

1,122km Trans Labrador Highway Trade Toolkit

Planning Expedition 51⁰ or Three UNESCOs – Newfoundland Extension Itineraries

Best summer times to visit Labrador

Attraction	Good	Best
Whales	Mid June to mid August	Mid June to mid July
Icebergs	May to July	Mid June to mid July
Hiking	May to October	June or September
Berry Picking	August to October	Mid August to mid September
Trans Labrador Highway	Year-round (except May)	June to October

Climate

The Trans Labrador Highway covers a large area of Labrador, temperatures and precipitation vary; it's best to prepare for both warm and cold weather. Happy Valley-Goose Bay is much warmer than the south coast near Mary's Harbour. Happy Valley-Goose Bay can reach into the 30°C range during the summer months, and Mary's Harbour, mid-high 20°C.

For an overview of Happy Valley-Goose Bay weather, [click here](#).

For an overview of Mary's Harbour weather, [click here](#).

Black-Fly/Mosquito Index

Not unlike other northern regions, Labrador's bio-diversity leads to a healthy population of mosquitos and black-flies. Based on our local knowledge, here are your chances of encountering flies - come prepared!

Location	Off-peak	Peak
Interior	Mid June - begin July	Begin July - mid August
Coastal		
North Coast	Begin July - mid July	Mid July - end August
South Coast	End June - mid July	Mid July - late August
Torngat Mountains	Begin July - mid July	Mid July - mid August

Time Zones

Happy Valley-Goose Bay (HV-GB) is in the Atlantic Time Zone (TZ), but Southern Labrador is within the Newfoundland TZ, which is a 30min later than Atlantic time. Blanc-Sablon in Quebec also observes Atlantic Time, but, does not observe Daylight Saving Time like the other two regions. In summer, when it's 6pm in Newfoundland and the south coast of Labrador, it's 5.30pm in HV-GB, but 4.30pm in Blanc-Sablon.

