

Deer Lake to Northern Peninsula-Labrador
NEWFOUNDLAND
CANADA



DAY Twelve Deer Lake to Norris Pt KOA

Friday July 31/09

D 72.90 M 50.5 A 12.9 PT 5h38 AT all day til 7pm od 790.7 km



these little critters were eating the trees in Deer Lake



We were told these were Partridge berries but not so..... look like red elderberries.

Started raining at 4pm and quite at 4 am hard pelting rain that brought a few drops into the tent but incredible to be dry. Left at 0730 and it rained more.... Jack Ladder is a gas station with restaurant, not open until 11am! [19.43km 1h37 11.9/42.6 They were nice per usual and let us sit in the restaurant and Ken had his coffee. Off we went after phoning to confirm the ferry at Woody Pt.... It is a water taxi and we want to catch the 1730 ride...



At 31km turn left on 431 [1 <10kph hill] Really nice road no shoulder, but no traffic, thru the trees as usual. Some great views.

At 48km 731 ft gain from about 200ft <5kph hill, thought it was over not so fast a <10kph hill to 925 ft... so much for missing the hills on the other road! Good view of the escarpment on the way down The Towns are not in the Gros Morne park. Roll thru a few small places with no services to Woody Point to catch the ferry Arrived at 1430 so had time to kill. I went and toured a heritage house. This small fishing village still has some employment with the fishery but otherwise huge into tourism. We had a beer and waited while skyping and emailing friends in 25C sunny blue sky afternoon!



Georgeous small town filled with friendly people and a lot of heritage homes and this cute unmanned lighthouse. Many developed into B &B's One old fish tackle shoppe has been made into high end rental suites.... I wonder if they smell of fish.... Really nice right on the warf.



The ferry was prompt and took us and all our gear for \$7 each! ½ hour ride Was great. Arrived in Norris point to a “Celtic “ band playing on the dock. They had been playing in the north and just stopped to play for food and a bed! Fun. Headed off up hill to the KOA. Another <10kph hill but not bad. The KOA has no sign by the turn off , lots of signs for Rocky Harbour so turn there rt towards 430 My ankle does not like the hard pushing of <5mph hills... they tell us they are over, that all along the coast is flat! Don we are definitely in flatter territory than prior Gander! Don and his friend, Bernard, are starting off tomorrow morning and bringing the sunshine with them.

Nice afternoon in the hot sun. Got into camp late as sat watching the band. Made cup a soup and off to bed after wonderful hot showers... there is 100% humidity so muggy



Bad Boys of the North

DAY Thirteen Norris Pt KOA to River of Ponds

Saturday August 1/09

D 128.24 M 52.9 A 22 PT 6h AT 10h od 919.33 km

Started raining at 2 am and still is after pulling down camp. Heading off into the rain again. I hope that wasn't all there is to summer! Jessie better bring an umbrella!

I now know why "Newfies are so goofie"..... anyone would loose it with the weather they have!

Woke up to the most wonderful song birds. Haven't heard much more than a twitter since we got here. This CG advertises internet, but it is not included and is dial up so have to use when the office is open.

Set off in rain and went back up to the Rocky Harbor road. Stopped for Ken's coffee and a muffin at a cute spot with a art gallery upstairs in her home! They are so incredibly trusting.... Just told me to go on up and look around. Lots of gorgeous paintings from local artist and lots of glass work and nicky nacks.



Viking Trail signs



Tent drying daily at lunch



Newfie Inochook

Continued on to Green Point CG at 16km was our planned stop for yesterday. The wind is at our backs and what a ride! We got to the destination for today... Mountain Waters Resort at Portland Creek, but there were gravel trucks coming out of the entrance and it was off the road 1 1/2 km so we decided to try to go on...80km so far. Lots of bay views. Incredible when the fish trucks pass... worse than a cattle truck... the smell just lingers, even the locals complain!

What can I say look at the average, and the afternoons average was much higher as we sailed along to River of Ponds CG which had lots of tent sites... kind of disgusting.. the RV's were dumping the dish water straight into the ground! We were tired out, but took the time to make spaghetti for supper with the kettle. Strange they have the showers up at the gate house.... Maybe to discourage using them. Nicely set up. The wind was cold in the CG. Another nice person offered us wood to make a fire, we were much too tired. Ran into a couple touring our direction from Montreal. They came into camp after us... they didn't seem too interested in visiting. It is Saturday and we are working on Mondays day plan so should have lots of time to cycle out to St Anthony's. Definitely saw Don's "flat Newfoundland" today.

DAY Fourteen River of Ponds to St Barbe RV Pk

Sunday August 2/09

D 107.52 M 40 A 14.8 PT 7h16 AT 9h od 1026.80 km

Well not quite the same ride today as we were into the wind or a side wind all day. Not as strong a wind as yesterday thankfully. This now has us 2 days ahead of schedule. We left River of Ponds after it raining part of the night! We should have looked at the number of days it rains here, not the amount of persipitation. We had our breakfast in the laundry room as it was dry. Set off at 0815 into the wind with 2<10kph hills before Torrent River where we had our French toast/pancake fix. Was a little hillier than yesterday. Piles of cut wood everywhere. They heat with wood and guys have wood lots where they cut the wood to sell. Another sign of their trusting as they just leave it all piled up at the side of the road for miles. Next food stop was Eddies Cove West where we road down to the pier and just had a rice crispie square... no services but had lots of sign of children... trampolines and swing sets. Pedaled on into the wind some more to Barr'd Harbour where we also stopped on the dock.... lots of lobster traps piled up... also no services and looks like knowone home in any of the 5 houses. Kept going to Tuckers Inn at the corner to go to Shoal cove, we decided to have veggie sands so we could keep going on to St Barbe. Not as much along the ocean front today and a little more hilly with mostly tree views. Lobster traps were pilled all along the road too? We think lobster season is done, but why they are there is a mistery.



Another interesting thing we have seen gardens just in the ditch by no houses but usually by a source of water.... Potatoes, lettuce, rhubarbs, onions.... No gardens seen by the houses. Finally today we asked when stopped at Plum Point and they said it is just locals.... They usually plant in the same spot each year. That along with the free range camping makes me think that people feel they are able to use crown land as their own. They have been making these gardens for 30 years ever since the road came thru and dug up the peat moss. Most seem to be adorned with a scarey guy and or a fence... to keep out the moose and rabbits. No troubles with anyone raiding I guess.

DAY Fifteen St Barbe RV Pk to Sue's Strawberry Pond

Monday August 3/09

D 60.62 M 42.9 A 13.7 PT 4h26 AT 9 h od 1087.42km

Up and enjoying the inside kitchen for our breakfast. NO rain overnight, a bit of dew, and looks like clear skies. They say no hills to St Anthony... we will see. We plan to come back here and go 1 day to Labrador if time allows. Not much in St Barb.... Convenience store in gas station, a hotel with restaurant and internet and a very few houses. Was cool overnight 10C in tent- glad to have my down vest to wear. Apples \$1 each, oranges 70c.... nothing really for veggies to eat so got garlic stick sorta pizza.... No that great should have had noodles. We noted that St Barbs is same latitude as Calgary so why is it such bad weather? More and more the "gardens" in the ditches. Ken asked and was told they are just locals who plant them and use the same site year after year.

Could see the ferry coming into port from up above on the road to Anchor Point. Will come back and take it next week.



We went by many Coves: Anchor Point, Deadman's cove {CG}, Bear cove, Pine cove to Flowers Cove [21k] which had a Co-op grocery, restaurant [Ken couldn't pass it without breakfast], up to Eddies Cove which is the end of civilization. Wind from the north east



Finally saw a fellow cutting wood but was not in the bush... was in Eddies Cove. They have a "saw horse" built with dividers to guide so the pieces are all the same length. They have sleighs to pull with skidoos I guess in the winter.



There are skidoo trails with signs just like the regular road. Light traffic with minimal shoulder. Everyone pulls over. We passed 2 Nordic ski clubs with chalets.... Couldn't go in to see if they had overnight accommodations or not. Much flatter land. High overcast and muggy. Got to 18C There is no services for 100km after Green Island Brook Cove. Stopped by a river bridge for bread and jam....



Very exhausted so decided to start looking for a camp spot. Found a spot with no car access with a nice pond and lots of wild strawberries. This might have been a gravel pit at one time, but no car access negated the use of it for a

outhouse! Put our food up a tree just in case of bears. Sign of moose and deer. Bike fell over and cracked my odometer! What next? I really like this bike, but the kickstand just doesn't hold well enough. Lots of rock but no rock houses.



Saw what we think was an iceberg.....far out, but photos too small to see much.

DAY Sixteen Sue's Strawberry Pond to 3 Falls RV park

Tuesday August 4/09

D 78.1 M 46.1 A 14.4 PT 5h25 AT 7 h od 1165km

Well we left our little spot in the pouring rain.... Just a pain trying to break camp when it's raining.. Rained constantly for 3hours headed to St Anthony. Left at just after 7 and as there were no restaurants or other places for Ken to stop and eat we made good time... well there is one Wildberry B&B/CG with restaurant, but we were so wet by that time we just went on.



Just before arriving we saw a bull moose.... Got a photo and a cow away in the field. Two cars slowed down to tell us about the moose at the side of the road... it was funny I took one photo and then it started to come towards me, I took another photo and then took off.



Got to St Anthony's 65.31 km A 15, M46.1, 4h22 at 11:30 went to Timmies for lunch and then back to tour Dr Grenfell's house.... Photos tell it all. He was very important Dr and just great person in this area... working with children in an orphanage and schools and religious teachings. Very interesting. Headed back to 3Falls RV and CG about 10km out of town... all the amenities: showers, laundry [really needed], power, internet, but satellite so not strong enough for skype, little store.... All we need. Headed up to L'anse au Meadows tomorrow.

GRENFELL HOUSE

The Sir Wilfred Thomason Grenfell Historical Society



Grenfell House was built between 1909 -1910. It was the home of Dr. Grenfell and his wife, Anne MacClanahan. Based on a New England design, the architects were Ash & Sons of Carbonear, NF.

The house has seen many changes throughout its history with rooms and chimneys being added and taken away. Originally, standing alone on the hill, the house became known as the "castle" with flower beds and vegetable gardens. Now, taken over by wildflowers and shaded by trees, it offers a quiet welcome to visitors from all over the world.

On the Grenfell's retirement to Vermont, the house became a residence for mission workers. Then, in 1978 the Grenfell Historical Society was formed and the house and surrounding land was turned over to them. Up to 1981, extensive restoration was made to the building before being opened to the public as a small museum.

Further restoration was made to the inside between 1995 - 1996.

The Grenfell Historical Society is a non-profit organization run by volunteers and is supported by membership fees, donations and grants.

Wilfred Thomason Grenfell was born on February 28, 1865 in a small coastal town in the north of England. He was an adventurous, impetuous boy who loved the outdoors and the sea. In 1883 Grenfell entered the London Hospital Medical School. While in London he heard the American evangelist, Dwight L. Moody. His words changed Grenfell's life and he decided to commit himself to Christ. Grenfell joined the Royal National Mission to Deep Sea Fishermen, an organization which provided medical and spiritual services to North Sea fishermen. In 1892, Grenfell was sent to Newfoundland to investigate the conditions in the Labrador fishery. "We're wonderful glad to have you," a fisherman said, "we've never had a doctor in these parts before." This was the start of Dr. Grenfell's lifelong work on a coast that was ice blocked and inaccessible for many months of the year. He was devoted to improving the life of the people. Dr. Grenfell practiced medicine, built hospitals, established schools and orphanages and, when not working on the coast, travelled in the UK and North America looking for support and labour. By the late 1920's the hectic pace had begun to take its toll and Grenfell had the first of a series of heart attacks. He died in Vermont on October 9th, 1940. His ashes were brought back to his beloved coast and are buried on Tea House Hill behind Grenfell House.



Dr. Grenfell using medications from the "lend a hand" box.

I could have spent a lot more time at the Grenfell house... full of such interesting furniture and artifacts right at your finger tips. There was a neat Bariisters cupboard that I would like to have.

DAY Seventeen 3 Falls RV park to Free range Loggers site

Wednesday August 5/09

D 84.48 M 46.5 A 13.9 PT 6h AT 7 h od 12500km

Left 3 falls CG early to head up the road to St Lunaire to the Wildberry Dark Tickle economusee. The road is under construction so about 20km with gravel patches every 100 yards.... Some too loose for on a bike, but my wide tires pretty good on gravel. The jamery as we call them was interesting. Ken had Partridgeberry pie and coffee, I had a scone with partridge berries in it and a partridge berry hot drink. They are purpley red berries kind of like saskatoons but grow on a ground cover like bush in the marsh. Very taste. This is a blueberry picker very much like Grand dad T's



A TICKLE is a salt water narrow chute of water that goes thru the land like a river, so they have a lot of fog off of this water... we came down into it and had to turn on our blinking lights for safety. Continued on with maybe 2 <10kph hills up to L'Anse aux Meadows by 1030.[~30km] Took the tour of the info center with the movie and then on to see the actual site and the replica site of the Norse village. Interesting young man very knowledgeable told us about how they recreated the buildings, partially by copying a village that was covered by volcano run off in Iceland, by comparing the size of the buildings and other items. They found significant items to prove it was a Norse village ie a

cape pin that was only used by people of this time from Norway. The only changes they made were the height of the doors... the original doors were about 5 ft so they had to stoop to get thru... had to attack in a stooped position... also they added doors interiorly to accommodate large groups... the original houses you had to go outside to go from kitchen to work area and to rooms. One of the guides was a child of 10 [aprox. 1959 for 8 years when they digs started. He has spent his entire life in this area. Wanted to go to the live theater production tonight but it was in St Lunaire and there was no accommodation close enough for walking to it.



replica of small ships they crossed in



Yarn and work room.



Actor in the long house

!



Ken by a sod house door... built short





So set off late afternoon... saw a large ice burg and went to the shore to view it... rather far out so will see if can adobe it in closer

We have passed numerous Cross country ski clubs. The road side markers show how much snow they must get..... about 7 ft up for the grader to see the edge of the road at times.

Started back down... nice sunny day so decided to head towards St Barb to make it all the way tomorrow. Stopped at the Wildberry B&B which turns out is a bit of a hostel. They advertise they have a restaurant, but when we went in they only had meat chile on the menu. They made us a salad and then only wanted \$2 for it! One of the guys was a nurse for 35 years in Labrador... would have been fun to stay and talk to him for a while. He walks like he needs a hip replacement. We headed off into the sunset@ 1930 and went another 10km to a site where the wood choppers work. It was empty so we set up our tent and hit the hay. The mossies and black flies were bad bad. Hung our food in a lean 2 just in case. Some clouds, but good day. As Jessie says I stink therefore I am! Had a small wash up, but really going to need a shower tomorrow night. The interpretor said the Norse were very clean, they bathed once a week and changed their clothes, unlike the Scots and French who bathed once a year!



DAY Eighteen Free range Loggers site to LABRADOR

Thursday August 6/09

D 97.67 + 8km in Labrador M 40.9 A 12.1 PT 8h AT 12.1 h od 1356.88km

Up to mossies +++ and CLEAR BLUE SKY ! dew on the tent... set off for the airport Under the Wings café at 0700. Now that's a first for this trip. 24.12km 1h30 15.1/40.9 Minimal traffic. Not much of a café and expensive \$1.25 for 1 egg but we got to wash up and get ready for the day. I have started to eat the occasional egg and I think that is hurting my digestion so will cut it out! On the search for NUTS.

Forest smells of clean dirt and Pine trees. Around the airport they had a fire 30 years ago and the trees are so sparse and small. They call this a "tuckamore forest" I wonder what that means?

Started off from the airport into a brisk head wind.... No services for 40 km and it took us 4 hours... that tells you it was really brisk as few hills. The wind got worse the closer we got to the west coast. Stopped at Eddies Cove for sandwiches [pb] on a warf once more. The ocean is just boiling. Smells of the tide out and old fish! Wind is cold off the water. Continued on in an unrelenting wind swirling head, left, right but not backside! Racing to get to the ferry. Flower's cove stopped for Pop at the Hilltop grocery general store. Hot finally 25C in the sun but the coolness of the wind is nice.



Continued on with no let up in the wind until just 5 km from the ferry we go a bit of a push for 2 km which helped our time and energy. Arrived at 1730 and thought we would not get on but not in Newfoundland.... Boarding right up to sailing time on a ship more than a ferry. Bikes free \$7.50 for me and \$6 for the old guy. Averaged about 9kph into the wind. I sure hope Don and Bernard were coming north with that wind at their backs today Tired BIG TIME!

1 ½ hr ferry ride on a choppy sea and what do I do.... Ken buys club sandwiches.... Hold the bacon not thinking about the turkey.... Yuk I was so hungry I decided to try it.... 30 minutes later... you don't want to know.... I really regretted loosing my chocolate bar too! Really cold and windy and waves splashing up on the outside deck. Arrive in Bar-Sablon, Quebec and cycle up up up for 5 km to Labrador and then 2km 7% into the town of L'Anse-au-Clair where the black flies are eating us alive due to sweating so profusely. The woman at the Inn must have taken pity on me as she said no charge for your mode of travel. The RV park is really just getting built... the washrooms are not finished but have a nice rest room with shower, toilet and sink for one to use mean time. The hotel was full with a tour group so no luck there. Both of us were tuckered out.... Shower and to bed. Black flies are like mosquitos in that they swell when they are full of your blood... but they crawl into any spot ie ears, hair, under socks, toques and wait.... They bite more than once until full and may still sit there just to irritate you... not a nice bug. People told us Labrador is the homeland of black flies and I think they are right. Lucky the wind blows here! They were so thick around us going up hill last night Jessie I was like in Quebec, ready to put the tent up in the ditch for some relief.

There is a BakeApple festival here this weekend but another 25km or more up the coast and we are taking a day off here, so unless we get a car invite we will just rest on the beach and veg.

DAY Ninteen LABRADOR- DAY OFF

Friday August 7/09

Walked only

All day just spent at the beach, walking about town and just generally resting up with bikes locked all day! Have to head up that 7% grade in the morning for the ferry at 1030. Pictures to follow

Happy birthday #4 to Quinn our grandson.