



Gros Morne
National Park

A UNESCO World Heritage Site

Tuckamore Visitor Guide

2018

Welcome to Gros Morne National Park

2017 was a banner year for Parks Canada as we welcomed more people than ever before to our national parks, historic sites and marine conservation areas. Gros Morne National Park was no exception with visitors from across Canada and around the world coming to enjoy the beautiful scenery and warm hospitality of our region.

This year, too, promises to be a momentous one for our park as we work towards becoming a Dark Sky Preserve. Did you know that nearly 80% of the world's population has never seen the Milky Way due to light pollution? In a world where areas of true darkness are rapidly disappearing thanks to the introduction of artificial light, a Dark Sky Preserve reminds us of the importance of night to healthy ecosystems, making it a perfect fit for a national park.

A Dark Sky Preserve also encourages people to reconnect with the night and can inspire a sense of wonder and amazement when gazing upon the beauty of a star-filled sky. There are a variety of ways that you can experience Gros Morne after dark. Why not take a walk on our "glow in the dark" accessible trail at Berry Head Pond, for example. For more ideas on how to make the most of your days and nights in Gros Morne National Park, we are proud to present our 2018 Visitor Guide.

Happy stargazing!

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

May 18 – June 21|9am – 5pm
June 22 – Sept. 3|9am – 6pm
Sept. 4 – Oct. 8|9am – 5pm

VISITOR CENTRE

May 3 – June 21|9am – 5 pm
June 22 – Sept. 3|8am – 8pm
Sept. 4 – Oct. 26|9am – 5pm

Tuckamore

Table of Contents

World Heritage.....	01
National Park Etiquette.....	02
Some of Our Best.....	03
Gros Morne North.....	05
Gros Morne Central.....	07
Gros Morne Southeast.....	09
Gros Morne South.....	11
Park Map/Trail Guide.....	13
Interpretation Program.....	15
Camping.....	17
Western Brook Pond.....	18
Tablelands.....	19
Green Point.....	20
Community Trails.....	21
Cultural Events.....	22
Resource Conservation/Wildlife.....	23
Distance Chart.....	24

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

Trout River Pond Boat Tour

(709) 451-3377

Ferry Information/Reservations

Marine Atlantic
1-800-341-7981

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

Voice of Bonne Bay

VOBB 95.8 or 98.1 FM
(709) 458-2924

What to Do?

VisitGrosMorne.com
www.pc.gc.ca/grosmorne

Emergency Numbers

911

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

Hospital

(709) 458-2201

Inside Front Cover: Green Point, Night Sky / Brendan Kelly

Front Cover: Barry Head Pond, Night Sky / James MacDonald



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

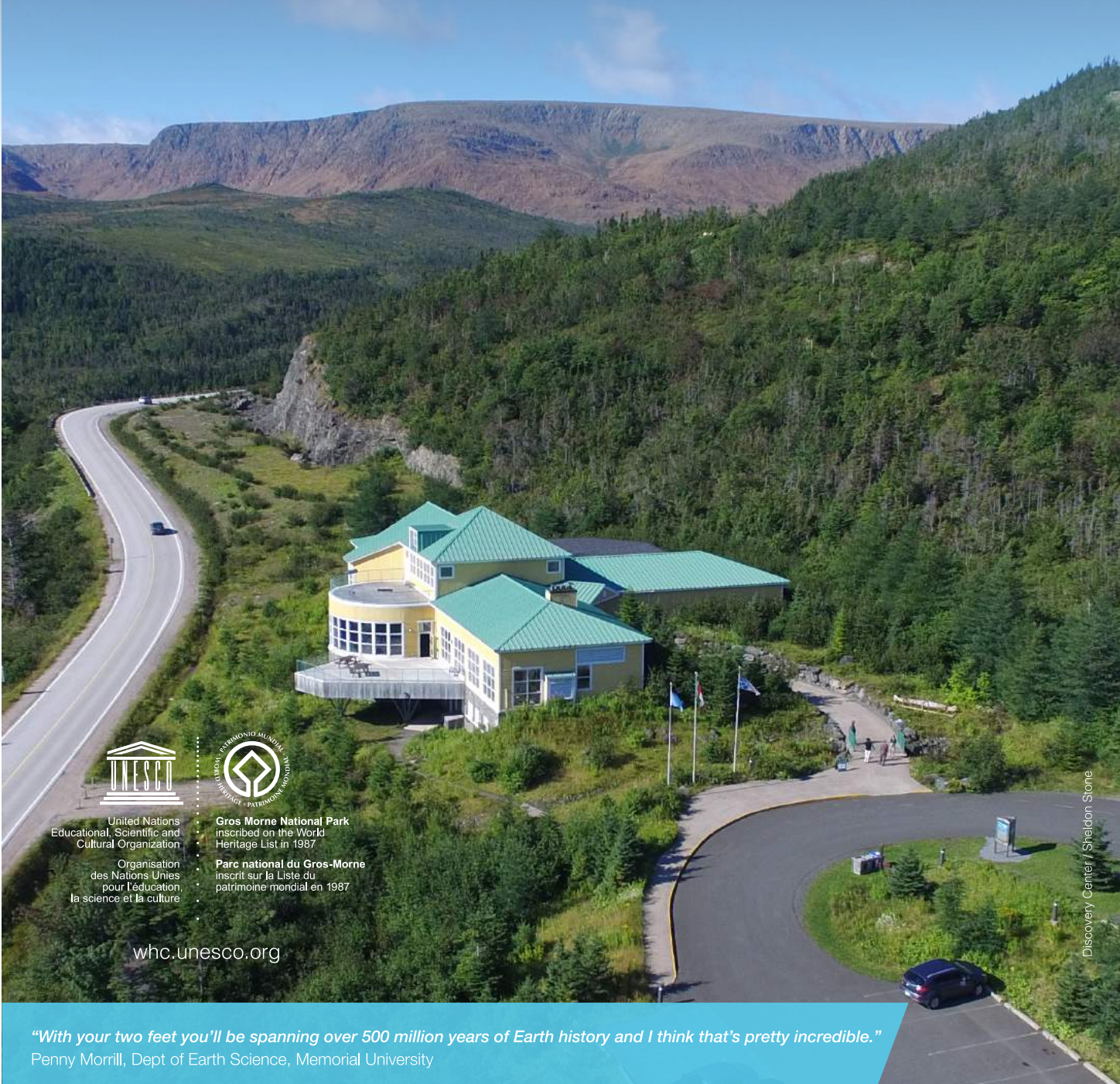
whc.unesco.org



*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 campgrounds.*

A UNESCO World Heritage Site

Did you know that in addition to being a national park, Gros Morne is also a World Heritage Site? To find out why, visit the Discovery Centre and tour our new exhibit all about the park's world-class geology. Discover how the rocks of Gros Morne National Park have forever altered our understanding of the Earth's history, providing support for the theory of plate tectonics and helping prove that continents really do collide and mountains do move.



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

whc.unesco.org

Discovery Centre / Sheldon Stone

"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

National Park Etiquette

How to visit Gros Morne National Park responsibly

Canada's national parks are gateways to nature and adventure.

As you embark on your own journey of discovery in Gros Morne, help preserve the park for future generations by following these simple rules.



If you are close enough to get a selfie, you are too close!

The chance to observe wildlife is one of the most fascinating experiences that national parks offer. However, this opportunity comes with strings attached. Respect wildlife by giving them lots of space and not feeding them.

Trust us, it will be safer for them and for you!



Leave no trace – pack in/pack out

National Parks are part of our shared natural heritage as Canadians. Water bottles and tissues are not.

Leave no trace of your visit by packing out any items you bring with you.



Leave with nothing but your memories

Gros Morne is home to a remarkable diversity of plants and animals and some of the world's most fascinating geology.

Please take only your photos and memories home.



Family pets are welcome

Dogs and cats are often included in family visits to Gros Morne.

To ensure their safety and the wellbeing of wildlife and other visitors, national park regulations require that all domestic animals be kept leashed.





Green Gardens / Sheldon Stone

Some of our best

Short Walks



Lobster Cove Head Trail / Dru Kennedy

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

Tablelands - a 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).

Steves 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. First 350 m to viewing platform is wheelchair accessible.

Day 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 an incredible 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 – stunning 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.

Baker's Brook Falls - leads you through a balsam fir forest to a spectacular falls. Visit a moose 'exclosure' on the way.



Gros Morne Mountain Trail / Sheldon Stone

* These trails will be under construction, but still open.



Picture Perfect Roadside Look-offs



Tablelands / Dru 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 the 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.

Tour Bonne Bay - use one of the park's boat launches or launch your kayak from shore to experience Gros Morne from the water.

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.)

Enjoy Picnic Areas : Shallow Bay and Western Brook



The Long Range Mountains and a windswept coast

Western Brook Red Chairs / 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". For Reservations, call: 1-877-243-2899

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. There are many 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, a 1.5 hour drive from Cow Head.

TRY THESE

- > Visiting Broom Point? Enjoy "Of Fish and Family", a guided tour, or explore on your own.
- > 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



Lobster Cove Head / Carla Wincaton

Gros Morne - Central

Green Point Geological Site
Berry Head
Lobster Cove Head Lighthouse
Rocky Harbour
Salmon Point
Bonne Bay
Bakers Brook
Bakers Brook Pond
Ten Mile Pond
Gros Morne Mountain 806 m.
Visitor Centre
Indoor pool
Mattie Mitchell Site
Norris Point

North
Highway
430
431

SERVICES

Rocky Harbour



Norris Point



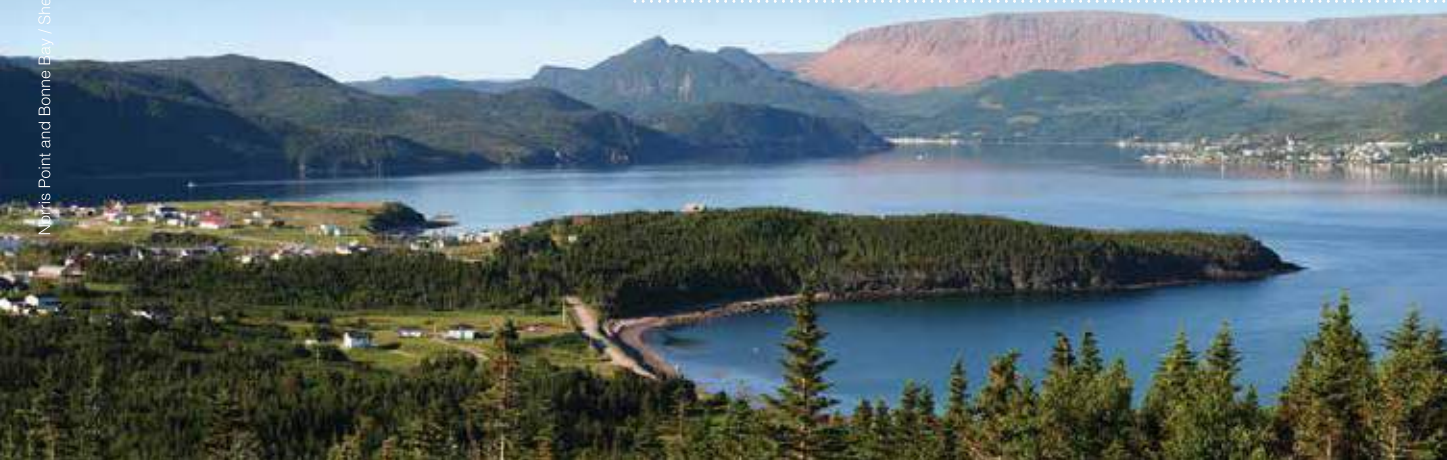
OUR FAVOURITE

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: Mountain closure during May and June for ecological reasons.)

Enjoy Picnic Areas :: Baker's Brook

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 person of national historic significance and a renowned Mi'kmaq guide. Stroll around this commemoration site and learn about Mi'kmaq in Newfoundland.

GOOD TO KNOW

- > 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.
- > Local musicians regularly perform around Rocky Harbour and Norris Point.

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.

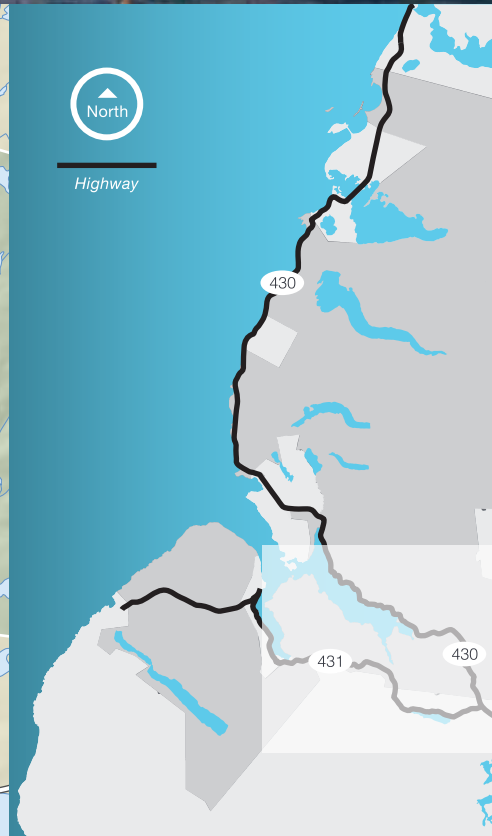
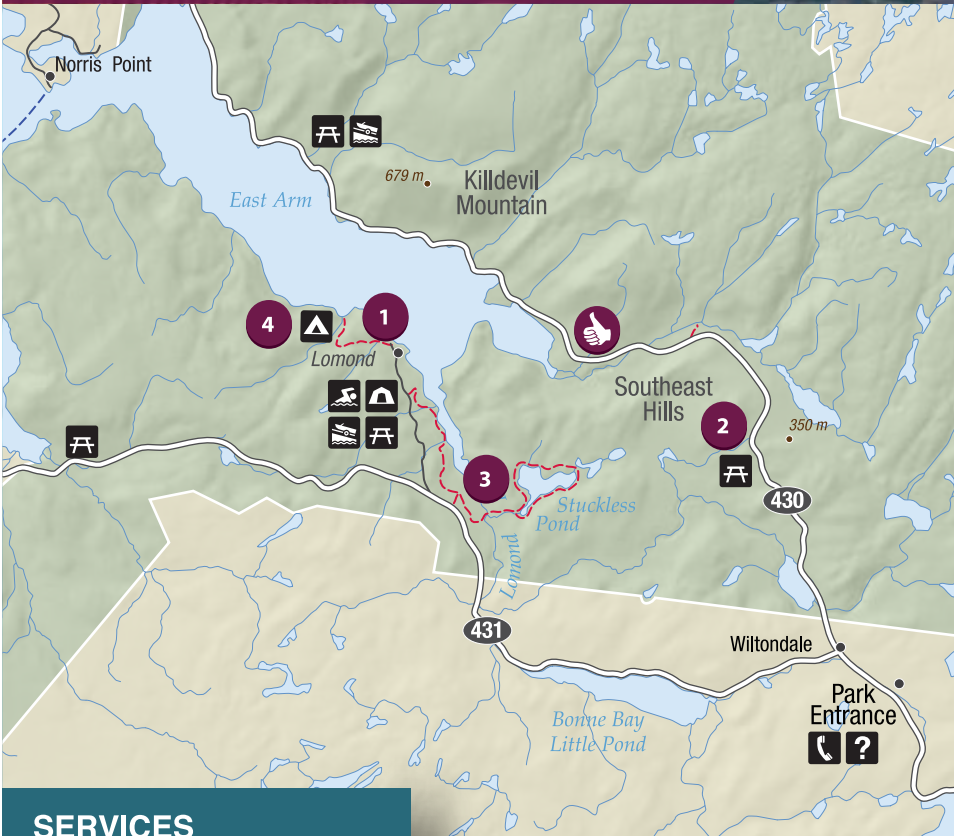


Where to Camp

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



Gros Morne - Southeast



Highway

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.

Enjoy Picnic Areas

- Mill Brook, Southeast Hills and Lomond



Facilities

Sheltered bays and valleys



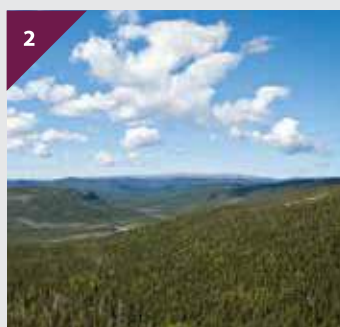
NOT TO BE MISSED!



1

Visit Lomond

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



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

- > There are privately operated accommodations available at Wiltondale and Lomond.
- > Orchids in June and July around Lomond and Stuckless Pond 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 several picnic areas that offer exceptional viewpoints.

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 interpreter for a guided walk on the Tablelands - one of the few places where the Earth's mantle is exposed.

Enjoy Picnic Areas

McKenzie's Brook and Trout River Pond



Facilities



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 seastacks.
> (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.
- > Experience Gros Morne's 'best kept secret' and find your wild at Trout River Pond.

Where to Camp

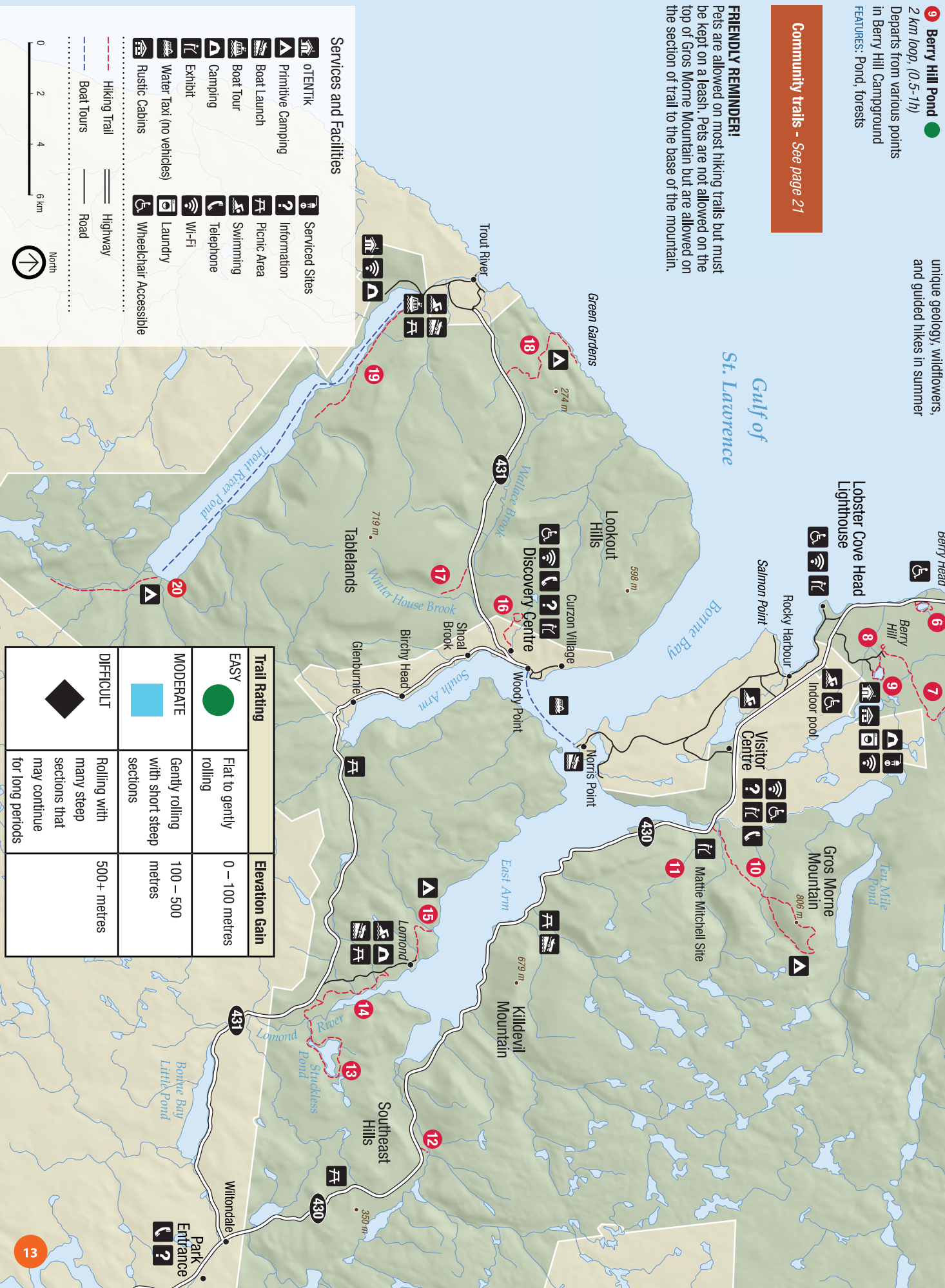
- Trout River Pond Campground - overlooking Trout River Pond and the Tablelands.

- 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

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.

unique geology, wildflowers, and guided hikes in summer



Services and Facilities

- oTENTiK
- Primitive Camping
- Boat Launch
- Boat Tour
- Camping
- Exhibit
- Water Taxi (no vehicles)
- Rustic Cabins
- Serviced Sites
- Information
- Picnic Area
- Swimming
- Telephone
- Wi-Fi
- Laundry
- Wheelchair Accessible

- Hiking Trail
- Boat Tours
- Highway
- 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

Trail Guide

Hiking is a great way to experience Gros Morne. But be prepared! Even for short day hikes, check the weather, bring food and fluids, and be sure to wear appropriate clothing and footwear. Planning an overnight adventure? Check with staff to reserve a primitive campsite. 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, (1h)

For a loop, return by the beach
FEATURES: Forest, sand dunes

2 Steves 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, 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 **(Not Maintained)**

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
First 350 m is wheelchair accessible.

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. **Mountain closed until late June for ecological reasons.**

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

8 km return, (2-3h)

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, (1-2h)

FEATURES: Serpentine barrens,

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

20 Overfalls Trail

10 km return, (4-5 h)

FEATURES: Wilderness hike with views of the overfalls and Tablelands. Accessed by boat shuttle.



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.

Green Point
Geological Site



5

795 m
Big Level

676 m

St. Pauls Inlet

St. Pauls

Cow
Head

430

St. Pauls Bay

Martins Point

Sally's Cove

430

Western
Brook
Pond

Bakers Brook

Bakers Brook Pond

Experience Gros Morne with our Park Guides

		Sunday	Monday	Tuesday	
Summer Interpretation Schedule July 1 - September 3, 2018	Morning	TABLELANDS 10:00am	TABLELANDS 10:00am	TABLELANDS 10:00am	
		TABLELANDS (French) - 10:00am	GREEN POINT 10:30am	TABLELANDS (French) - 10:00am	
	Afternoon	MEDICINE WALK Lobster Cove Head 2:00pm		REACH FOR THE TOP Tablelands 1:30pm \$\$	
	Evening	EARTH ODYSSEY Visitor Centre 7:00pm	LIGHTHOUSE BY NIGHT Lobster Cove Head 7:00pm \$\$		
	Daily	OF FISH AND FAMILY (English) - Broom Point		10:30am, 11:30am, 12:30pm,	
		TO THE LIGHTHOUSE (Bilingual) - Lobster Cove Head		11:00am, 2:00pm, 4:00pm	
Ask staff	TIDEPPOOL WALK (English) - Lobster Cove Head		Ask us about the schedule.		
	SPECIAL EVENTS - Ask our staff what's on the go.				

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.

Reach for the Top...of the Tablelands

Special Program: Tablelands Off-Trail Hike (4h). Reservations required (\$44.00)

Join a Parks Canada guide in a challenging off-trail group hike on the Earth's mantle. You will experience stunning views of the mountains and sea as you ascend the steep and rocky slopes of the Tablelands.

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!

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!

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.

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)

Step into the parlour of our century old lighthouse for an intimate evening exploring the area's rich musical heritage. Local residents share our songs and stories which influenced the vibrant folk music traditions of our province.

To the Lighthouse

Site introduction: Lobster Cove Head (30 min)

Of Fish and Family

Guided visit - Broom Point Fishing Exhibit (45 min)

Summer Programs (July 1 – September 3, 2018)

Wednesday	Thursday	Friday	Saturday
TABLELANDS 10:00am	TABLELANDS 10:00am	TABLELANDS 10:00am	TABLELANDS 10:00am
GREEN POINT 10:30am	TABLELANDS (French) - 10:00am	GREEN POINT 10:30am	TABLELANDS (French) - 10:00am
	MEDICINE WALK Discovery Centre 2:00pm		REACH FOR THE TOP Tablelands 1:30pm \$\$
EARTH ODYSSEY Visitor Centre 7:00pm	FIRE CIRCLE Trout River Campground 7:00pm		FIRE CIRCLE Lobster Cove Head 7:00pm

1:30pm, 2:30pm, 3:30pm, 4:30pm

Tidepool Walk

Guided Walk: Lobster Cove Head (1h)

Join our guide at low tide to discover what creatures are living in the intertidal zone below the lighthouse.

Information and reservations: 709-453-2127

Check out our Spring and Fall Interpretation Schedules, available at Park facilities.

Places to Discover and Ways to Explore



Lobster Cove Head Exhibit

Open Daily (10:00 - 5:30) | May 18 - October 8

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.



Broom Point Fishing Exhibit

Open Daily (10:00 - 5:30) | June 1 - September 16

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



Discovery Centre

Open Daily (9:00 - 5:00) | May 18 to June 21, September 4 - October 8

Open Daily (9:00 - 6:00) | June 22 to September 3

Explore our new exhibit about Gros Morne's unique geology and landscape. Engage with our knowledgeable staff who help bring the park to life.



Tablelands/Dru Kennedy



Camping / Green Point / Dru Kennedy

Camping

RESERVATIONS

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

Accessibility information at:
pc.gc.ca/en/pn-np/nl/grosmorne/visit/services

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.		2	22	8			●	●		●	●	●	●	●	
SHALLOW BAY - Next to Shallow Bay Beach. 1 km north of Cow Head off route 430.		2	60				●	●	●	●	●	●	●	●	

Primitive Camping

Permit Required. No advance reservations.

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. Located at Green Gardens, Gros Morne Mountain at Ferry Gulch, Stanleyville, and Snug Harbour.

oTENTiks

Only \$120 per night including firewood.

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. No Pets allowed.

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, and bunks. Barbeque, fire ring and Adirondack chairs also provided for exterior use. Designed and equipped for visitors with sensory needs. Pets are allowed.

Check-in Time: 2 p.m. Check-out Time: 11 a.m.



Experience *Western Brook Pond*

Your experience begins with a walk into the pond on an easy-moderate 3 km gravel trail. Along the way, benches provide places to rest. 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.

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.

 An all-terrain, non-motorized, wheelchair is available at no charge from the Parks Canada Visitor Center, Rocky Harbour. Reservations are recommended, call 709-458-2417.



Tablelands / Dru Kennedy

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 / Sheldon Stone

Hike...

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

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. Discover how the rocks have forever altered our understanding of the Earth's history, and how mountains really do move!

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.



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.

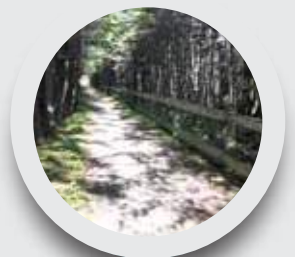


Burnt Hill Trail, Norris Point, Sheldon Stone

Some walks are right in town

Community Trails

Trout River	Eastern Point	Leads to a coastal headland with views of Trout River. Trailhead at the north end of Main St.	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 80 m-high hill leads to great views of Bonne Bay and the community. Trailhead at the waterfront, turn left at the wharf	2 km loop
	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
Rocky Harbour	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. Trailhead off the cul-de-sac at the end of Main St. S.	1 km return
	Rocky Hills Trail	A short trail leads to a place once used as a lookout for returning boats. Trailhead at the end of Main St. N, pull-off available.	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. Trailhead on Main St. N, adjacent to Canada Post	2 km return
St. Pauls	Tickle Point Trail	Explore coastal meadows and salt marshes of St. Pauls Bay. Trailhead at the Ballfield parking lot, turn off onto Main St.	2 km return
Cow Head	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. Trailhead on the "Head", adjacent to the amphitheatre.	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, culinary experiences, and local artisans' shops and studios. Explore the local culture with the people who call it home. You can also visit us at: VisitGrosMorne.com

Discovery Centre Art Gallery

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



Gros Morne Whirl / Tom Cochrane

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.





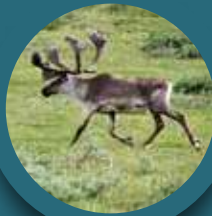
Moose / Tom Knight

Resource Conservation/Wildlife

Moose were brought to Newfoundland in 1904. Their numbers rose quickly to unsustainable levels in Gros Morne National Park. Today, as a result of a Moose Management project, the moose population is at a sustainable level, and our trees and shrubs are growing well. A healthy boreal forest habitat benefits all park species.

Visit a 'moose enclosure,' a fenced area that shows the impacts of moose browsing (eating) by keeping moose away from the forest vegetation inside. You'll find enclosures along Bakers Brook Falls and Western Brook Pond trails.

Want to learn more? Visit <http://pc.gc.ca/foresthealth>



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.

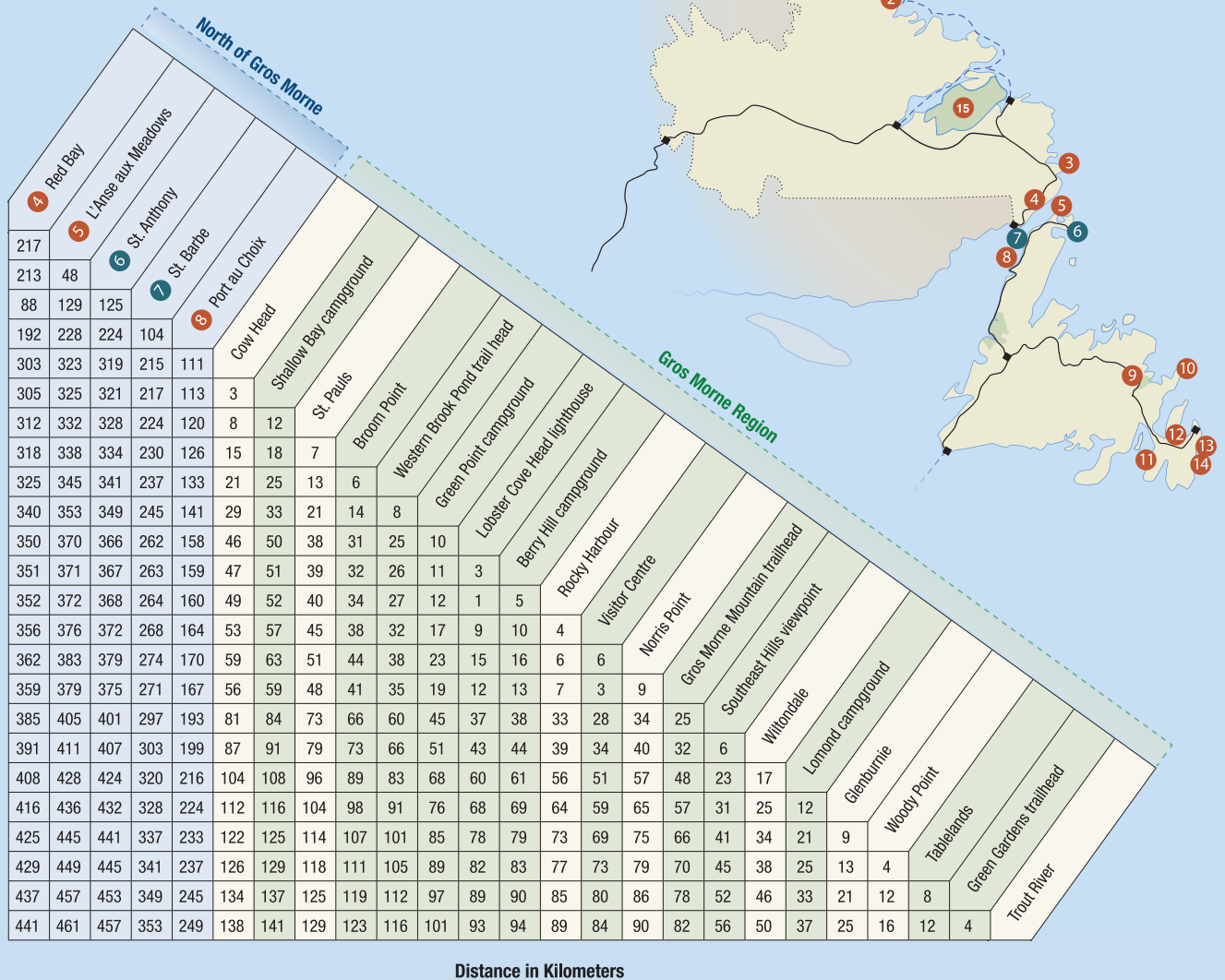
DID YOU KNOW?

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 practice proper food storage.

Other National Parks and National Historic Sites of Newfoundland and Labrador



- 1 **Torgat Mountains** – Northern Labrador’s spectacular mountain wilderness and Inuit homeland.
- 2 **Hopedale** – 19th century Moravian Mission buildings.
- 3 **Battle Harbour** – a restored 19th century Labrador fishing village.
- 4 **Red Bay** – 16th century Basque whaling site.
- 5 **L’Anse aux Meadows** – only authenticated Viking settlement in North America.
- 8 **Port au Choix** – Indigenous site with 6000 years of human history.
- 9 **Terra Nova** – a wildlife-filled boreal forest along the shores of the Atlantic Ocean.
- 10 **Ryan Premises** – a restored 19th century Newfoundland fishing enterprise.
- 11 **Castle Hill** – French and English fortifications from the 17th and 18th centuries.
- 12 **Hawthorne Cottage** – home of legendary Arctic explorer Captain Bob Bartlett.
- 13 **Signal Hill** – coastal defences from 17th century to the World War II; and where Marconi received the first transatlantic wireless signal in 1901.
- 14 **Cape Spear** – oldest surviving lighthouse in Newfoundland and Labrador.
- 15 **Akami-Uapishk^u-KakKasuak-Mealy Mountains National Park Reserve** – a landscape of rugged mountains, forests, and pristine rivers flowing into the frigid waters of the Labrador Sea.

GROS MORNE'S

Best kept secret

Find your 'Wild' at Trout River Pond



Boat tours, guided hikes, backcountry camping,
water taxi, kayaking, canoeing and more!



Reservations recommended, book now!

📞 709-451-3377 ✉ info@wildgrosmorne.com 🌐 wildgrosmorne.com 📱 📺 📷