



Conference Location, Accommodations, and Social Options

The conference will be held at the Sheraton Hotel Newfoundland, 115 Cavendish Square. The hotel is located in downtown St. John's.

A block of rooms have been reserved for June 24th and June 25th. The conference rate is \$179.00 per night. These rooms will be held until May 20th and thereafter will be released, so please make your reservations prior to May 20th.

Please contact the Sheraton for room booking either via the link below or via telephone. Let the reservations clerk know that you are attending the Garrod Meeting.

Sheraton Hotel Newfoundland

Tel: 709 758-8152

<http://www.starwoodmeeting.com/StarGroupsWeb/res?id=1003318120&key=BC03>

Social Options

In addition to the Garrod Symposium Dinner there is the option of attending a traditional Pub crawl on June 26th. The Pub crawl will be organized through McCarthy's Party. The evening will include transportation, supper, a beverage in 4 pubs on George Street, and a dancing lesson. Of course, there will be the opportunity to become an honorary Newfoundlander (priceless) via a screech in! More details regarding the night are attached in the Tourist information (Rally in the Ally).

The price of the evening is \$90.00 plus tax. Partners or Friends are welcome to join in. For those individuals travelling with young children, I have access to a number of great babysitters through my 15 year old daughter - so please contact me if you need help making arrangements! (Lesley.turner@easternhealth.ca)

If you are interested, please include this form with your registration information.
Payment can be made at the event.

Please sign me up for the Pub Crawl!

Name _____

E-Mail _____

Number of Tickets _____

Dietary restrictions _____

NEWFOUNDLAND Pub Crawl “Rally in the Alley”

Rally in the Alley 2300

1800 –

This is our most popular event. It allows delegates to experience the nightlife for which St. John’s is so famous as well as some of our humor and culture. The Rally in the Alley lets the group enjoy a pub dinner, learn local step dancing, learn some local songs, and to be welcomed into the Order of Screechers. It is a thyme to be remembered for years to come.

“Rally in the Alley”

St. John’s has more bars and pubs per capita than any other city in Canada and most of them are located on the infamous **George Street**. During the evening the group will experience the famous nightlife of downtown St. John’s. We will host a traditional Pub Dinner and follow dinner with an organized Pub Crawl with a common gathering place once all have finished with their respective bars. Here we present one of our fine local bands that are guaranteed to keep the group going to the end of the night. The logistics of the event will go as follows:

Meet in Hotel Lobby 1830

1800 –

We will meet in the Hotel Lobby for the start of the “**Rally in the Alley**”. Transportation to George Street will be provided.

Pub Dinner at Bridie Molloy’s 1930

1830 –

For dinner, Bridie Molloy’s will provide the traditional fish and chips that have made St. John’s so famous. For those who are allergic to seafood we will arrange for an alternative meal. While enjoying supper, a great local Newfoundland act will entertain you. Once everyone has finished eating we will describe the flow of the event, introducing on stage the musician (bagpiper, drummer, fifer, etc.) that will lead the group for the rest of the evening. Once all logistics have been explained the group would then march their way to the George Street for the pub-crawl.

Pub Crawl on George Street 2200

1930 –

We will travel to 3 different venues with the earlier musician leading the group to each venue, and at each we venue entertainment will be provided including: An Irish Step Dance lesson from local dancer, a Newfoundland Sing-a-Long with song sheets, and a Newfoundland Screech-In, with the infamous Ruby Brace.

We will arrange for a drink at each venue and following this we will meet at a final pub for some entertainment.



PRICE: \$90.00 + tax

Includes: Transportation to George Street, traditional fish and chips, 4 drink tickets, screech-in, Irish step dancing lesson, sing-song and entrance to the final venue.

Based on 50 participants

Optional Tours

Option #1 - Far East of the Western World (Half Day)

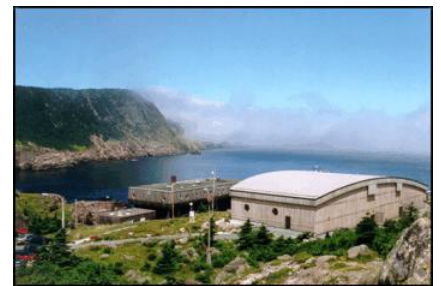
Tour old St. John's with plenty of time to see such National historic sights as Cabot Tower, Signal Hill, the Anglican Cathedral of St. John the Baptist and the Basilica. Hear the legends of Dead Man's Pond, and Government House and the history surrounding the Colonial Building. This tour will orient you and give you a feel for the history, legend and lore of St. John's, the oldest community in North America. Next we are off to visit the National Park at Cape Spear, the most easterly point of land in North America. Here the lighthouse has been restored to circa 1836. Explore the bunkers built by Canadian soldiers in the side of the cliffs here during the Second World War. Now you can say you have been to the other "Far East" where you can stand with your back to the Atlantic and face every other being in North America - or turn your back on them. The choice is yours.



PRICE PER PERSON: \$ 45.00

Option #2 - Outports and Lucky Rocks (Half Day)

This is a beautiful scenic tour which takes you along the Atlantic coast and includes stops at Quidi Vidi Village with its snug cove; the Oceans Sciences Research Centre in Logy bay to touch and see the marine life of the Atlantic; Middle Cove Beach with its dramatic cliffs where you can look for lucky rocks or put your feet in the ocean, and Flatrock where the hills run so smoothly into the sea that they can be used as a natural slipway. Learn about the folklore, humour and culture of the Newfoundland people along the way.



PRICE PER PERSON: \$45.00

Option #3 - Bird Island Tour (Half Day)

Today begins with a drive down the Southern Shore to the historic Irish outpost, Bay Bulls. Here we take a boat ride out to the Witless Bay Ecological Reserve Bird Islands, home to thousands of Atlantic Puffins, Murres and Kittiwakes in the spring and summer. Although it is early in the season, we will look for whales which frequent this bay in the summer months. June is the end of the iceberg season in Newfoundland and Labrador so if any of these natural wonders are in the Bay we will certainly get a good looks at these giants.



PRICE PER PERSON: \$80.00
includes transportation to and from
Bay Bulls and boat tour

All tours are tax included.

Please contact McCarthy's Party 709-579-4480 or toll free 1-800-660-6060 to arrange for one of our morning or afternoon departures.

Things to See and Do in St. John's and the Avalon Peninsula

East Coast Trail: The 540 km east Coast Trail is located along the scenic shores of the Avalon Peninsula. 220 km of the trail are world-class hiking standard. This section of trail stretches from Fort Amherst in St. John's to Cappahayden on the Southern Shore.

www.eastcoasttrail.com

Grand Concourse walking trail: 100 km of walking trails spanning 3 municipalities; incorporates a network of lakes, ponds and rivers with supportive boardwalk for comfort.

www.grandconcourse.ca

Johnson GEO Centre : world-class geological interpretation centre highlights the unique and remarkable geological features of NL. www.geocentre.ca

The Rooms: Unites the Provincial Museum, the Provincial Art Gallery and the Provincial Archives under one roof. www.therooms.ca/artgallery

MUN Botanical Gardens – 110 acres of gardens and natural habitat

www.mun.ca/botgarden

Dinner Theatre :

Spirit of Newfoundland Productions (spirit@nlrogers.com) and Theatre at St. John's Lane

Theatre: <http://thescope.ca/on-stage/>

Music: thescope.ca

Out-of-Town

Salmonier Nature Park – A 2.7 km boardwalk takes visitors through woodlands and streams and see moose, lynx, owls, arctic fox and many other animals and birds in their natural habitat. <http://www.env.gov.nl.ca/snp/>

Cape St. Mary's Seabird Ecological Reserve – See over 1000 nesting pairs of murres, large colonies of Northern Gannet, cormorants, black Guillemot and more. (200 km from St. John's)

The Colony of Avalon – Archaeology – Archaeological site in Ferryland (80 kms from St. John's) is the location of George Calvert's Colony of Avalon founded in 1621. See traces of native Beothuk occupation as well as Portuguese, Norman and Breton fisherman from the early 16th century. www.heritage.nf.ca/avalon/arch/default.html

Lighthouse Picnics – also in Ferryland. Gourmet lunches brought to you while you admire the sea. <http://www.lighthousepicnics.ca/>

Boat Tours

O'Briens: www.obriensboattours.com

The Outfitters kayaking: <http://www.theoutfitters.nf.ca/>

Schooner Sailing adventures: David Murphy – Topsail 709-781-2113

Golf

Clovelly Golf Club	36 Holes	St. John's
Pippy Park Public Golf Course *	27 Holes	St. John's
Glendenning Golf	18 Holes	Mt. Pearl (15 min. from St. John's)
Willows at Holyrood	9 Holes	Holyrood (1/2 hour from St. John's)
The Wilds at Salmonier river *	18 Holes	Salmonier (45 min. from St. John's)

Where to Eat

Downtown

Yellow Belly Brewing Company 288 Water Street & 1 George Street 757-3784 - a recently-opened brew pub with delicious pizzas, burgers and fries.

The Casbah 2 Cathedral St. 738-5293. Bistro meals – generous portions. Great ambiance.

Get Stuffed 190 Duckworth St. 757-2480. Jazzed-up comfort food with sides for sharing.

Bagel Cafe 246 Duckworth Street. 709-739-4470. Some of the best breakfasts in town – you can't go wrong with their waffles.

Pi Pizza 10 King's Rd 726-2000. Innovative combinations of ingredients and thin crusts.

Basho. 283 Duckworth Street. Decadent Japanese fusion.

Tangled up in Blue. Bates Hill 738-0008 - our only Australian restaurant. Their back patio is a hidden jewel.

The Sprout 364 Duckworth Street (709) 579-5485 – funky and tasty veggie fare.

India Gate 268 Duckworth Street 753-6006

Taj Mahal 203 Water Street 576-5500

The Taj's lunch buffet is better but India Gate tends to win out in the discussion of where to find the best Indian food.

Sun Sushi 186 Duckworth Street 726-8688

Asian Taste 250 Duckworth Street 576-3311

Neither of these compare to the sushi to be had in Toronto or Vancouver, but they're still good restaurants and Asian Taste has a fun all-you-can eat deal.

International Flavours 4 Quidi Vidi Road 738-4636

You make one choice here: veggie or not. Then you get a heaping plate of various Pakistani dishes for a very low price.

Not that far from downtown

Bacalao 65 Lemarchant Road (709) 579-6565 “Celebrating the cuisine and culture of Newfoundland & Labrador, Bacalao offers a unique and innovative presentation of the foods, flavours, produce and spirits of our province.” Worth the walk up the hill.

Ches' vs Leo's Freshwater Rd. Head up to Freshwater Road for the quintessential battle of the fi' and chi' joints.

The Rooms Cafe Bonaventure Avenue/Lemarchant Rd – excellent lunch meals and super views.

Off the beaten path...

Atlantica – Portugal Cove (\$30-40 cab ride from downtown). Amazing food with spectacular views of Bell Island and Conception Bay. *En Route* magazine's Best New Restaurant for 2007.

By-The-Beach Restaurant and Take Out, St. Phillips, NL, 709-895-8800. Worth the drive out of town for the fish & chips. More wonderful views of Conception Bay.

Lighthouse Picnics – Ferryland, NL 709-363-7456. A one-hour drive from St. John's gets you a fabulous gourmet picnic and breathtaking scenery.

