



Gros Morne  
National Park

# Tuckamore

A Visitor's Guide



Parks  
Canada

Parcs  
Canada

Canada

# Welcome to Gros Morne National Park

Dear Visitor,

Having myself grown up in one of the communities surrounding Gros Morne National Park, I am very proud of the tradition of hospitality that is strongly rooted in this spectacular place that I am fortunate to call home. I hope that during your time with us, you, too, will experience the warm welcome that has become one of the defining characteristics of the region – almost as well-known as its iconic landscapes and dramatic seascapes.

While in Gros Morne, be sure to take in some of the world-famous geological sites that make it a World Heritage Site – they are as beautiful as they are significant. A Parks Canada interpreter can help you learn what the Tablelands and Mars have in common or how to read 30 million years of the earth's history in the rocky folds of Green Point. Travel by boat up the fresh water fjord at Western Brook Pond or hike to the top of Gros Morne Mountain for some of the most fantastic views the park has to offer. If you need assistance planning your visit, staff at the Visitor Centre in Rocky Harbour and Discovery Centre in Woody Point are ready and waiting with helpful tips. With the variety of amazing things to do and see, I am confident you will find your own unique way to experience Gros Morne National Park!

And, in case you didn't know, this region is home to two other UNESCO World Heritage Sites – both within a day's travel! Meet costumed interpreters at L'Anse aux Meadows National Historic Site to hear the story of how the Norse became the first Europeans to reach North America more than 1000 years ago. On the way, stop at Port au Choix National Historic Site, one of Canada's most fascinating Aboriginal sites. Drawn by the sea's bounty, Newfoundland's first inhabitants began visiting this area more than 5500 years ago. Then head over to southern Labrador to visit the Red Bay Basque Whaling Station to learn the 400-year-old tale of Basque whalers who set sail across the Atlantic to seek their fortune.

On behalf of Parks Canada, I invite you to explore these exceptional examples of Canada's national and international heritage treasures.

**Geoffrey Hancock**  
Field Unit Superintendent  
Parks Canada

**Tuckamore** is the Newfoundland word for the stunted trees that grow along the coast and in alpine areas. Frost and wind nip back the trees' exposed branches, giving them their wind-swept profile.

## What's in a name?

The name Gros Morne recalls a time when the French fished along this coast. "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.



# Tuckamore

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### Contact Information

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

[grosmorne.info@pc.gc.ca](mailto:grosmorne.info@pc.gc.ca)  
[www.pc.gc.ca/grosmorne](http://www.pc.gc.ca/grosmorne)  
(709) 458-2417

### Campground Reservations

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

### Swimming Pool

(709) 458-2350

### Western Brook Pond Boat Tour

(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,  
(709) 453-7269 / 2207

*Pittman's Taxi*  
(709) 458-2486 / 8278

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

### Emergency Numbers

911

*Park Emergency Services/  
Wildlife Incidents*  
1-877-852-3100

*Hospital*  
(709) 458-2201

# A UNESCO World Heritage Site

The spectacular landscape of Gros Morne National Park 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 and provide some of the world's best illustrations of plate tectonic theory.



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

*"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

As a UNESCO World Heritage Site, this place ranks among our planet's most significant natural areas. The rocks of Gros Morne were once part of an ancient ocean and later thrust up to form the Appalachian Mountains as two continents collided. More recently in geological terms, glaciers carved this place creating the spectacular landscape we see today and exposing the rock for scientific study.

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

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

### **Bones of the Earth**

During this 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.

> [Download the World Heritage podcast, “Bones of the Earth” at parkscanada.gc.ca](#)



### **Green Point - 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.



### **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.



### **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.



### **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.





## Some of our best



### Best Short Walks

**Lobster Cove Head** - Follow a series of pathways to cliff top look-offs. Stairs let you access the rocky shores.

**Tablelands** - 4 km walk across the exotic serpentine barrens and alien geology of the Earth's mantle. For a shorter walk opt for the Serpentine Loop (500 m).

**Steve's Trail** - trail leads to a seaside meadow with panoramic views of the park's northern coastline and the Long Range Mountains.

**Berry Hill** - this short trail leads to several viewpoints atop Berry Hill, where you can enjoy spectacular vistas of the park's coastal lowlands.

**Berry Head Pond Trail** - follow this trail through a mix of wetlands, ponds, and dense forests typical of the park's coastal lowlands. (First 350m is wheelchair accessible.)

### Best Hikes

**Gros Morne Mountain** - hike to the park's highest point. The summit is home to arctic hare, rock ptarmigan, and arctic-alpine plants.

**Green Gardens** - descends to a spectacular coastline of cliffs, sea stacks, and the lush meadows of Green Gardens.

**Lookout Trail** - climbs 300 m to one of the best panoramic vistas in the park – spectacular views of Bonne Bay, Gros Morne Mountain, and the Tablelands.

**Lomond River** - traces its way through a sheltered valley along the Lomond River.

**Trout River Pond** - Set in a steep-sided valley, follow the shore of Trout River Pond into the heart of the Tablelands.

**Long Range and North Rim Traverse** - challenging and spectacular multi-day hiking routes onto the Long Range Mountains.





### Picture Perfect Roadside Look-offs



**Southeast Hills** - 33 km south of Rocky Harbour on Route 430. Highest road side viewpoint with 360 degree view of the Long Range Mountains. (Best in morning or evening light)

**Jenniex House** - 5 km from the Visitor centre on the road into Norris Point. A spectacular view over Bonne Bay and across to the Tablelands. (Best in morning light)

**Trout River Pond** - on road to Trout River campground. Amazing panoramic views of the Tablelands and Trout River Pond. (Best in late afternoon or evening light)

**Long Range lookoff** - 2 km north of Shallow Bay on route 430. Expansive view of the coastal lowlands and Long Range Mountains. (Best in late afternoon or evening light)

**Gull Rocks** - 10 km south of Rocky Harbour on Route 430. Views across the East Arm of Bonne Bay towards the Tablelands. (Best in morning light)

### Top Coastal Experiences

**Explore the tidepools at Lobster Cove Head** - at low tide head to its rocky shore and discover the creatures that live in the amazing world of tidepools.

**Bonne Bay Marine Station** - Aquarium Tours let you see local marine life and get your hands wet in the touch tank.

**Shallow Bay Beach** - a 4 km long sandy beach, great for exploring, bird watching and swimming on warm summer days.

**Coastal Trail** - It's a perfect trail for enjoying coastal landscapes, ocean breezes, and sunsets.

**Kayak or Cruise Bonne Bay** - head to the waterfront of Norris Point and book a boat or kayak tour of Bonne Bay.

**Trout River** - walk the waterfront boardwalk of this fishing community. Visit the nearby Fisherman's Museum and busy fisherman's wharf.





# Gros Morne - North



## SERVICES

Cow Head / St Pauls



## OUR FAVOURITE

### Western Brook Pond

16 km long and bordered by 650 m cliffs, is one of the park's iconic destinations. Best experienced by a 2 hour boat tour. (See page 18.)



# The Long Range Mountains and a windswept coast



## NOT TO BE MISSED!

**1**



**Broom Point Fishing Exhibit**

Visit a traditional fishing premise and journey back to the life of an inshore fishing family from the 1960's.

**2**



**Gros Morne Theatre Festival in Cow Head**

A summer long lively mix of drama, dinner theatre, and Newfoundland "times".

**3**



**Shallow Bay Beach**

A 4 km sandy beach great for exploring, beachcombing and swimming.

**4**



**Western Brook Pond Trail**

Stroll through forest and alongside coastal bogs lush with wildflowers. Interpretive panels highlight natural features on this easy 3 km walk.

### GOOD TO KNOW

- > Reserve your tickets for the Western Brook Pond boat tour by calling 1-888-458-2016 or visiting [bontours.ca](http://bontours.ca).
- > The community of Cow Head offers a museum, botanical gardens, and walking trail to an abandoned lighthouse.
- > Visit Port au Choix National Historic Site, only a 1.5 hour drive from Cow Head.

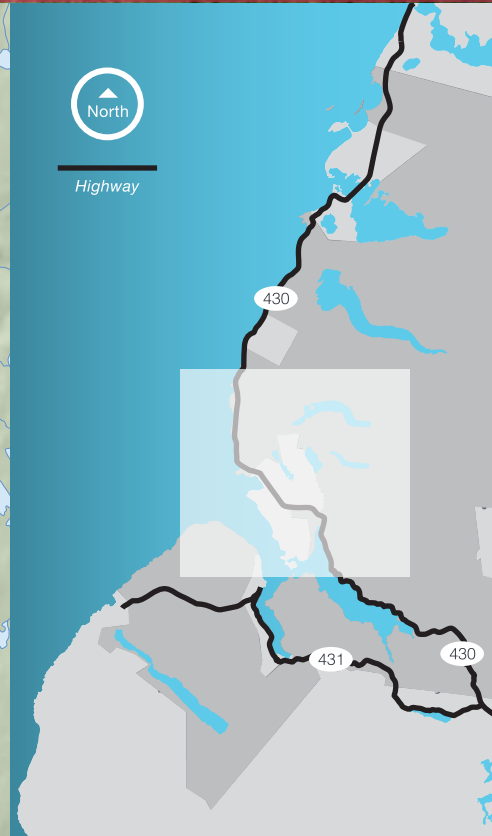
### TRY THESE

- > Visiting Broom Point? Plan to take in the *Yaffle of Chores* or other programs. (See page 16.)
- > Join professional guide Clem and make the challenging hike to the top of Western Brook Pond gorge. (Contact Bontours at 1-888-458-2016).

**Where to Camp** : Shallow Bay – next to a 4 km sandy beach



# Gros Morne - Central



## SERVICES

### Rocky Harbour



### Norris Point



## OUR FAVOURITE

### Hike Gros Morne Mountain

The park's highest point. The challenging, 16km trail leads you to breathtaking views of Ten Mile Pond. The mountain's summit is home to arctic hare, rock ptarmigan, and arctic-alpine plants. (Note: Trail closure during May and June.)



## Coastal headlands and communities

### NOT TO BE MISSED!

**1**

**Green Point**

An intriguing sequence of layered rocks from the bottom of an ancient ocean. For geologists it's a world geological benchmark for the start of the Ordovician period. Discover more, visit when a naturalist is on site.

**2**

**Lobster Cove Head Lighthouse**

Wander the headland and visit the exhibit inside the light keeper's home to discover the heritage of this place. Check the schedule for special activities and events.

**3**

**Norris Point Waterfront**

Kayaking, boat tours on the bay, aquarium tours at the Marine Station, or relaxing on the wharf – it's where marine adventures begin!

**4**

**Mattie Mitchell Commemoration Site**

Mattie Mitchell site was a renowned Mi'kmaq guide. Stroll around this commemoration site and learn about Mi'kmaq in Newfoundland.



#### GOOD TO KNOW

- > Local musicians regularly perform around Rocky Harbour and Norris Point.
- > Gros Morne Swimming Pool - an indoor pool in Rocky Harbour also has a hot tub for adults and shallow area for small children. Great for relaxing after a day of hiking and exploring.

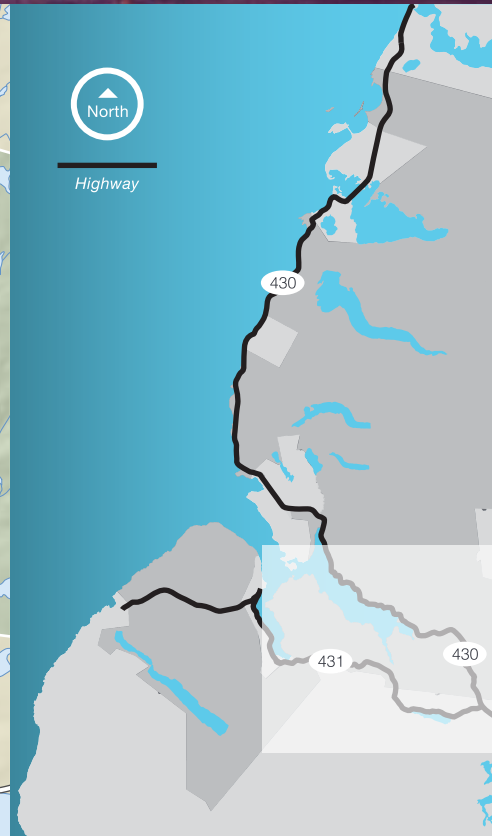
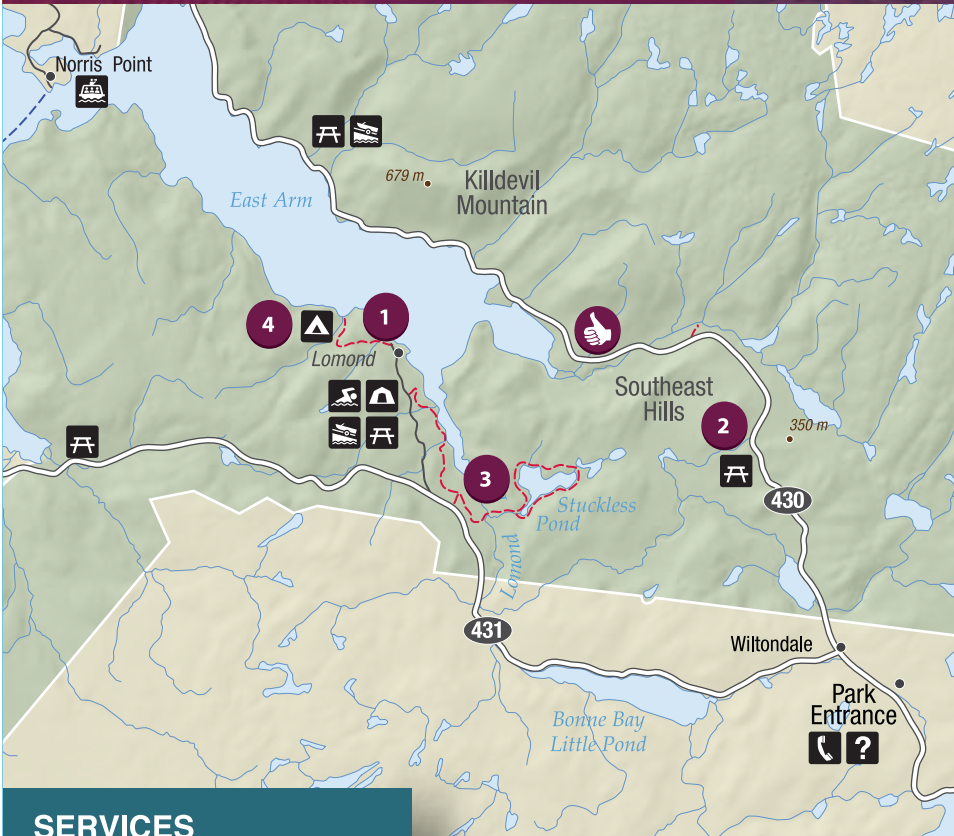
#### TRY THESE

- > Watch epic sunsets from Lobster Cove Head. On stormy days it's a place to watch crashing waves.
- > Want a longer hike but on easy terrain? Bakers Brook Falls trail leads to a series of waterfalls. Along the way signs interpret the forest around you.

**Where to Camp** :: Berry Hill – centrally located near Rocky Harbour  
 :: Green Point – on the shores of the Gulf of St. Lawrence



# Gros Morne - Southeast



## SERVICES

### Wiltondale



## OUR FAVOURITE

### Many spectacular viewpoints

Enjoy the scenic drive along the East Arm of Bonne Bay and up into Southeast Hills. Take in the many spectacular viewpoints along the way.

## Sheltered bays and valleys

### NOT TO BE MISSED!

**1**



**Visit Lomond**

Once the site of an active logging community, today it is a spectacular setting for a campground and picnic area.


**2**



**Southeast Hills Viewpoint**

Is the highest point of road in the park. Enjoy the 360° panorama of the Long Range Mountains and the Lomond Valley.

**3**



**Forests around Lomond**

Are the tallest and most diverse in the park. Experience this rich forest from one of several trails.

**4**



**Camp on a beach**

Hike 2 km to Stanleyville and spend a night camping on the shores of Bonne Bay. (Campers require a backcountry permit.)



#### GOOD TO KNOW

- > Enjoy salmon fishing on the Lomond River. Check with park staff for permit requirements and seasons.
- > Bring a picnic and have lunch at one of several scenic picnic areas.

#### TRY THESE

- > The Stuckless Pond trail is excellent for mountain biking.
- > Southeast Brook Falls – a short trail leads to these impressive falls.

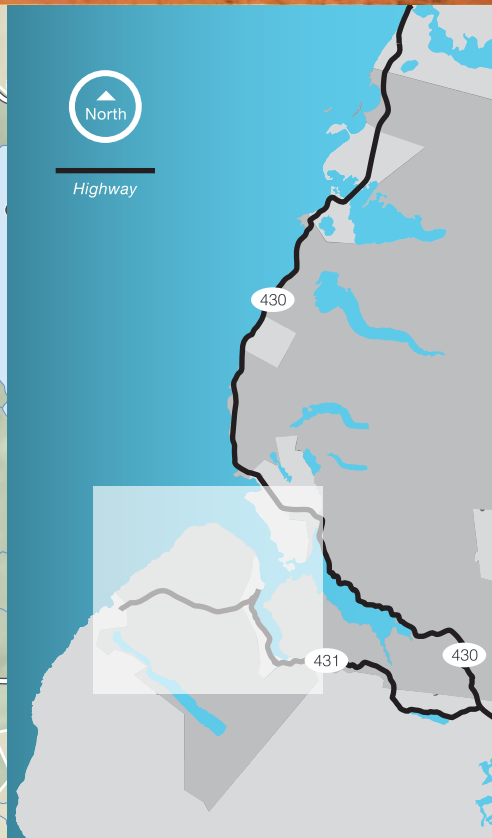
#### Where to Camp

Lomond Campground – on the shores of Bonne Bay



Tablelands, Newfoundland and Labrador Tourism

# Gros Morne - South



## SERVICES

### Woody Point - Glenburnie



### Trout River



## OUR FAVOURITE

### Walk upon the earth's mantle

Join a park naturalist for a 2 hour guided walk on the Tablelands - one of the few places where Earth's mantle is exposed.



## Exotic landscapes and historic communities

### NOT TO BE MISSED!



1

#### Discovery Centre

A great place to start your exploration of the park. Staff, exhibits, art gallery and daily activities will help you begin your exploration of the park's landscape, ecology, and history.



2

#### Hike Green Gardens

A spectacular trail leading to a coast of lush meadows, cliffs, and seaweeds.  
> (9 - 15.5 km, 3-6h)



3

#### Explore the fishing community of Trout River

Walk its waterfront boardwalk and visit its museums about the fishery past and present.



4

#### Lookout trail

Hike the Lookout trail for one of the best panoramic views of the park. This trail climbs over 300m in elevation to a treeless highland plateau.  
> (5 km loop, 2-3h)



### GOOD TO KNOW

- > Woody Point is home to craft shops, artist studios, and heritage buildings. Throughout the summer it hosts concerts from traditional to contemporary to classical.
- > During the summer, a water taxi (passengers only) operates between Woody Point and Norris Point.

### TRY THESE

- > Missed the guided walk on the Tablelands? Download the app and do it on your own schedule.
- > Want to climb to the top of the Tablelands. Pick up a map and plan your route to the top.

#### Where to Camp

- ⋮ Trout River Pond Campground - Camp overlooking Trout River Pond and the Tablelands.

- 9 Berry Hill Pond** ● 2 km loop, (0.5-1h)  
Departs from various points in Berry Hill Campground  
FEATURES: Pond, forests

**Community trails - See page 21**

Gulf of St. Lawrence

**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.

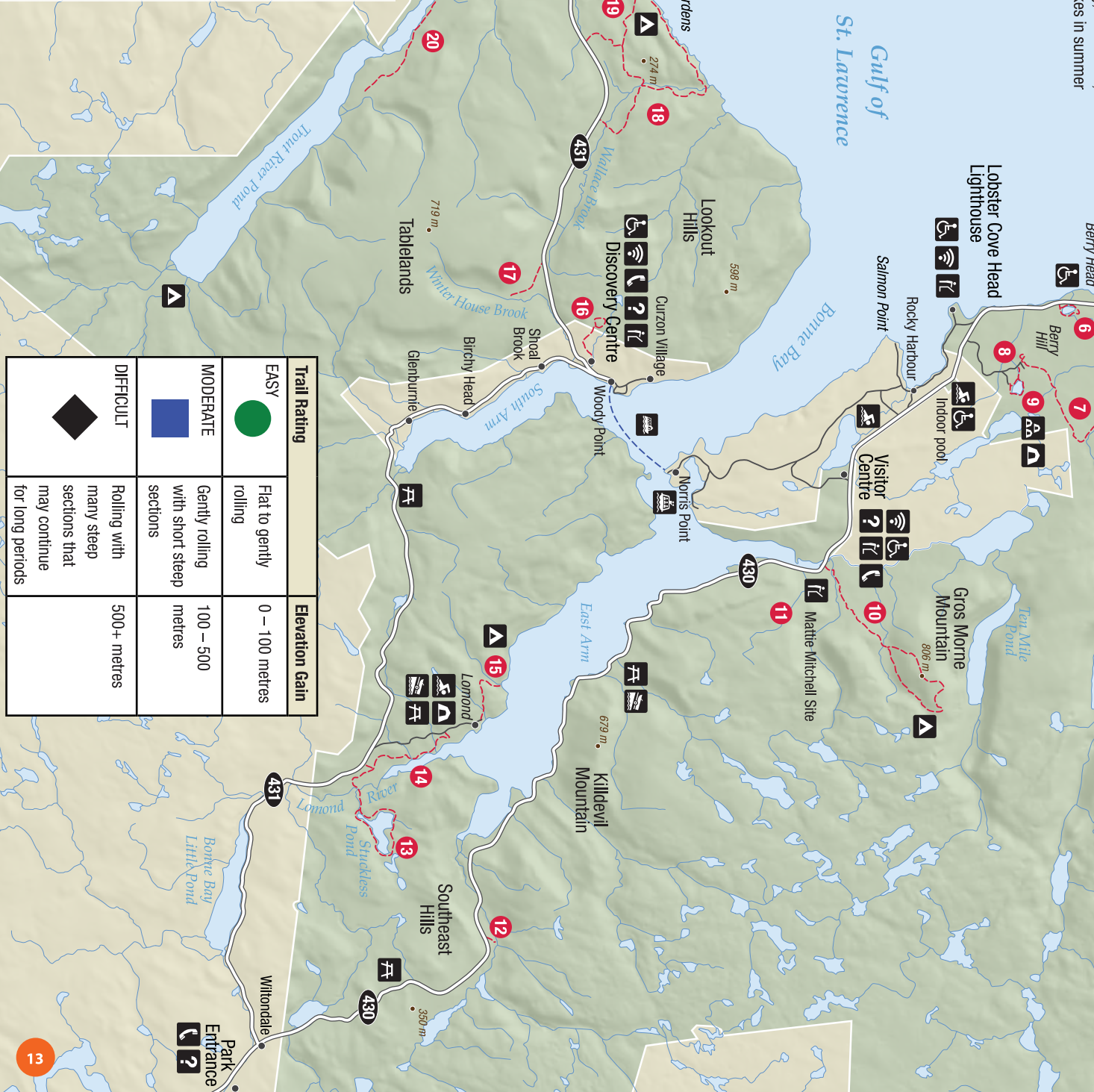
**Services and Facilities**

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

Hiking Trail  
 Boat Tours  
 Highway  
 Road

0 2 4 6 km

North



Trail Rating	Elevation Gain
<b>EASY</b> ●	0 – 100 metres
<b>MODERATE</b> ■	100 – 500 metres
<b>DIFFICULT</b> ◆	500+ metres

Flat to gently rolling

Gently rolling with short steep sections

Rolling with many steep sections that may continue for long periods



# Trail Guide

Hiking is a great way to experience Gros Morne. Trails are clearly marked, and most feature boardwalks, stairs and bridges where necessary. A map and orientation sign at the beginning of each trail will help you.

For trail conditions please go to [www.pc.gc.ca/grosmorne](http://www.pc.gc.ca/grosmorne)

## 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

## 10 Gros Morne Mountain

16 km loop, (6-8h)

Strenuous hike 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, ferns, 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, ferns, and panoramic views of Bonne Bay and Tablelands

## 17 Tablelands

4 km return, (1h)

FEATURES: Serpentine barrens, unique geology, wildflowers,

## 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

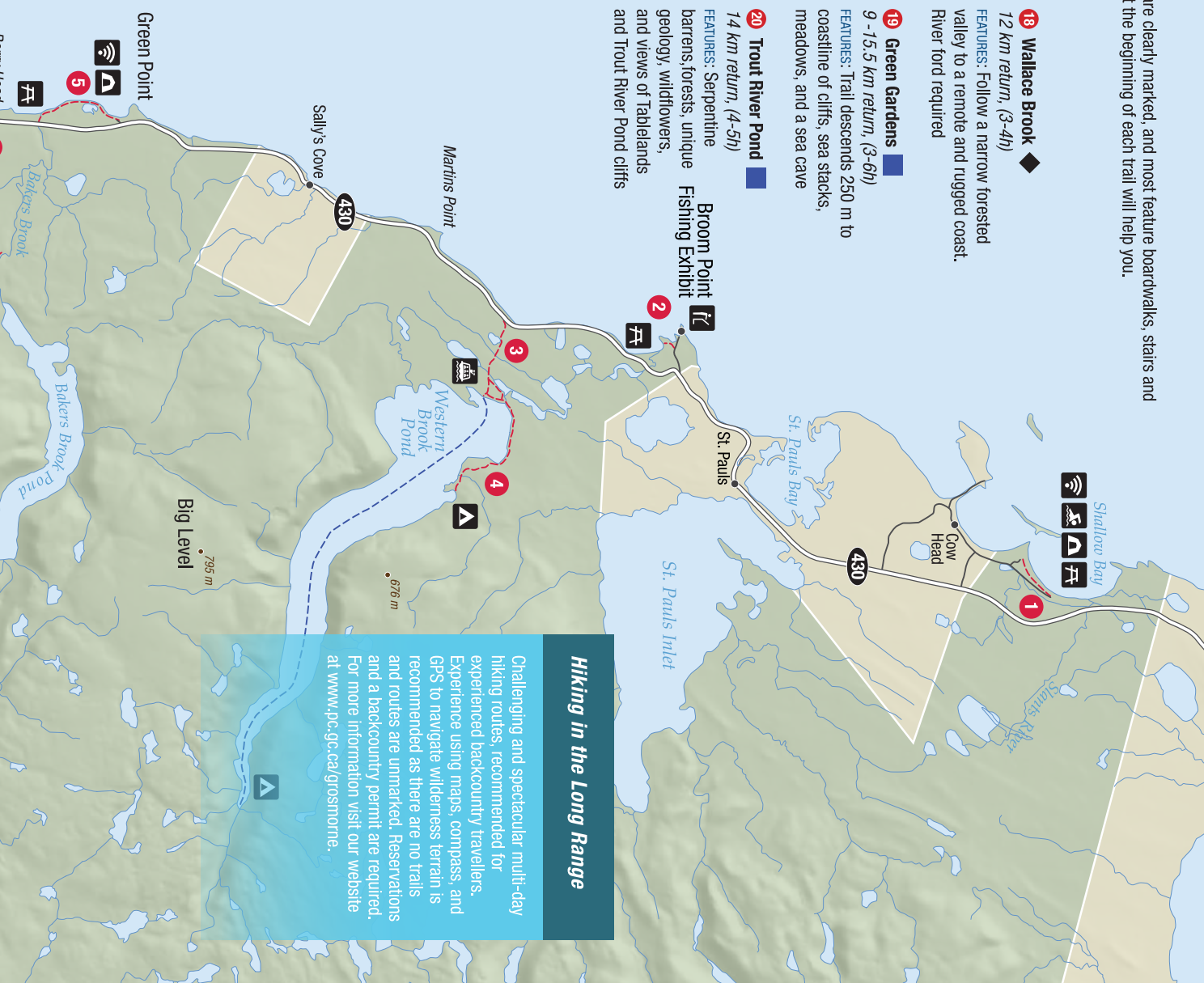
9 - 15.5 km return, (3-6h)

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



### Hiking in the Long Range

Challenging and spectacular multi-day hiking routes, recommended for experienced backcountry travellers. Experience using maps, compass, and GPS to navigate wilderness terrain is recommended as there are no trails and routes are unmarked. Reservations and a backcountry permit are required. For more information visit our website at [www.pc.gc.ca/grosmorne](http://www.pc.gc.ca/grosmorne).



Tablelands, Parks Canada

## Experience Gros Morne with our Park Guides

Places to Discover and ways to Explore (July 1 - September 5, 2016)



### **Lobster Cove Head Exhibit – Open Daily (10:00 - 5:30)**

Uncover the story of Lobster Cove Head – the people, the history and the Lighthouse that served as a beacon to those returning from sea.

**To the Lighthouse – Outdoor Guided walk, Daily (11:00 and 2:00)**



### **Broom Point Fishing Exhibit – Open Daily (10:00 – 5:30)**

Explore this restored fishing premises and the vibrant life of a typical Newfoundland inshore fishing family from the 1960's.

**Of Fish and Family – Guided visit, Monday-Friday  
Every hour on the half hour (10:30 – 4:30)**



### **Discovery Centre – Open Daily (9:00 - 5:00), June 17 to September 7 (9:00 - 6:00)**

Discover the inside workings of the earth and learn about the plants, animals and cultural history of Gros Morne. Exhibits, an art gallery, daily activities and more!

**Discovery Activities – Tuesday and Thursday (2:00)**

## Summer Program (July 1 - September 5, 2016)

	<i>Morning</i>	<i>Afternoon</i>	<i>Evening</i>
<b>Sunday</b>	* 10:00 Tablelands	* 2:00 Yaffle of Chores	* 7:00 Earth Odyssey
<b>Monday</b>	* 10:00 Tablelands * 10:30 Green Point	* 2:00 Medicine Walk at the Discovery Centre	
<b>Tuesday</b>	* 10:00 Tablelands	* 2:00 Discovery Activities	* 7:00 Fire Circle at Trout River Day Use Area
<b>Wednesday</b>	* 10:00 Tablelands * 10:30 Green Point	* 2:00 Reach for the Top	
<b>Thursday</b>	* 10:00 Tablelands	* 2:00 Yaffle of Chores * 2:00 Discovery Activities	* 7:00 Earth Odyssey
<b>Friday</b>	* 10:00 Tablelands * 10:30 Green Point	* 2:00 Medicine Walk at the Visitor Centre	* 8:00 The Night Life
<b>Saturday</b>	* 10:00 Tablelands	* 2:00 Reach for the Top	* 7:00 Fire Circle at Lobster Cove Head

**Guided visits at Broom Point:** Monday-Friday (10:30, 11:30, 12:30, 1:30, 2:30, 3:30, 4:30)

**Guided walks at Lobster Cove Head:** Daily (11:00 & 2:00)

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

*Guided Walk: Tablelands Trail (2h)*

Walk upon the Earth's mantle - normally found far below the crust. This walk reveals earth shaking ideas that changed how we understand our planet.

### Green Point: Naturalist on Site

*Guide on Site: Green Point Geological Site (2h)*

Drop in, stroll through millions of years of Earth's history and explore a cool sequence of layered rocks...all complete with hidden fossils!

### Yaffle of Chores

*Special Program: Broom Point (2h). Reservations required (\$14.70)*

Take a trip back in time to discover traditional Newfoundland culture. Try your hand at a "yaffle" of chores to experience a day in the life of fishing families.

### Reach for the Top...of the Tablelands

*Special Program: Tableland (3h). Reservations required (\$22.00)*

Want to reach for the top of the Tablelands? Head off-trail with a guide up the slopes of the Tablelands for stunning views of mountains and sea.

### Medicine Walk

*Guided walk: Discovery Centre and Visitor Centre (1h)*

Walk in the footsteps of those who have gone before to learn the traditional uses of plants and berries.

### Gros Morne: An Earth Odyssey

*Evening Program: Visitor Centre (1h)*

An out-of-this-world multimedia show! Join a zany traveller sent from another galaxy to discover Gros Morne's geology and why it's a UNESCO World Heritage Site!

### Fire Circle

*Evening Outdoor Program: Trout River Day Use Area and Lobster Cove Head (1h)*

Listen to the drum & feel your connection to Mother Earth in an outdoor evening of fire & story.

### The Night Life

*Evening Program: Shallow Bay Campground (1h)*

Explore the forest at the edge of night and the little known "night life" of Gros Morne - a time when bats and other creatures come to life!

**Information and reservations: 709-458-2417**



Shallow Bay Campground, Newfoundland and Labrador, Tourism

# Camping

## CAMPING/ACCOMMODATION

Gros Morne National Park offers a variety of camping opportunities.

## CAMPGROUNDS

Reserve at [www.reservations.parksCanada.gc.ca](http://www.reservations.parksCanada.gc.ca).  
1-877-737-3783 or (TTY) 1-866-787-6221



Choose from one of 5 semi-serviced campgrounds located throughout the park. All our campgrounds are suitable for tents, trailers, and recreational vehicles.

Rustic Cabin  
oTENTiks  
Drive-in Sites  
Electricity & Water Sites  
Walk-in Sites  
Beach Sites  
Fire-pits  
Kitchen Shelters  
Playground  
Flush toilets  
Hot water  
Showers  
Dumping station  
Wireless internet

Campground	Rustic Cabin	oTENTiks	Drive-in Sites	Electricity & Water Sites	Walk-in Sites	Beach Sites	Fire-pits	Kitchen Shelters	Playground	Flush toilets	Hot water	Showers	Dumping station	Wireless internet
<b>TROUT RIVER</b> - Overlooking the Tablelands. 2 km from the town of Trout River off route 431.		2	38		4		●	●	●	●	●	●		●
<b>LOMOND</b> - On the shores of Bonne Bay. 17 km from park entrance off route 431.			25			4	●	●	●	●	●	●	●	
<b>BERRY HILL</b> - Centrally located. 5 km north of Rocky Harbour off route 430.	3	3	56	10			●	●	●	●	●	●	●	
<b>GREEN POINT</b> - On the shores of the Gulf of St. Lawrence. 12 km north of Rocky Harbour on route 430.		1	30				●	●		●				●
<b>SHALLOW BAY</b> - Next to Shallow Bay Beach. 1 km north of Cow Head off route 430.		2	60				●	●	●	●	●	●	●	●

## Primitive Camping

No reservations. Register with park staff.

For visitors that want to immerse themselves in nature or just enjoy the solitude of a night in Gros Morne's natural landscape. Primitive campsites are located along trails or accessible by kayak.

## Parks Canada oTENTiks

Only \$120 per night including park pass and firewood.

Experience camping like never before. The oTENTiks offer a unique blend of welcoming comfort and outdoor adventure. Part tent, part cabin – they are equipped with beds, furniture, and a raised wooden floor. Experience the fun of camping with none of the fuss.

## Parks Canada Rustic Cabins

Only \$120 per night includes park pass and two bundles of firewood.

Located near Berry Hill Pond, these solid wood cabins are equipped with wood stove, table & benches and four 54" wide fixed wooden bunks (no mattresses). Barbeque, fire ring and Adirondack chairs also provided for exterior use and pets are allowed.

## Group Camping

Reserve at 709-458-2417.

Reserved for organized groups. Enjoy your own separate camping area adjacent to Berry Hill campground. Equipped with kitchen shelter and washroom building.

*Note:* Full service campgrounds are available in nearby communities.



# Experience Western Brook Pond

Your experience begins with a walk into the pond on an 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 using the free wifi.

## TAKE THE SCENIC BOAT TOUR

Spend 2 hours cruising this iconic freshwater fjord lake with its stunning billion year-old cliffs and waterfalls cascading over 650 metre high cliffs. Reservations recommended.



## Schedule

<b>May 15 - May 31*</b> <i>(Subject to seasonal conditions)</i>			12:30 PM		
<b>June 1 - June 30</b>			12:30 PM		
<b>July 1 - Aug 31</b>	10 AM	11 AM	12:30 PM	1:30 PM	3 PM
<b>Sept 1 - Sept 30</b>			12:30 PM		
<b>Oct 1 - Oct 15*</b> <i>(Subject to seasonal conditions)</i>			12:30 PM		



## For Reservations and Information

Visit [bontours.ca](http://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. *Shuttle service also available for Long Range hikers.*

## Hiking Adventures

Imagine yourself atop spectacular Western Brook Pond Gorge! Visit [bontours.ca](http://bontours.ca) or call 1-888-458-2016 or 709-458-2016 to inquire about shuttle service. Bontours also offers guided day hike and overnight camping experiences around Western Brook Pond.

Hike the pond's shoreline, ford a large brook and follow a narrow muddy trail to Snug Harbour where you can camp on the shores of Western Brook Pond. (Campers require a backcountry permit.)

See the Earth naked

Tablelands, C. Reardon/Parks Canada

# The Tablelands

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.



Trout River Pond Trail, C. Reardon/Parks Canada

### Hike...

Take the path less travelled - *Trout River Pond Trail* leads into the heart of the middle of the Earth. Along the way, you can enjoy one of the best views of the Tablelands from your own private beach.

*Hike to The Top of the Bottom of the Earth* - Pick up a map, plan your route and let your legs carry you to the view at the top of the Tablelands. Need some direction? Let us guide you.

### Drive...

Enjoy the scenic drive through the gulch between Woody Point and Trout River!

### Discover...

*Walk Upon the Earth's Mantle* with a park naturalist. Can't make the walk? Try the next best thing to a real guide! Sign out an Explora or download the app and discover the Tablelands at your own time and pace.

### Camp...

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



“EXPLORA” the Tablelands

Can't make the Tablelands Walk? Try the next best thing to a real guide!  
 Download the app on your personal device or sign out an Explora tablet at the Discovery Centre and experience the Tablelands at your own time and pace.

Scan the code to download your free Explora tour app.

## Une géologie empreinte d'histoire

### Green Point

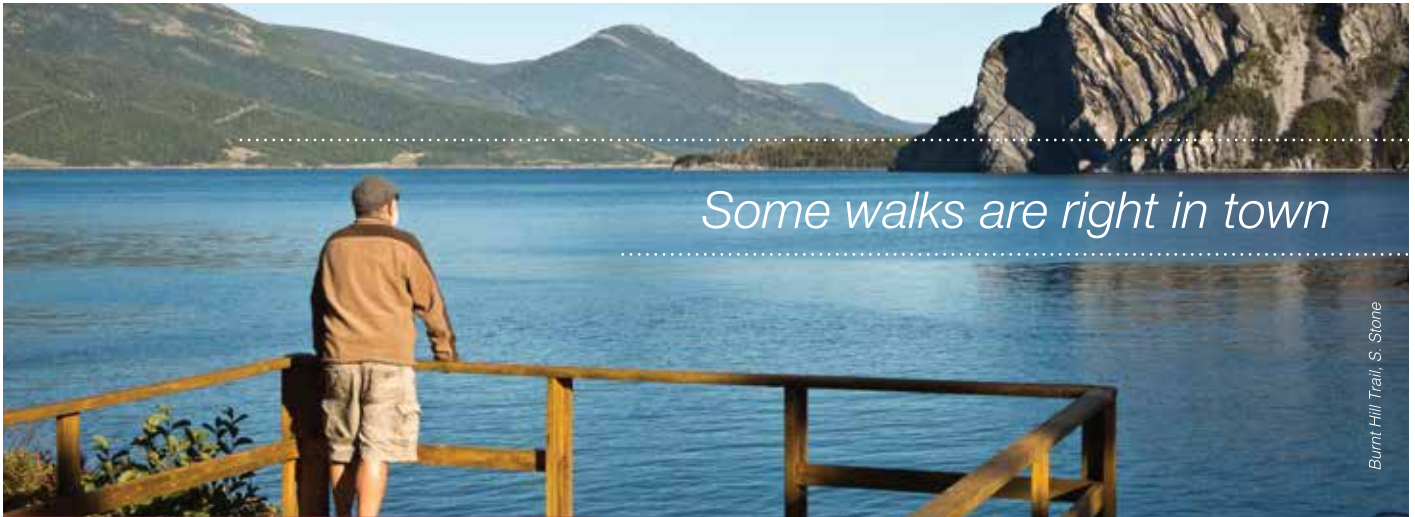
Explorez les falaises du littoral de Green Point, un assemblage de roches stratifiées magnifique et fascinant.

Il y a environ 500 millions d'années, les roches de Green Point se sont formées dans les profondeurs d'une mer ancienne. Dans ces roches, les géologues ont découvert des fossiles appelés graptolites et conodontes. Ces fossiles se sont formés à la croisée des périodes du Cambrien et de l'Ordovicien et font de Green Point une référence mondiale en matière de géologie.

*Le site est situé à 500 m au nord du terrain de camping de Green Point, après avoir quitté la route 430. Un petit sentier mène au littoral pour vous permettre d'observer les roches de près. Vous pouvez aussi suivre le chemin qui mène au sommet de la falaise pour avoir une vue spectaculaire. Pour en apprendre davantage, visitez le site lorsqu'un naturaliste est sur place. Votre expérience sera plus agréable si vous vous présentez lorsque la marée est basse.*

*Pour votre sécurité, faites attention aux chutes de roches et restez à distance sécuritaire du bord des falaises.*





Some walks are right in town

Burnt Hill Trail, S. Stone

## Community Trails

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



### 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 11 km of looped ski trails near the Visitor Centre. The cabin access roads 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.





## Creative Gros Morne

Take time to connect with the culture and heritage of the Gros Morne region. Enjoy performances of traditional music and stories to professional theatre. Look for festivals, special events, art exhibits, and shops of local artisans and explore the local culture with the people who call it home.



### Discovery Centre Art Gallery

*Boundary|Time|Surface* is a collection of new artwork by Sydney Lancaster, which explores human efforts to understand and divide up geologic time. This exhibition conveys an appreciation of the scale of human experience in relation to the vast extent of time and space represented in Gros Morne National Park.

### Gros Morne Theatre Festival

Back in Cow Head for another season of storytelling, music, and drama. The 2016 line up includes the always popular dinner theatre *The Sinking of the S.S. Ethie*, *Neddy Norris Night cabaret*, *The Best of Newfoundland Vinyl*, *Our Fanny*, *Brazil Square* and *As Loved Our Fathers*. Six nights a week starting in June and ending in September.

### Passing the Time in Trout River

Stories, music and more are to be discovered on Tuesday nights at the Trout River Interpretation Centre. Interact with local performers and special guests during these intimate gatherings.

### Wave Over Wave Interpretive Walk

With a local guide, explore the fishing and farming heritage of Trout River. *Tuesdays and Thursdays starting at the Trout River Interpretation Centre.*

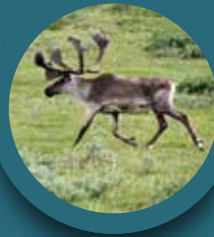
### Gros Morne Summer Music

Constantly searching for new ways to provoke rich encounters with great music. Based in the St. Patrick's church, Woody Point, their programs feature folk, classical and popular genres of music that cross boundaries into theatre, dance and film. Weekly programming in July and August with special concerts into October.





# Wildlife



## TOP 10 WILDLIFE SIGHTINGS

**Caribou** - native; 0.8-1.6 m high at the shoulder; dark brown in summer but light brown to white from fall to spring. In summer, commonly seen on the Long Range Mountains but frequent lowland bogs during fall and winter.

**Moose** - introduced; largest member of the deer family, 1.4-2.1 m high at the shoulder. Often seen along roadsides and trails, particularly around dawn and dusk. Drive carefully.

**Arctic Hare** - native; largest member of the hare family; grey in summer and white in winter. Lives in the park's arctic-alpine barrens and regularly seen on Gros Morne Mountain.

**Snowshoe Hare** - introduced; smaller than the Arctic hare; brown in summer and white in winter. Live in the lowland forests and commonly seen in campgrounds and along lowland trails.

**Rock Ptarmigan** - native; grey in summer and white in winter. Lives all year in the park's arctic-alpine barrens. Regularly seen on Gros Morne Mountain.

**Bald Eagle** - native; adults have distinctive white head, wingspans of 1.8-2.3 m. Regularly seen around Bonne Bay.

**Coyote** - new arrival; about the size of a German shepherd but is grey or reddish grey with a whitish throat and belly. Found throughout the park and mostly nocturnal.

**Black Bear** - native; found throughout the park but seen infrequently. Bears are wary of people but they are attracted by food. *Keep yourself safe: do not leave food or garbage lying around. Report all bear sightings to park staff.*

**Red Fox** - native; red, black, silver, or a mixture of colours but all have the distinctive white tip on the tail. Often seen along roadsides and common throughout the park.

**Minke Whale** - native; baleen whale; 6-10 m in length. Often seen in Bonne Bay from late spring to fall.

### 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. A fed animal becomes a dead animal.
- > Always practise proper food storage.



Signs of success

## Resource Conservation

### Finding the balance between moose and a healthy forest.

Gros Morne is famous for its very large moose population but those same moose are preventing the park's forest from regrowing. Today, five years after implementing one of Parks Canada's largest wildlife management programs we are seeing signs of success. An aerial survey of the park in the spring of 2015 showed a 30% decline in the moose population. Our ecological monitoring also shows young trees are now growing taller and have less signs of moose browsing. It's good news for the park ecosystem.

Parks Canada responded with a large-scale moose population reduction. Since the program began in 2011, approximately 2900 moose have been harvested by qualified hunters. The moose population in the park has declined from 4800 to 3400 animals in 2015. Vegetation is also starting to respond. Our ecological monitoring program has shown that saplings of fast-growing hardwood species like birch, mountain ash, and mountain maple are growing larger and browsing rates are lower than they were



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 took their toll on the health of the park's forests. Moose ate so many young trees that they prevented the forest from regrowing to form the next generation of forest. When mature trees died and fell down, nothing replaced them. By 2005, almost 65km<sup>2</sup> of the park had converted from mature closed-canopy forest to sparse, open habitat and grassland. Action was needed to protect the park's forests.

before the program started. Saplings of balsam fir, the park's main conifer species, are slower-growing and have yet to show a measurable change across the whole park landscape - but park staff are seeing improved fir growth in many areas where moose numbers have declined the most.

The moose reduction program will continue as Parks Canada monitors forest recovery. The goal is to maintain a healthy moose population at a more natural population density that allows for normal forest regeneration in the park.

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

Discover more about the park's forest. Hike the Bakers Brook Falls trail where signs interpret the forest and you can visit a moose enclosure, a fenced area to keep moose out. Here you can compare for yourself the impact of moose on our forests.

Imagine 6000 years of human history

S. Stone/Parks Canada

## Port au Choix National Historic Site

Stroll along a rugged coastline where many ancient cultures gathered to live off the land and from the sea. Discover the richness, the rarities and the delicacies unearthed by 6000 years of human history.

### 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 Daily:

June 13 - September 19 | 9 am - 5 pm

### 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.

### 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.



C. Imbrani/Parks Canada



### Contact Info

(709) 861-3522 | [www.pc.gc.ca/portauchaix](http://www.pc.gc.ca/portauchaix)

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United Nations  
Educational, Scientific and  
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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



Step into your own saga at the only authenticated  
Viking settlement in North America!

S. Stone/Parks Canada

## L'Anse aux Meadows National Historic Site

1000 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.

### 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.
- > Help the Blacksmith make a nail!
- > Listen to 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 Daily:

June 1 to 14 | 9 am to 5 pm

June 15 to September 25 | 9 am to 6 pm

September 26 to October 9 | 9 am to 5 pm

### 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.



C. Reardon/Parks Canada



C. Reardon/Parks Canada

### Contact Info

(709) 623-2608 | [www.pc.gc.ca/lanseauxmeadows](http://www.pc.gc.ca/lanseauxmeadows)



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

Red Bay Basque Whaling Station  
 inscribed on the World Heritage List in 2013  
 La Station baleinière basque de Red Bay  
 inscrit sur la Liste du patrimoine mondial en 2013

C. Reardon/Parks Canada

## Basque whalers in Labrador Lighting the Lamps of Europe.

# Red Bay National Historic Site

Adventure to Red Bay Basque Whaling Station World Heritage Site and explore this unique and beautiful landscape where whalers once produced the oil that lit the lamps of Europe.

### 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 Daily:

- June 8 to 14 | 9 am to 5 pm
- June 15 to September 21 | 9 am to 5:30 pm
- September 22 to 28 | 9 am to 5 pm



C. Imbrahim/Parks Canada

### While in the Area

*Red Bay 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 at the Lawrence D. O'Brien Town Centre in 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.

### Contact Info

(709) 920-2051 | [www.pc.gc.ca/redbay](http://www.pc.gc.ca/redbay)



# Share the Chair!

17 pairs of red chairs waiting to be discovered in Gros Morne National Park



Lobster Cove Head, S. Stoney/Parks Canada

#sharethechair #timetoconnect

## 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.

### Hours for 2016

May 20 – June 16 | 9am – 5pm  
June 17 – Sept. 5 | 9am – 6pm  
Sept. 6 – Oct. 10 | 9am – 5pm

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

## 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.

### Hours for 2016

May 9 – June 23 | 9am – 5pm  
June 24 – Sept. 5 | 8am – 8pm  
Sept. 6 – Oct. 28 | 9am – 5pm

## Kids Become a Gros Morne Xplorer

Ask for an Xplorers booklet filled with fun activities that will guide your discovery of Gros Morne National Park.



### **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 many local businesses.

## Park Passes