouse 109 ft), L'Anse Amour beach and oldest gravesite in Americas (7500yrs), Pinware PP lagoon, Red Bay, Whaling Station Cabins, Nat Hist Site, Visitor Interpretation Centre, Whalers Rest for dinner, fishing on the Pinware River.

Dark Tickle jams and preserves, L'Anse aux Meadows, UNESCO World Heritage Site, Leif Erikson, 1000 AD millennium, sod houses, , Snorri the 1st European child born in America, Norse Trading Camp, Snorri's Cabins, Smiths Rest (cloudberry Pie)

700km drive across Central Newfoundland, Tuckamore Lodge, Nr Plum Point - trilobite quarry, Grand Falls-Windsor, Atlantic Salmon Centre, Botwood to Northern Arm Bluejay B&B, Beothuk Indians, Phillips Head fishing boys adopted by Max, connor fish, eel, Reg's Mussel Bound Tour pontoon catamaran into Bay of Exploits, mussel farm, kissing the mussel, music – fiddle, accordion, guitar, Tim's first fish at Cottrells Cove, Gambo – Joey Smallwoods Lookout, Terra Nova NP to Terra Nova Hospitality Homes; Marine Inter Centre touch tanks, 10km trail to Buckleys Cove, arctic hares

Bonavista 1497 John Cabot, Ryan Premises Nat Hist Site, Matthew ship replica, lighthouse at Cape Bonavista, to Trinity oldest Settlement in N America, Village Inn Dr Beamish zodiac whale watching 3.5hrs, bald eagles, minke whales, sea otters...

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