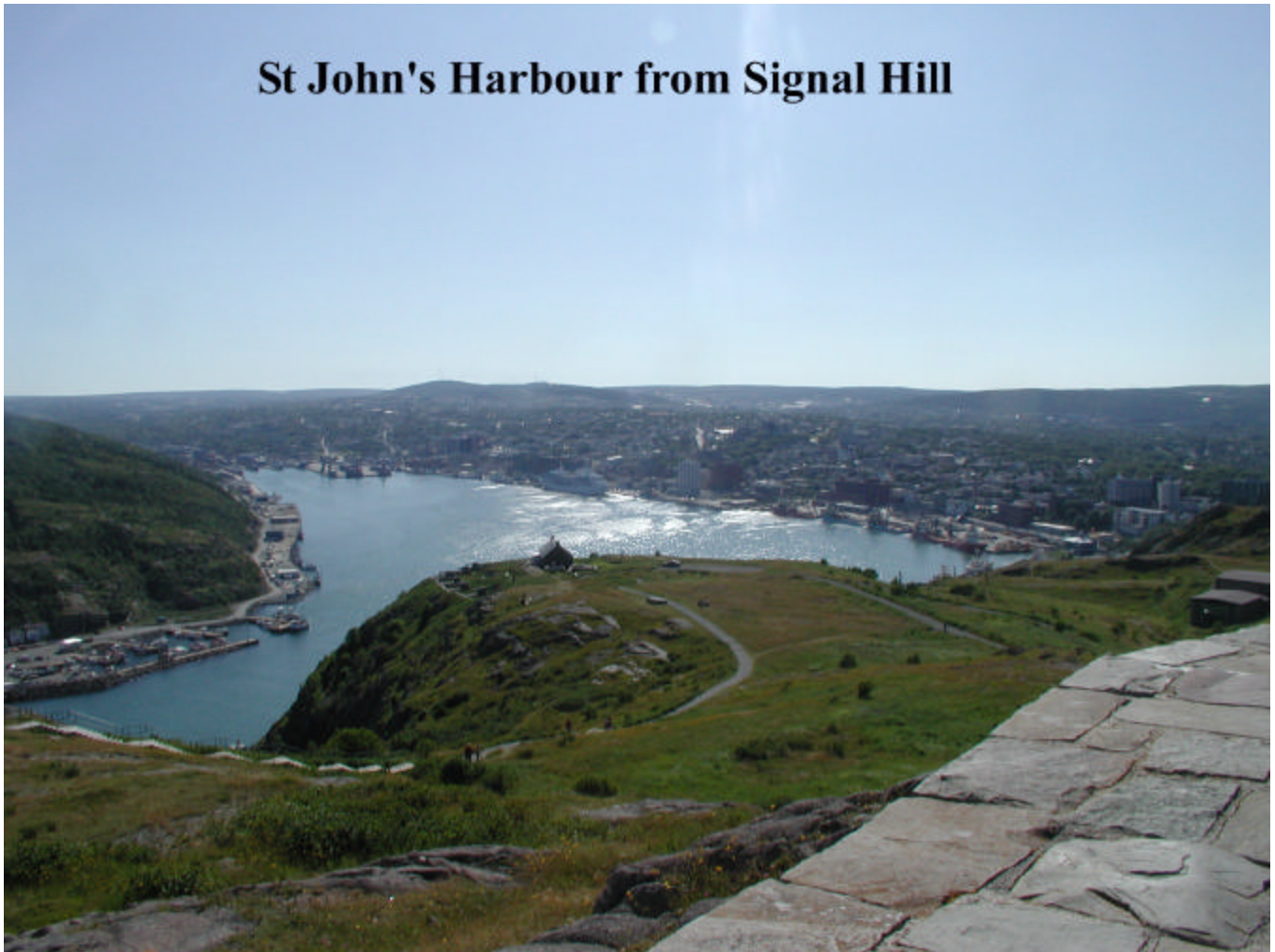


AVALON PENINSULA- Gander

NEWFOUNDLAND

CANADA

St John's Harbour from Signal Hill



TRAVEL DAY ONE Edmonton TO St John's NFLD 39km

July 18/09 Saturday D12.4k+25.97 M34.4 A 15 PT 52min +1h44 RT 1hr+2hr

Well we spent a week in Edmonton celebrating Dagny's 85th birthday and out at Wilderness Village, then parked the trailer at Ken's brother Dave and Paula's. Then the first cycle to Keith and Julies where we packed up and headed for the airport late afternoon as they called for thunderstorms. We thought we could make it to the airport without going on Hwy 2, but the side roads turned to gravel so past 30 st we went over the median and onto the shoulder of hwy 2. Traffic was noisy but light. We arrived at the Edmonton International Airport with 6 hours to take our bike pedals off and turn the handlebars and watch the rain come down..... Great thunder and lightning show! Packed the panniers in 2 boxes, ate supper at Timmies and before we knew it we were ready to go. Not so fast.... They closed the airport about 9pm no flights in or out.... We were a little concerned... We were on the red eye to Toronto and then on to St Johns so we thought. Opened it up for a few planes around 2200 then closed again... did finally let us go a little late at 0020h Packed the panniers in 2 boxes, ate supper at

Timmies and before we knew it we were ready to go



Keith and Julies yard Edmonton, Alberta



Prepping the bikes for travel.

TRAVEL DAY TWO Edmonton TO St John's NFLD 0 km

July 1909 Sunday 0000h to 2400h

Headed off to Toronto with a lot of children on board... unable to sleep... arrived 0650 To time. Our connection was 0730 so just made it... maybe would have been better if we had not! We set off for St John's to stories of planes headed back to Toronto the day before due to fog... We had a good flight but were told we would not land in St Johns so they landed in Stevenville on the west side.... We refueled.... 1 ½ hours to do so.... Wouldn't let us off as this airport really isn't open to commercial flights, but we wouldn't have enough fuel to fly back if we circled for a while.... Nice woman beside us Susanne Hamilton who owns and runs a tour company out of Bradford, Ontario. She had 29 people on board and their bus was to meet them in St J's.... we finally took off from Stevenville and were turned away from St J's and so the pilot agreed to set us down at Gander as some of the people had been there and back yesterday. Gander is a 4.5hr bus ride to St J's.... they had no baggage handlers, 2 came in so it took about 2 hours to unload the airplane and guess what.... No bikes! Gee why did they charge us \$50 each to bring them? So now we don't know what to do as if we had our bikes we could set off from Gander. Decided that we should go to St J's as that is where our bikes would be if found. Susanne was so nice and asked us to ride with them when their bus arrived as the buses with Air Canada would be another 2 hours coming... we took off with them... what a nice group of people from rural Ontario. Most of them had been on other tours with Susanne, so they were so happy, singing with an Anne Murray tape and just visiting. 322km Gander to St J's: the driver had seen 18 moose along the roads on the way up, one on our way back... very foggy most of the way, scrubby trees and lots of "ponds" and lakes. Shoulder about 18" so we will be not really happy on this road in a couple of days. We booked in at their hotel so the bus didn't need to take us anywhere special... Capital Hotel on Kenmount Rd was very nice and they gave us the tour bus rate of \$99 + taxes



We all arrived very tired as we were to land at 11am and landed in Gander about 1530 and to St J by 2330. 32 hours to get from Keith's to St J's!



Trip DAY ONE St John's NFLD 25.92km REST DAY

July 20/09 Monday D25.92 M36.6 A 9.7 PT 2h39 RT all day

LOST BIKES WERE FOUND!



Well we were awoken with a cell call from the airport at 0615 to say they had our bikes! Brought them at 10am. We didn't mind as we were so happy to have them found. We packed up and set off to Pippy Pk CG in St J about 5km from the hotel. No fog today wonderful sunny hot day +25C all day. We set up the tent and went down town.... Down being the direction as the town is on the ocean. We wandered, asked, wandered some more looking for the Terry Fox 0 km marker.. . finally found it hidden down by the water, but with no access to the water to the left of the Port Authority building on Water Street... not a very splashy one like in Victoria, but got our photo anyways. There are really no cyclist if you want to compare this to Victoria being a port with a tour boat in harbor and lots of shops and tourists everywhere, but very few cyclists. One guy yelled out his window... get on the sidewalk! Nasty Newfy number one. The angels of yesterday outnumber him!

We had a great lunch and headed off up to Signal Hill... a bit of a climb, but not any pushing. The tour boat was leaving the harbor so that was neat to witness. Very hot! Back to have a beer in a nice pub with a patio and to get groceries at Sobeys and home to our little tent.



Signal Hill

Ken along side cruise ship.



dipping the wheels in the Pacific Ocean



Street Musicians

Terry Fox Mile 0



Signal Hill climb



Lighthouse below Signal Hill



Queen of Argentina



Trip DAY TWO St John's NFLD to Gushies Pond Park [Brigus Junction]

July 21/09 Tuesday D66.42km M42.3 A 13.1 PT 5h03 RT 8 long hours

Up at 0700 to a warm 25C and Blue blue sky... yippee! Pippy Pk campground was ok especially for being right in town with lots of trees, the washrooms could have been cleaner, but lots of hot water. Had a light breakfast and off into the traffic. You can tell they are not used to bikes as they hang back and then roar past you with little room to spare. There was no shoulder in town with little or no shoulder on Hwy 60, but the traffic was light. We went thru a lot of

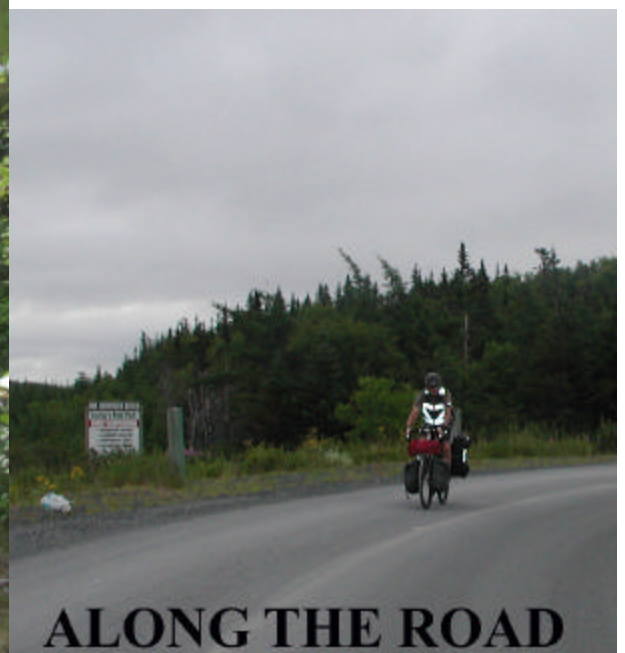
suburbia with a good grocery store every 5 km. We had views now and again of the ocean... thru Paradise, Conception Bay south and on to Holyrood. We stopped to pick up pop as we thought it was almost camp time.... Oops mis calculation. The 2L of pop was only \$2.55 back in change from a \$5.... Not going to buy much at that price. Anyways back to the CG... Ken thought it was 7km north of Hwy one which turned out to be 7km south of Hwy one so we headed up Hwy 90... well a 2 lane road with little to no traffic... 5km got us to hwy 1 and we decided to head up the TCH 1 for 2 exits to another site therefore cutting tomorrow a little slack. It was into the wind on tired legs but we made it and Gushie's Pond Park is very nice ... I think it is a old provincial park site ... right on the water with lots of room for the sites. We got a really private walk in spot all to ourselves for \$16. Legs are tired as is the ankle. Hot 32C all afternoon so we took a long lunch at a nice spot they were finding fossils and we got out of the sun for a few minutes reprieve. Heard there are bad fires in Kelowna area. Our minds are definitely on our friends who live in Glenrosa, Rose Valley and up the Westside road. We feel rather cut off without internet or tv access.

Note about the people.... Very friendly, polite, and not as much accent as I expected.... That is yet to come I'm sure.



Wondered what these were for quite a while..... look like composters?... no gardens so why would you want to compost!

They are CROW proof garbage cans.



DAY THREE Gushies Pond Park [Brigus Junction] to Arnold's Cove

July 22/09 Wednesday D75.23 km M44.6 A 12.8 PT 5.51 RT 7h od 167.59

Up and off by 0915 should be a little shorter today as we came farther yesterday due to the wrong CG location. Few mosquitoes out. Overcast and 15C. 11am stopped at Monty's Café @ 24km on exit 28 with the ESSO Gas is \$107.4 We had Toutens which are bread dough that is fried or put on the grill... rises and flipped so like a piece of fresh bread with molasses or maple syrup for dipping it in... really yummiie. This became lunch. Continued on pedaling thru forest that is so scrubby... looks as if it was logged some time but I don't think so as no stumps, the trees are tight together, thick, and so many lakes, which they call ponds.... Lakes is a term a MAINLANDER uses we were told. We stopped and talked with a couple selling WILD berry jams...raspberry, strawberry, blueberry.. \$3 for 250ml or \$8 for 250ml of baked apple jam which is a wild berry that looks like a "brain" but tiny like a raspberry. They were preserved in water, but not sealed...kind of yellow. Lots of up and down... no flat Don Forbes! My leg is sore on the hills but I expect it will improve in a few days.

Campground showers good. Got up to 18C, cloudy all day, Raining by 1900. Our campsite was in the trees just by the lake so a little protected from the rain. Pop 2 liters for \$3.25



DAY FOUR Arnold's Cove to Thorburn Lake

Thursday D 77.37km M45 A12.5 PT6h11min RT8h od 244.97

Rained all night, but snug as 2 bugs in a rug.... Not even a drip! 15C on rising, off by 0815... light breakfast as no fruit to be had. Come by Chance.... 2.5km down hill to no services, a post office so sent a card off to Dagny... I told the lady it should be named Come by Accident! Not even a chocolate bar to be had! Then the up hill to get back to the hiway... the transCanada trail we just discovered is going along the hiways sort of, but it has been all wrecked by the guys riding 4 wheel ATV's so we decided not even to attempt it. We struggled on to Goobies where we had a snack/breakfast of French toast. The hills are either numerous or we are really out of shape... we are into the wind but not that strong. I just feel wiped out. Left the lunch spot and it started to hork down rain for the next 2 hours... down to 12C now. Finally reached Clarendville and Ken had decided it was the same distance to ride thru town as stay on the hiway! Oh by the way all the towns are on the ocean, that means DOWN HILL and then back up to the hiway and the SOBEYS we were headed to... I was non to cordial with him as my muscles screamed on the last up hill. Decisions decisions.... Get a motel here or go on to our destination. We asked several people as to the terrain going west and never got a definite answer as to if it is as hilly as going east.... As it was no longer raining, and Ken dried the tent while I shopped for supper... we went on to Thorburn Lake... another 20km but much easier long gradual hills. We always say that the first week gets us in shape... I think I will loose the 10 lbs I gained sitting around after breaking my leg. Leg isn't cooperating to well, but hopefully will get better as the weather improves. Campsite is clean [\$20]with nice sites, way to hot showers [\$1][I think they have ON DEMAND heaters you could scald yourself in] and so we had spaghetti with burrito sauce as I brought the wrong thing and it was way so "yummy" as Teague says.

Off to bed as we have a 90km day tomorrow that I will be very surprised if I make.... Gone are the 120k days



All the rivers seem full of rock.

DAY FIVE Thorburn Lake to Glovertown roadside

Friday D70.06 km M 49.9 A13.2 PT5h17 RT8 h od 315.03km

What a day! We awoke several times in the night to the snoring in the tent about 25 feet away in the next campsite... now that's a loud snorer! Anyways we payed them back by packing up just after 7am and heading off. We had a lot of more rolling up and down and made good time to Charlottetown {36km 49.9/14.4 2h 29} Had great home made veggie burgers at a Bakery /café just 0.5 off the hiway that is out of the Terra Nova National Park. This park is known for it's Moose, but we didn't see one! The call them Newfoundland speed bumps as so many are hit every year. After lunch I think we were sluggish and missed the Newmans sound CG which was at 48km and then the Malady Head was off the hiway so we headed on to see if we could make Gambo at 90km... didn't happen as the hills and heat got to me... we ended up just off the road at what looks like an old truck stop... we offered a free campspot at the park gate where there is a Putt and Splash [minigolf and water slides], but was a little too wally world for us. We are tucked into a grove of trees with wild flowers... the road is a little noisy, but will quite down at night fall, probably end up with a truck or two out in the parking area. We decided we must be out of shape as if we had 100km days planned there is no way they would be accomplished. Maybe by next week!



Wild flowers beside our ditch campsite!



DAY SIX Glovertown roadside to GANDER

Saturday D60.92 km +11.62 about town

M 41.9 A15.1 PT4h RT6 h od 387.59km

Truckers came and went before we got up. A “animal” cozyed up to the tent in the middle of the night, but didn’t like ken’s snoring and bolted suddenly... just about made me jump out of the tent. Ken awoke and yelled out. He never came back. It was foggy overnight so tent damp. We packed up and left 0815 with clouds overhead. Looked like rain most of the day, but the clouds broke and I got some blisters on my back. We really could have gone on last night as it was down hill most of the last 8 km to Gambo and flat into town oh well never can tell. We saw the Trans Canada Trail again and if we could have accessed it would have ridden it into Gambo as it had a neat bridge over the river and into town, as it was we missed the town and went up up hill again to the Joey Smallwood lookout. It is a really nice spot, but no washrooms so there is a mess in the trees and even on the board walk where people have gone and left the t.p. Rather gross!

Still no moose sightings. They have these cute signs that show a car hitting a moose and either they say how many have happened this year or they say “NFLD speed bumps” I am a little concerned that the hiway north will have no shoulder... the TCH { Trans Canada Highway } has a decent shoulder so far, but there are very few paved roads besides once off the Avalon Peninsula.

We stopped at Square Pond Copper Kettle Café which has a motel also at 27km of our day... there is a campground just before it that is not on the map. Anyways we walked in and all the tables had white table cloths with flowers on

each... I asked if they were open for regular service and he replied they have it set this way 24x7 x 18 hrs a day. Very nice spot and really good prices and taste stop.

We pressed on to Gander which was over rolling ups and downs, none too difficult but never any flat! We are at Country Inn Trailer Pk and motel... only full services so \$25 for a site to put a pup tent, but we went into the Antique car show so didn't want to stay out at the Provincial Park another 6 km down the road. Gander has a lot of new houses and is mostly on the flat. They have all services. Dominion store is the same as extra foods so the prices are better. Continuing my Pop pricing 2 liters \$.98 We had our best supper in camp yet with salad, minestrone soup and yummy buns. We used our little boiler very successfully.

The Campground has excellent washhouse with 2 caravan tours in camp {one of 25 Winnebago buses total 45 rigs} with 2 people in each one! Went to the old car show, which wasn't as good as some we have been to but it was fun just to see the cars and the people.

We looked at the trees and found out tonight this little tree is a "fir" tree, not a tree we have seen before.

Generally the road has been good, cars pull over and no mean drivers. Weather can always be better, but they are hoping for 25C later this week.

Well we need to head off to bed.. Sorry no photo up yet. Will come



Ken at the car show in Gander..... Lachlan this is what your car could look like!



Cute sign for a tasty restaurant with white table cloths 24 x 7