



Gros Morne  
National Park

# Tuckamore

## A Visitor's Guide



Parks  
Canada

Parcs  
Canada

Canada



## Contact Information

Gros Morne  
National Park of Canada  
P.O. Box 130,  
Rocky Harbour, NL  
A0K 4N0

grosmorne.info@pc.gc.ca  
www.pc.gc.ca/grosmorne  
(709) 458-2417

### Campground Reservations

www.reservations.  
parkscanada.gc.ca  
1-877-737-3783 /  
(TTY 1-866-787-6221)

### Swimming Pool

(709) 458-2350

### Boat Tours

Western Brook Pond  
(709) 458-2016 /  
1-888-458-2016

### Ferry Information/ Reservations

Marine Atlantic  
1-800-341-7981

Strait of Belle Isle  
(St. Barbe)  
1-866-535-2567

### Bus and Taxi Services

Martin's Transportation  
*Corner Brook to Trout  
River, Monday – Friday,  
year round.*  
(709) 453-7269 / 2207

Pittman's Taxi  
(709) 458-2486 / 8401

Bonne Bay Water Taxi  
(709) 458-2016 /  
1-888-458-2016

Gros Morne VIP Tours  
(709) 458-8818  
(709) 458-2291

## Emergency Numbers

Park Wardens  
1-877-852-3100

Police  
1-800-709-7267

Hospital  
(709) 458-2201

Ambulance  
243-2520 (Cow Head)  
458-3444 (Rocky Harbour)  
453-2091 (Woody Point)  
453-2048 (Trout River)

911 (cell phone only)

# Welcome to Gros Morne National Park

I was born and raised in Norris Point, a small community in the middle of Gros Morne National Park. I've lived in a National Park for most of my life, and have spent my entire career working for Parks Canada. I have been very lucky to have worked in places like Banff in Alberta and the Niagara National Historic Sites in Niagara on the Lake, Ontario. After an absence of more than five years, I am pleased to have had the opportunity to come home, and to welcome you all here as Superintendent.

This is an amazing place, with stunning scenery and a history that goes back thousands of years. I've spent a lot of time over the years hiking, skiing and camping in many areas of the Park. I remember many great hikes to the top of Gros Morne Mountain, spending time exploring the orange rocks of the Tablelands, and walking along the coast at Green Gardens, near Trout River. Growing up in Norris Point we always had an incredible view of the Tablelands and Bonne Bay. It was usually through the eyes of visiting family that I regained an appreciation for this unique place in which I lived—not only its landscape, but the culture which I often took for granted. I encourage you to take time to explore, to talk with local people and take in many of the excellent activities in the area. Musical evenings, festivals and theatre productions are presented by amazingly talented people throughout the year, and are especially numerous in the summer. Many visitors to this area initially come here for the incredible scenery, but leave with memories enhanced by their encounters with local people and communities.

As a previous manager of three Parks Canada National Historic Sites in western Newfoundland and Labrador; Port au Choix, L'Anse aux Meadows and Red Bay, the history of this area is close to my heart. It is therefore very satisfying to me that in 2013, Red Bay Basque Whaling Station was inscribed as Canada's 17th UNESCO World Heritage Site, one of three UNESCO sites

in this region (Gros Morne and L'Anse aux Meadows are the other two). In addition to the sites operated by Parks Canada Agency, there are many more historic sites, houses and museums managed by communities and associations throughout western Newfoundland and Labrador.

On behalf of our passionate Parks Canada staff who you will meet along the way, I would like to welcome you to the area. We look forward to helping in any way we can as you create your own memories and adventures in this very special place.



**Geoffrey Hancock,**  
*Superintendent, Parks Canada,  
Western Newfoundland and Labrador*



C. REARDON

## What's New in Gros Morne?

- **See the Earth Naked** – Hike to the top of the Tablelands. **pg. 10 -11**
- **No tent, choose to rent an oTENTik**, and enjoy camping hassle free. **pg. 19**
- **Yaffle of Chores** – Hands-on program at Broom Point. **pg. 16**
- **Hike with Clem** to the top of Western Brook pond! **pg. 7**
- **Get the App** for Broom Point, Tablelands or Trails!
- Check out the **Red Chairs contest!** **pg. 25**
- **New exhibit** at Lobster Cove Head Lighthouse, opening in August! **pg. 22**
- **Hike the new scenic loop** on Baker's Brook Falls trail!

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### Voice of Bonne Bay

Local community  
radio station!  
95.9 FM  
(Norris Point/Woody Point)  
98.1 FM  
(Rocky Harbour)  
**www.vobb.org**

### What's going on?

For scheduled events in Gros Morne area (park and communities), visit the event calendar at:  
**www.visitgrosmorne.com**



# A World Heritage Site

The spectacular landscape of Gros Morne tells the story of the Earth's transformation. The rocks and geologic features exposed within this place are the result of continents colliding. They have helped define the theory of plate tectonics and rank this place among our planet's most significant natural areas.



PANORAMA FROM NORRIS POINT, S. STONE

The rocks of Gros Morne National Park and the adjacent parts of western Newfoundland provide some of the world's best illustrations of plate tectonics. For this reason, the United Nations Education, Scientific, and Cultural organization (UNESCO) designated the park a World Heritage Site in 1987.

Geologists are able to show the rocks in Gros Morne were part of an ancient ocean. Later these were thrust up to become part of the Appalachian Mountains as two

continents collided. Thus, these rocks give support for the theory of plate tectonics. More recently in geological terms, glaciers carved this place into the spectacular landscape we see today.

Gros Morne National Park qualifies as a World Heritage Site for its:

- "exceptional natural beauty", and
- "outstanding examples representing major stages of Earth's history".

***"With your two feet you'll be spanning over 500 million years of Earth history and I think that's pretty incredible"***

*Penny Morrill, Dept of Earth Science, Memorial University*



T. MIKO



Download the World Heritage podcast, "Bones of the Earth" at [parkscanada.gc.ca](http://parkscanada.gc.ca)

## WORLD HERITAGE AUDIO DOCUMENTARY BONES OF THE EARTH

During this new one-hour audio documentary, the voices of geologists, community residents, artists and poets reveal the meanings of the landscape and rocks. This audio journey brings you through Gros Morne's significant geological features, building the grand story of the evolution of the earth and the process of plate tectonics.



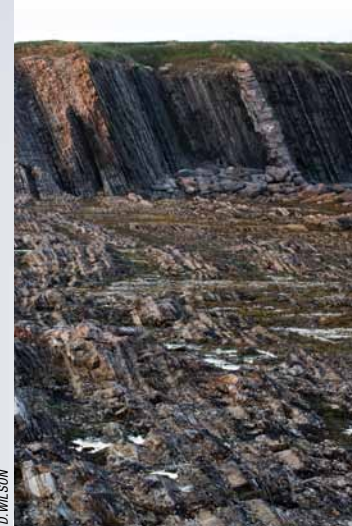
United Nations Educational, Scientific and Cultural Organization  
Organisation des Nations Unies pour l'éducation, la science et la culture



Gros Morne National Park inscribed on the World Heritage List in 1987  
Parc national du Gros-Morne inscrit sur la Liste du patrimoine mondial en 1987

## Visit the World Wonders within Gros Morne

### How many will you visit?



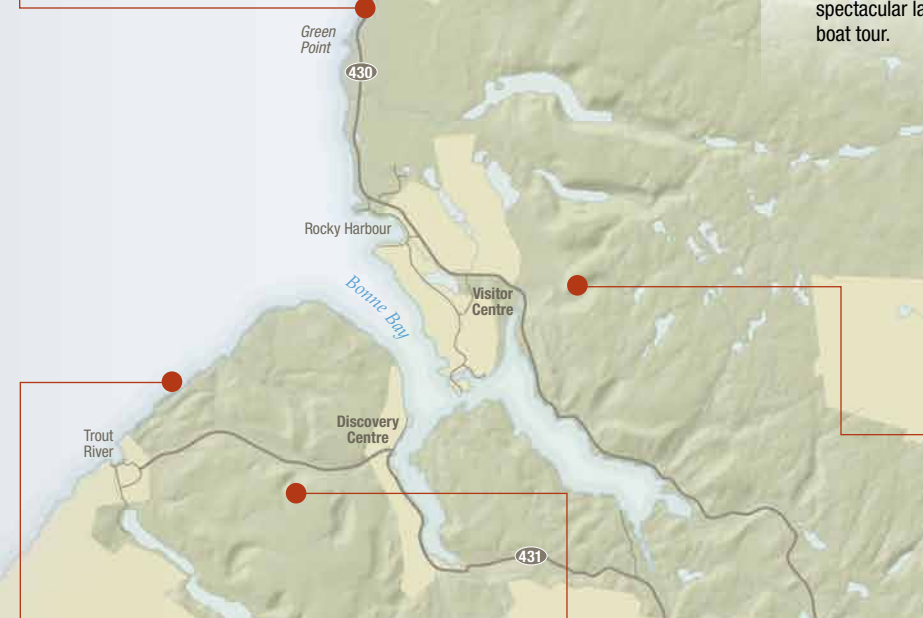
D. WILSON

**Layers of Time**  
Formed at the bottom of an ancient ocean, the layers of shale at Green Point contain fossils. These fossils help define the Cambrian and Ordovician periods. Discover more. Check the schedule of events and visit when the naturalist is on site.



E. LEBEL

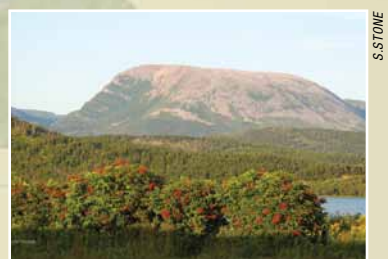
**Former fjords**  
Glaciers carved the massive cliffs of Western Brook Pond as ice bit through this 1.2 billion-year-old block of granite and gneiss. Get a close up view of this spectacular landscape on the Western Brook Pond boat tour.



**Volcanic Coastline**  
The rocks of Green Gardens erupted onto the Earth as a continent split apart and an ocean formed. Hike the Green Gardens trail and explore this volcanic coast and its sea cave.



S. STONE



S. STONE

**Tropical Sea Floor**  
Around Bonne Bay, the pink quartzite mountaintops and limestone cliffs were once sandy beaches and tropical reefs that formed the shoreline of an ancient ocean. For a closer view, take a cruise on the Bonne Bay boat tour.

**Ocean floor upturned**  
The Tablelands are a slice of ancient ocean floor. The orange-brown rock is one of the best and most accessible examples of exposed mantle material in the world. Pick up a map and explore on your own or, participate in the daily interpretive hike.



C. REARDON



# Unforgettable Gros Morne Adventures

## From Small Adventures to Big Adventures and Everything-in-between!



FLYING A KITE- C.REARDON

### Big Adventures!

- Hike the **Green Gardens trail**, 9 km return, to explore the volcanic coast, meadows, and sea cave or be more adventurous and complete the 15.5 km loop.
- Kayak to **Stanleyville** and spend the night.
- Hike to the highest point in the park – the top of **Gros Morne Mountain**, 16 km return.
- Climb the **Lookout Trail** behind the **Discovery Centre** for a panoramic view of **Bonne Bay**.
- Hike to the top of the **Tablelands**.
- Hike to **Snug Harbour** and camp on the shores of **Western Brook Pond**.



STANLEYVILLE- C.REARDON

### Small Adventures!

- Find a coastal look-off, sit and lose yourself while listening to the sea.
- Visit **Lobster Cove Head Lighthouse** and decode the signal flags, or fly a kite in the field!
- Take a scenic drive north on **route 430** and watch the sunset.
- Spend time exploring the tide pools at **Lobster Cove Head**.
- Spend the day on the sandy beach at **Shallow Bay** and picnic at the kitchen shelter.
- Look for songbirds while walking the trails in the lowland forest.
- Visit the **Discovery Centre**, sit relax and take in the breathtaking views of **Bonne Bay**.
- Walk the harbour boardwalk in **Trout River**.
- Get your hands wet in the touch tanks at the **Bonne Bay Marine Station in Norris Point**.
- Learn about cod fishing at **Broom Point Fishing Exhibit**.

- Stroll along the coastal trail and play hide-and-seek in the **Tuckamore** – a Newfoundland term for the stunted and windswept balsam fir and spruce trees that grow in alpine areas and along the coast.



TUCKAMORE- S.STONE



YAFFLE OF CHORES- C.REARDON

### Everything in Between!

- Mingle with locals at community events or festivals. Check [visitgrosmorne.com](http://visitgrosmorne.com)
- Wander onto a community wharf and chat with a local fisherman.
- Cook your own "toutons" during the Yaffle of Chores program at **Broom Point Fishing Exhibit**.
- Explore Gros Morne with your kids! Pick up the free Gros Morne Xplorers book and have fun doing the special activities.



SHALLOW BAY BEACH- NEWFOUNDLAND AND LABRADOR TOURISM

### Finding Beauty Photography of Ed Huberty

#### Handmade Objects from Around the Bay

“Finding Beauty” is the title of this year’s art exhibit at the Discovery Centre Art Gallery, a combination of the photography of Ed Huberty and handmade objects from around the Gros Morne area. The exhibit explores how ‘daily beauty’

reveals itself in both the natural Environment of Gros Morne National Park and in the traditional activities and handmade objects that are a proud part of community life here.



M. BURZYNSKI



M. BURZYNSKI



M. BURZYNSKI



# Aquatic Encounters



BLOOD STAR - HENRICA SANGUINOLENTA, JO CLARKE



KAYAKERS - C. REARDON



SWIMMING BONNE BAY - M. BURZYNSKI

## BONNE BAY MARINE STATION (entrance fee)

Your marine adventures begin in Norris Point's Bonne Bay Marine Station. Supported by Memorial University and the Gros Morne Co-operating Association, this marine research centre offers exciting interpretive programs focused on the sea.

All ages will enjoy the daily Interactive Aquarium Tours where you can see local marine life and get your hands wet in the touch tank. Don't forget to ask about the naturalist-led boat and kayak tours of the bay's marine environment.

Information:  
(709) 458-2874 / 2550  
**May 17 to September 1**  
9:00 am – 5:00 pm  
**September 3 to 28**  
9:00 am – 5:00 pm  
(Wednesday to Sunday)  
Closed September 2

## KAYAKING

Gros Morne National Park offers many fascinating paddling opportunities with its more than 260 km of coastline. Paddlers should become familiar with the marine and weather conditions before setting out. Wind and weather conditions can change quickly and pose major problems for unsuspecting paddlers. Private operators offer kayaking tours of Bonne Bay.

## BOATING

Power boating is allowed on Bonne Bay and Trout River Pond. Boat ramps are located at Trout River Pond, Lomond, and Mill Brook day-use areas. Nearby communities also provide services for boaters, including government wharves, marinas, repair facilities, and boat ramps.

## FISHING

In freshwater: You may fish for trout and salmon in the park. To fish trout, you need a Gros Morne National Park Fishing Permit. To fish on a scheduled salmon river, you need a Gros Morne National Park Salmon Licence and a Provincial Salmon Licence and tag. Park fishing permits and licences are free and available from all park facilities. A valid park pass is also required. Provincial salmon licences are available at retail outlets such as convenience stores and service stations.

Lomond River (including the East Branch), and Deer Arm Brook are scheduled rivers and restricted to fly-fishing. Western Brook and Trout River and its tributaries are closed to fishing. Check with park staff for up-to-date information on seasons, limits, river closures and regulations.

In saltwater: The recreational fishery for groundfish (including cod) is open to both NL residents and non-residents. The limits, season, and specific regulations are announced each year by Fisheries and Oceans Canada ([www.dfo-mpo.gc.ca](http://www.dfo-mpo.gc.ca)).

## SWIMMING

Open air swimming is best at Shallow Bay, Lomond, and Trout River Pond. None of these sites are supervised, but all have washrooms and picnic tables. Due to the dangerous currents at the mouth of Western Brook, swimming in the ocean off the beach there is not recommended.

Also ask local people for their recommendations – a number of small streams are great for a dip, especially those with pools and waterfalls, for example at Middle Brook near Glenburnie. By mid-summer, even the bay may be pleasant enough for a quick dip!

Gros Morne Swimming Pool, which overlooks Rocky Harbour, has a 25-metre indoor pool with a shallow bay, a leisure harbour, a whirlpool, and a variety of scheduled, supervised activities. The pool is open daily from late June to Labour Day.

## How would you like to experience Western Brook Pond?

There's more than one way to experience this spectacular landscape.

### WALK

Your experience begins with a walk into the pond on easy-moderate 3 km trail of gravel and boardwalk. Along the way, benches provide places to rest and interpretation signs enrich your experience. **Plan approximately 45 minutes.**

### RELAX AT DOCKSIDE

Sit and relax inside the building or outside on the deck. Purchase a light lunch while viewing the magnificent mountains and then share your photos with family and friends by connecting with free wifi.

### SCENIC BOAT TOUR

Board the new catamaran and spend 2 hours cruising this iconic freshwater fjord lake with its stunning billion year-old cliffs and waterfalls cascading from 2,000 feet.

Reservations are recommended:  
Visit [www.bontours.ca](http://www.bontours.ca) or call **1-888-458-2016** or **709-458-2016**. Ticket offices are located at the Ocean View Hotel in Rocky Harbour and Western Brook Pond dockside.

### SCHEDULE FOR THE BOAT TOUR

May 15 - June 14	–	–	12.30 pm	–	–	–
June 15 - June 30	–	11 am	12.30 pm	–	–	–
July 1 - August 31	10 am	11 am	12.30 pm	1.30 pm	3 pm	4 pm
September 1 - September 14	–	11 am	12.30 pm	–	–	–
September 15 - October 15	–	–	12.30 pm	–	–	–



C. REARDON

**PUT YOURSELF IN THE ICONIC PHOTO!** Hike to the top of Western Brook Pond Gorge. Meet Clem, a professional guide at the dockside, take the shuttle to the end of the pond and then hike to the top of the gorge. Once on top you will be rewarded with a magnificent view of the pond.



C. REARDON

Choose a day hike or camp overnight. This tour includes camping supplies and meals. **For reservations contact Bontours.**

Take the shuttle to Snug Harbour and spend the day or overnight. Be adventurous and climb to the top of the North Rim for that once in a lifetime view!

**Shuttle service also available for Long Range hikers.**



C. REARDON



## Take a Hike!

There are more than 100 km of trails in Gros Morne, from half-hour strolls to strenuous multi-day hikes. But you needn't be limited – your legs can carry you anywhere your eyes can see! Mattie Mitchell, a famous Mi'kmaq guide who lived in Norris Point and walked all over western Newfoundland, was quoted as saying: “*When I walk, my legs do the thinking.*” Hiking is one of the best ways to experience our natural world.



GREEN GARDENS: S. STONE

## BACKCOUNTRY CAMPING

Overnight hikes let you immerse yourself in nature. Backcountry campsites have only minimal facilities. There are usually wooden tent pads (to reduce trampling of the soil and to keep your tent off the wet ground), a food locker or bear pole (to store food so that it does not attract bears), and pit toilets. Portable stoves must be used since campfires are not permitted.

Backcountry sites are located on Stanleyville, Green Gardens, Wallace Brook, Ferry Gulch, Snug Harbour trails, and at the end of Trout River Pond (accessible by kayak or canoe).

You must register with the park and purchase a backcountry permit to use any of these backcountry campsites. Registration is based on a first come-first served system.



C. REARDON

CLIMBING GROS MORNE: S. STONE

## CYCLING

There are no specifically designed bike trails in Gros Morne but bikes are permitted on the Old Mail Road and Stuckless Pond trail. The Old Mail Road is suitable for all riders while mountain bikers may wish to check out the Stuckless Pond trail and the 11km of looped ski trails near the Visitor Centre. The cabin access road across the highway from the Visitor Centre is a favourite of local riders. It has great views of Gros Morne and the Long Range Mountains, and Eastern Arm Pond.

## WILDERNESS HIKING

The Long Range and North Rim traverses are challenging and spectacular routes that the park recommends for experienced backcountry travellers. Map and compass skills are essential since there are no trails or route markers to show the way. Weather in the mountains can also quickly reduce visibility.

Reservations and a backcountry permit are required for these wilderness treks. You must also do a pre-trip planning session including a self-assessment test at least one day in advance of your trip. Topo maps are for sale at the Visitor Centre and Discovery Centre. Contact park staff for more information.

**Long Range Traverse**  
35 km (4 days +)  
**North Rim Traverse**  
27 km (3 days +)

## TRAIL GUIDES

The park trails listed on p. 14 are all clearly marked, and feature boardwalks, stairs and bridges where necessary. A map at the beginning of each trail shows the route and any major decision points. A waterproof map/guide to the trails is available for \$19.95 at the Tuckamore shops in the Visitor Centre and Discovery Centre.

## COMMUNITY TRAILS

Some of the best short walks are right in town. Each community has a few trails.

Trout River	<b>Lighthouse Trail</b>	Trail takes you through fields and woods to the signal light and a view of the community, and the outer coast	<b>1.6 km return</b>
	<b>Eastern Point</b>	Leads to a coastal headland with views of Trout River	<b>2.4 km return</b>
Woody Point	<b>Community Trail</b>	Trail starts behind the school in Woody Point and leads to the Discovery Centre with spectacular views of the community, the Tablelands and Bonne Bay	<b>3.2 km return</b>
Norris Point	<b>Burnt Hill Trail</b>	A short climb up this 80m-high hill leads to great views of Bonne Bay and the community	<b>2 km loop</b>
	<b>James W. Humber Trail</b>	Trail begins at the Norris Point lookout and winds downhill through the forest to Wild Cove beside Bonne Bay	<b>2.4 km return</b>
Rocky Harbour	<b>Waterfront to Salmon Point</b>	Stroll along the harbour to the cliffs of Salmon Point for a view of the sunset and the mouth of Bonne Bay	<b>1 km return</b>
	<b>Rocky Hills Trail</b>	A short trail leads to a place once used as a lookout for returning boats	<b>800 m return</b>
	<b>Bottom Brook</b>	Following the brook that winds through the community, this trail leads from the harbour front to the Fisherman's Landing Inn	<b>2 km return</b>
St. Pauls	<b>Tickle Point Trail</b>	Explore coastal meadows and salt marshes of St. Pauls Bay	<b>2 km return</b>
Cow Head	<b>Lighthouse Trail</b>	An old path used by early settlers to get to the lighthouse. Winds through coastal tuckamore and grassy meadows to a panoramic headland at the point of the head	<b>2.5 km return</b>



## FRIENDLY REMINDER!

Pets are allowed on most hiking trails but must be kept on a leash. Pets are not allowed on the top of Gros Morne Mountain but are allowed on the section of trail to the base of the mountain.

Get the  
Trail Guide  
App!

VisitGrosMorne.com





# See the Earth Naked

## The Tablelands of Gros Morne

Visit the Tablelands of Gros Morne, one of the few places where Earth's mantle is revealed. Pushed in place as continents collided almost half a billion years ago, its orange weathered rock is from the middle layer of the Earth. Shaped by glaciers less than 15,000 years ago, today few plants grow in the Tablelands' toxic soils. This barren landscape is one of the best examples of the Earth's mantle – exposed to you the way few have seen it.

C.REARDON

### HIKE TO THE TOP OF THE BOTTOM OF THE EARTH!

The Tablelands dared you and you took the challenge. After all it's not every day that you get a chance to walk upon the Earth's mantle. Escape the trails and you can be one of the few who will have seen the view from the top. Pick up a map, plan your route and let your legs carry you to the top.

Need some direction? Let us guide you to the top for an amazing day in which you can enjoy the luxury of having a naturalist by your side.

### WALK UPON THE EARTH'S MANTLE – GUIDED HIKE

You arrive at the Tablelands and from the minute you and your family step from the parking lot, your curiosity is piqued – the snake-like skin on the rocks, the peculiar plants... Luckily, you came just in time for the 10am daily-in-the-summertime exploration with a park guide – harbinger of all things tectonic – so you don't have to wonder for too long.

### TAKE THE PATH LESS TRAVELLED Trout River Pond Trail, 14 km return

Hike along the shore of the pond and into the heart of the middle of the Earth. Accessible only by two feet and a heartbeat, this trail can best be described as pristine. Along the way, you can enjoy one of the best views of the Tablelands from your own private beach.

C.REARDON



L.LIU

### UNDER A MANTLE OF STARS

Trout River Campground - Whether you choose to bring your own or rent an Otentik - just be sure to get back to camp in time to see the Tablelands in a whole new light of the setting sun.

- TAKE THE SCENIC DRIVE THROUGH THE GULCH!
- PICK UP AN "EXPLORA: FOR THE TABLELANDS, OR DOWNLOAD THE APP!





# Scenic Drive



S. STONE

## TABLELANDS DRIVE

**Route 431** heads west at Wiltondale, passing through the sheltered forests of the Lomond River valley before twisting down The Struggle into the South Arm of Bonne Bay. This was the only road link to the northern peninsula until 1968. The Tablelands loom above the small communities perched along the side of the fjord: Glenburnie, Birchy Head and Shoal Brook ramble over the glacial deltas that 10,000 years ago flowed into the bay. Woody Point's large historic homes and buildings hint at its

past importance as a commercial centre for western Newfoundland.

Before Woody Point, the road turns inland and climbs to the bright yellow Discovery Centre. This is a great place to stop for an overview of all the mysteries of the landscape. As you drive on through Trout River Gulch, you can appreciate the way that mountains affect weather, and sense how climate and geology reign in this bizarre landscape. Here glaciation

has laid bare the bones of the Earth, and a rare chapter of Earth's history is exposed – an ocean floor upturned, the deepest layers on top – a wondrous illustration of plate tectonics.

The road ends at Trout River, where you can stroll along the boardwalk by the sea, and discover its marine heritage in the community museum. More views await at Trout River Pond, where you can also explore on foot, by boat or in a kayak.

## COASTAL DRIVE

**Route 430** heads north at Wiltondale and hugs the western coast of the park. There are spectacular views of the Long Range Mountains and Bonne Bay as the road climbs over Southeast Hills and then winds along the East Arm of Bonne Bay.

A side trip to Norris Point rewards you with a panoramic view of Bonne Bay and the Tablelands. At the town's waterfront you can stroll onto the wharf, visit the aquaria of the Bonne Bay Marine Station or take a boat or kayak tour.

North of Rocky Harbour, Lobster Cove Head lighthouse guards the entrance to Bonne Bay and overlooks the Gulf of St. Lawrence. The scenery changes dramatically along this outer coast. The Long Range Mountains retreat to the east as the road follows the windswept coastline. The fish staging areas, dotted along the shore, are a reminder of the inshore fishery's importance to this coast.

A lowland of forest and bog separates the coast from the mountains. Here you'll see roadside gardens where people grow root crops in the rich peaty soil, and short trails lead through the tuckamore to the shore. Near the park's northern boundary, at Cow Head, you can take in a play at the Gros Morne Theatre festival or enjoy the long sandy beaches at Shallow Bay.



# Resource Conservation



PIPER & KELP: B. GILES

## MOOSE AND THE FOREST FINDING THE BALANCE

Gros Morne is famous for its very large moose population. Moose were introduced to Newfoundland over a century ago and in Gros Morne they found abundant food, few predators, and protection from hunting. But all those moose are taking their toll on the health of the park's forests. Moose are eating so many young trees that they are preventing the forest from regrowing to form the next generation of forest. Action was needed to protect the park's forests.

After extensive consultation, Parks Canada implemented a pilot moose population reduction in Gros Morne National Park in 2011. Since that time, approximately 1600 moose have been harvested in Gros Morne by qualified hunters.

Parks Canada will continue with the harvest from September 13, 2014 to February 2, 2015. The park has been divided into a number of carefully-selected zones to ensure that visitors to the park during this period have access to a wide variety of trails and facilities in areas that remain closed to hunting.

Recovery of the forest is monitored as moose numbers decline. Indicators of success are the growth of forest-floor plants and the recovery of young fir and other woody species. Parks Canada's target is a healthy forest and a healthy moose population.

**For more information:**  
[www.pc.gc.ca/foresthealth](http://www.pc.gc.ca/foresthealth)

## SPECIES AT RISK A NEW MULTI-SPECIES ACTION PLAN

By protecting large areas of natural habitat, national parks play an important role in helping species at risk in Canada. But national parks also do much more to give these troubled species a helping hand.

In accordance with Canada's Species at Risk Act, Gros Morne National Park is developing a Multi-species Action Plan to help recover the species at risk that call the park home. This plan will address the needs of 14 species, including Piping Plover, American Marten, and the Newfoundland Red Crossbill. The plan addresses population monitoring and research needs, habitat protection and restoration, public education, and co-operation with our partners to ensure that imperilled species have a safe and secure home in Gros Morne National Park.

See the effects of moose on our forest. Hike the Baker's Brook Falls trail.

THREE MOOSE: M. BURZYNSKI





- 1 Old Mail Road** ●  
2 km return, (0.5h)  
For a loop, return by the beach  
FEATURES: Forest, sand dunes
- 2 Steve's Trail** ●  
1 km return, (0.5h)  
FEATURES: Tuckamore, coastal headland
- 3 Western Brook Pond** ●  
6 km return, (1-2h)  
FEATURES: Views of gorge at Western Brook Pond, coastal bogs, forests, interpretive signs along trail, access for Western Brook Pond boat tour
- 4 Snug Harbour** ◆  
8 km return, (2-3h)  
Spur off Western Brook Pond Trail  
FEATURES: Secluded harbour at mouth of gorge, muddy conditions, ford across Western Brook
- 5 Coastal Trail** ●  
6 km return, (1-2h)  
FEATURES: Coastal landscapes of cobble beaches and tuckamore forests, ocean breezes, lovely sunsets, migrating shorebirds and ducks in marshy ponds
- 6 Berry Head Pond** ●  
2 km loop, (0.5-1h)  
First 1/2 km is wheelchair-accessible  
FEATURES: Pond, forest, bog
- 7 Bakers Brook Falls** ■  
10 km return, (2-3h)  
FEATURES: Spectacular waterfalls, forests, bogs, and wildflowers
- 8 Berry Hill** ●  
1.5 km return, (0.5-1h)  
Stairs and rest stops ease the climb  
FEATURES: Panoramic views of the Long Range Mountains and coastal lowlands
- 9 Berry Hill Pond** ●  
2 km loop, (0.5-1h)  
Departs from various points in Berry Hill Campground  
FEATURES: Pond, forests

- 10 Gros Morne Mountain** ◆  
16 km loop, (6-8h)  
Steep ascent climbs 800 m to the park's highest mountain  
FEATURES: Arctic-alpine habitat, views of Ten Mile Pond and Long Range Mountains, wildlife sightings (Arctic hare, rock ptarmigan) and wildflowers. Check with park staff and pick up the *Hiker's Guide to Gros Morne Mountain* for more information about this trail and its hazards. **Closed until late June.**
- 11 Mattie Mitchell** ●  
250 m loop, (0.25h)  
FEATURES: Interpretive signs, forest, streamside bench
- 12 Southeast Brook Falls** ●  
700 m return, (0.5h)  
FEATURES: Waterfall, forests
- 13 Stuckless Pond** ■  
9.5 km loop, (2-3h)  
FEATURES: Forests, pond
- 14 Lomond River** ■  
6 km return, (2h)  
FEATURES: Views of Lomond River, forests, fens, and wildflowers (orchids)
- 15 Stanleyville** ■  
4 km return, (1-2h)  
FEATURES: Former logging community, forests
- 16 Lookout** ■  
5 km loop, (2-3h)  
Trail climbs 350 m in elevation  
FEATURES: Forest, fens, and panoramic views of Bonne Bay and Tablelands
- 17 Tablelands** ●  
4 km return, (1h)  
FEATURES: Serpentine barrens, unique geology, wildflowers, and guided hikes in summer

- 18 Wallace Brook** ◆  
12 km return, (3-4h)  
FEATURES: Follow a narrow forested valley to a remote and rugged coast. River ford required
- 19 Green Gardens** ■  
9-15.5 km return, (3-6h)  
FEATURES: Trail descends 250 m to coastline of cliffs, sea stacks, meadows, and a sea cave
- 20 Trout River Pond** ■  
14 km return, (4-5h)  
FEATURES: Serpentine barrens, forests, unique geology, wildflowers, and views of Tablelands and Trout River Pond cliffs

**Community trails:** See page 8.

**Helpful Hint:** If you are travelling between Rocky Harbour/Norris Point and Woody Point (July - August), catch the water taxi at Norris Point or allow one hour and fifteen minutes to drive.

**Services and Facilities**

	Primitive Camping		Group Camping
	Boat Launch		Information
	Boat Tour		Picnic Area
	Camping		Swimming
	Exhibit		Telephone
	Water Taxi		Wi-Fi



Trail Rating		Elevation Gain
<b>EASY</b> ●	Flat to gently rolling	0 - 100 metres
<b>MODERATE</b> ■	Gently rolling with short steep sections	100 - 500 metres
<b>DIFFICULT</b> ◆	Rolling with many steep sections that may continue for long periods	500+ metres



# INTERPRETATION

## Experience Gros Morne

Unlock Gros Morne's beautiful secrets by exploring with a Parks Canada guide...

Through a variety of creative and engaging activities, our guides will share their knowledge, insights & love of this place. Below are just some of the wonderful experiences you can have. Ask for a full schedule at any park facility. ☺ Program included with park pass \$ Additional fee applies

### PARTICIPATE



YAFFLE OF CHORES: C. REARDON

#### Yaffle of Chores (\$)

Take a trip back in time to discover traditional Newfoundland life and language: tend gardens, make touts, hook mats... etc.

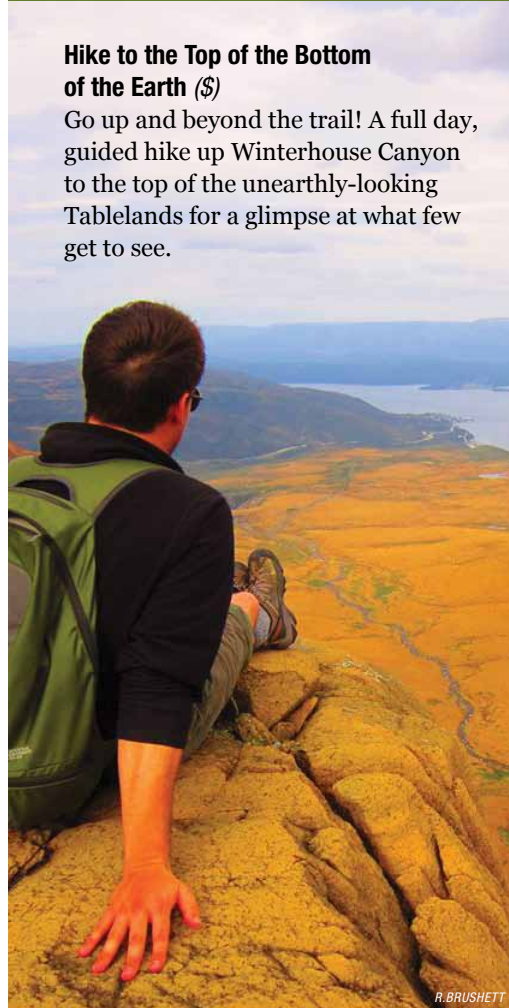


FIRE CIRCLE: PARKS CANADA

#### Fire Circle ☺

Listen to the drum and rediscover your connection to Mother Earth in an outdoor evening of fire and stories.

### ADVENTURE



A. BRUSHETT

#### Hike to the Top of the Bottom of the Earth (\$)

Go up and beyond the trail! A full day, guided hike up Winterhouse Canyon to the top of the unearthly-looking Tablelands for a glimpse at what few get to see.

#### Discover Our Secrets (\$)

Explore the park's paths less travelled on this naturalist-led adventure of the week and discover the beautiful places the locals go. Locations vary from week to week.



A. PAYNE

### RELAX



#### Meet the Mudges ☺

Experience what life was like for traditional fishing families along this coast. Step back in time to the mid-'60s and see this world through the eyes of the Mudge family.

#### Campfire at Lobster Cove Head ☺

A good, old-fashioned family campfire: sing songs and hear stories about this wonderful place.



CAMPFIRE: S. STONE

#### GrosMorne: An Earth Odyssey ☺

An out-of-this-world evening show! A zany traveller is sent from another galaxy to discover our geology and why we're a UNESCO World Heritage Site!

### EXPLORE

**X-StreamScience (\$)**  
Be the change you wish to see in the world – take part in citizen science! Go behind the scenes to understand and help out with some of the research that happens here... Bats and moose and eels, oh my!



WESTERN BROOK FISH FENCE: S. STONE

#### Tidepool Walk ☺

With a Bonne Bay Marine Station Interpreter, discover the creatures that live in the harsh world of tidepools.



TIDEPOOL WALK - BONNE BAY MARINE STATION

#### Green Point: Naturalist on Site ☺

Visit an intriguing sequence of layered rocks and chat with a naturalist to find out why it's world famous.



GREEN POINT WALK: B. GAUDY

### STROLL



G. LOCKE

#### Tablelands: Walk Upon the Earth's Mantle ☺

Stroll upon the Earth's mantle - normally found far below the crust – and explore the world-significant landscape described as a “geologist's dream”.



PARKS CANADA

#### Where Once They Stood: An Aboriginal Journey (\$)

Walk in the footsteps of those who have gone before to learn how they used plants and animals for medicine and food. Discover your own connection to the land and learn to make a medicine tie that you can take home.

#### “EXPLORA” the Tablelands ☺

Can't make the Tablelands Walk? Try the next best thing to a real guide!

Sign out an Explora unit at the Discovery Centre and experience the Tablelands at your own time and pace.



S. STONE



# Camping

Gros Morne National Park offers a variety of camping opportunities. Choose your experience from one of five campgrounds, primitive campsites along trails, or group camping at Berry Hill.



BERRY HILL CAMPGROUND - S. STONE



CAMPING - NEWFOUNDLAND AND LABRADOR TOURISM

**Only \$120.00 per night, including park pass and firewood.**

### To tent or to rent? Experience camping like never before.

Love the idea of camping, but prefer the comfort of a bed? Imagine arriving at a campground to find your camp already set up! The oTENTiks offer a unique blend of welcoming comfort and outdoor adventure. Part tent, part cabin, oTENTik units come equipped with bed and furniture on a raised wooden floor. They're an easy and relaxing way for anyone to experience the fun of camping with none of the fuss of setting up camp.



S. STONE

Book your reservations online at [www.reservation.pc.gc.ca](http://www.reservation.pc.gc.ca)

### Clean Routine

Help keep our park clean by putting all of your garbage in the containers provided. Please put only sorted recyclables, such as beverage containers, in the blue bins.

### Drinking Water

Water in all our campgrounds is treated and tested regularly. It is safe to drink unless otherwise posted. Water from roadside springs and other natural sources are not tested and should be boiled before drinking.

### Looking for serviced camping?

Serviced sites are available in many of the private campgrounds located in the surrounding communities. [www.newfoundlandlabrador.com/PlanYourTrip/Campgrounds](http://www.newfoundlandlabrador.com/PlanYourTrip/Campgrounds)

### TROUT RIVER

*Next to Trout River Pond with views of the Tablelands.*  
**Location:** 2 km from community of Trout River, 50 km from the park entrance at Wiltondale off route 431.  
**Amenities:** Boat ramp and beach for unsupervised swimming at the nearby day use area.  
**Sites:** 44 large open and wooded sites.

### LOMOND

*On the shores of Bonne Bay with outstanding views of the bay and the Long Range Mountains.*  
**Location:** 17 km from the park entrance at Wiltondale off route 431.  
**Amenities:** Area was once a logging community; two trails follow old logging roads; boat ramp and wharf on-site.  
**Sites:** 29 open and wooded sites.

### BERRY HILL

*Secluded campground in a forest setting. Centrally located.*  
**Location:** 5 km north of Rocky Harbour off route 430.  
**Amenities:** Close to swimming pool, visitor centre, and Lobster Cove Head Lighthouse. Three hiking trails leave from the campground.  
**Sites:** 69 wooded sites, 2 group camping sites.

### GREEN POINT

*On the shores of the Gulf of St. Lawrence with spectacular coastal views and sunsets.*  
**Location:** 12 km north of Rocky Harbour on route 430.  
**Amenities:** Cobble beach, seasonally active fish staging area nearby, trail along the old winter mail road runs south to Bakers Brook, self-registration campground.  
**Sites:** 31 open and wooded sites.

### SHALLOW BAY

*Next to the 4 km sandy beach at Shallow Bay.*  
**Location:** 1 km north of the community of Cow Head.  
**Amenities:** Offers the best saltwater swimming (unsupervised) in the park; trail along the old winter mail road links the campground to the day use area.  
**Sites:** 62 open and wooded sites.

Camping Services	oTENTiks	Drive-in sites	Walk-in sites	Beach sites	Fireplaces	Kitchen shelters	Playground	Flush toilets	Hot water	Showers	Dumping station	Group camping	Wireless internet
<b>TROUT RIVER</b> (seasonal)	2	40	4	-	■	■	■	■	■	■			■
<b>LOMOND</b> (seasonal)	-	25	-	4	■	■	■	■	■	■	■		
<b>BERRY HILL</b> (seasonal)	3	69	-	-	■	■	■	■	■	■	■	■	
<b>GREEN POINT</b> (open year round)	1	31	-	-	■	■		■					■
<b>SHALLOW BAY</b> (seasonal)	2	62	-	-	■	■	■	■	■	■	■		■

## CAMPGROUND RESERVATIONS:

You can make a reservation online at [www.reservation.parkscanada.gc.ca](http://www.reservation.parkscanada.gc.ca), or by calling 1-877-737-3783 or (TTY) 1-866-787-6221

Group Camping reservations are available by calling (709) 458-2417 or email [grosmorneinfo@pc.gc.ca](mailto:grosmorneinfo@pc.gc.ca)



## Wildlife

Seeing wildlife is always exciting and Gros Morne offers lots of viewing opportunities for visitors. Whether it's birds or mammals, the park is home to a variety of species.



S. GERROW

**Arctic Hare** weigh up to 6 kg and are the largest members of the hare family. They are grey in summer and turn white in winter. Arctic hare are native to the island of Newfoundland. They live on the arctic-alpine barrens of the park's mountains and are regularly seen on Gros Morne Mountain.

**Snowshoe Hare** were introduced to the island in the 1800s. They are brown in summer and white in winter. Snowshoe hare live in the forests and are commonly seen in campgrounds and along the lowland trails.



S. STONE

**Rock Ptarmigan** live all year on the arctic-alpine barrens of the park's mountains. These birds are grey in summer and white in winter. They depend on camouflage for protection and fly only when badly frightened. They are regularly seen on Gros Morne Mountain.

**Bald Eagles** are often seen around Bonne Bay. Trees perched on the steep slopes surrounding the bay are ideal nesting areas and the bay's shoreline is used for foraging.



S. GERROW

**Caribou** are the native deer of the island of Newfoundland. At less than 240 kg, they are considerably smaller than moose. They are dark brown in summer but light brown to white in colour through fall and spring. In summer, caribou are commonly seen on the Long Range Mountains and only occasionally seen in bogs and forests of the lowlands. During fall and winter, they are often seen in the coastal bogs north of Rocky Harbour.



T. KNIGHT

**Moose** are the largest member of the deer family. They are dark brown and weigh between 385 and 540 kg. They were first introduced to the island in 1878 and today there are about 4800 animals in the park. Moose are often seen along roadsides and trails, particularly around dawn and dusk. They can cause significant damage, injury and/or death when hit by a vehicle, so drive carefully.



J. ROBERTSON

**Coyote** looks like a medium-sized German shepherd but is grey or reddish grey with a whitish throat and belly. It is mostly nocturnal although it may be seen at any time of day. The coyote is an opportunistic feeder with its main diet consisting of snowshoe hare, caribou, moose, carrion, birds and small mammals.

**Black Bears** are native to the island. They are found throughout the park but seen infrequently. Bears will eat a variety of things including berries, carrion, garbage, and the occasional caribou calf. Bears tend to be wary of people but they are attracted by food. Keep yourself safe: do not leave food or garbage lying around. Read the brochure You Are In Bear Country and report all bear sightings to park staff.



M. BURZYNSKI

**Red Foxes** are native to Newfoundland but are often not the typical red colour. They may be black and silver or a mixture of colours but all have the distinctive white tip on the tail. Foxes are often seen along roadsides and are common throughout the park.

**Whales - Minke whales** are often seen in Bonne Bay from late spring to fall. Larger whales, such as the Humpback, are uncommon but can be seen near St. Anthony and the Labrador Straits area.

### DID YOU KNOW?

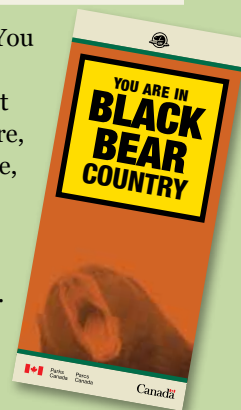
With the island's isolation from the North American mainland, there are only 14 native mammals and no native amphibians or reptiles.

### KEEP THEM WILD & STAY SAFE

- Don't approach wildlife. Give them space and respect.
- Use binoculars or a telephoto lens for that close up view.
- Keep the animal's line of travel or escape route clear.
- Back away slowly if the animal shows signs of aggression or approaches you.
- Don't feed animals.

### BEAR SAFETY

Read the brochure You Are In Black Bear Country, available at the the Visitor Centre, the Discovery Centre, or online at [www.pc.gc.ca](http://www.pc.gc.ca). Always practise proper food storage.



### WILDLIFE ON THE ROAD

Drive carefully as many of your wildlife encounters will occur unexpectedly while driving. Moose, foxes, and bears are often seen along the road. If you decide to stop, don't forget about traffic safety. Be sure to pull off the road and watch for oncoming traffic.

**A fed fox is a dead fox**



### IMPORTANT NUMBERS

Visitor Centre:  
(709) 458-2417

Park Wardens:  
1-877-852-3100

Police:  
1-800-709-7267

Hospital (Norris Point):  
(709) 458-2201



## History and Heritage

Come visit these sites that help to tell the story that is woven here between landscape & culture!



BROOM POINT: S. STONE

### BROOM POINT FISHING EXHIBIT

**At Broom Point, the past is alive – come put your hands on it!**

This is the story of the vibrant life of a typical Newfoundland fishing family told through the eyes of the Mudges – a family of three brothers, their wives & children who lived & fished here seasonally for 35 years. Using the restored properties as a base – complete with original artefacts – our skilful guides animate the past to give you insight into the present, and perhaps the future, of the traditional Newfoundland inshore fishery.

**Broom Point is open daily from 10:00am to 5:30pm, June 2 to September 21.**

**Your admission is included with your park pass.**

**Ask at any park facility for a schedule of activities and tours.**



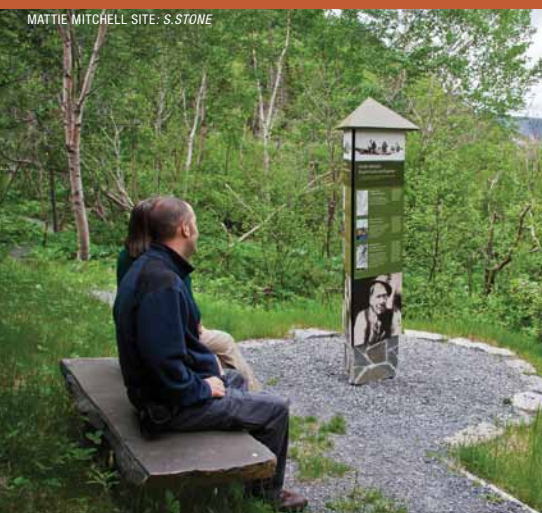
LOBSTER COVE LIGHTHOUSE: S. STONE

### LOBSTER COVE HEAD LIGHTHOUSE

**Lighthouses are gathering places and Lobster Cove Head is no exception.**

The lighthouse is currently undergoing extensive renovations to host a brand-new exhibit. The lighthouse building will be closed from May - July 2014 and will reopen to the public in August. In the meantime, we would like to welcome you to our new outdoor exhibit with upgraded trails and new interpretive signage placed around the head. Our experienced and knowledgeable staff will be on site as usual to meet and greet visitors.

**Lobster Cove Head is open daily from 10:00am to 5:30pm, June through September (Wednesday through Sunday in May and October).**  
**Your admission is included with your park pass.**



MATTIE MITCHELL SITE: S. STONE

### MATTIE MITCHELL NATIONAL HISTORIC SITE

Designated a person of national historic significance in 2001, Mattie Mitchell was a renowned Mi'kmaq guide, hunter and prospector who made exceptional contributions to the mapping and exploration of the Northern Peninsula and the development of the emerging Newfoundland economy of forestry and mining in the twentieth century. Stroll around this peaceful commemoration site and learn about Mi'kmaq presence in Newfoundland and learn still more by participating in an Aboriginal programme.

**Ask at any park facility for a schedule of activities.**

MATTIE MITCHELL: S. STONE



## Communities

The communities in the Gros Morne area are a part of this landscape and its heritage buildings provide a glimpse of times past.

WOODY POINT HERITAGE DISTRICT: S. STONE

### HERITAGE SITES

#### Jake Crocker House, Fishermen's Museum, and Interpretation Centre – Trout River

From the days of early settlement, life in this community was oriented to the sea. This trio of facilities linked by the waterfront boardwalk bear witness to this way of life and the importance of the fishery to the community. Don't miss the storytelling program on Tuesdays in July and August.

#### Woody Point Heritage District – Woody Point

Once an important commercial and government centre for the west coast, Woody Point has preserved many of its historic homes and buildings, on the waterfront. Enjoy the rich history of this town, stroll along the waterfront and chat to the locals, stop by a cafe and visit the craft stores.

#### Jenniex House – Norris Point

This relocated home, a typical Newfoundland saltbox, overlooks Bonne Bay and has a magnificent view of the Tablelands. You can view community artefacts on display or purchase local crafts in its store. Open daily from July until Labour Day weekend. Information: (709) 458-2896

#### Julia Ann Walsh Heritage Centre – Norris Point

Having served as the cottage hospital in Norris Point for sixty years, the building now houses the local library, a physiotherapy clinic, a hostel, and studio space. A small museum displays artefacts from the era of provincial cottage hospitals. Information: (709) 458-8880 or bbchhc@aibn.com

#### Dr. Henry N. Payne Community Museum – Cow Head

Come explore the history of Cow Head through a variety of historical relics, from pre-contact Aboriginal artefacts to tools related to early life in a fishing outpost. Information: (709) 243-2023/2466

Take time also to visit the **St. Mary's Botanical Walk** next to St. Mary's Anglican Church.



TROUT RIVER - M. BURZYNSKI



S. STONE



COW HEAD GARDEN - S. STONE



# Cultural Crossroads

Take time to attend a festival, enjoy a church supper, listen to some music, participate in a workshop or visit the shops of local artisans to experience this place with the people who call it home.



MINI-TZ VUI THIEU/AMOS - T.COCHRANE

## THEATRE AND STORY-TELLING

**The Gros Morne Theatre Festival** in Cow Head is back for another season of storytelling, music and drama. The 2014 line up includes the ever popular dinner theatre – *Ethie*, as well as *Newfoundland Vinyl – the “C” Side*, *Neddy Norris Night*, *Beauty Queen of Leenane*, *The Known Soldier* and *Tempting Providence*.

**Wave Over Wave** Tuesdays and Thursdays is a guided walk exploring the fishing and farming traditions of Trout River.

**Passing the Time in Trout River** is a relaxed opportunity to interact with local storytellers and musicians and special guests each Tuesday.



D.BUCKLE

**Writers at Woody Point** is a four-day literary festival presented in the restored Woody Point Heritage Theatre and hosted by Shelagh Rogers of CBC’s *The Next Chapter*. Rooted in Newfoundland literature, the festival attracts writers and songwriters from across the country and around the world.



WAVE OVER WAVE: MYVID.CA

## LIVE MUSIC

There are many opportunities to hear live music ranging from traditional and Newfoundland and Labrador popular to classical. The main venues are: Anchor Pub (Rocky Harbour), Cat Stop (Norris Point), Heritage Theatre (Woody Point), and Neddie Norris Pub (Cow Head), although restaurants and community venues may also feature live music on occasion. Look for local musicians like Jeff Quilty, Anchors Aweigh and Daniel Payne to name a few.

The classically-inclined **Gros Morne Summer Music** is constantly searching for new ways to provoke rich encounters with great music. Their programs, performed by young and established artists from around the globe, combine classical music with other genres such as choral, folk, and popular for a unique journey through musical history.



WOODY POINT HERITAGE THEATRE : T.COCHRANE

## Revealing our Red Chairs Contest

Join us in a creative and adventurous contest throughout the summer in Gros Morne National Park.



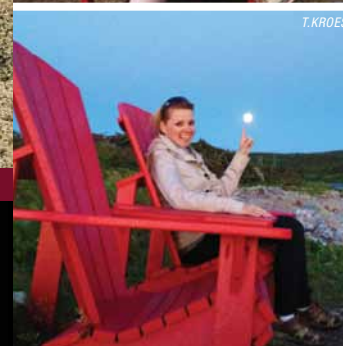
E.PEARSON



E.PEARSON



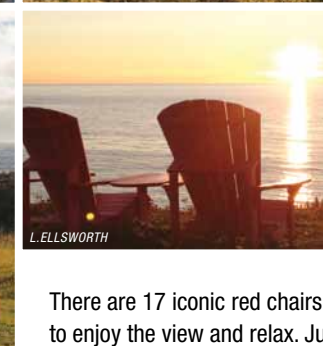
S.STONE



T.KROES



E.PEARSON



L.ELLSWORTH



E.PEARSON



E.PEARSON

There are 17 iconic red chairs throughout the park placed in our favorite places to enjoy the view and relax. Just around the corner on your favorite trail or along the ocean’s edge you may find the perfect spot to “take it all in”.

Snap a creative picture of these iconic chairs and briefly tell us why you love Gros Morne. Relax & take a seat! **To enter check out Facebook and Twitter @Visit Gros Morne**

## THE TUCKAMORE SHOPS

Come browse, relax, enjoy and take home a special memento of Gros Morne National Park.

The Tuckamore Shops are found in two convenient locations:

- **Discovery Centre**
- **Visitor Centre**

## ARTS AND CRAFTS

The natural beauty of Gros Morne is an inspiration to artists and craftspeople alike. Resident and visiting artists create works from their experiences, providing a mix of contemporary art side-by-side with local craft traditions.

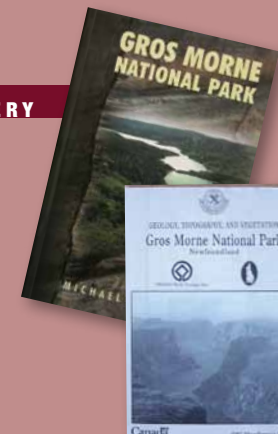
Throughout the summer the park hosts a number of visiting artists through an artist-in-residence program with The Rooms Provincial Art Gallery and other residency programs. Watch for opportunities to meet these artists through public talks, workshops and open studios.

In many local craft shops and studios there is opportunity to talk with the artists, view demonstrations and take part in workshops.

Events calendar and more: [VisitGrosMorne.com](http://VisitGrosMorne.com)  
Inspiration and creative community news: [CreativeGrosMorne.com](http://CreativeGrosMorne.com)

## TOOLS FOR DISCOVERY

Take home a souvenir and enhance your visit with some of these specialty maps and guides of the park published by the Co-operating Association.



[VisitGrosMorne.com](http://VisitGrosMorne.com)



Discover a place where the wealth of the sea has supported human settlement for more than 5000 years. Here archaeologists have found evidence of four Aboriginal cultures; the Groswater and Dorset Palaeoeskimos, the Maritime

Archaic Tradition, and the ancestors of the Beothuk. The abundance and preservation of artefacts they left behind provides us with a fascinating look into the social, economic, and spiritual practices of these cultures.

Today the residents of Port au Choix continue to make their living from the sea, just as generations of Aboriginal people did before them.



JOHN IN - J. SMALLWOOD



DOREST DOORWAY: P. RENOUF



C. REARDON



VIKING SILHOUETTES: M. BURZYMSKI

## Port au Choix National Historic Site

*5000 Years of Human Settlement*

### MAKING THE MOST OF YOUR VISIT

Plan to spend two to three hours at this natural and cultural site. The Visitor Centre features artefacts, exhibits, dioramas, and a film that tells the story of 6,000 years of aboriginal history.

- Explore the limestone barrens and look for plants and fossils found nowhere else in Canada.
- Walk in the footsteps of the ancient cultures who first inhabited this spectacular landscape.
- Keep an eye out for sculptures offering glimpses into ancient Aboriginal ways of life.
- Pick up the free Xplorers book for kids and have fun doing special activities while exploring the Site.

### OPEN

June 16 – September 12, 2014  
9am – 5pm | Phone (709) 861-3522

### GETTING THERE

Follow the Viking Trail (Route 430) north past Hawkes Bay. At the intersection to Route 430-28, turn off and follow this route for 13 km to Port au Choix.

### WHILE IN THE AREA

#### Port au Choix Heritage Centre, Port au Choix

This community museum tells the story of the French fishermen who jumped ship and settled in the area. A reconstructed French bread oven provides an opportunity to savour freshly baked bread and local jams. The centre also documents the resettlement and light keeper stories.

#### Torrent River Interpretation Centre and Nature Park, Hawkes Bay

Here you can learn about the community's involvement with Atlantic salmon conservation. Viewing windows at the fishway let you see salmon in their natural habitat as they journey upstream to spawn. Hiking trails and camp sites are also available.



Scan the code to download your free Explora tour app.

One thousand years ago, the Norse landed on the shores of Newfoundland, and explored an area they called Vinland. Their voyages to North America led to the first meeting between Aboriginal

peoples and Europeans. This marked a key chapter in worldwide exploration and settlement. L'Anse aux Meadows National Historic Site is among the world's most significant

archaeological sites and designated a UNESCO World Heritage Site. Today, you still can see the outlines of the original Norse buildings and gaze over a landscape little changed since Viking time.

## L'Anse aux Meadows National Historic Site

*The only authenticated Viking settlement in North America*

### MAKING THE MOST OF YOUR VISIT

You can spend a few hours to a full day at the site. Begin at the visitor centre where exhibits trace the Norse voyages across the Atlantic. You can interact with a 3D model of the site, study the original artefacts that confirm the Viking presence, and see evidence and handle reproductions that reveal Aboriginal use of the site.

- Watch the orientation video to learn of the site's discovery and establishment of the Norse base camp.
- Join an interpreter on a tour of the archaeological site where evidence of the Viking presence endured for 1000 years.
- Play along with the living history re-enactors in the full scale reproductions of Viking sod buildings to get a taste of life 1000 years ago.

Immerse yourself in Viking Life for the experience of a lifetime at *The Westward Viking Festival, A Real "Taste of Vinland"!*  
July 21 – 31

*The Taste of Vinland Gala* which takes place on July 26th is a main feature of the festival. A celebration of music, storytelling, Viking age and Norse Fusion cuisine and entertainment with something for everyone to enjoy.

- Daily Encampment Program!
- Help the Blacksmith make a nail!
- Listen to the Chieftan's stories of long ago voyages to Vinland!

### GETTING THERE

Follow the Viking Trail to Route 436 turn-off (10 km south of St. Anthony) Follow Route 436 for 29 km to the site.

### OPEN

9 a.m. to 5 p.m. | June 2 to 15 and September 27 to October 10  
9 a.m. to 6 p.m. | June 16 to September 26  
Phone (709) 623-2608

### WHILE IN THE AREA

#### Grenfell Historic Properties, St. Anthony

The properties, including an interpretive centre, restored house-museum, and self-guided trail, celebrate the work and achievements of Sir Wilfred Grenfell, missionary and doctor, a person of national historic significance.

#### Norstead, L'Anse aux Meadows

An imagined Viking port of trade with costumed interpreters who depict activities from Scandinavian countries (axe throwing, rune reading, spinning, pottery). The boat shed contains the Snorri, a 16m knarr replica that retraced the Viking voyage from Greenland in 1998.



United Nations  
Educational, Scientific and  
Cultural Organization

Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture



L'Anse aux Meadows  
National Historic Site  
inscribed on the World  
Heritage List in 1978

Lieu historique national  
de L'Anse aux Meadows  
inscrit sur la Liste du  
patrimoine mondial en 1978

For a complete list of activities and programs visit  
[www.parkscanada.gc.ca/meadows](http://www.parkscanada.gc.ca/meadows)



Attracted by the plentiful whales that frequented the Strait of Belle Isle, Basques whalers established a thriving whale oil industry here in the 16th century. Of a dozen ports along the Quebec-Labrador coast

used by whalers, Red Bay was one of the most extensively used. Red Bay National Historic Site reveals the incredible story discovered in the archives of Spain, and confirmed by archaeology.

Today, you can still trace the outlines of the rendering furnaces, survey the waters from a whaler's look-out, and find shards of red clay roof tiles.



RED BAY - C. REARDON



RED BAY - C. REARDON

# Red Bay National Historic Site

The most complete example known of the first industrial-scale whaling activities in the world.

### MAKING THE MOST OF YOUR VISIT

We recommend that you spend three or four hours exploring the site.

- Begin at the Visitor Centre, where you will find a restored 16th-century whale boat, a film about the underwater archaeology at Red Bay, and a panoramic view of the harbour.
- Continue to the Interpretation Centre to see the rich collection of original artefacts recovered by on land and underwater archaeology.
- Ask about special interpretive programs that bring this period of history alive.
- Visit Saddle Island via a short boat ride to explore the places where the Basques worked and lived and where some were laid to rest. Roving interpreters are available to help interpret the landscape features and answer your questions.
- Walk the Boney Shore Trail to touch the remains of 16th century whales.

### GETTING THERE

Follow the Viking Trail (Route 430) to St. Barbe, where a ferry crosses daily to Blanc Sablon, Quebec. The site is an 88 km drive from Blanc Sablon. For ferry schedule and reservations, call 1-866-535-2567.

### OPEN

9 am to 5 pm - June 2 - June 9 | Closed June 10 & 11

9 am to 5:30 pm - June 12 - September 19

9 am - 5 pm - September 20 - September 26

Closed September 23 & 24

Phone (709) 920-2051



UNESCO Red Bay National Historic Site inscribed on the World Heritage List in 2013

### WHILE IN THE AREA

**Right Whale Exhibit**  
Selma Barkham Community Centre  
The actual skeleton of a Greenland right whale is at the centre of an exhibit about whale biology and research.

**Labrador Straits Museum**  
Located on Route 510 between Forteau and L'Anse au Loup, the museum highlights the recent history of southern Labrador and the role of the area's women.

**L'Anse Amour National Historic Site of Canada**  
Contemplate thousands of years of human history in Labrador at the site of a 7500-year-old ceremonial burial place of a Maritime Archaic Indian youth

**Point Amour Lighthouse**  
Climb to the top of the tallest lighthouse in Atlantic Canada and view exhibits about the natural and cultural history of the Labrador Straits.

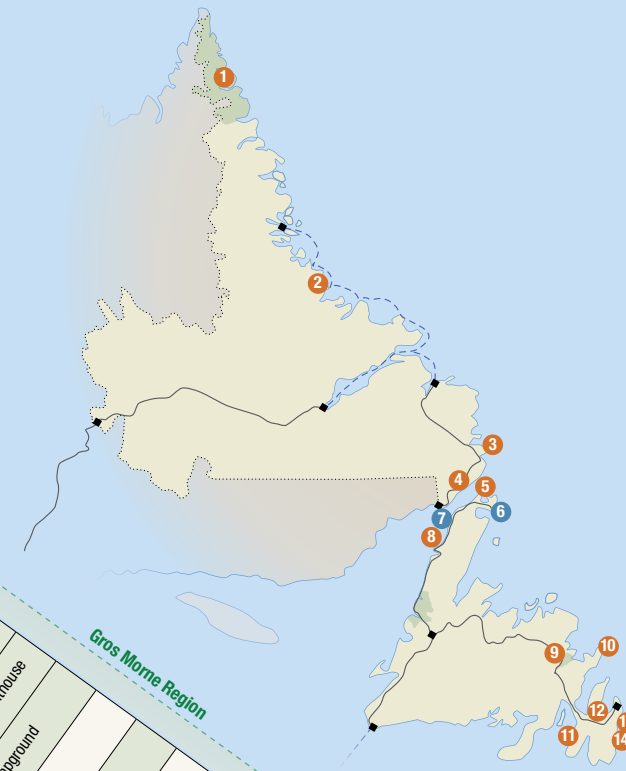
**Battle Harbour Historic District,**  
Once known as the "Salt fish capital of Labrador", this island in the Labrador Sea has restored buildings, wharves and paths that ramble over the hills to whale and iceberg look-outs. Served by regular passenger ferry from Mary's Harbour, accommodations and meals are also provided in historic buildings.



BATTLE HARBOUR: B. BRADBURY

# Plan Your Trip

## Other National Parks and Historic Sites



North of Gros Morne															Gros Morne Region														
Red Bay															L'Anse aux Meadows														
St. Anthony															St. Barbe														
Port au Choix															Cow Head														
Shallow Bay campground															St. Pauls														
Brook Point															Western Brook Pond trail head														
Green Point campground															Lobster Cove lighthouse														
Berry Hill campground															Rocky Harbour														
Visitor Centre															Morris Point														
Gros Morne Mountain trailhead															Southeast Hills viewpoint														
Wiltondale															Lomond campground														
Glenburnie															Woody Point														
Tablelands															Green Gardens trailhead														
Trout River																													

Distance in Kilometers

### NATIONAL PARKS

Besides the historic sites at 8 Port au Choix, 5 L'Anse aux Meadows and 4 Red Bay (see pages 26-28), you may also want to visit:

9 Terra Nova – A place where long bays of the North Atlantic Ocean touch the boreal forest while rocky headlands provide shelter from the power of the open ocean.

1 Torngat Mountains – A spectacular mountainous wilderness in northern Labrador. For thousands of years it has been home to the Inuit and their predecessors.

### NATIONAL HISTORIC SITES

2 Hopedale Mission – Symbol of interaction between Labrador Inuit and Moravian Missionaries; representative of Moravian Mission architecture in Labrador.

11 Castle Hill, Placentia – Features the remains of French and English fortifications from the 17th and 18th centuries.

12 Hawthorne Cottage, Brigus – Home of famous Arctic explorer Captain Bob Bartlett. The cottage is furnished with artefacts and memorabilia from Captain Bob's voyages.

an island in the Labrador Sea. Passenger ferry service from Mary's Harbour is available.

10 Ryan Premises, Bonavista – This restored merchant's premises commemorates the role of the East Coast fishery in Canadian history.

14 Cape Spear – The oldest surviving lighthouse in Newfoundland and Labrador. It shows how a lightkeeper and his family would have lived in the mid-19th century.

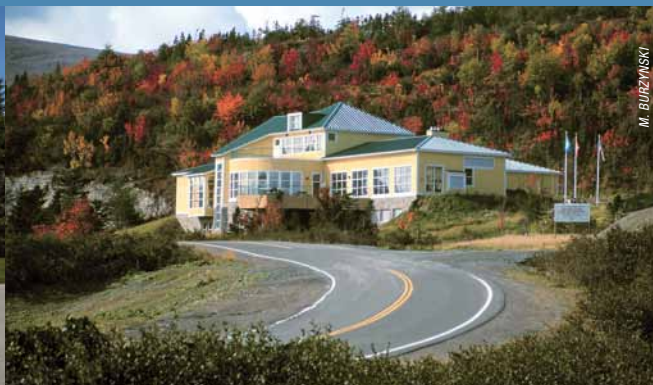
3 Battle Harbour Historic District – Experience the centuries-old Labrador fishery at this restored 19th-century fishing village on

13 Signal Hill, St. John's – Celebrates the rich communications and military history of Signal Hill and sits amidst a spectacular view of St. John's and the sea.





S. STONE



M. BURZYNSKI

**Hours for 2014 Visitor Centre**

**Route 430, 4 km south of Rocky Harbour**  
 The Visitor Centre can connect you to all the adventures and hospitality in Gros Morne or farther north along Viking trail. Staff and our travel info kiosks help you get up-to-date information about what's happening and how to book it.

May 5 – May 16	9am – 4pm (Mon-Fri)
May 17 – June 26	9am – 5pm Daily
June 27 – Sept 1	8am – 8pm
Sept 2 – Oct 31	9am – 5pm

**Hours for 2014 Discovery Centre**

**Route 431, near Woody Point**  
 Overlooking Bonne Bay, the Discovery Centre is a great place to start your exploration of the park. Helpful staff, interactive exhibits, a film, and daily activities help you to enjoy the geology, ecology and history of the park.

May 16 – June 19	9am – 5pm
June 20 – Sept 1	9am - 6pm
Sept 2 – Oct 13	9am – 5pm

**FREE wireless internet service, available at the Visitor Centre and Discovery Centre**

## Park Passes

**A pass is required for all activities within a national park.**

This includes hiking, skiing, and snowmobiling. Your pass also gives you access to the Visitor Centre, Discovery Centre, exhibits at Broom Point and Lobster Cove Head, interpretation programs, day use areas, roadside viewpoints and more. Passes may be purchased at Parks Canada facilities and many local businesses. **Additional fees apply for camping, boat tours, the swimming pool and special programming.**

**For your convenience, park passes are available at Gros Morne National Park facilities and the following local business locations:**

- Bonne Bay Pond:** Big Falls Tourist Lodge
- Corner Brook:** Arthur James
- Cow Head:** Shallow Bay Motel
- Deer Lake:** Foodland, Driftwood Inn, Arthur James
- Lomond:** Lomond River Lodge
- Norris Point:** Bonne Bay Pharmachoice, C & J Rumbolts, Gros Morne Adventure Guides, Terry's Bed & Breakfast, Western Petroleum
- Pasadena:** Foodland

- Rocky Harbour:** Gros Morne Cabins, Gros Morne Crafts, Parkway Irving, Ocean View Hotel
- St Pauls:** C & J Variety
- Trout River:** Valleyview Restaurant & Convenience
- Western Brook Pond:** Dockside
- Wiltendale:** Coyley's Gas Bar & Convenience
- Woody Point:** Old Loft Restaurant, Seaside Suite & Gift Shop, Roy Young Ltd.

**What's in a name?**

"Gros" means big, "Morne" is a Creole word for a small, rounded mountain standing alone. In French, morne also means dismal or gloomy. So, although Gros Morne probably means "big isolated hill", when clouds rake across the mountaintop the gloomy description often seems fitting.

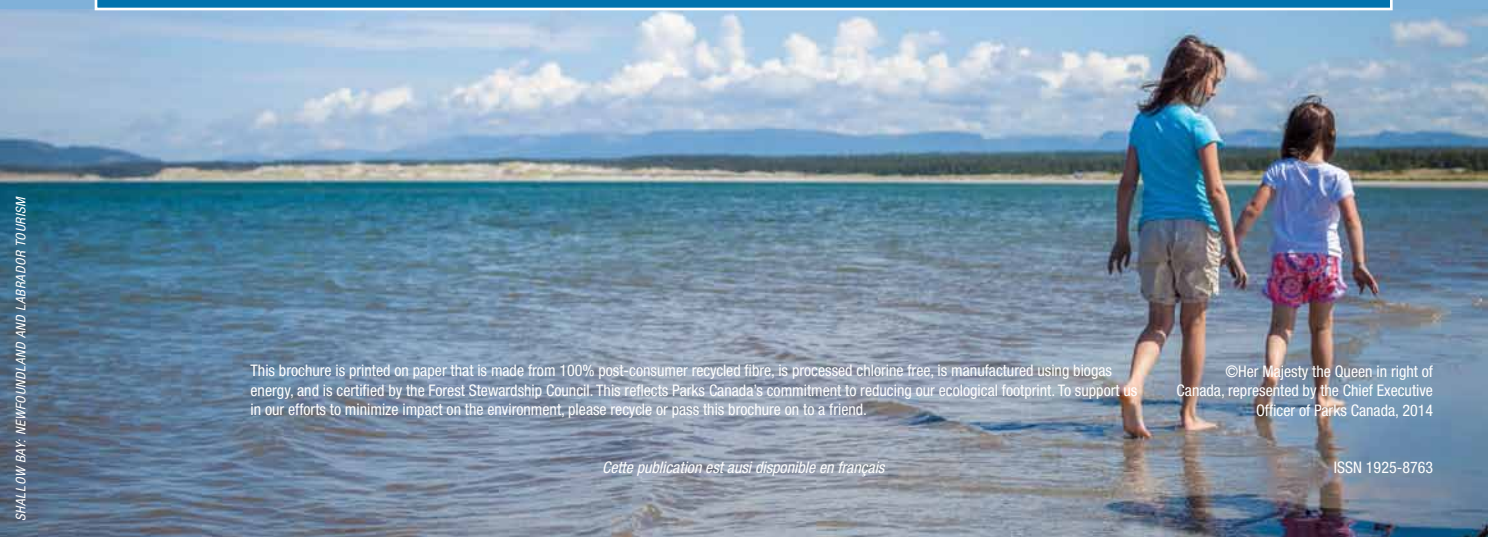
**What's going on?**

VisitGrosMorne.com



parkscanada.gc.ca

SHALLOW BAY, NEWFOUNDLAND AND LABRADOR TOURISM



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