

Newfoundland

The Great Northern Peninsula

A Greentours Itinerary

Day 1 To Deer Lake

Our flights via Halifax arrive into Deer Lake late in the evening.

Day 2 Gros Morne National Park

Today we head to Gros Morne National Park, a UNESCO World Heritage Site. Our first stop will be the Lomond River where we will look for several orchids including *Cypripedium parviflorum* and the stunning large pink and white pouches of *Cypripedium reginae*. Also here is the very rare *Corallorhiza striata* var. *vreelandii*. In the afternoon we will visit the serpentine barrens of the Tablelands. This area looks like a moonscape and superficially appears quite dry. However, looks are deceiving; water flows just below the rock surface allowing pitcher plants to grow in the gravel! Here we will look for some endemics and near-endemics such as *Cerastium terrae-novae* and *Minuartia marcescens* and the disjunct fern *Adiantum aleuticum*. Other noteworthy plants will be *Silene acaulis*, *Armeria maritima* subspecies *siberica*, *Primula egaliksensis* and *Packera paupercula*.

Day 3 Western Brook Pond & Berry Head Pond Trail

This morning we will take a boat tour on Western Brook Pond, a landlocked fjord. The scenery will be breathtaking and the one hour walk to the boat dock will allow us to visit some local bogs and see some boreal forest wildflower species such as *Clintonia borealis*, *Maianthemum canadense* and *Cornus canadensis*. In particular we will seek the exotic-looking pink *Arethusa bulbosa* orchid which blooms amongst much *Rubus chamaemorus* and the dwarf cottongrass *Trichophorum alpinum*. We even have the potential to find white and bicolored forms. Pitcher plants and sundews will also abound. In the afternoon a level trail around Berry Head Pond will introduce us to some fine woodland wildflowers most notable amongst the fabulous pink lady's-slipper orchid, *Cypripedium acaule*.

Day 4 Barrens near Bellburns & the Maritime Archaic Indian National Historic Site

This morning we will head to the Barrens near Bellburns where we will have our first taste of real limestone barrens. We will look for the Newfoundland's rare orchid *Platanthera hookeri*, along with the more common *Platanthera huronense* and *Platanthera aquilonis*. Yellow Lady's Slippers will abound. The "forest" of the barrens are composed of prostrate Arctic willow (some 6 species), *Betula pumila*, *Dryas integrifolia*, *Empetrum nigrum*, and *Arctostaphylos uva-ursi*. We will have

lunch in an excellent seafood restaurant at Port-aux-Choix. In the afternoon we will visit the Maritime Archaic Indian National Historic Site at Port-aux-Choix to learn about the people that lived in this area 5000 years ago! In some years there are literally thousands of yellow lady's-slippers in this area. In places the ground will be pink with the abundance of *Oxytropis campestris* var. *johanenesis*. If lucky, we may find some vanilla-scented *Pseudorchis straminea*, known in Europe as the Small White Orchid.

Day 5

Plum Point & Nameless Cove

Today we botanize around Plum Point and points further north such as Brig Bay, Nameless Cove and Anchor Point. Here we will see a mix of coastal flora and limestone barrens flora, including the endemic *Braya longii*. Other plants of note will be *Saxifraga cespitosa*, *Halerpestes cymbalaria*, *Iris hookeri*, *Primula laurentiana* and *Cornus suecica*. A trail in St. Barbe is excellent for a number of uncommon woodland plants like *Streptopus lanceolatus* and *Streptopus amplexifolius*.

Day 6

Cape Norman and L'Anse-aux-Meadows

We have a bit of driving today with a morning stop at Cape Norman. Cape Norman is home to three endemics; *Braya fernaldii*, *Salix jejuna* and *Astragalus bodinii*. The scenery here is stunning with chances at seeing icebergs if any are around. Amongst Arctic willows and a wide variety of Arctic-alpine species we'll also find orchids such as *Dactylorhiza viride*, *Cypripedium parviflorum*, *Pseudorchis straminea* and the lovely *Galaeris rotundifolia*. In the afternoon we will visit L'Anse-aux-Meadows, another UNESCO World Heritage Site...the only authenticated Viking presence in North America dating back to the year 1000 AD. A walking trail near the Viking site will see us amongst five *Vaccinium* species, *Rubus chamaemorus*, and the very dwarf Newfoundland birch, *Betula michauxii*. Dinner this evening will be at the Norseman Restaurant, seafood extraordinaire.

Day 7

Whale and Iceberg-watching Boat-trip & Burnt Cape

We start the day with an exciting boat tour with the intent of looking for whales and icebergs. We'll spend the afternoon at Burnt Cape, a botanical wonderland with the widest diversity of Arctic-alpines found anywhere in Newfoundland...or this far south in the world! Besides species seen earlier on the trip, we will add *Potentilla nivea*, *Saxifraga paniculata*, *Antennaria alpina*, *Bartsia alpina* and *Cerastium alpinum* just to name a few. Besides arctic-alpines, we will look for the orchids *Amerorchis rotundifolia*, *Corallorhiza trifida*, and *Dactylorhiza viride*. Most wonderful, if blooming, will be the only population of *Calypso bulbosa* orchids known in Newfoundland. It will be early evening before we reluctantly leave this shangra-la and head back to our hotel in St. Anthony for the night.

Day 8

Down the Great Northern Peninsula visiting Trombolite Fossils and The Arches

Today is a driving day as we head back down the Great Northern Peninsula to Deer Lake. We will make scattered stops to pick up on any plants we might have missed earlier in the trip. En route we will visit the Trombolite Fossils of Flower's Cove. These rare fossils date back more than 3.5 billion years! Next we will visit the Arches, a coastal limestone outcrop with several open arches overlooking the sea. Among the prostrate *Shepherdia canadensis* and *Juniperus horizontalis* we will look for *Rubus arcticus* and the rare hybrid *Rubus X paracaulis*. Look for Humpback Whales offshore as they are often seen this time of year.

Day 9

Departure

Today we head back to our respective homes, feeling botanically overwhelmed after a week on the unique and hauntingly beautiful Newfoundland limestone barrens.

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