

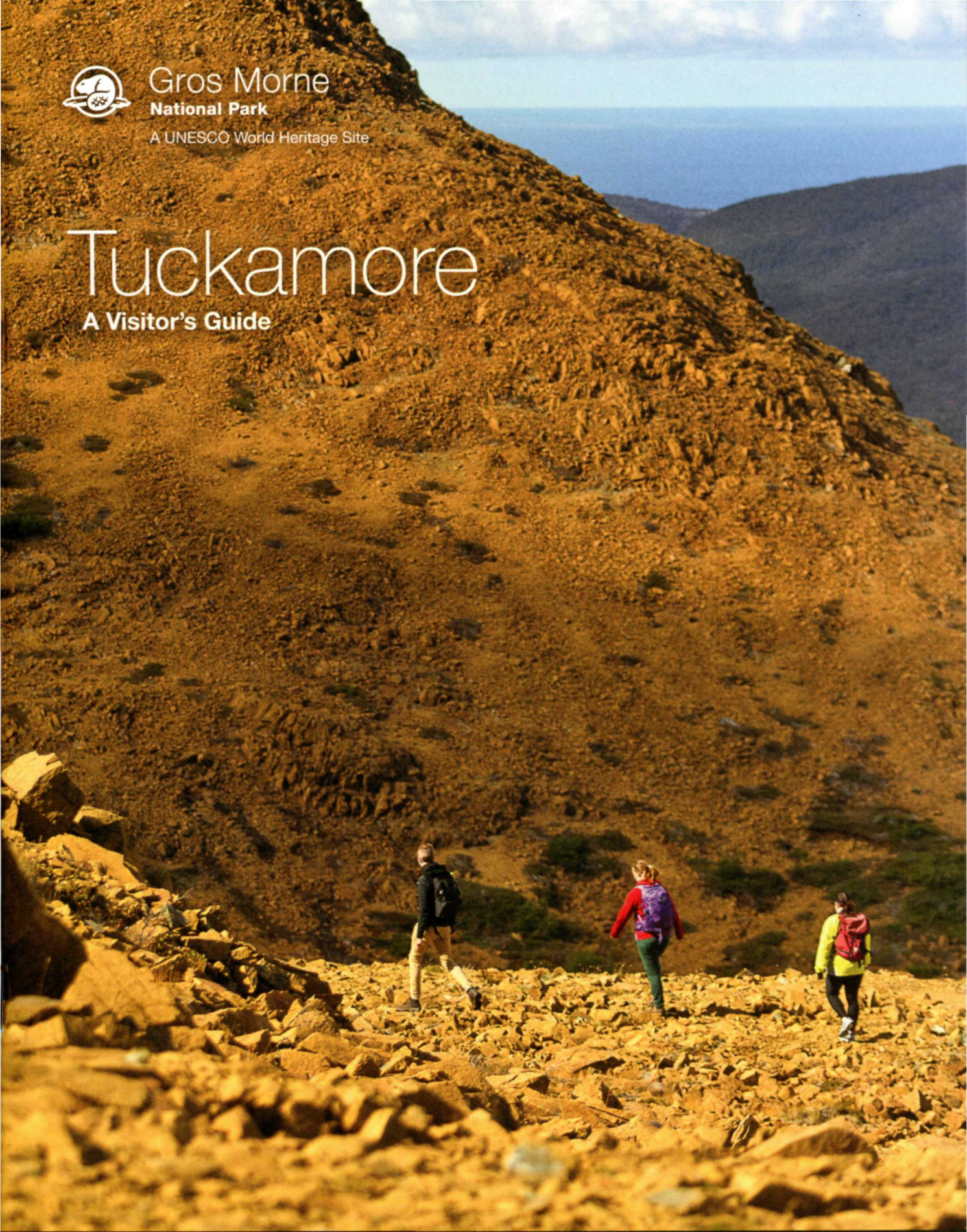


Gros Morne
National Park

A UNESCO World Heritage Site

Tuckamore

A Visitor's Guide



Parks
Canada

Parcs
Canada

Canada™

Welcome to Gros Morne National Park

This year, Parks Canada is celebrating Canada's 150th birthday by giving the gift of free entry to national parks, national historic sites and national marine conservation areas. Be sure to get your free Discovery Pass and take up the challenge to see how many of these special places you can visit in 2017!

While in Gros Morne, we invite you to mark this momentous occasion by sharing your experiences with friends and family – and the rest of Canada – by posting a picture on Facebook or Instagram. Will it be a photo of you atop Gros Morne Mountain? Enjoying an amazing sunset at Lobster Cove Head Lighthouse? Or relaxing in one of the park's strategically placed red chairs? Since the most difficult part will be making a choice, we're proud to present this year's Tuckamore Visitor Guide to help you decide!

Happy Birthday, Canada!

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.

DISCOVERY CENTRE

Route 431, near Woody Point

May 19 – June 22 | 9am – 5pm
June 23 – Sept. 4 | 9am – 6pm
Sept. 5 – Oct. 9 | 9am – 5pm

VISITOR CENTRE

Route 430, 4 km south of Rocky Harbour

May 4 – June 22 | 9am – 5pm
June 23 – Sept. 4 | 8am – 8pm
Sept. 5 – Oct. 27 | 9am – 5pm



CANADA 150

Enjoy **FREE Admission** to all Parks Canada places in 2017!

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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
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

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



We are improving the experience for you, and all visitors. Parks Canada apologizes for any inconvenience or delays caused by construction on our roads, trails and campground.

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. As a UNESCO World Heritage Site, this place ranks among our planet's most significant natural areas.

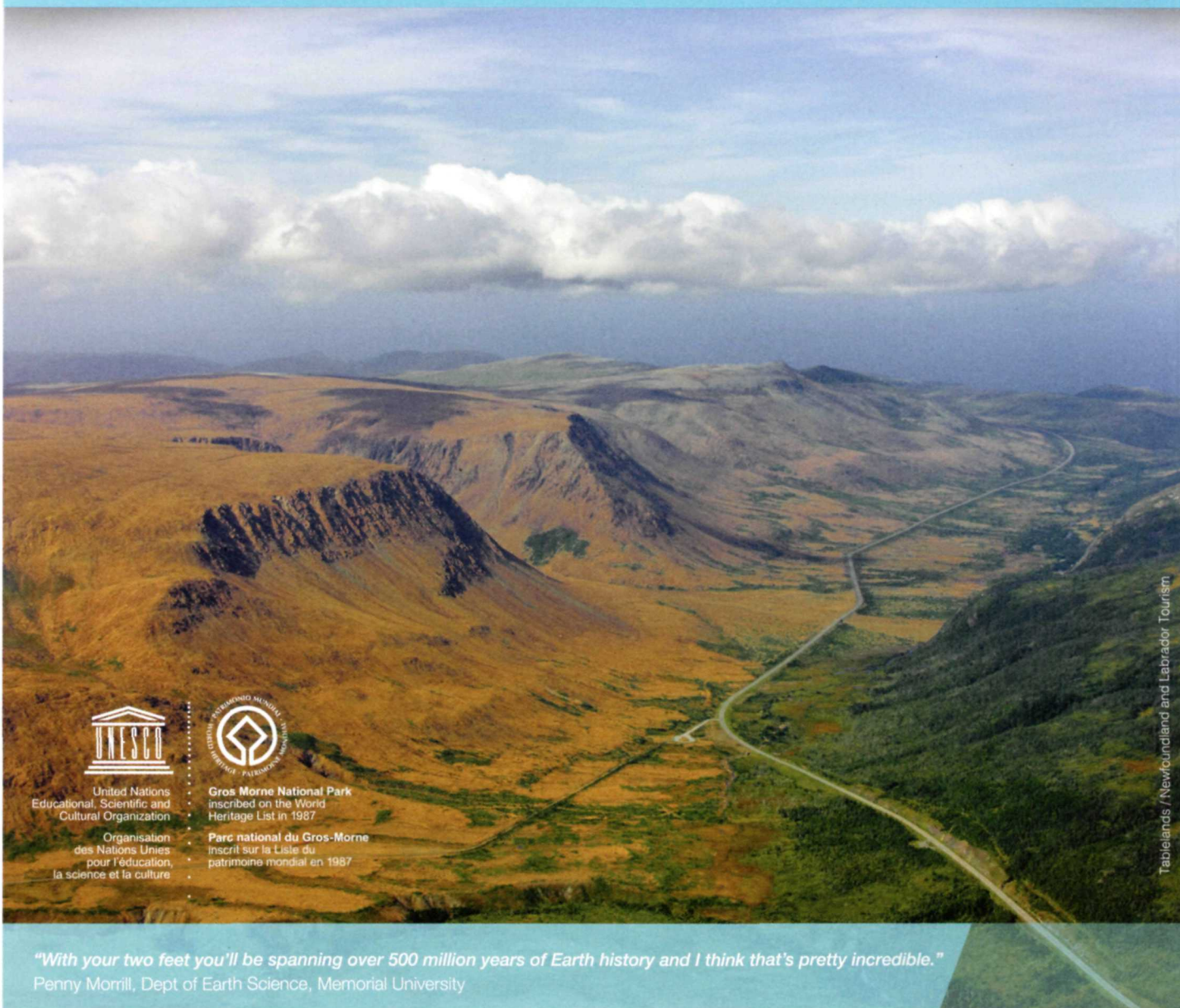
Gros Morne National Park qualifies as a UNESCO World Heritage Site for its:

- > "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/grosmorne



Tablelands / Newfoundland and Labrador Tourism



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

How to Make the Most of Your Visit to Gros Morne National Park

National parks are special places that are protected for all Canadians. Celebrate Canada's 150th birthday by having a safe and enjoyable visit, and do your part to preserve Gros Morne for future generations.



1 Take time to smell the flowers but please, do not pick them!
Did you know Gros Morne is home to over 700 species of flowering plants, 400 species of mosses and worts, and 400 species of lichens? This remarkable diversity is due to the wide range of habitats within the park. Help preserve plant and wildlife diversity by staying on designated trails.

2 Be prepared – it is not just for Boy Scouts
Thinking of doing one of the park's more challenging hikes like Gros Morne Mountain or the Long Range Traverse? Seek advice from park staff to ensure you are up for it and have everything you need!

3 Respect and protect wildlife
National parks offer fabulous opportunities to view wildlife. Keep yourself and the animals safe by observing them from a distance and not feeding them. As they say, "a fed fox is a dead fox."



4 Keep pets leashed
National park regulations require that pets be tethered at all times. Leashing pets keeps them safe while also ensuring they do not disturb wildlife or other visitors.

5 Leave No Trace
Follow the national park golden rule by "packing in/packing out." Future visitors to Gros Morne – as well as the animals that call it home – will thank you for it. Instead, leave your impression on Gros Morne virtually by sharing comments and photos on our Facebook page.





Green Gardens / Sheldon Stone

Some of our best

Best Short Walks



Old Mail Road / Rob Hingston

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

Berry Hill - takes you to several viewpoints atop Berry Hill, where you can enjoy spectacular vistas of the park's coastal lowlands.

Berry Head Pond Trail - leads you through a mix of wetlands, ponds, and dense forests typical of the park's coastal lowlands.

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.

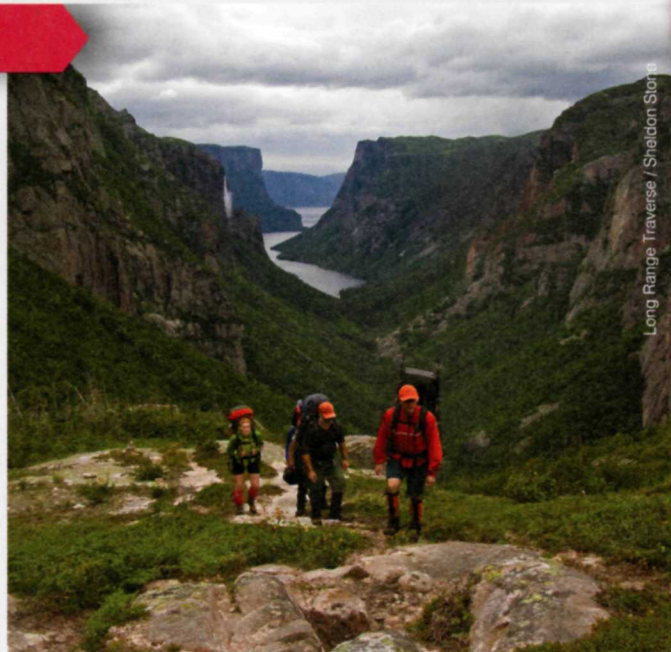
Green Gardens - descends to a spectacular coastline of cliffs, sea stacks, and the lush meadows of Green Gardens.

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.



Long Range Traverse / Sheldon Stone



Cody's Trail / Rob Hingston

Picture Perfect Roadside Look-offs



Tablelands / Du Kennedy

- 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 or Woody 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.

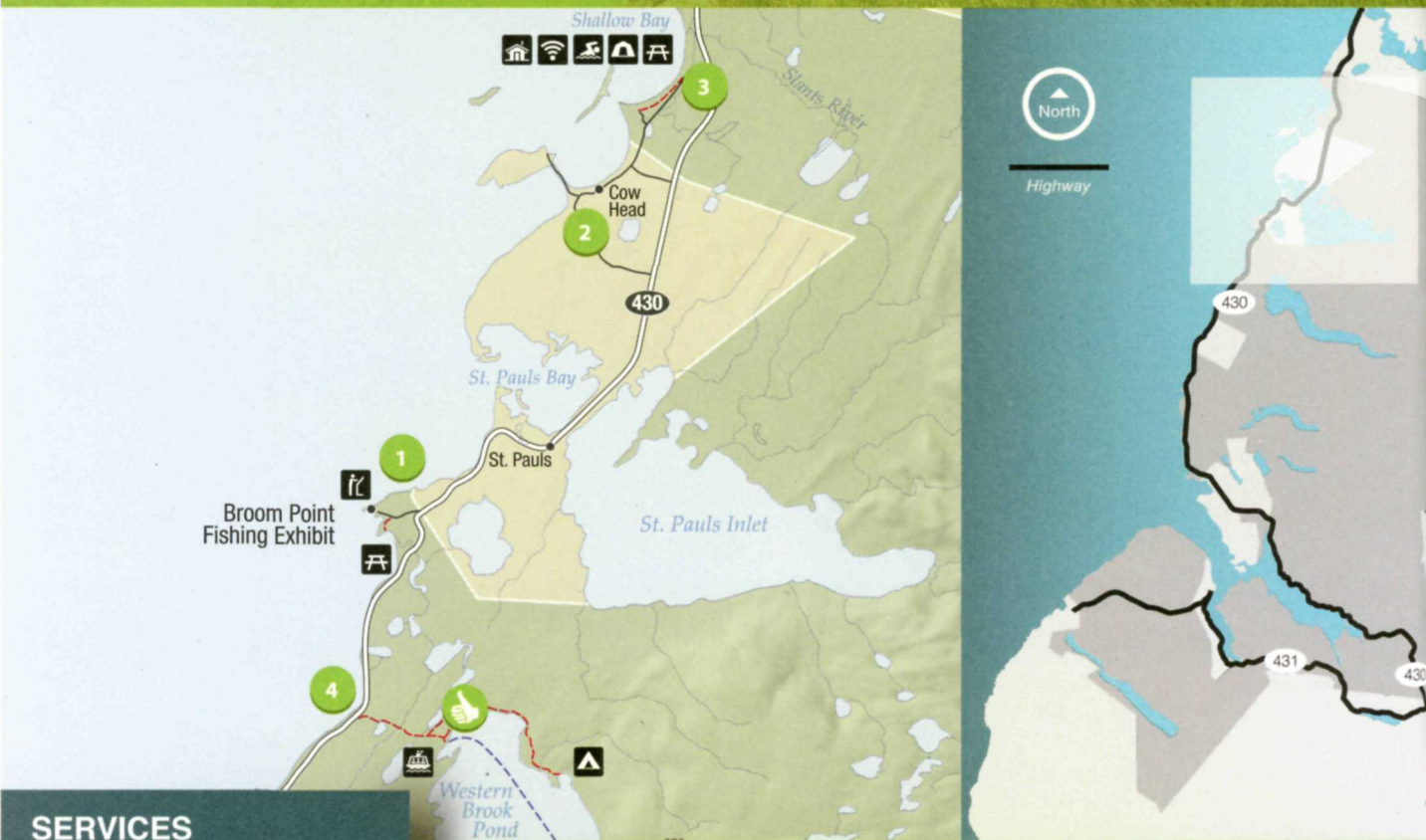


Bonne Bay / Newfoundland and Labrador Tourism



Shallow Bay / Sheldon Stone

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

Stove's Trail - Western Brook Beach / Sheldon Stone

NOT TO BE MISSED!

1



Broom Point Fishing Exhibit

Visit a traditional fishing premises 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.
- > 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 112 km north of Cow Head.

TRY THESE

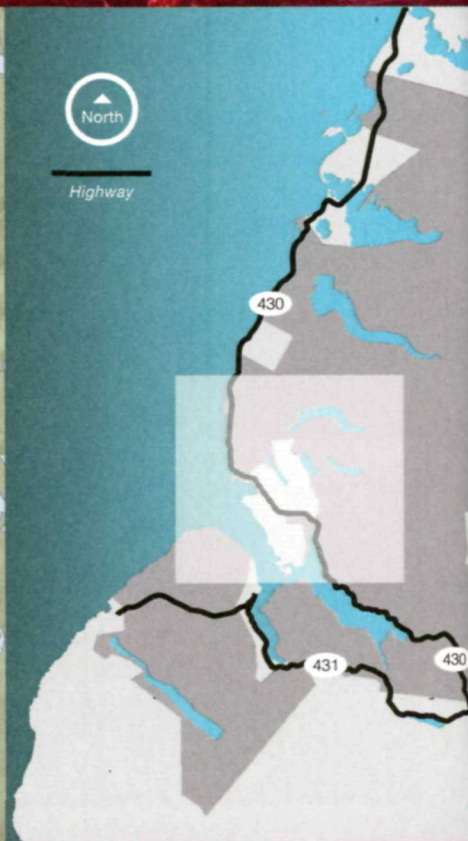
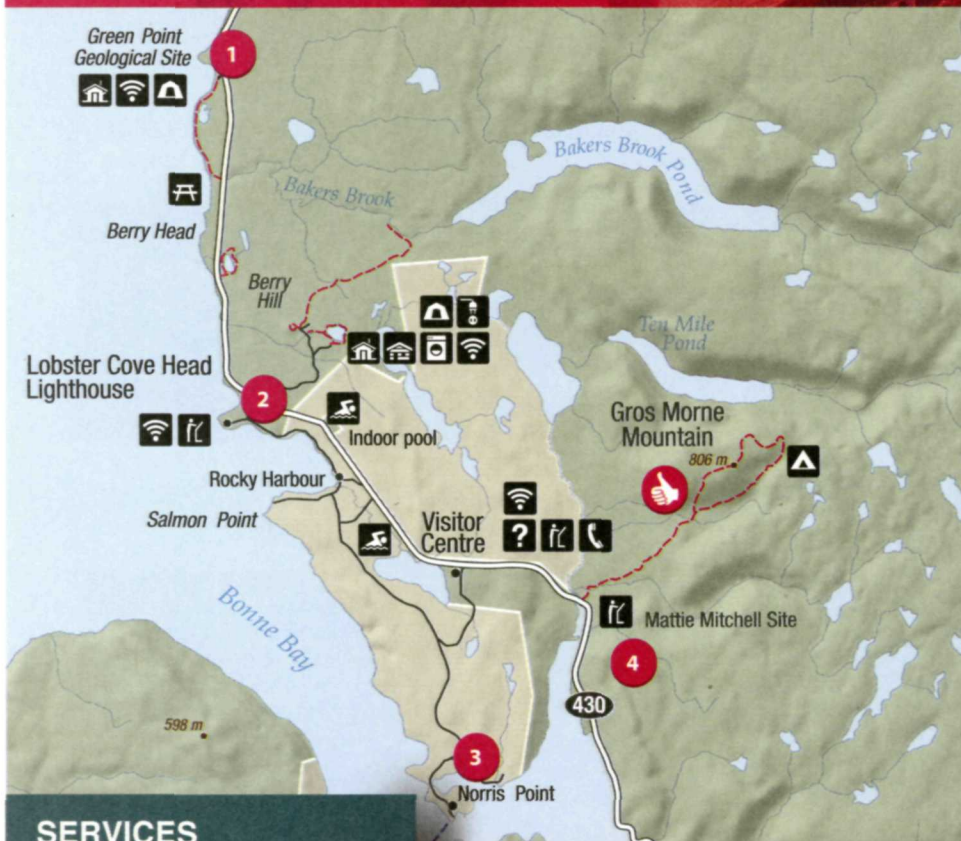
- > Visiting Broom Point? Plan to take in the *Yaffle of Chores* or other programs. (See page 16.)
- > Join a professional guide and make the challenging hike to the top of Western Brook Pond gorge. (Contact Bontours at 1-888-458-2016.)

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, 16 km 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

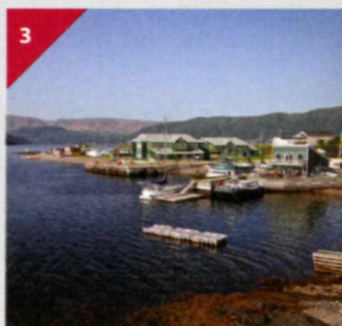
An intriguing sequence of layered rocks from the bottom of an ancient ocean. For geologists it's a world geological benchmark for the start of the Ordovician period. Discover more, visit when a guide is on site.



2

Lobster Cove Head Lighthouse

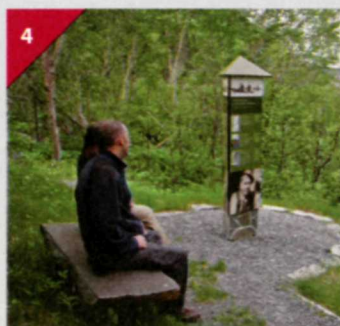
Wander the headland and visit the exhibit inside the light keeper's home to discover the heritage of this place. Check the schedule for special activities and events.



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

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

GOOD TO KNOW

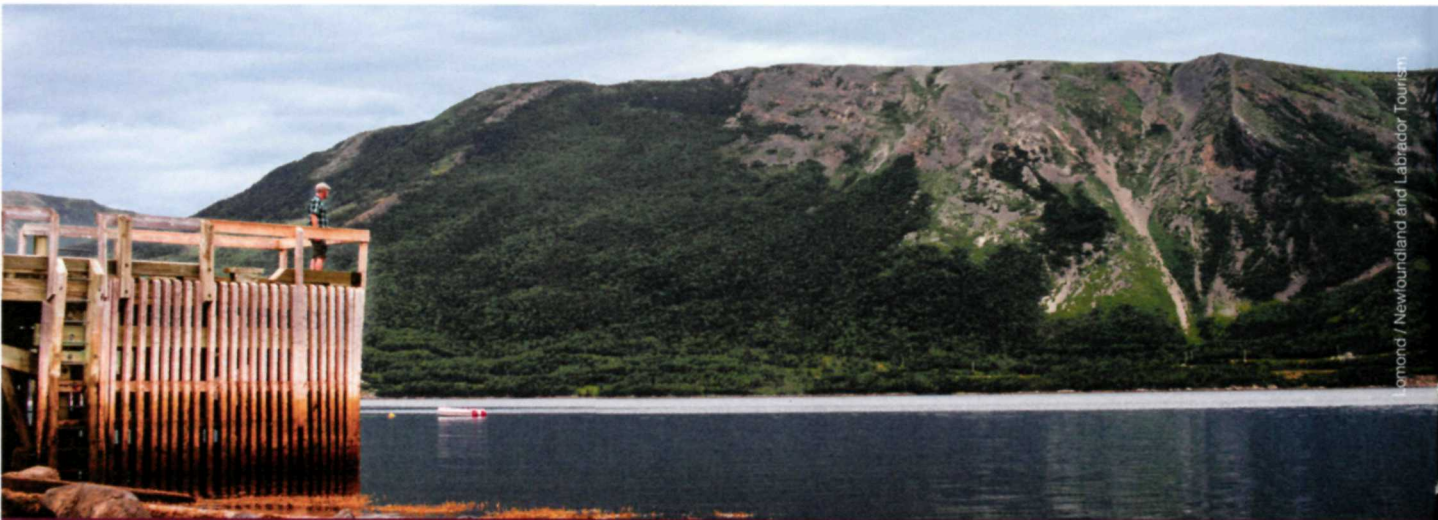
- > Local musicians regularly perform around Rocky Harbour and Norris Point.
- > Gros Morne Swimming Pool - an indoor pool in Rocky Harbour also has a hot tub for adults and shallow area for small children. Great for relaxing after a day of hiking and exploring.

TRY THESE

- > Watch epic sunsets from Lobster Cove Head. On stormy days it's a great 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.

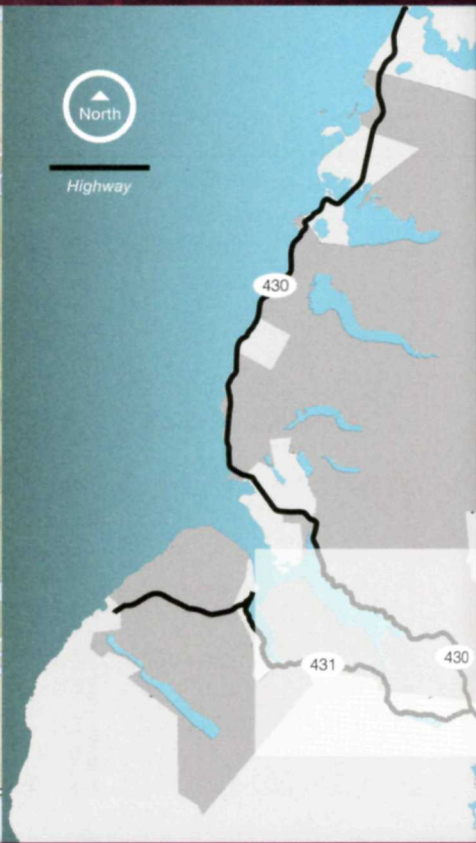
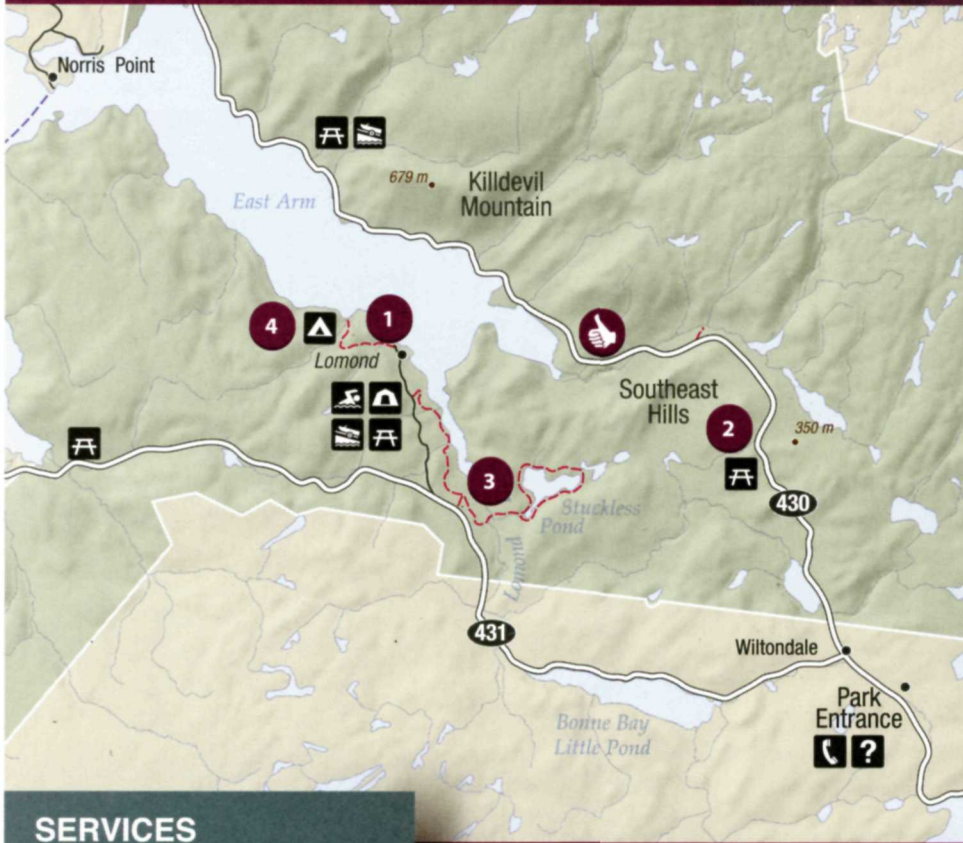
Where to Camp

- Berry Hill – centrally located near Rocky Harbour
- Green Point – on the shores of the Gulf of St. Lawrence



Gros Morne / Newfoundland and Labrador Tourism

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.
- > There are 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.
- > Bring your meal to take full advantage of numerous picnic areas that offer exceptional viewpoints.



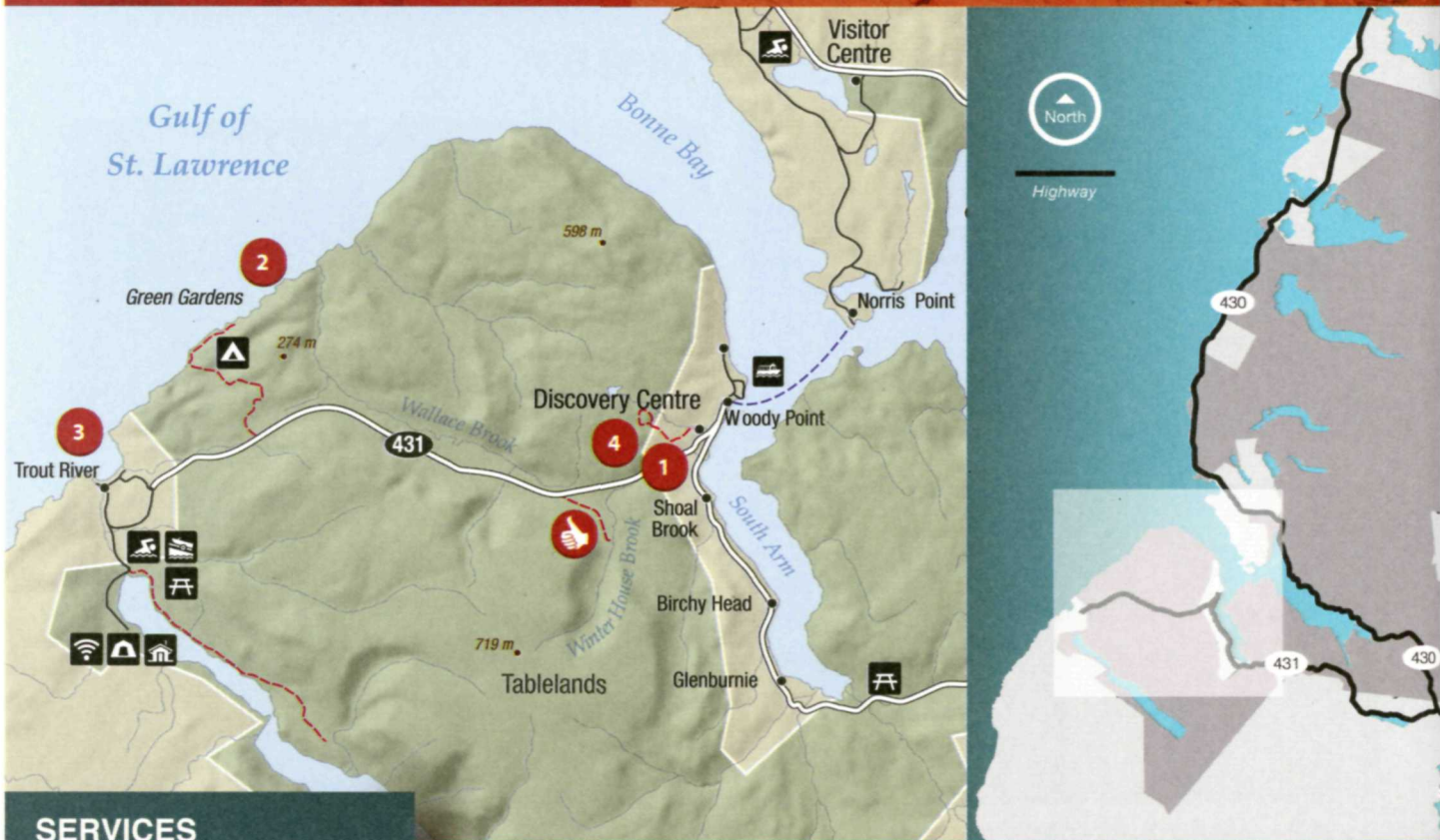
Where to Camp

Lomond Campground – on the shores of Bonne Bay



Photo: Gros Morne National Park and Labrador Tourism

Gros Morne - South

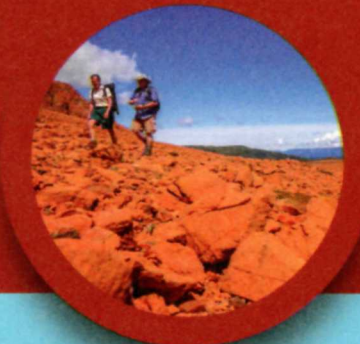


SERVICES

Woody Point - Glenburnie



Trout River



OUR FAVOURITE

Walk upon the earth's mantle

Join a park guide for a guided walk on the Tablelands - one of the few places where the 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 km, 3-4h)*



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 300 m 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, or sign out an Explora tablet, and do it at your own pace.
- > 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 - Overlooking Trout River Pond and the Tablelands.

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

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, (3-4h)

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)

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)

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. **Mountain 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 Green Gardens

9 km return, (3-4h)

FEATURES: Trail descends 250 m to coastline of cliffs, sea stacks, meadows, and a sea cave

19 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 with maps, compass, etc. is required, 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.

Community trails - See page 21

FRIENDLY REMINDER!

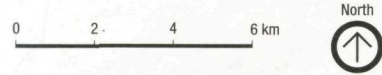
Pets are allowed on most hiking trails but must be kept on a leash. Pets are not allowed on the top of Gros Morne Mountain but are allowed on the section of trail to the base of the mountain.



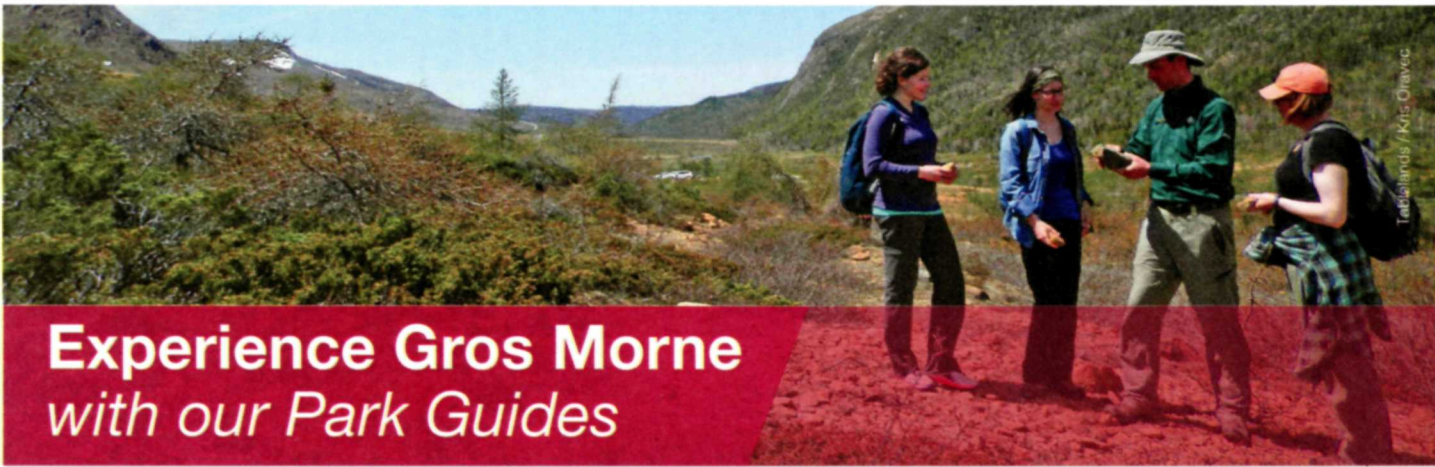
Services and Facilities

- oTENTik
- Primitive Camping
- Boat Launch
- Boat Tour
- Camping
- Exhibit
- Water Taxi
- Rustic Cabins
- Serviced Sites
- Information
- Picnic Area
- Swimming
- Telephone
- Wi-Fi
- Laundry

- Hiking Trail
- Highway
- Boat Tours
- Road



Trail Rating		Elevation Gain
EASY		Flat to gently rolling 0 – 100 metres
MODERATE		Gently rolling with short steep sections 100 – 500 metres
DIFFICULT		Rolling with many steep sections that may continue for long periods 500+ metres



Experience Gros Morne with our Park Guides

Places to Discover and Ways to Explore



Loebster Cove Head Exhibit

Open Daily (10:00 - 5:30) | May 19 - October 9

Uncover the rich cultural story of Gros Morne – the people, the history and the Lighthouse that served as a beacon to those returning from sea.

To the Lighthouse

Site introduction (20 min), Daily - 11:00, 1:00 & 4:00



Broom Point Fishing Exhibit

Open Daily (10:00 - 5:30) | June 1 - September 17

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 (45 min), Daily - Every hour on the half hour 10:30 - 4:30



Discovery Centre

Open Daily (9:00 - 5:00) | May 19 to June 22, September 5 - October 9

Open Daily (9:00 - 6:00) | June 23 to September 4

Interactive exhibits and knowledgeable staff at the Discovery Center help bring the park to life. Explore the animals, plants and world significant geology of Gros Morne.

The Discovery Centre is a great place to start your exploration of the south side of the park.

Summer Program (July 1 – September 4, 2017)

	Morning	Afternoon	Evening
Sunday	• 10:00 Tablelands	• 2:00 Medicine Walk at the Lobster Cove Head	• 7:00 Earth Odyssey
Monday	• 10:00 Tablelands • 10:30 Green Point	• 2:00 Yaffle of Chores • 2:00 Tablelands Intro	• 7:00 Lighthouse by Night
Tuesday	• 10:00 Tablelands	• 2:00 Reach for the Top	
Wednesday	• 10:00 Tablelands • 10:30 Green Point	• 2:00 Tablelands Intro	• 7:00 Earth Odyssey
Thursday	• 10:00 Tablelands	• 2:00 Medicine Walk at the Discovery Centre	• 7:00 Fire Circle at Trout River Campground
Friday	• 10:00 Tablelands • 10:30 Green Point	• 2:00 Yaffle of Chores • 2:00 Tablelands Intro	• 8:00 The Night Life
Saturday	• 10:00 Tablelands	• 2:00 Reach for the Top	• 7:00 Fire Circle at Lobster Cove Head

Of Fish and Family at Broom Point: Daily (10:30, 11:30, 12:30, 1:30, 2:30, 3:30, 4:30)

To the Lighthouse at Lobster Cove Head: Daily (11:00, 1:00, 4:00)

Tablelands: Walk Upon the Earth's Mantle

Guided Walk: Tablelands Trail (2h)

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

Tablelands Intro

Introductory Walk: Tablelands Trail (1h)

Don't have time for the full Tablelands walk? Get the quick scoop on this surreal landscape as you explore the beginning of the trail with a guide.

Green Point: A Stroll through Strata

Guided Walk: Green Point Geological Site (1.5h)

Stroll through millions of years of Earth's history and explore a cool sequence of layered rocks...a place of hidden fossils and destroyed oceans!

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 fishery activities to experience a day in the life of fishing families.

Reach for the Top...of the Tablelands

Special Program: Tablelands Off-Trail Hike (3h). Reservations required (\$44.00)

Want to explore off-trail on the Tablelands? Head up the steep cliffs and slopes of the Tablelands with a guide for stunning views of mountains and sea.

Medicine Walk

Guided walk: Discovery Centre and Lobster Cove Head (1h)

Walk in the footsteps of those who have gone before to discover some of the traditional uses of the plants and berries of the boreal forest.

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! Fun for all ages!

Fire Circle

Evening Outdoor Program: Trout River Campground and Lobster Cove Head (1h)

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

The Lighthouse by Night

Special Evening Program: Lobster Cove Head (1.5h). Reservations required (\$14.70)

Celebrate Canada's 150th anniversary through the rich cultural history of Newfoundland and Labrador. Step into the parlour of our century old lighthouse for an intimate evening of stories and song.

The Night Life

Evening Program: Berry Hill 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 make their appearance!

Information and reservations: 709-453-2127





Camping

CAMPING/ACCOMMODATION

Gros Morne National Park offers a variety of camping opportunities.

CAMPGROUNDS

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



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

Rustic Cabins
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
Laundry

Campground	Rustic Cabins	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	Laundry
TROUT RIVER - Overlooking the Tablelands. 2 km from the town of Trout River off route 431.		2	38		4		●	●	●	●	●	●		●	
LOMOND - On the shores of Bonne Bay. 17 km from park entrance off route 431.			25			4	●	●	●	●	●	●	●		
BERRY HILL - Centrally located. 5 km north of Rocky Harbour off route 430.	6	3	41	25			●	●	●	●	●	●	●	●	●
GREEN POINT - On the shores of the Gulf of St. Lawrence. 12 km north of Rocky Harbour on route 430.		1	30				●	●		●				●	
SHALLOW BAY - 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 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 two bundles of firewood.

Located near Berry Hill Pond, these solid wood cabins are equipped with wood stove, table & benches. 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: Additional 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 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 meter high cliffs. Reservations recommended.

Schedule

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



For Reservations and Information

Visit bontours.ca or call 1-888-458-2016. 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 or call 1-888-458-2016 or 709-458-2016 to inquire about shuttle service. Bontours also offers guided day hike experiences.

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

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.



Tablelands / © 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 guide. Can't make the walk? Try the next best thing to a real guide! Sign out an Explora tablet 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 - 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.

Where rocks mark time

Green Point

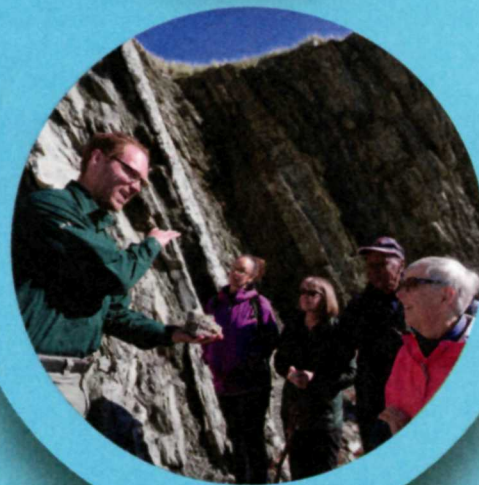
Explore Green Point's seaside cliffs, a beautiful and intriguing sequence of layered rocks.

Almost 500 million years ago these rocks formed on the bottom of an ancient ocean. Here geologists have discovered fossil graptolites and conodonts. Fossils that define the boundary between the Cambrian and Ordovician periods and make Green Point a world geological benchmark.

Located off route 430, 500 m north of the Green Point campground.

A short pathway leads to the shoreline for close up views of the rocks, or follow the cliff top pathway to a spectacular view over the point. Discover more, visit when a guide is on site. Best visited at low tide.

For your safety, watch for falling rocks and stay back from the cliff edge.



LandMarks 2017/Repères 2017 invites visitors to creatively explore and deepen their connection to the land through a series of contemporary art projects in and around Canada's National Parks and National Historic Sites. For Gros Morne National Park, Anishinaabe artist Rebecca Belmore has created an artwork that invites people to listen to the land. Located at the edge of Green Point, the sculpture functions as a listening device by naturally amplifying surrounding sounds of water against the rocks of the shoreline. (Visit www.landmarks2017.ca)



Burnt Hill Trail, Norris Point / Sheldon Stone

Some walks are right in town

Community Trails

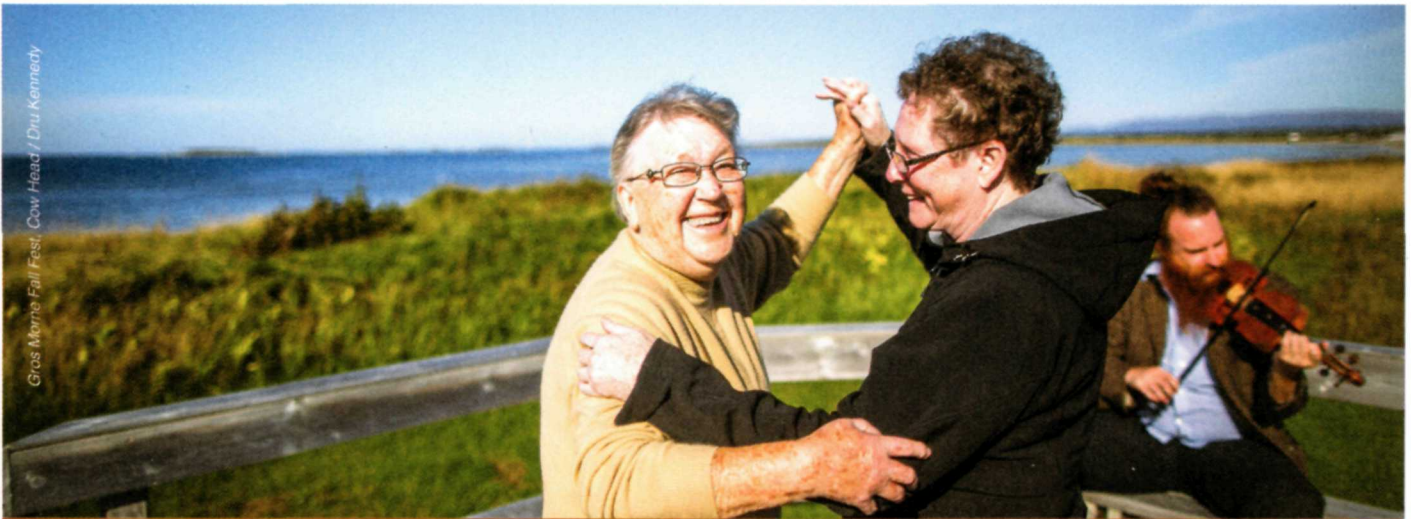
Trout River	Lighthouse Trail	Trail takes you through fields and woods to the signal light and a view of the community, and the outer coast	1.6 km return
	Eastern Point	Leads to a coastal headland with views of Trout River	2.4 km return
Woody Point	Community Trail	Trail starts behind the school in Woody Point and leads to the Discovery Centre with spectacular views of the community, the Tablelands and Bonne Bay	3.2 km return
Norris Point	Burnt Hill Trail	A short climb up this 80m-high hill leads to great views of Bonne Bay and the community	2 km loop
Rocky Harbour	James Humber Trail	Trail begins at the Jenniex House lookout and winds downhill through the forest to Wild Cove beside Bonne Bay	2.4 km return
	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
St. Pauls	Rocky Hills Trail	A short trail leads to a place once used as a lookout for returning boats	800 m return
	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
Cow Head	Tickle Point Trail	Explore coastal meadows and salt marshes of St. Pauls Bay	2 km return
	Lighthouse Trail	An old path used by early settlers to get to the lighthouse, it winds through coastal tuckamore and grassy meadows to a panoramic headland at the point of the head	2.5 km return



While not owned or maintained by Parks Canada, these community trails offer pleasant walks and spectacular viewpoints for you to enjoy! **Contact local Town offices for current trail conditions.**

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 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, as well as 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

An annual exhibition explores the region through professionally curated artwork featuring local and international artists.

Gros Morne Theatre Festival

Back in Cow Head for another season of storytelling, music, and drama. Enjoy the popular *The Sinking of the S.S. Ethie* dinner theatre, musical cabaret, and thought provoking theatre throughout the season. 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 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 September.





Moose / Tom Knight

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. Lives 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 dog but is grey or reddish grey with a whitish throat and belly. Found throughout the park and mostly nocturnal. If a coyote approaches you: don't run, back away slowly, make a noise and look aggressive.

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.

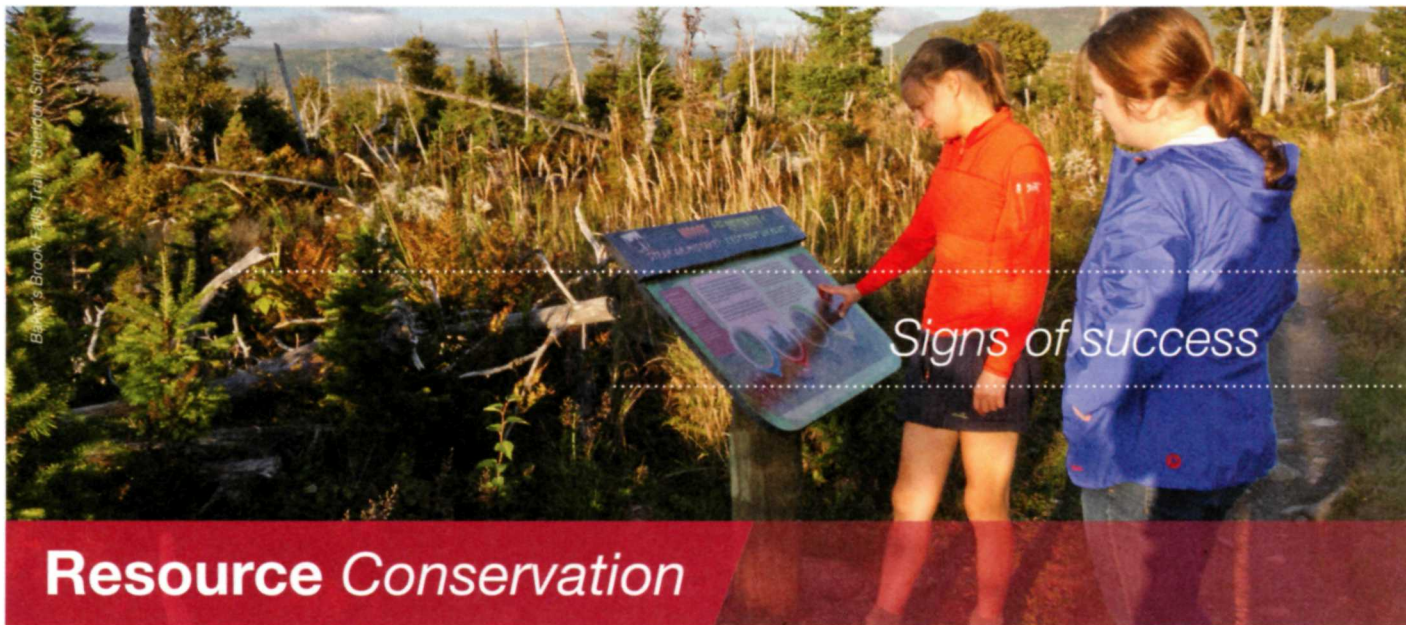
Minke Whale - native; baleen whale, 6-10 m in length. Often seen in Bonne Bay from late spring to fall.

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.



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, six 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 that young trees are now growing taller and show fewer signs of moose browsing. It's good news for the park ecosystem.

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 65km² 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.



Parks Canada responded with a large-scale moose population reduction. Since the program began in 2011, approximately 3200 moose have been harvested by qualified hunters. By 2015, the moose population in the park had declined from 4800 to 3400 animals. Vegetation is also responding. 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 before the program started. Park staff also are seeing improved balsam fir growth in many areas across the park.

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

Discover more about the park's forest. Hike the Baker's 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



Sheildon Stone

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 indigenous history.

- > Explore the limestone barrens and look for plants and fossils found nowhere else in Canada.
- > Participate in a hands-on program, *Seal for All Seasons* where you will use ancient tools to prepare seal skins, and explore the different ways past and present cultures have used seals to sustain their livelihoods.
- > Keep an eye out for sculptures offering glimpses into ancient indigenous ways of life.
- > Pick up the free Xplorers book for kids and have fun doing special activities while exploring the Site.

While in the Area

French Rooms Cultural 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 campsites 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.

Open Daily:

June 7 to 13 | 9 am to 5 pm

June 14 to September 20 | 9 am to 5:30 pm

September 21 to 27 | 9 am to 5 pm



Carmelia Ibrahim



Contact Info

(709) 861-3522 | www.pc.gc.ca/portauchaix

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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

Shelton Stone



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

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 Indigenous 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 Indigenous 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:

May 29 to June 11 | 9 am to 5 pm

June 12 to September 21 | 9 am to 6 pm

September 22 to October 6 | 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.



Contact Info

(709) 623-2608 | www.pc.gc.ca/lanseauxmeadows



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



Basque whalers in Labrador Lighting the Lamps of Europe.

Red Bay National Historic Site

Red Bay Basque Whaling Station World Heritage Site - 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 7 to 13 | 9 am to 5 pm
June 14 to September 20 | 9 am to 5:30 pm
September 21 to 27 | 9 am to 5 pm

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.



Chris Raymond

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



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