

Newfoundland and Labrador is a beautiful place with lots to see and do. While you are visiting our island for the conference, please take the time to experience what our province has to offer both within the St. John's area and outside of it. Below is a list of great things to do while you are here:

### **Within the St. John's area**

- The Johnson Geo Centre
  - Located on Signal Hill, the Geo Centre has many different exhibits exploring topics ranging from the planets and space to the Titanic. The centre offers a lot to learn about the province and the planet from a geological perspective.
  - <https://www.geocentre.ca/>
- The Rooms
  - The Rooms is filled with the history of Newfoundland and Labrador. It includes art from local artists, an exhibit dedicated to the soldiers who lost their lives at Beaumont-Hamel, and even a walk through display of the animals of the province.
  - <https://www.therooms.ca/>
- The Cape Spear Lighthouse
  - The Cape Spear Lighthouse is a National Historic site and NL's oldest surviving lighthouse. Hike your way out to the lighthouse and take in the breathtaking Atlantic Ocean while you are there.
  - <http://www.newfoundlandlabrador.com/top-destinations/cape-spear>
- Bell Island
  - The little island off the island has everything from haunted walking tours to dinner theatre to mining museums. Hop on the ferry and spend the day exploring!
  - <http://www.tourismbellisland.com/>
- Salmonier Nature Park
  - Salmonier Nature Park is host to different types of wildlife that you can see in person! Follow the beautiful boardwalk while taking in the nature around you!
  - [http://www.flr.gov.nl.ca/wildlife/snp/about\\_snp.html](http://www.flr.gov.nl.ca/wildlife/snp/about_snp.html)
- The Fluvarium
  - The Fluvarium is dedicated to educating the public on NL's aquatic life. Stop in and take a look at the fish that call NL home.
  - <http://fluvarium.ca/>
- The Botanical Gardens
  - If you are interested in flowers and gardens, come see MUN's very own Botanical Gardens!
  - <http://www.mun.ca/botgarden/>
- Signal Hill/Cabot Tower
  - One of NL's most historic sites, Signal Hill is a must do for anyone visiting the island. Take a hike along the hill while taking in the view of the city, and, when you want to take a break, head inside the tower that is over a century old.
  - <http://www.historicsites.ca/signal-hill/>

- Boat Tours
  - Another must do while you are here is to take a boat tour! Take a break from seeing the sites within the harbour and see the sites outside the harbour! Two suggested tours are Iceberg Quest which sets sail to track down icebergs and Dee Jay Charters which takes you from St. John's Harbour all the way up the Cape Spear Lighthouse!
  - <http://icebergquest.com/>
  - <http://www.deejaycharters.ca/>
- The East Coast Trail
  - If you like to hike make sure you find the time in your schedule to hike one (or many!) of the 26 East Coast Trail paths. An experience you will never regret.
  - <http://www.eastcoasttrail.com/en/index.aspx>
- Newman Wine Vaults
  - Learn about NL's wine trade history complete with free samples! Newman's Wine Vaults was designated a Registered Heritage Structure in 1997.
  - <http://www.heritage.nf.ca/articles/society/newman-wine-vaults.php>
- Haunted Hikes Ghost Walks
  - If you want to hear about NL's dark past take one of these guided hikes as the tour guides take you to the sites that these tales supposedly happened!
  - <http://www.hauntedhike.com/>
- Railway Coastal Museum
  - Take a gander at the transportation that once was in NL. This museum gives a full history of the railway in NL, complete with models and costumed figures!
  - <https://www.railwaycoastalmuseum.ca/>
- The Royal NL Regiment Museum
  - Learn a little about NL's very own regiment and the role it played in WWI and WWII.
  - <http://www.rnflr.ca/museum.aspx>
- North Atlantic Ziplines
  - If you want some adventure, or just want a unique view of the province, hop on one of ten ziplines that North Atlantic Ziplines has to offer.
  - <https://www.zipthenorthatlantic.com/index.html>
- St. John's Farmers Market
  - Buy local at the St. John's Farmers Market. The market offers a variety of products all from local vendors. Get everything from baked goods to grilled cheese sandwiches to jewelry!
  - <http://stjohnsfarmersmarket.org/>
- Marine Park
  - Spend the day at the beach at Marine Park. Included on site are a Greco Pizza and an Ice Cream Parlour!
  - <https://www.marineparknl.com/>
- Kiss the Cod!
  - Get screeched in, kiss the cod, and become an honorary Newfoundlander! Go to just about any bar to join the tradition that involves taking a shot of Screech rum and kissing a fresh cod fish.

## Outside the St. John's Area

- Gros Morne National Park/ the Tablelands
  - If you are heading to the west coast make sure you check out Gros Morne National Park. The beautiful sites alone are worth it. And, while you are there, hike the tablelands, a unique barren land thought to be the earth's mantle pushed up to the surface.
  - <https://www.pc.gc.ca/en/pn-np/nl/grosmorne>
- L'anse aux Meadows
  - Stand where the Vikings once stood. Learn all about the Vikings that settled in NL almost 500 years before Christopher Columbus settled in America and, while you are there, step back in time with the re-enactment village of Norstead.
  - <https://www.pc.gc.ca/en/lhn-nhs/nl/meadows/info>
- Gander / Gander International Airport
  - Now most widely known for its efforts during the 9/11 attacks, Gander was once the centre of international travel. No aircraft made it overseas without first stopping into Gander to refuel. If you find yourself in the area, make sure to catch a tour of the town.
  - <https://northatlanticaviationmuseum.com/beyondwordstours/>
- Cape St. Mary's Ecological Reserve
  - Birds, birds, and more birds. There are thousands of birds to be seen at this protected seabird ecological reserve.
  - <http://www.newfoundlandlabrador.com/top-destinations/cape-st-marys>
- Insectarium
  - There are thousands of insects, arachnids, and arthropods from around the world to be seen at the Insectarium.
  - <http://nl.insectarium.com/>
- O'Brien's Boat Tour, Bay Bulls
  - From icebergs to whales to puffins, O'Brien's has many tours both on land and on sea.
  - <http://www.obriensboattours.com/>
- Irish Loop
  - One of the most Irish places outside of Ireland, the Irish Loop has it all: boat tours, kayaking, nature trails, ecological reserves, archaeological digs, inns, restaurants, and craft shops.
  - <http://nflsata.wixsite.com/sata>
- Puffin Site, Elliston
  - If you want to see puffins up close and personal, come to Elliston (once known as Bird Island Cove).
  - <http://www.townofelliston.ca/5tttd/puffins.html>
- Bonavista/ Cape Bonavista Lighthouse
  - Bonavista is known for its lighthouse and for being the place where John Cabot first touched down in Newfoundland. While you are here, enjoy the coastline and a replica of the ship that brought Cabot to the province.
  - <http://www.townofbonavista.com/index.php>

- Auk Island Winery, Twillingate
  - Head out to Twillingate and tour one of NL's own wineries.
  - <https://aukislandwinery.com/>
- Terra Nova National Park
  - Camp, canoe, or hike. There is plenty to take in at this east coast provincial park
  - <https://www.pc.gc.ca/en/pn-np/nl/terranova>
- Torngat Mountains National Park
  - If you are heading to Labrador make sure you check out the Torngat mountains. Immerse yourselves in the beautiful scenery and the Inuit culture while you are there.
  - <http://www.newfoundlandlabrador.com/top-destinations/torngat>
- Some Good Market, Brigus
  - Head out to this quaint little town on Sunday's and visit the Some Good Market while you are there. The market hosts a number of different vendors all with local made products.
  - <https://www.facebook.com/SomeGoodMarket/>