

## AUTUMN IN NEWFOUNDLAND AND LABRADOR BRINGS FOLIAGE, FESTIVALS AND FAVORABLE RATES



**NEWFOUNDLAND AND LABRADOR** (August 21, 2018) – The fall months of September and October are an idyllic time to visit [Newfoundland and Labrador](#). Off-the-beaten-path travelers will find lower rates, vibrantly colored backdrops, cooler weather, and plenty of adventures and traditional Newfoundland festivities to explore.

### FOLIAGE ADVENTURES

With crisp air, gold, crimson and amber colored tree tops, and freshly ripened berries for picking, fall is a favorite season amongst hikers to Newfoundland and Labrador.

The Hike Discovery Trail Network on the Bonavista Peninsula of Eastern Newfoundland offers a stunning coastal trail system filled with sea cliffs and barrens. For fall hikers, the Skerwink Trail delivers scenic views of Port Rexton and Trinity's autumn colors. Self-guided trail maps can be purchased via [hikediscovery.com](http://hikediscovery.com).

The [East Coast Trail](#) network links together 32 historic communities from Portugal Cove, to Cape St. Francis, to Cappahayden with 186 miles of world class hiking. In the fall, hikers can berry pick along the trails while passing lighthouses, abandoned settlements, sea stacks, and deep fjords. October is known for delivering delicious cranberries and partridgeberries, following the first frost of the season.

[Bonavista Adventure Tours](#) offers visitors a variety of outdoor adventures available through October including historical walking, boating and hiking tours, as well as foraging and beach boil ups. Often referred to as a “mug-up,” Newfoundland boil-ups are a local favorite tradition where groups of friends and family gather on the beach for tea and cooking over the open fire. The Forage & Beach Boil Up excursion starts with foraging for natural ingredients such as berries, plants, and seafood to be cooked during the boil-up. Priced at \$120 CAD per person, the four hour experience also includes samples of salt fish, lobster, cod, mussels and moose.

## SEASONAL RATES

Reduced hotel rates and value-added packages are available across the province in fall. On the Bonavista Peninsula, boutique inns such as [Fisher's Loft Inn](#) in Port Rexton offer October rates starting at \$125 CAD per night with a minimum two night stay. October rates start at \$120 CAD per night at the [Russelltown Inn](#) in Bonavista.

From September 1 – October 28, [Artisan Inn and Vacation Homes](#) in Trinity invites guests to experience the three-night “Hike and Dine” package. Travelers can spend four days exploring nearby coastal hiking trails including Skerwink Trail in Port Rexton, Gun Hill in Trinity, Fox Island Trail in Champney's West, The Cape Shore Trail in Bonavista and Murphy's Cove Trail in Port Union. The package includes three nights in an Artisan Inn room or vacation home; daily continental breakfast; two dinners at the Twine Loft restaurant; one happy hour beverage per person (Iceberg Beer, wine or cocktail made with Newfoundland spirits); and a set of Hike Discovery waterproof maps of seven local trails for self-guided hikes. Twelve dollars from every package sold is given the Hike Discovery Association for development and maintenance of trails in the region. Packages start at \$137 CAD/night/person based on single occupancy with more savings in larger groups.

## LOCAL FESTIVITIES

Each September, the community of Elliston on the eastern part of the island hosts the annual [Roots, Rants, and Roars](#) festival, a two-day culinary event featuring local and come-from-away chefs. This year's festival will kick-off on September 14 with Cod Wars, a local chef's challenge to be named the king or queen of cod. The next day is the Food Hike where participants hike station to station along sandy beaches, rocky cliffs and quaint root cellars to be served Newfoundland-inspired dishes by various featured top chefs. Local musicians are also stationed throughout the hiking trail. The festival concludes that evening with the Feast featuring a multi-course meal served on harvest tables.

On the west coast, [Gros Morne Fall Fest and Craft Fair](#) returns from September 27 – 30. The weekend celebration of crafts, music, cuisine and culture takes place in the oceanside community of Cow Head, located at the northern-most enclave of Gros Morne National Park. The four day festival is filled with local traditions, craft workshops and demonstrations, concerts, and fish and chips a plenty. [Packages](#) available starting at \$105 CAD per person.

To plan a trip and more information on Newfoundland and Labrador, visit [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com).

### **About Atlantic Canada Agreement on Tourism (ACAT):**

This project has been made possible through funding provided by the Atlantic Canada Agreement on Tourism (ACAT). ACAT is a nine member pan-Atlantic initiative comprised of the Atlantic Canada Opportunities Agency, the four Atlantic Canada Tourism Industry Associations, and the four Provincial Departments responsible for tourism.

For more information on the four provinces, visit these websites or follow on social media:

#### **New Brunswick**

Web: [www.tourismnewbrunswick.ca](http://www.tourismnewbrunswick.ca)

Instagram: [@DestinationNB](#)

Twitter: [@SeeNewBrunswick](#)

Facebook: [@DestinationNB](#)

#### **Nova Scotia**

Web: [www.novascotia.com](http://www.novascotia.com)

Instagram: [@VisitNovaScotia](#)

Twitter: [@VisitNovaScotia](#)

Facebook: [@NovaScotia](#)

**Newfoundland and Labrador**

Web: [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com)

Instagram: [@newfoundlandlabrador](https://www.instagram.com/newfoundlandlabrador)

Twitter: [@NLtweets](https://twitter.com/NLtweets)

Facebook: [@NewfoundlandLabradorTourism](https://www.facebook.com/NewfoundlandLabradorTourism)

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**Prince Edward Island**

Web: [www.tourismpei.com](http://www.tourismpei.com)

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