



PEDAL & SEA
adventures

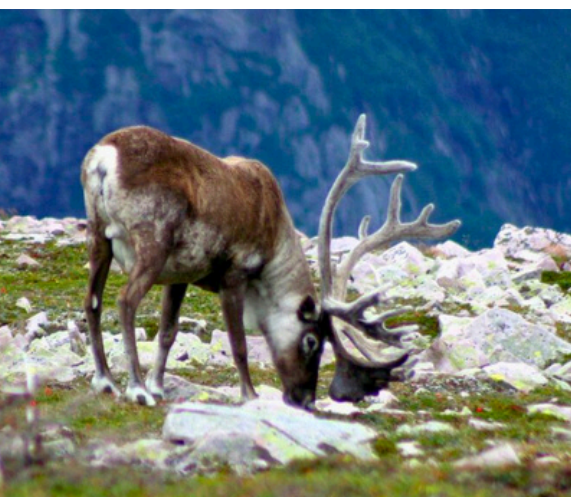
NEWFOUNDLAND'S VIKING TRAIL TOUR PACKAGE

As you prepare for your cycling tour in Newfoundland, here is
some important information about your vacation with
Pedal & Sea Adventures





NEWFOUNDLAND'S VIKING TRAIL PRE & POST TOUR IMPORTANT INFORMATION



AIRPORTS

Deer Lake Regional Airport (YDF)

The closest airport to the start of your tour. We recommend this airport. If flying in the day of the tour, please make sure your flight lands before the tour start time at 11:30 am.

ACCOMMODATIONS

DEER LAKE HOTELS

- [Deer Lake Motel \(click here\)](#)
- [Driftwood Inn \(click here\)](#)
- [Holiday Inn Express \(click here\)](#)

Suggested Apps To Install:



We use WhatsApp — Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS — Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)

TRANSPORTATION

Taxi

Star Taxi is the primary ground transportation service provider at the airport. They provide taxi services to all areas of the region and also operate a shuttle service to nearby Corner Brook ([709 634-4343](tel:7096344343))

Options for taxis are limited. For up-to-date information about transportation to and from the Deer Lake Airport visit [Ground Transportation – Deer Lake Regional Airport \(click here\)](#).

Uber

Uber is NOT available in Deer Lake.





IMPORTANT INFORMATION

Tour Pick-up

- Deer Lake Motel, Driftwood Inn and Holiday Inn Express – approximately 11:30 AM – 11:45 AM
- Deer Lake Regional Airport – approximately 12:00 PM

Tour Drop-off

- Deer Lake Regional Airport – approximately 6:00 PM

Travel Time

- Deer Lake to Wiltondale (start of tour) – approximately 30 minutes via our shuttle.

Weather

- The weather in Newfoundland varies. The average high temperature during tour season is about 20 °C (68 °F), but be prepared for the possibility of warmer, or cooler temperatures. Nights are especially cooler and average 11 °C (52 °F). Coastal fog and showers are not uncommon and bringing appropriate rain gear is important.

Laundry

Guests looking for laundry services have limited options while on tour.

Newfoundland Laundromats

- There are complimentary guest laundry facilities at [Sugar Hill Inn](#). (Days 1 -3)

MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check-in. **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every to provide a safe environment.
- **DIETARY:** Please confirm any dietary needs or preferences at registration.



Nearby hospitals and health care centres

Western Memorial Regional Hospital - 1 Brookfield Avenue, Corner Brook

Bonne Bay Health Centre - Norris Point

Dr. Charles L LeGrow Health Care Centre - 1 Grand Bay Road, Port aux Basques



ADDITIONAL INFORMATION

What we provide:

- small bike bag (it is recommended that you bring a lightweight backpack just in case)
- bike light
- snacks (if you have dietary restrictions or allergies you may wish to bring your own snacks)
- cold drinks
- bicycle rental
- helmet - you can bring your own, or we can provide one. Helmets are mandatory.
- reusable water bottle
- gps navigation
- universal phone mount for bike



Roads & Traffic

- Newfoundland roads use kilometers (km) for distance and speed limits.
- 1 km = 0.62 miles



Banking and shopping

- Banks are open Monday-Friday and closed on Saturday & Sundays
- Shopping is generally open Monday to Saturday and shortened hours on Sunday
- Alcohol can only be purchased at Newfoundland Labrador Liquor Corporation (NLLC) authorized outlets. You can also buy beer at most convenience stores and gas stations.



Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: \$20-25 per day – per guest – per guide – as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

CHECKLIST

Items We Suggest You Bring

- Official travel documents
- Airline tickets
- Passport or government ID
- Hiking shoes (**IMPORTANT ITEM**)
- Luggage: 1-2 carry-on sized suitcases per person (if possible)
- One personal bag: if your tour has a hiking portion, a knapsack to carry items
- Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- Cycling shorts (1-3 pairs)
- Arm warmers
- Cycling rain gear (jacket, waterproof/breathable pants)
- Cycling shoes
- Cycling gloves
- Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost
- Comfortable walking shoes
- Sweater, light jacket or windbreaker for after dinner
- Bring a few lightweight, easily washable items for city wear (dinner and sightseeing)
- Fleece / Lycra sweater / long sleeves
- Mobile phone and charger
- Sun hat or visor
- Swimsuit
- Sunglasses
- Sunscreen/bug spray
- Any medical or nutritional items you deem necessary
- Gel seat cover, or your own saddle (do not bring the post)
- Rear view mirror, if desired.
- Extra water bottle, if desired.
- Chamois cream
- Sandals for beach
- Pedals: If you want to clip in, bring your own pedals. and cycling shoes. Our guides will put your pedals on your bike. This does not apply to e-bikes.

POINTS OF INTEREST

WHAT TO SEE AND DO

DEER LAKE HIKING TRAIL

Explore Deer Lake's Hiking Trail system. Deer Lake is considered one of the most favorable areas climatically for plant growth on Newfoundland. As such, the town is characterized by thick tree cover and a mosaic of wetlands. The area is home to a diverse range of wildlife. You can view a map of the trail system here. [Trail system map](#)

DEER LAKE BEACH

Deer Lake Beach, located in the heart of Deer Lake, Newfoundland, is a scenic and peaceful spot that offers visitors a chance to relax and enjoy nature's beauty. The beach is set against the backdrop of the majestic Humber Valley, with clear, calm waters perfect for swimming. In addition to its natural beauty.

Deer Lake Beach features a restaurant with seating, making it a perfect spot for dining with a view. Visitors can also rent paddleboards and boats, providing more ways to enjoy the lake.

NEWFOUNDLAND INSECTARIUM

The [Newfoundland Insectarium](#) is located just outside Deer Lake, NL. It features thousands of live and mounted insects, arachnids, and arthropods from around the world.

Owned and operated by Lloyd and Sandy Hollett, the Insectarium sits on 20 acres of land and boasts nearly 8,000 square feet of exhibit space in a converted barn.





A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

Michael

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