



EXPEDITION 51°

A ROAD TRIP THROUGH THE GREAT NORTH!

ROUTE 389
AND FERMONT

THE TRANS-LABRADOR HIGHWAY
(ROUTES 500 AND 510) AND
LABRADOR

THE CHICOUTAI SCENIC ROAD
AND THE LOWER NORTH SHORE

expedition 51°



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For people who want to step off the beaten track and go beyond the 51st parallel north.

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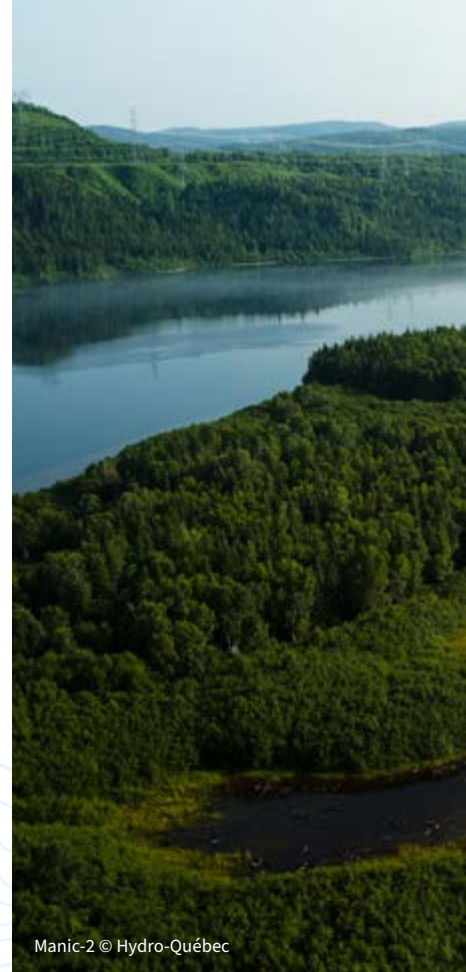
This crescent-shaped route is sure to be a favourite for adventure-lovers who enjoy long road trips through endless stretches of unspoiled wilderness. Starting in Baie-Comeau on Route 389 and passing through Fermont, the 1,700-km route takes at least 26 hours. It crosses Labrador from west to east on the Trans-Labrador Highway then continues down to the Lower North Shore. Once in Blanc-Sablon, a scenic detour beckons: a 150-km trip along the Chicoutai Scenic Road to Vieux-Fort and back, to view the majestic waterways of the Gulf of St. Lawrence.

Once back at Blanc-Sablon, you and your vehicle could travel by ship back to your starting point of Baie-Comeau. The M/V *Bella-Desgagnés* brings supplies to the Lower North Shore's picturesque coastal villages that can only be reached by boat. From the ship's deck, you can watch 500 km of scenic coastline glide by in 25 hours; you can even get off at the various ports of call! All too soon, you'll be arriving in Kegaska (or Natashquan) where you can pick up Route 138 for the 650-km, 8-hour drive along the north shore of the St. Lawrence back to Baie-Comeau. The sailor's life is not for you? You can always take the ferry from Blanc-Sablon to Newfoundland and then another ferry to Nova Scotia.

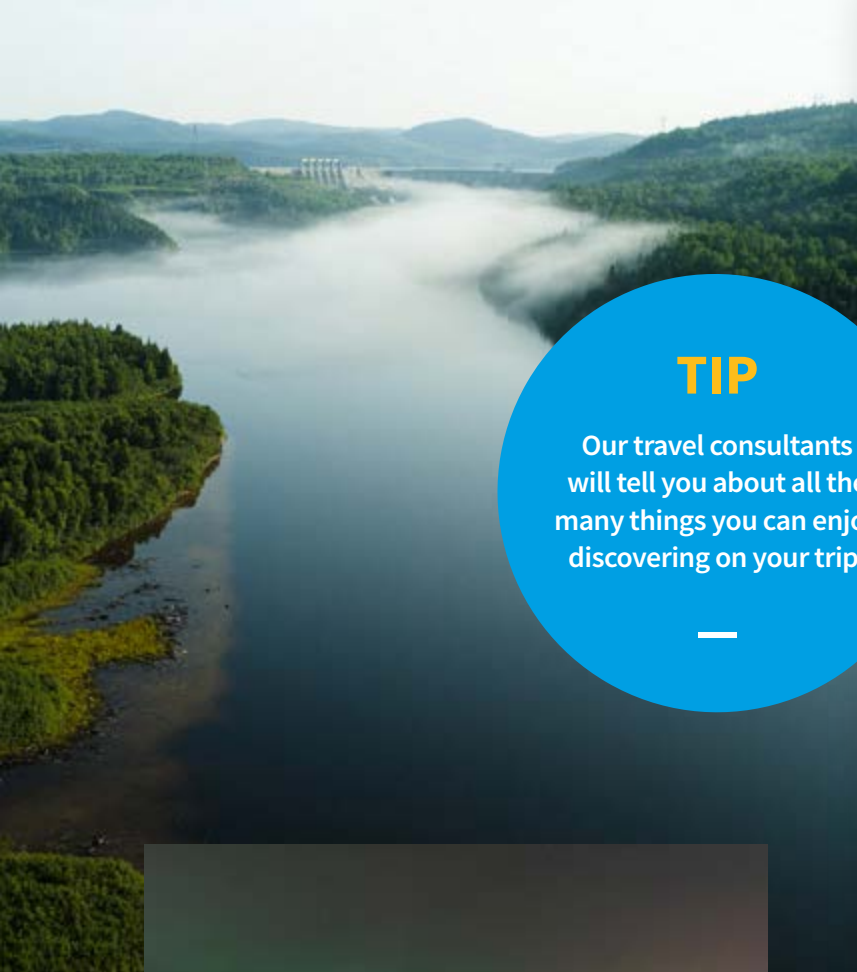
Following this route is like a Choose-Your-Own-Adventure trip; you can stay on it for a few days, the whole summer or throughout the winter. The trail passes through boreal forest and taiga; it winds in and out of charming towns and villages where you can discover the lifestyle and culture of the francophone, anglophone and Aboriginal populations, as well as the Métis and Inuit communities. There are lakes, rivers and mountains where you can hunt and fish, rough it in the wilderness, hike and kayak, and, at the end of the day, camp out under the northern lights. Lifelong learners can visit hydroelectric dams and open-pit mines. When winter comes, the North Shore is the perfect place for snowmobilers, dog sledgers, snowshoers and skiers.

This guide is chock-full of practical information to help you prepare for your Expedition 51° adventure. Being well prepared will ensure you have a safe and pleasant trip. Just flipping through its pages is sure to get you dreaming of a trip to the Great North!

Happy Trails!



Manic-2 © Hydro-Québec

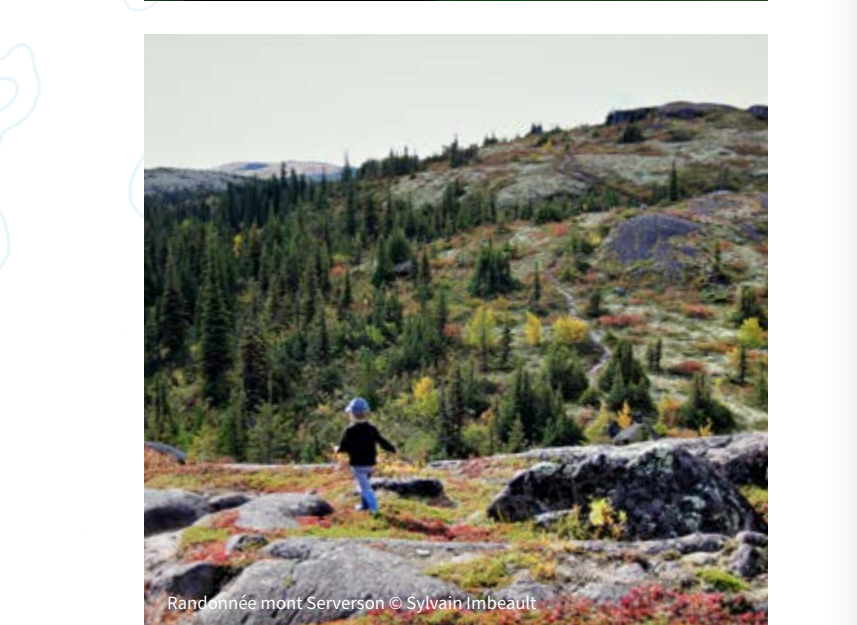


TIP

Our travel consultants will tell you about all the many things you can enjoy discovering on your trip.



Northern Lights © Kathleen Dubé



Randonnée mont Serverson © Sylvain Imbeault

VISITOR INFORMATION CENTRES

If you need information or advice on how to prepare for your trip, stop in at one of the Visitor Information Centres listed below or check out their website.

Baie-Comeau (Québec)

Regional Tourism Association
10 avenue Roméo-Vézina

☎ 1-888-463-0808

🌐 [Tourisme Côte-Nord](#)

Fermont (Québec)

Visitor Information Centre
100 rue Le Carrefour

☎ 418-287-5339 or

1-855-FERMONT (337-6668)

🌐 [MRC de Caniapiscau](#)

Labrador City

(Newfoundland and Labrador)

Gateway to Labrador Visitor Centre
1365 Route 500

☎ 709-944-5399

🌐 [Gateway Labrador](#)

Happy Valley-Goose Bay

(Newfoundland and Labrador)

Labrador North Chamber
of Commerce
6 Hillcrest Road

☎ 1-877-920-8787 or 709-896-8787

🌐 [Chamber Labrador](#)

L'Anse-au-Clair

(Newfoundland and Labrador)

Gateway to Labrador Visitor Centre
38 Main Highway

☎ 709-931-2013, 709-927-5825

🌐 [Labrador Coastal Drive](#)

Blanc-Sablon (Québec)

Tourisme Basse-Côte-Nord
1550 Blvd Camille Marcoux

☎ 418-461-3961, 418-461-3450

🌐 [Tourisme Basse-Côte-Nord](#)

Legend of pictograms

-  Place to eat
-  Accommodation
-  Gas station
-  Grocery store / Convenience store
-  Hospital
-  International Airport
-  M/V Bella-Desgagnés
-  Ferry
-  Emergency phone on the road
-  Free satellite phone rental
-  Paved road
-  Gravel road
-  Whale Route (Route des baleines)
-  Railway
-  Newfoundland and Labrador
-  Côte-Nord Tourist Region
-  Bordering regions

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MAP



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NEWFOUNDLAND
AND LABRADOR

LABRADOR
SEA

GOLFE OF ST. LAWRENCE

NEWFOUNDLAND
AND LABRADOR

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MAP

North West River

Happy Valley-
Goose Bay

Cartwright

Charlottetown

Port Hope
Simpson

Mary's Harbour

St. Lewis

Battle Harbour

L'Anse-au-Loup

Forteau

L'Anse
Amour

L'Anse-
au-Clair

Red Bay

Bonne-Espérance

Vieux-Fort

Blanc-Sablon

St. Anthony

Saint-Augustin

St. Barbe

La Tabatière

Port au Choix

Tête-à-la-Baleine

Harrington Harbour

Chevery

Kegaska

La Romaine

Natashquan

Gros-Morne
National Park

Deer Lake



FERMONT AND ROUTE 389

Route 389 is important to the forestry and mining industries as it provides access to the North Shore's natural resources. For tourists, it is the only road that leads to Labrador.



On Route 389, also known as *La Route de la Manic* (or “Manic Road”), visitors start to understand the true meaning of the region’s slogan, “Nature, Beyond Measure,” because the Route takes you to Hydro-Québec’s hydroelectric power stations: Manic-2, Manic-3 and Manic-5. Manic-5, the largest multiple-arch-and-butress dam in the world, is well worth a visit.

The Groulx Mountains include 30 peaks of over 1,000 metres and the Uapishka Research Station, part of the Manicouagan Uapishka World Biosphere Reserve (RMBMU). The peaks provide a magnificent view of the Manicouagan Reservoir that lies within the world’s fourth largest impact crater. Along this route there are many great places for fishing, hunting and vacationing that have become favourite destinations for lovers of the great outdoors.

The four open-pit mines around Fermont are among the largest in the world and account for Canada’s total iron ore production.

Route 389 is the only road leading to Labrador. After Fermont, it becomes Route 500, then Route 510. You need to drive 1,170 km on these two so-called “Labrador Routes” before you arrive at the village of Blanc-Sablon on the Lower North Shore. From there, you can take the Chicoutai Scenic Road on a breathtaking 150-km detour along the Gulf of St. Lawrence to Vieux-Fort and back.

Traveling on Route 389 can be challenging and sometimes even dangerous as it has alternating paved and gravel sections, as well as many sharp turns and steep slopes. Also, extreme weather can cause road conditions to change fairly quickly, so drivers must be attentive and cautious at all times.

ROUTE 389 in detail

STRETCH	DISTANCE IN KM (IN MI)	ESTIMATE TRAVEL TIME	RECOMMENDED SPEED IN KM/H (IN MI/H)	FEATURES	SERVICES
From Baie-Comeau to Manic-2	22 km (13 mi)	30 mins	70 - 90 km/h (45 - 55 mi/h)	Paved, sharp curves, steep slopes.	None.
From Manic-2 to Relais Manic-Outardes	94 km (58.5 mi)	1.5 hrs	70 - 90 km/h (45 - 55 mi/h)	Paved, sharp curves, steep slopes.	Regular and diesel gas, pay phone, restaurant, campsites and accommodation at Relais Manic-Outardes.
From Relais Manic- Outardes to Manic-5	98 km (125 mi)	1.5 hrs	70 - 90 km/h (45 - 55 mi/h)	Paved, sharp curves, steep slopes.	Regular and diesel gas, pay phone, restaurant, campsites and accommodation at Motel de l'Énergie.
From Manic-5 to Relais Gabriel	101 km (62 mi)	1.5 hrs	70 - 90 km/h (45 - 55 mi/h)	Gravel, good condition.	Regular and diesel gas, pay phone, restaurant, campsites and accommodation at Relais Gabriel.
From Relais Gabriel to Fire Lake	164 km (95 mi)	2 hrs	70 - 90 km/h (45 - 55 mi/h)	Paved, good condition.	None.
De Fire Lake à Mont-Wright	67 km (41 mi)	1.5 hrs	70 - 90 km/h (45 - 55 mi/h)	Gravel, narrow road, sharp curves.	None.
From Mont-Wright to Fermont	19 km (11 mi)	20 mins	70 - 90 km/h (45 - 55 mi/h)	Paved, good condition.	Many services in Fermont.
From Fermont to Labrador City	35 km (21 mi)	30 mins	70 - 90 km/h (45 - 55 mi/h)	Paved, good condition.	Many services in Fermont and Labrador City.

Note: between Fire Lake and Mont-Wright, there are many level crossings with neither lights nor signs to show when it is safe (or not safe) to cross the tracks.

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Road works in
progress until 2024.

Inquire on website at:
*Programme d'amélioration
de la route 389.*



Caribou © Michel Lessard



Gagnon © Hugo-Sebastien Aubert

ROAD CONDITIONS

Quebec's Ministry of Transportation, which is responsible for maintaining Route 389, sometimes closes sections of the Route due to bad weather. Be sure to read the LED highway information displays at the intersection of Routes 138 and 389, at Manic-2, Manic-3, Manic-5 and in Fermont.

Road and Traffic Conditions

☎ 511

🌐 Route 389 et Québec 511-route 389

Emergency numbers

☎ 310-4141 or *4141 (for cell phones)

☎ 418-296-2324 (for satellite phones)

DRIVING RULES IN FORCE ON ROUTE 389

Large trucks always have priority.

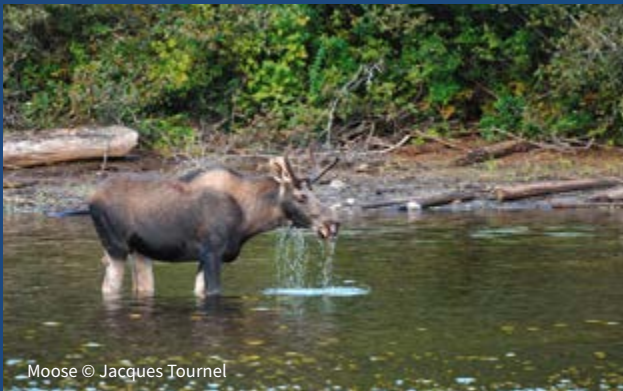
Ensure your headlights are on and clean.

Do not stop in turns, or on slopes and bridges.

Check your rear-view mirror regularly.

Slow down when passing another vehicle to avoid having gravel bounce up and hit their windshield.

When you spot wild animals, slow down or stop in a safe place.



Moose © Jacques Tournel



Wolf © Jacques Tournel

ANIMALS ON THE ROAD

If you see an animal in the wild, keep your distance and do not attempt to feed it. Never come between a mother and her young. When animals feel disturbed or threatened they will bristle, flatten their ears and growl, and may eventually charge.

If you camp, take care to keep your food, garbage and cooking equipment in your car so they do not attract any wild animals.

Moose are unpredictable and have poor eyesight, so they may well not see your car until they are quite close. Watch for signs indicating that Route 389 is passing through moose territory. If you see a vehicle stopped on or near the highway, the driver may have spotted a moose. Moose tend to travel along roads for various reasons: they feed on the vegetation along the roadside; find relief from flies in the open windswept rights of way; and travel roadways cleared of snow to move from one part of their habitat to another. The risk of meeting a moose is higher between dusk and dawn. If you must drive at night, be careful because they are extremely difficult to see in the dark. Obey the speed limits and ask your passengers to scan the road and both sides of the highway for moose. If you see one or more moose on or near a highway, slow down immediately and stop your vehicle. Do not get out of your car. Be sure the moose has crossed the highway and gone back into the forest before resuming your drive.

These safety tips also apply to black bears, wolves, foxes, and other animals that you may encounter, either on the road or in an area where you have set up camp.

GAS STATIONS

Before taking Route 389, gas up in Baie-Comeau. On Route 389, there are four gas stations:

At km 94: Relais Manic-Outardes

Gas

At km 211 at Manic-5: Motel de l'Énergie

Gas and diesel

At km 316: Relais Gabriel

Gas and diesel

At km 570: Fermont

Gas and diesel

HOSPITALS

Le Royer Hospital

635 Blvd Joliet, Baie-Comeau

☎ 418-589-3701

CSSS (Health and Social Services Centre) de l'Hématite

1 rue de l'Aquilon, Fermont

☎ 418-287-5461

WASHROOMS

There are no public washrooms; you can use the washrooms in the gas stations and restaurants of towns and villages along the route.

ACCOMMODATION AND RESTAURANTS

Be sure to bring snacks and water with you on the trip. Accommodation and meals can be found at the following locations:

At km 22 at Manic-2

Camping Manic-2

☎ 418-296-2810

At km 94, Relais Manic-Outardes

Accommodation, cafeteria and convenience store.

☎ 418-294-2294

🌐 Relais Manic-Outardes

At km 211 at Manic-5, Motel de l'Énergie

Accommodation, restaurant and convenience store.

☎ 418-584-2301 or 1 800-760-2301

🌐 Motel de l'Énergie

At km 316, Relais Gabriel

Accommodation, restaurant and convenience store; outfitter.

☎ 418-948-1304, 418 589-8348

🌐 Relais Gabriel

At km 336, Uapishka Research Station

Accommodation and restaurant (meals prepared by an Innu cook); breakfast: \$15; snack, hot or cold lunch: \$25; 2 choices of 3-course dinner: \$35; telephone reservations required.

☎ 418-296-8514, 418 297-8670

🌐 Station Uapishka

At km 336, Uapishka Research Station

RV parking.

At km 565 at Fermont

Association Loisir Plein Air de Fermont

☎ 581-444-1172

At km 570, Fermont

Accommodation, restaurant and convenience store.

☎ 418-287-5451

🌐 Hôtel Fermont

PLANNING YOUR TRIP

The following list provides some important tips about how to prepare before leaving on your trip. The distance between gas stations on Route 389 is many hundreds of kilometres.

Fill up with gas.

Check your battery.

Check that your tires are in good condition and properly inflated.

Carry at least two spare tires with wheel.

Check your oil and antifreeze levels.

Check the weather and road conditions.

Drive at a reasonable speed and obey the speed limit.

If you must stop, make sure you are in a safe place and clearly visible.

Must-have items for your car:

- Flash light
- First aid kit
- Blanket
- Non-perishable food
- Matches or lighter
- Candles
- Booster cables
- Traction aids
- Gas transfer hose
- Two spare wheels
- Jack
- Tools: hammer, screwdriver, pliers, hex key set
- Portable compressor
- Signal flares
- Gasoline, motor oil and windshield washer fluid.

Other important items:

- Ready-to-eat food
- Drinking water
- Prescription drugs
- Toilet paper, hand sanitizer
- Garbage bags
- Insect repellent
- Sunscreen
- Sunglasses
- Warm clothing, hat, tuque, scarf and gloves (even in summer)
- Rain gear
- Camping equipment and sleeping bag.

Si vous voyagz l'hiver

- Warm clothing, hat, tuque
- Scarf
- Boots
- Lock defroster
- Snow shovel
- Methyl alcohol (or gas line antifreeze) to prevent the gasoline from freezing.

TIP

Even in summer, be sure to bring a variety of warm clothing – sweaters, coats and long underwear – that you can layer and be appropriately dressed in any temperature. The best fabrics for staying warm are wool or synthetic fabrics.



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Hydroelectric Dams

MANIC-2: JEAN-LESAGE GENERATING STATION

About 22 km from Baie-Comeau on Route 389, you can tour the inside of the largest gravity dam in the world, with a hollow chamber the size of a Boeing 747. Watch a 400-ton rotor turn at over 120 rpm and feel the energy of the 8 turbine-generators. The exhibit hall at the Georges-Dor reception building has an exhibition on the technology that sparked the electric transportation revolution.

MANIC-5: DANIEL-JOHNSON DAM

About 214 km from Baie-Comeau, you can tour the world's highest multiple-arch buttress dam and even walk along the top! Then, step inside where a permanent exhibit has some fascinating facts about the dam's construction and Quebec's engineering genius.

Information, reservations and schedule for both dams

From June 24 to August 31: daily departures at 9:00 and 11:00 a.m., and at 1:30 and 3:30 p.m. Free 90-minute tours of Manic-2 and 120-minute tours of Manic-5. Recommended footwear: flat, closed-toe shoes. Visitors 18 years and up must present official photo ID upon arrival.

📞 1-866-526-2642
🌐 Hydro-Québec

Is hiking in the Monts Groulx on your bucket list? **Attitude Nordique**, a member of Aventure Écotourisme Québec, offers support for guided and self-guided hikes in this famous mountain range. Come to the North Shore and reconnect with nature!

📞 418-445-6673
🌐 attitudenordique.com

The legendary Route 389, the only Quebec highway that goes north of the 51st parallel, is a must-visit for nature lovers and adventure buffs. The photos on the dining room walls at **Motel de l'Énergie** in Manic-5 show all the wonders that await you on Route 389, all the way to Fermont.

📞 418-584-2301 ou 1-800-760-2301
🌐 motelenergie.com



Monts Groulx © Guy Boudreau

The Monts Groulx

Located north of the 51st parallel, the Monts Groulx mountain range includes several peaks over 1,000 metres high, with hiking trails that lead through tundra and taiga. This vast and still untamed region enables self-guided hikers to experience the peace and serenity of nature. The peaks provide a magnificent view of the Manicouagan Reservoir that lies within the world's fourth largest impact crater.

Every year on Labour Day weekend, volunteers – who also created the trails – gather together for the Grande Corvée trail maintenance event, organized by the association. The two winter trails that run on the Provencher and Jauffret rivers are maintained during a similar winter event, La Corvée Glaciale, organized the first weekend in February. For more information, visit the association's Facebook page (Association des Amis des Monts Groulx) or its website, AmisDesMontsGroulx.com.

The best times to go are in June, September and October, when there are fewer mosquitoes. At kms 335 and 365 on Route 389, there are two marked hiking trails to the plateaus. In winter, these two trails run along frozen streams, making the climb easier.

You can arrange to have the trail map mailed to you before your trip by calling 1 888 463-0808.

 [Monts Groulx](http://AmisDesMontsGroulx.com)

HIKING TRAILS

The Provencher Trail (8 km)

Southern access at km 335: parking and campground.

There is a free campsite, Le Bivouac, located at the trailhead. In summer, campers may spend one night only at Camp La Lyre (no reservations) and are expected to do two hours of work to pay for their accommodation. It takes approximately 3 to 4 hours to reach the Mont Provencher plateaus.

Mont Harfang

Access: the South trail at km 349 and the North trail at km 352.

Reaching the summit of Mont Harfang is a beautiful day hike that provides a magnificent view of the Manicouagan meteorite crater and the Monts Groulx mountain range. Two marked, 4.5-km trails lead to the summit, a hike of approximately 2.5 hours; the North trail at km 352 is an easier climb. Hikers can camp on the shores of Lac Harfang, a small lake just 300 metres from the Northern trailhead.

The Jauffret Trail (8 km)

Northern access at km 365: parking and emergency telephone.

Hikers can camp in the gravel pit on the other side of the road across from the parking lot, close to the Beupin river. Otherwise, Aventure Uapishka (AventureUapishka.com) provides accommodation in dormitories or prospector tents. Cost: \$30 PPPN. Allow roughly 3.5 hours to reach Mont Jauffret. Crossing this mountain range takes hikers past many lakes and through valleys with magnificent wild camping locations. While popular, this hike should only be attempted by hikers who know how to use a map and compass as the trails are unmarked.

Fermont

The mining town of Fermont, located north of the 52nd parallel and about 25 km south of the 53rd parallel, was created in 1974 by two architects. Inspired by buildings in northern Sweden, they built a 1.3-km windbreak wall to protect the city from the prevailing northern winds and improve life for the townspeople. This multifunctional building, unique in North America, houses all the facilities and services needed by residents.

There are many year-round activities for visitors, including: hiking, rockhounding, bird watching, berry picking, water sports, rock climbing, ice fishing, hunting for moose and small game, snowmobiling, snowshoeing, ski touring, touring the Mont-Wright mining site, visiting the historic exhibition of the city of Fermont and exhibits by local artists in the windbreak wall, and the windbreak wall itself.

Visitor Information Centre

- ☎ 1-855-337-6668
- 🌐 [Tourisme MRC Caniapiscou](#) (in French only)



HIKING TRAILS

Les petites chutes (Small Falls Trail)

Access: chemin du lac Carheil

Trail length: 1 km

Level: easy.

This lakeshore trail has many places from which visitors can admire the falls and the natural scenery.

Taiga Trail

Access: parking at Parc du Ruisseau and at Lac Daviault beach.

Trail length: 4 km

Level: very easy

The trail runs along the shore of Lac Daviault, offering lovely views of the lake itself and of Mont Daviault. It ends at Lac Daviault beach, which has many opportunities for outdoor fun.

Mont Daviault Trails

Access: rue Duchesneau

Trail length: 3.2 km

Level: easy

It consists of 4 geology trails: the Sentier du Centenaire Trail (960 m), the Sentier du Ruisseau Trail (1 km), the Sentier de la Flore Trail (1.5 km) and the Sentier de la Famille Trail (730 m). The summit is the best place to take pictures of the city and surrounding area. Interpretive panels along the trail tell you about the local flora, fauna and geology.

Monts Severson

Access: at km 561 on Route 389

Trail length: 30 km

Level: intermediate

At 2,700 feet (822 m), this mountain range offers a splendid view of Fermont and the surrounding area. Seven trails lead through tundra and taiga to the mountains' various summits.

Fermont windbreak wall © François Trahan and Gino Dupuis

NORTHERN LIGHTS

Northern lights (or aurora borealis) appear in the sky more than 265 nights a year, providing ample opportunity to admire, photograph and engrave them in your memory. The best place to see them is in areas that are not subject to light pollution. Pick a clear night, preferably in September and October, or in March and April.

Aurora Forecast:

 [Aurora Forecast University at Alaska Fairbanks](#)

BIRD WATCHING

Mont Daviault is a great for birdwatching location. Mid-August is the best time because it's when the birds' favourite berries are in season. Be sure to bring your binoculars!

For more information on bird species found in and around Fermont, visit:

 [Gateway Labrador Bird watching](#)



Ruffed grouse © Jacques Tournel



Schefferville © Anne Lacoursière



Mont-Wright mining site © Patrick Canuel

MONT-WRIGHT MINE

ArcelorMittal operates the largest open-pit iron ore mine in North America, located 19 km from Fermont. Reservations required to visit the mine.


Visitor Information Centre

 1-855-337-6668
 [Tourisme MRC Caniapiscau](#) (in French only)

Schefferville, North of Fermont

Town of Schefferville

Accessible by train or plane only

 418-585-2471

Accommodation and information

For more information, contact the town of Schefferville.

 [Town of Schefferville](#)

THE TRANS-LABRADOR HIGHWAY AND LABRADOR

(ROUTES 500 AND 510)

Menant à des paysages imprenables et des bijoux de la nature, cette route parsemée de découvertes marque sans contredit l'esprit de tout ceux qui s'y aventurent.



Heading east on Route 389, about 30 km from Fermont, you will cross the border into Newfoundland and Labrador, and Route 389 becomes Route 500. Hank Shouse, former Councillor, Mayor of Goose Bay and “Father of the Trans-Labrador Highway,” envisioned a road that would run across Labrador to the Atlantic. He worked tirelessly his entire life to make his vision a reality. After he died in December 2006 at the age of 86, others continued the work he had started.

Like Route 389, the Trans-Labrador Highway (Highways 500 and 510) consists of alternating gravel and paved sections, making driving this highway challenging and sometimes even dangerous. You should prepare your vehicle and carefully plan your trip.

Also, be aware that rain or snow can cause road conditions to change rapidly.



Hiking in Red Bay © Destination Labrador



Pointe Amour © Destination Labrador



Trans-Labrador Highway © Destination Labrador

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ROAD SURFACES

Leave Fermont and drive approximately six km east on Route 389. You will cross the border into the province of Newfoundland and Labrador, and Route 389 becomes Route 500.

From the border, drive 25 km on paved highway (Route 500) to reach Labrador City.

From Labrador City to Happy Valley-Goose Bay, Route 500 is paved for 530 km.

After Happy Valley-Goose Bay, Route 500 becomes Route 510, which runs 542 km to Red Bay, most of which is gravel. Sections of Route 510 are often being paved or under construction. South of Happy Valley-Goose Bay, Route 510 is paved for 90 km. The 79-km section from Red Bay to L'Anse-au-Clair is paved.

For driving conditions, contact:

Labrador Region

[Transportation and Works](#)

Eastern Labrador

[Transportation and Works](#)

For information on driving conditions and highway construction projects

[Transportation and Works](#)

For information on road conditions based on information from live highway cameras

[Transportation and Works](#)

DRIVING RULES IN FORCE ON THE HIGHWAY

These instructions are the same as those for Route 389; see [page 11](#).

ANIMALS ON THE ROAD

The instructions concerning what to do if you should encounter wild animals on the road are the same as those for Route 389; see [page 11](#).

PLANNING YOUR TRIP

To prepare yourself and your vehicle for the trip, read the “Planning Your Trip” section for Route 389 on [page 12](#). The advice and lists of items, provisions and clothes apply equally to Route 500.

GAS STATIONS

Distances between gas stations can sometimes be long, especially on Route 510, so always gas up whenever you see a gas station. The following communities have a gas station:

On Route 500:

Labrador City (28 km from Fermont)

Churchill Falls (238 km from Labrador City)

Happy Valley-Goose Bay (289 km from Churchill Falls)

On Route 510:

Port Hope Simpson (402 km from Happy Valley-Goose Bay);

Red Bay (138 km from Port Hope Simpson);

L’Anse-au-Loup (53 km from Red Bay);

Forteau (15 km from L’Anse-au-Loup)

L’Anse-au-Clair (25 km from L’Anse-au-Loup).

ACCOMMODATION AND RESTAURANTS

Be sure to bring snacks and water with you. Accommodation and places to eat are located near gas stations. For more information, contact the relevant visitor centre or go to their websites, listed at the beginning of this guide on [page 5](#).

GROCERY STORES

You will find grocery stores in Labrador City and Happy Valley-Goose Bay. Smaller communities and villages have convenience stores.

WASHROOMS

There are no public washrooms; you can use the washrooms in the gas stations and restaurants of towns and villages along the route.

SATELLITE PHONES

There is no mobile phone service along the Trans-Labrador Highway. The Newfoundland and Labrador provincial government provides free satellite phones to anyone travelling from Labrador City to Port Hope Simpson. These phones must only be used in an emergency, to contact the Royal Canadian Mounted Police (RCMP). You can pick up and return the satellite phone in any town or village along the Route. Non-residents must show their driver’s license and a credit card. Phones can be picked up from any one of the following hotels along the route:

Wabush Hotel in Wabush

Height of Land Motel in Churchill Falls

Hotel North Two, Royal Inn and Suites in Happy Valley-Goose Bay

Alexis Hotel in Port Hope Simpson

Northern Light Inn in L’Anse-au-Clair

HOSPITALS

A 530-km distance separates these two hospitals.

Labrador West Health Centre

Labrador City

☎ 709-285-8100

Labrador Health Centre

Happy Valley-Goose Bay

☎ 709-897-2000

Centre multiservices de santé et de services sociaux de la Basse-Côte-Nord

Blanc-Sablon

☎ 418-461-2144

HEALTH CARE SERVICES

In smaller communities and villages, health care is provided by small health clinics.

Churchill Falls Community Clinic

Churchill Falls

☎ 709-925-3381

Harbour Community Clinic

Mary's Harbour

☎ 709-921-6228

Port Hope Simpson Community Clinic

Port Hope

☎ 709-960-0271

St. Lewis Community Clinic

St. Lewis

☎ 709-939-2230

Labrador South Health Centre

Forteau

☎ 709-931-2450

TIME ZONES

The province of Newfoundland and Labrador has two time zones:

Newfoundland Standard Time: This time zone is valid for the island of Newfoundland and southeastern Labrador between L'Anse-au-Clair and Black Tickle. NST is 3.5 hours behind Coordinated Universal Time (UTC) in winter and 2.5 hours behind in summer.

Atlantic Standard Time: This time zone is valid for the rest of Labrador. AST is 4 hours behind Coordinated Universal Time (UTC) in winter and 3 hours behind in summer.

The entire province of Quebec operates on Eastern Standard Time, except for Blanc-Sablon, Quebec's easternmost community, which is on Atlantic Standard Time. EST is 5 hours behind Coordinated Universal Time (UTC) in winter and 4 hours behind in summer.

Examples:

When it is 12:00 noon NST in St. John's, the provincial capital on the island of Newfoundland, it is:

10:30 am in Montreal and Fermont
(province of Quebec);

11:30 am in Labrador City and Happy Valley -
Goose Bay;

11:30 am in Blanc-Sablon (province of Quebec)

When it is 12:00 noon in Wabush (Atlantic Standard Time), it is 11 a.m. in Fermont.



Wild cranberries © Destination Labrador



Battle Harbour National Historic Site © Destination Labrador



Edmund Montague Exhibit Hall © Destination Labrador

For more information on Labrador's attractions and activities, go to the region's three Visitor Information Centres or visit their websites, listed at the beginning of this guide on [page 5](#).

Labrador City and Wabush

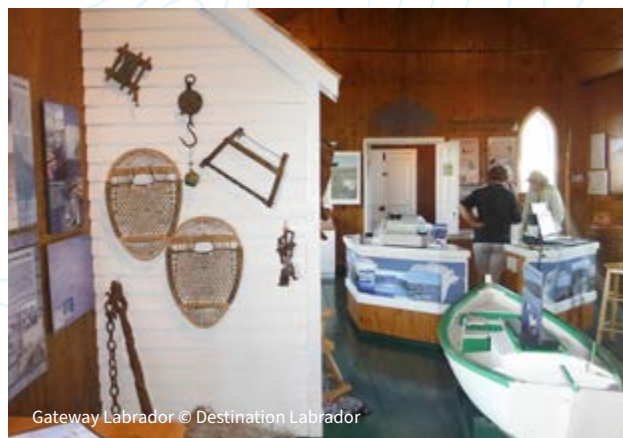
EDMUND MONTAGUE EXHIBIT HALL

The Visitor Information Centre known as Gateway Labrador is home to the Labrador Rose Boutique and the Edmund Montague Exhibit Hall. The artefacts in the exhibit hall trace 3,500 years of human habitation in Labrador West. They illustrate the lifestyle of the Indigenous peoples, the arrival of the French fur traders in 1695, and the development of the mining industry that would become central to the region's economy.

1365 Route 500 Nichols-Adam Highway

☎ 709-944-5399

🌐 [Gateway Labrador](#)



Gateway Labrador © Destination Labrador

BASILICA NOTRE-DAME-DU-PERPÉTUEL-SECOURS

This 1962 basilica, one of only two in the province of Newfoundland and Labrador, showcases beautiful architecture and local history. On June 1, 2007, Pope Benoît XVI decreed that the then-cathedral would become a basilica.

500 Hudson Drive

☎ 709-944-2289

HIKING TRAILS

Tanya Lake Trail

Access: Baden Powell Road

Trail length: 3 km

Level: very easy

☎ 709-944-3602

This lakeshore trail features interpretive panels with information on the local flora and fauna.

Menihék Interpretive Trail

Access: route de Smokey Mountain

Trail length: 5 km

Level: intermediate

☎ 709-944-5842

The trail runs through deciduous and old-growth forest and marshes and alongside a waterfall. It features 28 interpretive panels on flora, fauna, insects and birds. The first five kilometres of the trail are on ski slopes; the falls at km 1.5 have wooden boardwalks on one side and a lookout on the other.

Crystal Fall Trail

Access: near Tamarack Gold Club

Trail length: 1.5 km

Level: intermediate

☎ 709-944-3602

This 30-minute trail starts 4 km outside Labrador City heading towards Fermont, near the Tamarack Golf Club. The trailhead is signed. The summit offers a spectacular view of Labrador City and Wabush.

Jean Lake Trail

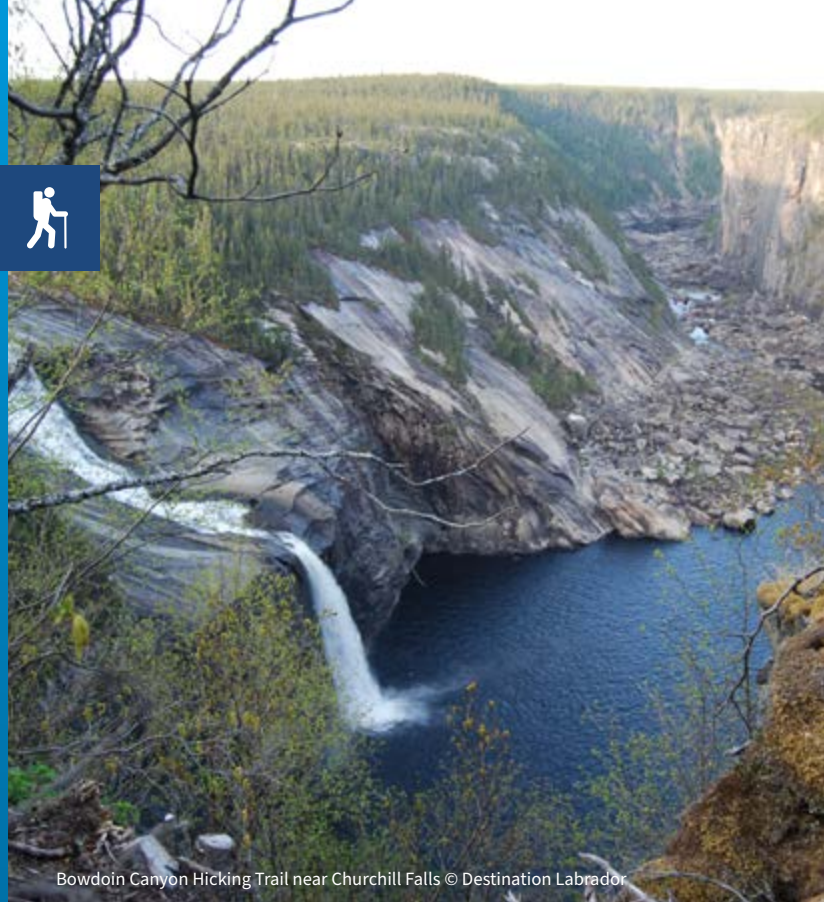
Access: Grenfell Drive, Wabush

Trail length: 5 km

Level: easy

☎ 709-282-3142

This lakeshore trail, featuring several rest areas and two bridges, is a pleasant spot to connect with nature.



Bowdoïn Canyon Hiking Trail near Churchill Falls © Destination Labrador

Churchill Falls

CHURCHILL FALLS HYDROELECTRIC STATION

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This company town began to grow in the 1960s along with the construction of the Churchill Falls Generating Station. Named after British Prime Minister Sir Winston Churchill, it is one of the largest underground hydroelectric power stations in the world. Its eleven turbines use the power of the Churchill River to provide electricity to many parts of North America.

Power Station Visitor Information:

Reservations are required.

Weekend reservations must be confirmed before Friday at 5 p.m.

Visitors over 18 must provide their contact information and show photo ID.

Children over 8 years old must show ID.

☎ 709-925-3335

(Monday to Friday: 8 a.m. to noon and 1 p.m. to 5 p.m.).

🌐 Churchill Falls and Nalcor Energy



Orca Whales Battle Harbour © Destination Labrador

Happy Valley-Goose Bay


The city of Happy Valley-Goose Bay grew along with the airport that, in 1941, Canada, the United States and Great Britain began building as a landing and refueling stop for transatlantic flights. By June 1943, it had become the world’s largest airport. During World War II, more than 22,500 fighters and bombers staged through Goose Bay on their way to Europe. In 1950, the airport became a base for low-altitude flying training. These days, Americans, British, Germans and the Dutch use it as a training base. In 1974, the cities of Happy Valley and Goose Bay merged. Happy Valley-Goose Bay is the key service hub for the Labrador Coast region and the regional headquarters for government offices.

 [Happy Valley-Goose Bay](#)

LABRADOR MILITARY MUSEUM

The museum invites you to explore the many artefacts, photographs and documents that trace the history of CFB 5 Wing - Goose Bay and the Labrador soldiers. Travel back in time to 1941, when Canadian and US planes were staging through Goose Bay during World War II and, afterwards, during the Cold War.

381 Banshee Blvd, 5 Wing Happy Valley-Goose Bay

 709-896-6900

 [Labrador Military Museum](#)



Labrador Military Museum © Destination Labrador

North West River

LABRADOR HERITAGE SOCIETY MUSEUM

Located 40 km from Happy Valley-Goose Bay, North West River is the oldest community in central Labrador. The museum has four exhibitions: on the Hubbard and Wallace expedition; the trapper families and their lifestyle; the Hudson Bay Company; and Dr. Wilfred Grenfell (organized by the Grenfell International Association), a young doctor who arrived on the Labrador coast from England in 1892.

3 River Road

📞 709-497-8282, 709-497-8858

🌐 [Labrador Heritage Museum](#)

SUNDAY HILL LOOKOUT

This 10-km hiking trail has great historic significance as 4,000- to 5,000-year old artefacts have been discovered here. It also provides a great vantage point from which to admire Labrador's pristine landscape: to the west, Grand Lake, where the Hubbard expedition took place; to the east, Lake Melville. Mount Mokami and the magnificent Mealy Mountains provide breathtaking views especially at sunrise and sunset.

Sunday Hill Road

📞 709-487-8282

🌐 [Sunday Hill Park](#)



Sunday Hill Park © Destination Labrador



Labrador heritage society museum © Destination Labrador

LABRADOR INTERPRETATION CENTRE

Come and meet Labrador's founding peoples: the Innu, Inuit, Metis and settlers. In the permanent exhibition you'll see works of art and artefacts from each of these cultures. Explore the way of life of Labrador's Aboriginal people, past and present. The exhibition is presented in Inuktitut, Innu-aimun and English.

2 Portage Road

📞 709-497-8566

🌐 [Labrador Interpretation Centre](#)



Labrador Interpretation Centre © Destination Labrador



The Merchant Building, Battle Harbour © Destination Labrador

Battle Harbour

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BATTLE HARBOUR HISTORIC DISTRICT NATIONAL HISTORIC SITE OF CANADA

EXPEDITION 51°

When you visit the Battle Harbour National Historic Site, an island on the east coast of Labrador, you will feel as though you've gone back in time. This small, isolated, traditional fishing port reconstructs many aspects of Labrador's fishing industry, with its wooden buildings, its salt and flour warehouses, docks and fish processing areas. In 1893 Dr. Wilfred Grenfell established the first Labrador hospital outside the capital of St. John's.

🌐 [Battle Harbour](#) et [Lieu historique national du Canada de l'Arrondissement-Historique-de-Battle Harbour](#)

Red Bay

RED BAY NATIONAL HISTORIC SITE

Starting in 1540 and until the early 17th century, Basque whalers came from northern Spain and southern France to catch the right whales in the Northern Atlantic and off the coast of Greenland. After it was rendered, they transported approximately 2,000 barrels of processed whale oil back to Europe. This sought-after product was used as a lubricant and fuel source for oil lamps and was also a component of paint, varnish and soap. In 2013, Red Bay was designated as a UNESCO World Heritage site.

On nearby Saddle Island, you can hear tales of hardship and survival experienced by the Basque whalers and walk through the burial ground, where dreams of riches and adventure came to an end. The exhibit tells the stories of actual people and events that evoke the serious risk of injury and death encountered by whalers. A 400-year-old, 8-metre long Basque whaling *chalupa*, as well as weapons and tools recovered from archeological excavations, are also on display.

11 Main Highway, Red Bay

📞 709-920-2142, 709-920-2051

🌐 [Red Bay National Historic Site](#)



Red Bay National Historic Site © Destination Labrador



Pinware River Provincial Park © Destination Labrador

RIGHT WHALE EXHIBIT MUSEUM

The exhibition focusses on the research and conservation initiatives designed to protect the North Atlantic right whale, currently listed as an endangered species as a result of extensive exploitation that began in the 16th century. The museum features a gigantic, 400-year-old, 52-foot whale skeleton.

50 Main Highway

☎ 709-920-2197

🌐 [Right Whale Exhibit Museum](#)



Right whale Exhibit Museum © Destination Labrador

Pinware

PINWARE RIVER PROVINCIAL PARK

Pinware River Provincial Park, opened in 1974, is a 68-hectare park located approximately 35 km southwest of Red Bay. Because the park covers various types of terrain, many plant varieties grow there and visitors can observe different species of insects, birds, and small and large mammals. The park provides access to the Strait of Belle Isle where whales and seabirds are plentiful.

☎ 1 877 214-2267

🌐 [Pinware River Provincial Park](#)



Pinware River Provincial Park © Destination Labrador



Pointe Amour Lighthouse © Destination Labrador

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EXPEDITION 51°

L'Anse-Amour

L'ANSE AMOUR NATIONAL HISTORIC SITE OF CANADA

L'Anse Amour was designated a National Historic Site of Canada in 1978. Overlooking the waters of the Strait of Belle Isle, it was occupied by the Maritime Archaic people between 9,000 and 2,000 years ago, who hunted walrus and seals. Excavations have uncovered the remains of many, once numerous, small hunting camps and a small stone burial chamber underneath which was found the well-preserved skeleton of a 12-year-old boy. Archeologists believe this to be the oldest burial site in North America, dating back 7,500 years.

Route 510

📞 709-920-2142

🌐 [L'Anse Amour National Historic Site of Canada](#)

POINTE AMOUR LIGHTHOUSE

At 33 metres, the Point Amour Lighthouse is the tallest in Atlantic Canada and second highest in the country. Both the lighthouse and caretaker's house are open to the public. From the top, visitors have a 360° view of the surrounding land and sea. In the 19th century, it guided boats that had just crossed the Atlantic into the safety of Forteau Bay. The Strait of Belle Isle is known to be shallow and narrow, with strong currents and occasional sea ice and icebergs. Despite the lighthouse's guidance, on August 8, 1922, British warship HMS Raleigh hit the rocks near the lighthouse while attempting to avoid an iceberg. Eleven crewmen perished in the sinking.

Route 510

📞 709-729-0592

🌐 [Point Amour Lighthouse](#)

L'Anse-au-Clair

LABRADOR PIONEER FOOTPATH

Before Route 510 was built in the 1950s, local communities were linked by a series of walking paths. When sea travel wasn't possible, these trails were the only means people had of staying in touch with neighbouring communities. The Labrador Pioneer Footpath takes you on a hiking adventure along the shores of the Labrador Straits, providing magnificent scenic views and lookouts for whales and icebergs. The Footpath goes through L'Anse-au-Clair (6 km away), Pinware (15 km away) and ends approximately 110 km away in Red Bay. Interpretive panels at the trailheads recount the region's natural and cultural history.

Gateway to Labrador Visitor Centre
Route 510

📞 709-931-2013

🌐 [Labrador Pioneer Footpath](#)



Labrador Pioneer Footpath © Destination Labrador

HIKING TRAILS

The region has many other walking and hiking trails, including some spectacular ones on the island of Newfoundland, along the shore and in national parks.

🌐 [Experience Hiking and Walking](#)



Labrador Pioneer Footpath © Destination Labrador

THE CHICOUTAI SCENIC ROAD AND THE LOWER NORTH SHORE

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EXPEDITION 5

© M. Robertson

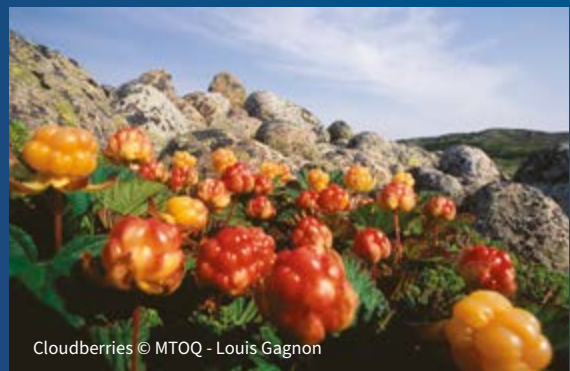


© M. Robertson

The 150-km trip from Blanc-Sablon to Vieux-Fort and back goes along the coast through picturesque villages and untamed landscape. Be sure to stop along the way and enjoy some of the scenic walking trails, or experience the warm welcome offered by the francophone, anglophone, Innu and Métis communities, where you can learn about their lifestyle and taste local specialties. From early May to early July, watch for icebergs near shore along the Strait of Belle Isle.



© M. Robertson



Cloudberrries © MTOQ - Louis Gagnon



© M. Robertson

WEATHER

Summer temperatures vary between 13°C and 18°C and are highly variable: the weather can change suddenly from hot and sunny to rainy, foggy or very windy.

It's a good idea to bring a coat, windbreaker, warm clothes (sweater, pants, long-sleeved top) and also lightweight clothing. Be sure to bring insect repellent.

GAS STATIONS

Blanc-Sablon

Lourdes-de-Blanc-Sablon

Rivière-Saint-Paul

Vieux-Fort

ACCOMMODATION AND RESTAURANTS

Lower North Shore villages have a number of accommodation and restaurant options. For more information, contact the Blanc-Sablon Visitor Centre or go to their website, mentioned at the beginning of this guide on [page 5](#).

INTERNET

The Lower North Shore region has high speed internet service by the end of 2020.

CELL PHONE SERVICE

Cell phone service in Blanc-Sablon, Vieux-Fort and Saint-Augustin is offered.

BANKS

There are Caisse populaire Desjardins branches in:

Lourdes-de-Blanc-Sablon (ATM open 24/7);

Rivière-Saint-Paul

Most banks are open Monday to Friday from 10 a.m. to 3 p.m.

Most stores accept Visa and MasterCard and some offer cashback when customers make a purchase with their debit card. Some stores accept American dollars but they do not necessarily give the latest exchange rate.

HEALTH CARE SERVICES

Health and Social Services Centre (CISSS)

1070 Blvd Dr-Camille-Marcoux

☎ 418-461-2144

🌐 [CISSS de la Côte-Nord](#) and [Lower NorthShore Health Care Facilities](#)

Emergency medical services are also provided in the following CLSCs (government-funded clinics): Rivière-Saint-Paul, Saint-Augustin, Mutton Bay (Gros-Mécatina), La Tabatière, Tête-à-la-Baleine, Harrington Harbour, Chevery and Kegaska. Air medical services are provided by a small plane and a helicopter.



© M. Robertson

TIME ZONES

Like the rest of the province of Quebec, the Lower North Shore is on Eastern Standard Time, except for Blanc-Sablon, Quebec's easternmost community, which is on Atlantic Standard Time, as is part of Labrador. EST is 5 hours behind Coordinated Universal Time (UTC) in winter and 4 hours behind in summer; AST is 4 hours behind in winter and 3 hours behind in summer.



© M. Robertson



Lourdes-de-Blanc-Sablon © Mathieu Dupuis

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EXPEDITION 51°

Lourdes-de-Blanc-Sablon

MUSÉE SCHEFFER (MUSEUM)

The museum, located in Notre-Dame-de-Lourdes Church, presents the region's history through artefacts, photos and videos on the life and work of Bishop Lionel Scheffer, Labrador's first Vicar Apostolic from 1946 to 1966.

Notre-Dame-de-Lourdes Church

☎ 418-461-2000

Middle Bay

MIDDLE BAY INTERPRETATION CENTRE

Housed in the town's old schoolhouse, the Middle Bay Interpretation Centre presents the history and heritage of the village and region through artefacts and photographs. The exhibit also includes paintings, photographs and boat models created by local artists.

☎ 418-461-2445

Rivière-Saint-Paul

BIOPRODUCTS SOLIDARITY CO-OPERATIVE (COOP SOLIDARITÉ BIOPRODUITS)

The Bioproducts Solidarity Co-op is a bioprocessing facility and research centre that turns wild berries from the Lower North Shore into delicious jellies, purées and syrups that everyone is welcome to sample. Visitors are also invited to go on a guided tour to learn about the region's history and culture.

14, rue Baylis Ouest

☎ 418-379-2006, ext. 226; 418-379-1212



Lourdes-de-Blanc-Sablon © Marie Malherbe



Pétoncle © Sinex3 Production

Bonne-Espérance – Rivière-Saint-Paul

AQUA LABADIE SCALLOP FARM

Located in Salmon Bay, this sea scallop farm offers guided tours on land or on the water to teach visitors about their product and provide scallop tastings straight out of the water.

Accès : off Route 138, 45 min west of Blanc-Sablon.

☎ 418-461-2434

WHITELEY MUSEUM

This museum pays homage to William Henry Whiteley, who revolutionized Canada's cod fishing industry in 1871 when he invented the cod trap.

302 Blvd de Bonne-Espérance

☎ 418-379-2211, 418-379-2304

Blanc-Sablon: The Crossroads

From Blanc-Sablon, you can complete your Expedition 51° adventure with a visit to the Lower North Shore's coastal villages, which are only accessible by boat in the summer and by snowmobile in winter. Then join Kegaska or Natashquan on Route 138. Or, take the ferry to the island of Newfoundland. You can cross the island from north to south and then take the ferry to Nova Scotia.

VOYAGES COSTE

Voyages Coste is a community-based sustainable tourism cooperative that organizes customized packages and tours of the North Shore and Lower North Shore.

☎ 1-877-573-2678

🌐 [Voyages Coste](#)



© Mathieu Dupuis

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EXPEDITION 51°

The Lower North Shore aboard the *Bella-Desgagnés*

From Blanc-Sablon to Kegaska (or Natashquan), Relais Nordik's passenger and cargo vessel the M/V *Bella-Desgagnés* brings supplies to the villages along the Lower North Shore and Île d'Anticosti: Saint-Augustin, La Tabatière, La Romaine, Tête-à-la-Baleine, Harrington Harbour and Port Menier, on Anticosti Island. Stops at these colourful coastal villages last from 45 to 90 minutes, giving you ample time to stroll around and soak up the local atmosphere.

You can continue your trip along the North Shore, either driving on Route 138 or aboard the M/V *Bella-Desgagnés*, making stops at Kegaska (or Natashquan), Havre-Saint-Pierre and Sept-Îles along the way.

RELAIS NORDIK

Cabins

The vessel has eight categories of cabins, with double or quadruple occupancy and private toilet, sink, shower, and television. With the exception of Economy interior cabins located amidships, all cabins have either a porthole or window.

Unoccupied beds may be booked by other passengers. If you do not wish to share your cabin with other passengers, you will have to pay a supplement for each unoccupied bed. For more information before you reserve, read our Beds Policy under the CABINS tab at relaisnordik.com/en/st-lawrence-cruise.

Meals

The vessel offers a set-price *table d'hôte* menu served in the dining room and inexpensive meals in the cafeteria. If you have any allergies, please notify us when booking and be sure to tell the Purser upon boarding. The vessel is licensed to serve alcoholic beverages, so we ask that you refrain from bringing alcohol onboard.

Boarding

All passengers must register at the Relais Nordik office or directly at the dock in Sept-Îles or Rimouski at least 1 hour before the scheduled departure time. Passengers must then follow the pre-boarding procedure, which includes registration, baggage check and boarding passes.

When registering at the office or dockside, all adults must present a valid, government-issued photo ID such as: driver's license, health insurance card, student ID or passport. Relais Nordik reserves the right to refuse access to the ship to any passenger who fails to comply with these rules.

Parking

Natashquan: free parking behind the Relais Nordik office on the pier;

Sept-Îles: free parking to the right of the gate on Pointe aux Basques pier;

Rimouski: free parking on the pier.

Health conditions and reduced mobility

When booking, mention any medical conditions or physical mobility restrictions you or anyone traveling with you may have

Smoking

Except for the two designated outdoor smoking areas (sheltered but unheated) on decks 3 and 8, smoking is strictly prohibited anywhere onboard the ship, including in the cabins. Any passengers who fail to abide by this rule will be removed from the ship at the next port-of-call, reported to the authorities, and charged a cleaning fee.

Baggage

Each passenger is entitled to a maximum of 20 kg of baggage. An excess baggage fee will be charged for every kilogram over this limit. For the safety of other passengers, baggage must remain in the passenger's possession at all times and be small enough to fit in the designated areas, such as paid lockers or under the passenger's seat. Baggage must be securely stowed at all times and must not present a nuisance or risk of any kind to other passengers or crew. Passengers are forbidden from bringing perishable items and alcoholic beverages onboard in their baggage.

Vehicles and watercraft

If you want to ship your car or watercraft you must contact Relais Nordik, who will explain the procedure. Vehicles must be brought onboard 24 hours before departure so they can be registered as cargo. In order to be placed in containers, vehicles cannot exceed 3,000 kg in weight or the following maximum dimensions: 6 m long; 2.1 m wide; 2.1 m high.

Camping equipment, and watercraft such as canoes and kayaks cannot be brought onboard as passenger luggage. They must be registered as cargo and given to Relais Nordik crew before departure. Reservations are mandatory. Passengers are asked to abide by the aforementioned guidelines.



© Mathieu Dupuis

Bicycles must be shipped in bicycle containers and an additional fee is charged. If you wish to use your bicycle at a stopover, please notify the purser at least one port in advance so arrangements can be made to unload your bicycle

Seafood, game and other perishable products are not permitted as personal baggage aboard the ship. They are subject to the same goods-handling procedures as other cargo and are placed in containers. Because unforeseen unloading delays may occur, we recommend you speak to the booking agent, so you are aware of the relevant procedures before purchasing such products.

☎ 418-723-8787 or 1-800 463-0680

🌐 [Relais Nordik](#)

Newfoundland Island

BLANC-SABLON: FERRY TO ST. BARBE

You can travel by ferry from Blanc-Sablon to St. Barbe, on the island of Newfoundland. Travel time: 1 hour 45 minutes. Reservations are recommended.

Labrador Marine inc.

☎ 1-866-535-2567 (within NL)

☎ 709-535-0810 (outside NL)

🌐 [Labrador Marine inc.](#)



Iceberg © Destination Labrador

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EXPEDITION 51°

ICEBERG ALLEY

Iceberg Alley stretches from the coast of Labrador to the southeast coast of the island of Newfoundland and in the Strait of Belle Isle. Some of the more popular places to view icebergs are the famed Newfoundland villages of St. Anthony and Twillingate, as well as L'Anse aux Meadows, La Scie, Fogo Island, Change Islands, Bonavista, St. John's, Cape Spear, Bay Bull, Witless Bay, Cape St. Mary's and St. Vincent's; and St. Lewis, Battle Harbour, Red Bay and L'Anse-Amour in Labrador. Most of these places are accessible by car.



Iceberg © Destination Labrador

Time of Year

The icebergs come through Iceberg Alley from spring to early summer. As you move north, the season stretches a bit longer. April and May are the months when bergs are most plentiful, but they may be locked up in sea ice, so we suggest late May and early June for best viewing.

Ways to Watch

The best ways to watch icebergs are by taking a boat tour, paddling a kayak, or hiking along the shore. This is also the best way to spot whales and migrating sea birds.

Iceberg Safety

When viewing icebergs from the water, it is recommended that you maintain a distance equal to the length of the iceberg or twice its height. Within this perimeter there is a risk of falling ice which can create large waves. Safety should always be your first priority.

 [Iceberg Viewing](#) and [Whales, Seabirds and Icebergs](#)



Gros Morne National Park © Newfoundland and Labrador Tourism

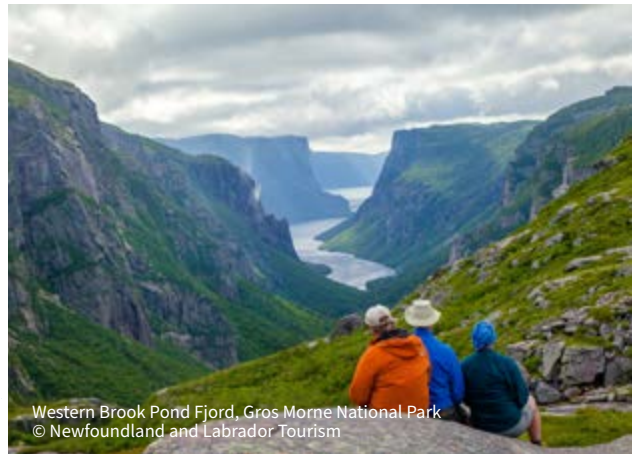
GROS MORNE NATIONAL PARK

Gros Morne National Park is located on the west coast of Newfoundland. At 1,805 km², it is the second largest park in Eastern Canada, with immense stretches of wilderness that include mountains, fjords, cliffs, forests, beaches and peat bogs.

Come and discover the Tablelands, where deep ocean crust and the Earth's mantle were exposed by the collision of the Earth's tectonic plates 500 million years ago. The unique geological characteristics of this area are what earned Gros Morne UNESCO World Heritage status in 1987.

Visit colourful coastal villages or cruise a cliff-lined freshwater fjord. Go on a half-hour stroll or a full-day hike to the mountain peak. Take a guided interpretive walk to learn about the park's features. Go on a boat trip around Western Brook Pond or on a backcountry kayaking adventure.

 [Gros Morne National Park](#)



Western Brook Pond Fjord, Gros Morne National Park © Newfoundland and Labrador Tourism



Gros Morne National Park © Newfoundland and Labrador Tourism



NOVA SCOTIA FERRY (PORT AUX BASQUES TO NORTH SYDNEY)

The crossing between Channel-Port aux Basques (also called Port aux Basques) on Newfoundland's southwest coast and North Sydney lasts about 7 hours. The ferry service is operated by Marine Atlantic.

Reservations and Check-In

Reservations are recommended for Marine Atlantic's ferry service. Passengers must check-in at least two hours before the vessel's scheduled sailing time. Reservations, including any accommodations, will be cancelled if the check-in time is missed. If space is available, vehicle passage must be booked at least three hours before scheduled sailing time.

Baggage

Adult passengers can check three (3) pieces of baggage free of charge, for a total weight of no more than 150 lbs (68.2 kg); each bag can weigh no more than 50 lbs (22.68 kg).

Children up to 12 can check two (2) pieces of baggage free of charge, for a total weight of no more than 75 lbs (34 kg); each bag can weigh no more than 50 lbs (22.68 kg).

Pets

There are two options for bringing your pet onboard:

Transport pet in vehicle

You may leave your pet in your vehicle for the duration of the crossing. However, you are not permitted to visit your pet until the vessel has arrived in port. If you choose this option, we ask that you notify us upon check-in. You will

be given a Pet On Board card that will assist us during the boarding process; we ask that you display the card in your vehicle window.

Reserve space for your own pet travel carrier

The pet travel carrier must be made of hard plastic; collapsible wire or soft-sided carriers are not permitted. The price for reserving a space is \$16.75 for all routes.

The size and configuration of kennel stowage spaces varies from vessel to vessel. In the event of a vessel switch, your space may not be guaranteed. If a vessel switch occurs and we are unable to provide space in the kennel stowage area, then you will have the option to select an alternate sailing or leave your pet in your vehicle. Pet travel carriers must comply with certain measurements. We therefore recommend that you measure your travel carrier's height, width and depth prior to reserving the kennel stowage space. Walked or carried dogs must be muzzled and leashed. Pet owners are responsible to clean up after their pet. The area contains disposable plastic bags and a shovel-type tool, along with a trash receptacle and water.

Persons with Disabilities

Persons requiring either an attendant or an adapted cabin must provide proof of disability upon arrival at the terminal. The following are accepted:

Disabled parking permit

CNIB card

Community card

Medical note or letter from a recognized disability organization

Other (please specify)

If you are unable to provide appropriate documentation upon arrival at ticketing, your reservation will be modified and you will be charged the regular fare.

Marine Atlantic inc.

☎ 1-800-341-7981, 902-794-5254

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expedition 51°

