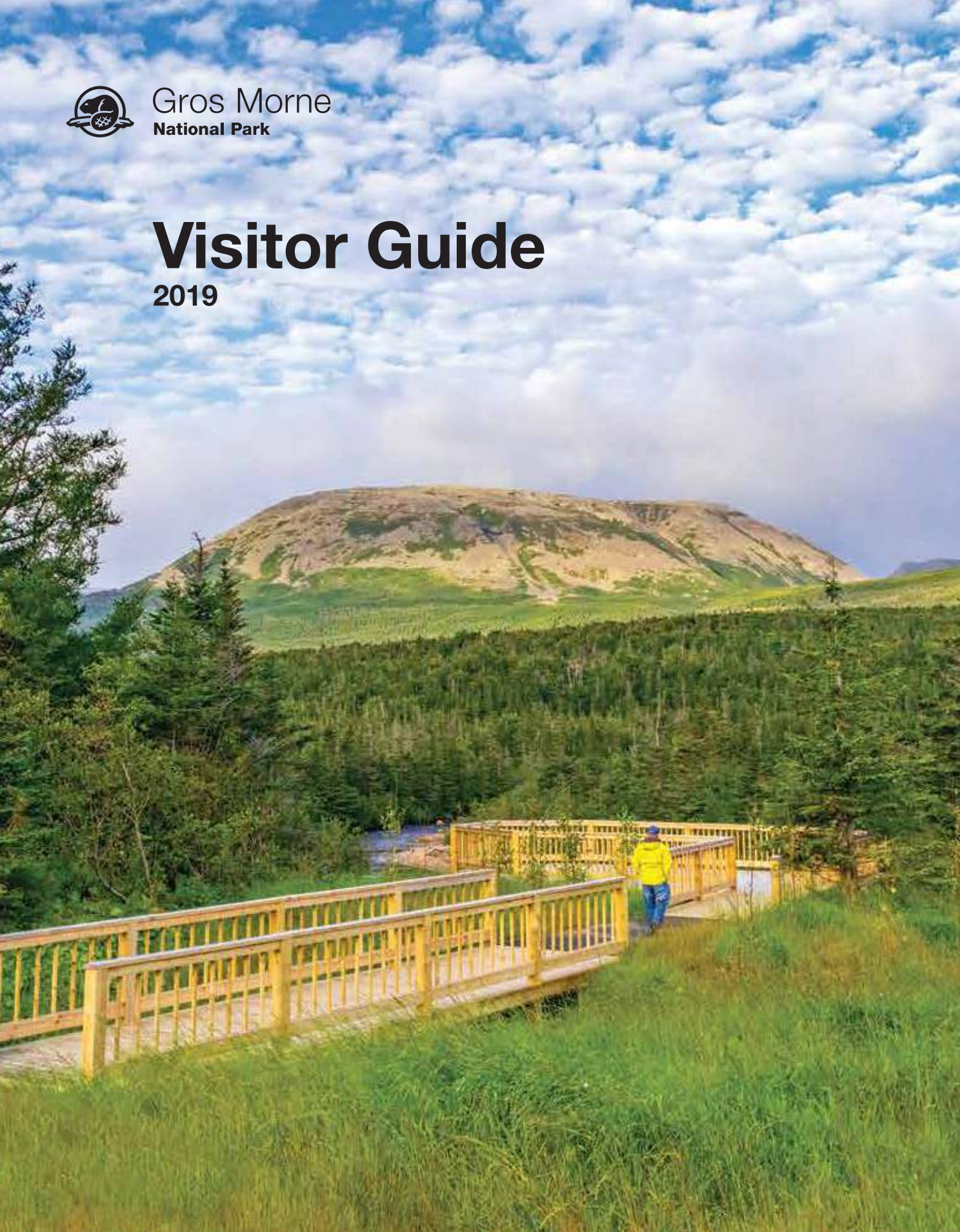




Gros Morne
National Park

Visitor Guide

2019



Parks Canada
Parcs Canada

Canada

Welcome to Gros Morne National Park

Since 2011, Parks Canada has been tackling the moose problem in Gros Morne National Park. The non-native moose were literally eating themselves – and other wildlife – out of house and home, turning once healthy forests into meadows. Thanks to the efforts of Resource Conservation staff, partners and volunteer hunters, the moose population is now at a healthier level and the effects are being seen in new forest growth.

This is positive news not only for the Newfoundland marten, songbirds and other animals that live in the forest, but also for us humans. Trees turn carbon dioxide into oxygen and help mitigate the effects of climate change. But did you know that being in a forest can also have a direct impact on your health? Studies have shown that spending time in nature can reduce depression and stress, improve focus and foster creativity. To learn more about the health benefits of parks and suggestions on how to get your “dose” of nature, please ask park staff for your own personalized prescription for experiencing Gros Morne National Park.

Geoffrey Hancock

Field Unit Superintendent
Parks Canada

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 17 – June 20 | 9am – 5pm
June 21 – Sept. 2 | 9am – 6pm
Sept. 3 – Oct. 14 | 9am – 5pm

VISITOR CENTRE

May 2 – June 20 | 9am – 5 pm
June 21 – Sept. 2 | 8am – 8pm
Sept. 3 – Oct. 25 | 9am – 5pm

Accessibility information at

pc.gc.ca/en/pn-np/nl/grosmorne/visit/services

Table of Contents



Young balsam fir tree.



Resource Conservation staff monitoring forest regrowth.

Photo: Forest decimated by moose browsing on young saplings.

Front Cover: Gros Morne Mountain / Sheldon Stone

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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.parks canada.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



"Your Ticket to Adventure!"



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.

Gros Morne National Park is a UNESCO World Heritage Site for its "exceptional natural beauty" and "outstanding examples representing major stages of Earth's history."



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

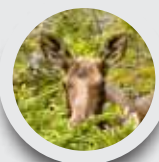
Discovery Centre / Sheldon Stone

"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

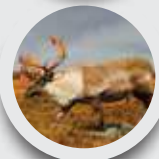
Best Wildlife Sightings...

Gros Morne is a home to a wide variety of wildlife, and is one of the best places in Canada to see species such as caribou and ptarmigan! **Here are some key species to watch for:**



Moose

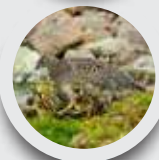
Moose were introduced to Newfoundland, and with no predators their numbers grew rapidly in the park to a peak of 7800 in 1995. Excessive moose munching was keeping forests from re-growing, as a moose can eat 18 kg of balsam fir per day! Today, the park manages moose at a sustainable level and forests are starting to recover. Visit a 'moose enclosure' at Bakers Brook Falls, a fenced area that shows the impacts of moose by preventing them from eating the vegetation inside.



Woodland Caribou

Uniquely, both male and female caribou grow antlers. Caribou range across lowland bogs and forests to highland barrens seeking food, mates, and a safe place to give birth. In winter, they paw through half a metre of snow to reach lichens that they can smell underneath! Gros Morne Mountain is closed from May to the last Friday in June each year to protect newborn caribou and ptarmigan.

Where to see: Large coastal bogs north of Rocky Harbour.



Rock Ptarmigan

Ptarmigan are well adapted to life in the mountains with feathered feet that serve as snowshoes and feathers that turn white in winter providing camouflage. Rock Ptarmigan are counted each spring on Gros Morne Mountain as a measure of the health of the park's arctic alpine ecosystem.

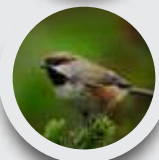
Where to see: Open barrens on top of Gros Morne Mountain.



Arctic Hare

Newfoundland is home to the most southerly population of this tundra species, which is Canada's largest hare weighing 3.5 to 5 kg, twice the weight of a Snowshoe Hare. They gain nutrients from their woody food by eating it twice – their morning meal is their scat from the night before!

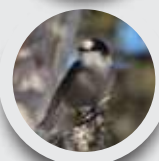
Where to see: On top of Gros Morne Mountain.



Boreal Chickadee

This boreal forest specialist has a brown cap, cinnamon coloured sides and a nasal call that sounds like a Black-capped Chickadee with a cold. Though they look like their mainland counterparts, Newfoundland's Boreal Chickadees have been isolated since the last ice age, long enough that they've become a genetically unique subspecies.

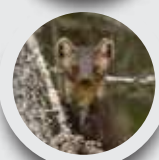
Where to see: Woodland trails such as the Coastal or Berry Head Pond Trails.



Canada Jay

This boreal forest songbird nests while snow is still falling. They use the forest as a freezer, hiding food in fall and retrieving it once their chicks have hatched and food is scarce. Climate change may threaten this species if warm spells during winter spoil food the jays stored to feed their chicks.

Where to see: Park campsites and forest trails.



Newfoundland Marten

This cat-sized member of the weasel family is a superb climber that lives in mature forests, hunting small mammals and birds. This subspecies is unique to Newfoundland and is imperilled, but their numbers are growing in Gros Morne. Sightings are rare as the park is home to only 25-35 marten.



Green Gardens / Sheldon Stone

Some of our Best

Short Walks

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).

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. Experience the 'night sky' on this glow-in-the-dark accessible (first 350 m) trail.



Berry Head Pond Trail / COD-NL

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. Mountain closure during May and June each year for ecological reasons.

* **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.

Trout River Pond - set in a steep-sided valley, follow the shore of Trout River Pond into the heart of the Tablelands. Water taxi drop-off available for a shorter hike.

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

* This trail will be under construction. Potential for short term closures.



Gros Morne Mountain Trail / Sheldon Stone



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, Route 431. 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.

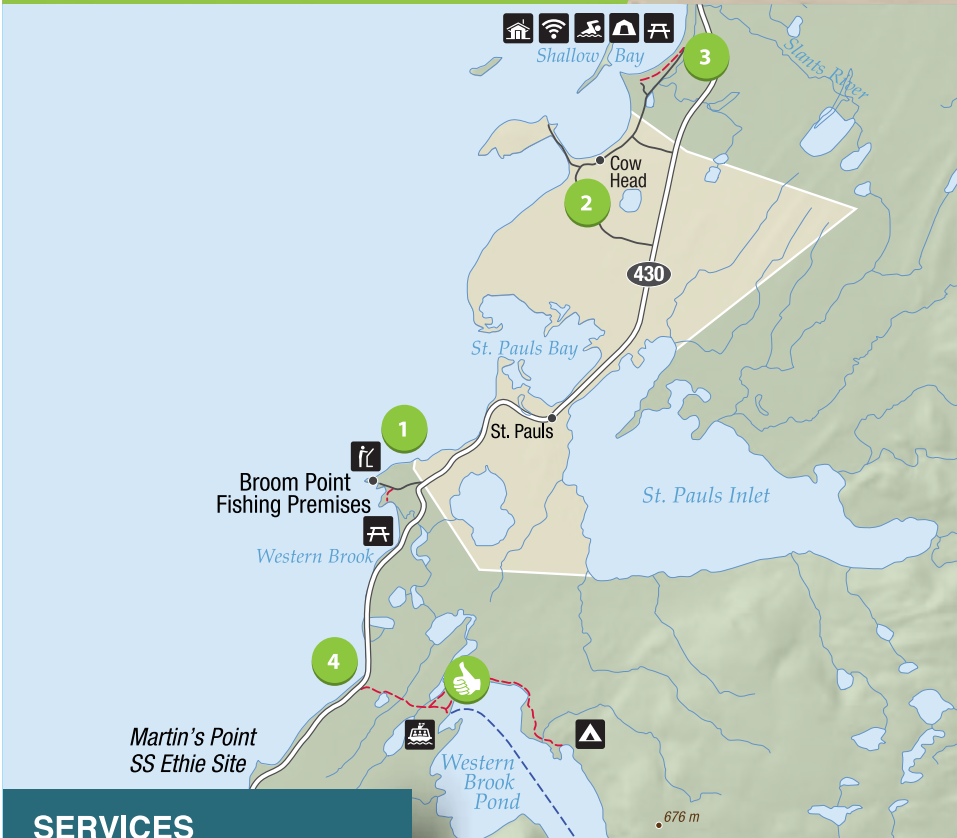
Trout River - walk the waterfront boardwalk of this fishing community. Visit the nearby Fisherman's Museum and busy fisherman's wharf.



Bonne Bay / Newfoundland and Labrador Tourism



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 21)

Enjoy Picnic Areas : Shallow Bay and Western Brook



Facilities

The Long Range Mountains and a windswept coast

Western Brook Red Chairs / Sheldon Stone

NOT TO BE MISSED!

1



Broom Point Fishing Premises

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. Stay in the adjacent campground.

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

- > 2019 is the 100th Anniversary of the wreck of the SS Ethie! Visit the site where waves batter the rusty and tangled remains.
- > 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, or reserve your ticket for the Western Brook Pond boat tour. (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

SERVICES

Rocky Harbour



Norris Point



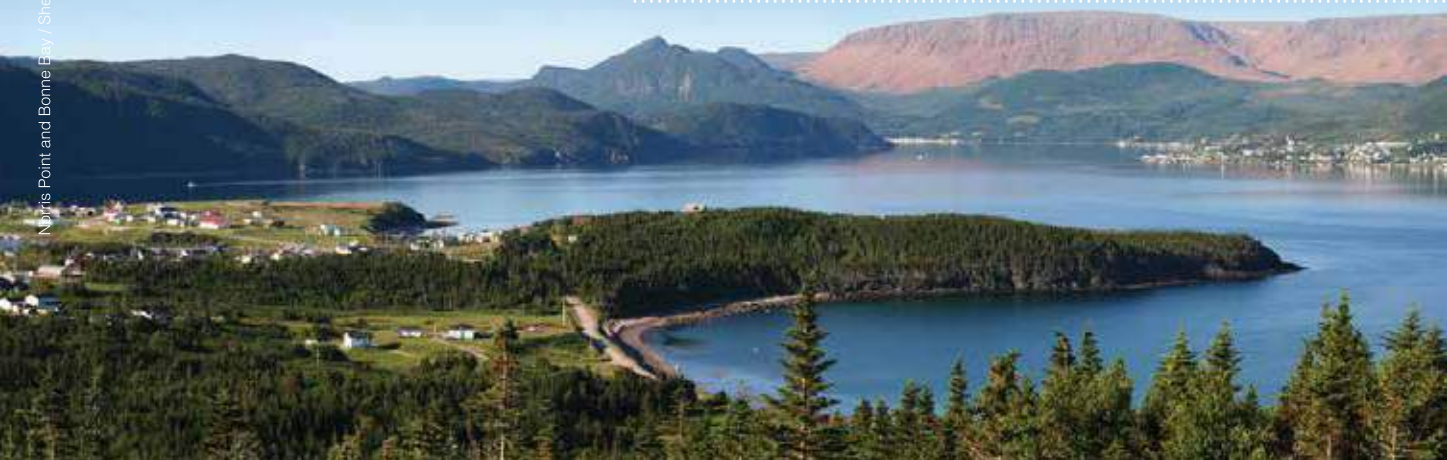
OUR FAVOURITE

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.



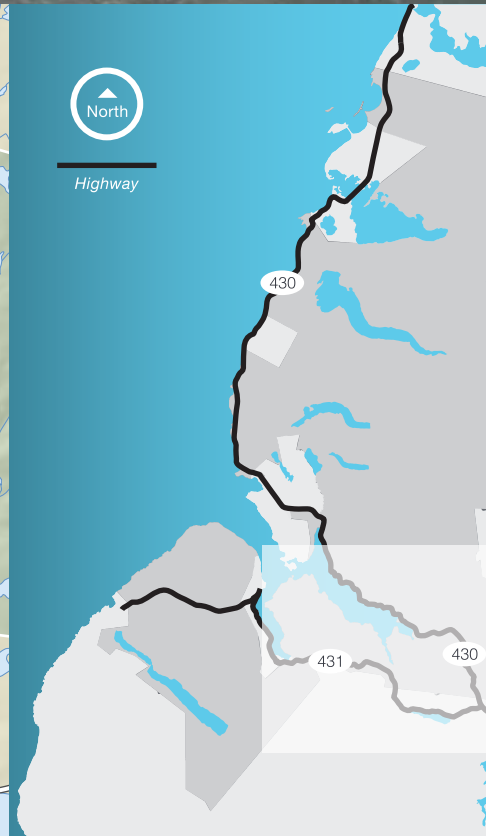
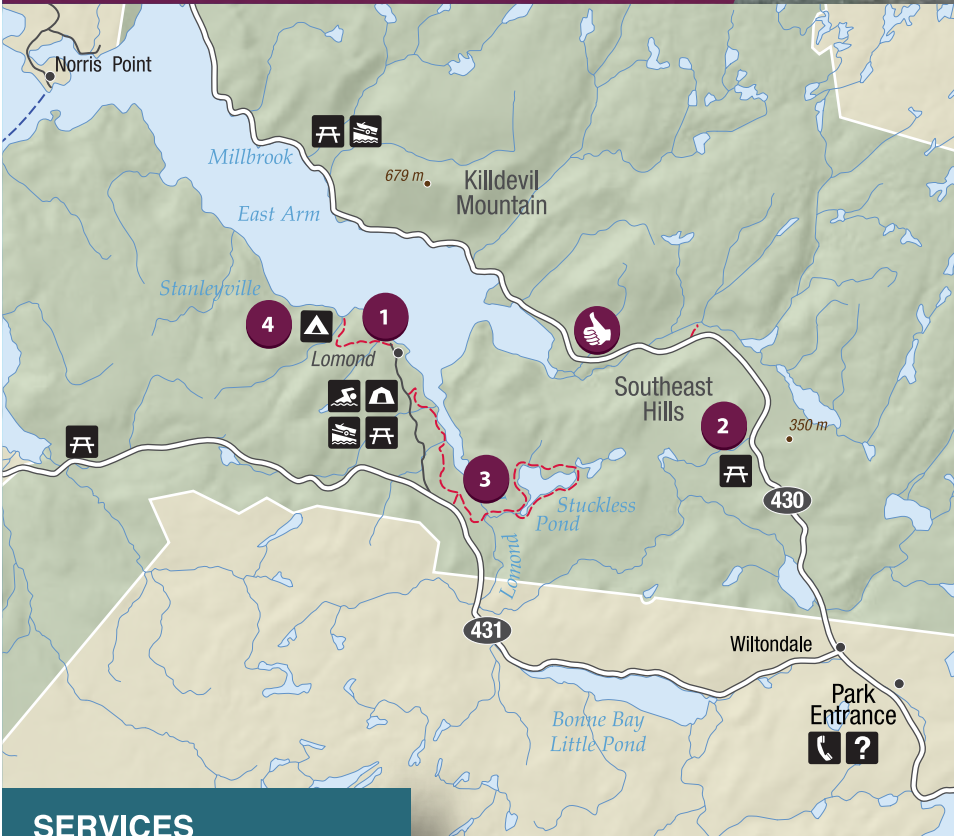
Where to Camp

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



Kayaking@Lomond / Sheldon Stone

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.

Enjoy Picnic Areas

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

- > Forest 'bathing' – walking amongst the trees – is an activity growing in popularity to lower blood pressure and stress levels.
- > Orchids in June and July around Lomond and Stuckless Pond areas.

TRY THESE

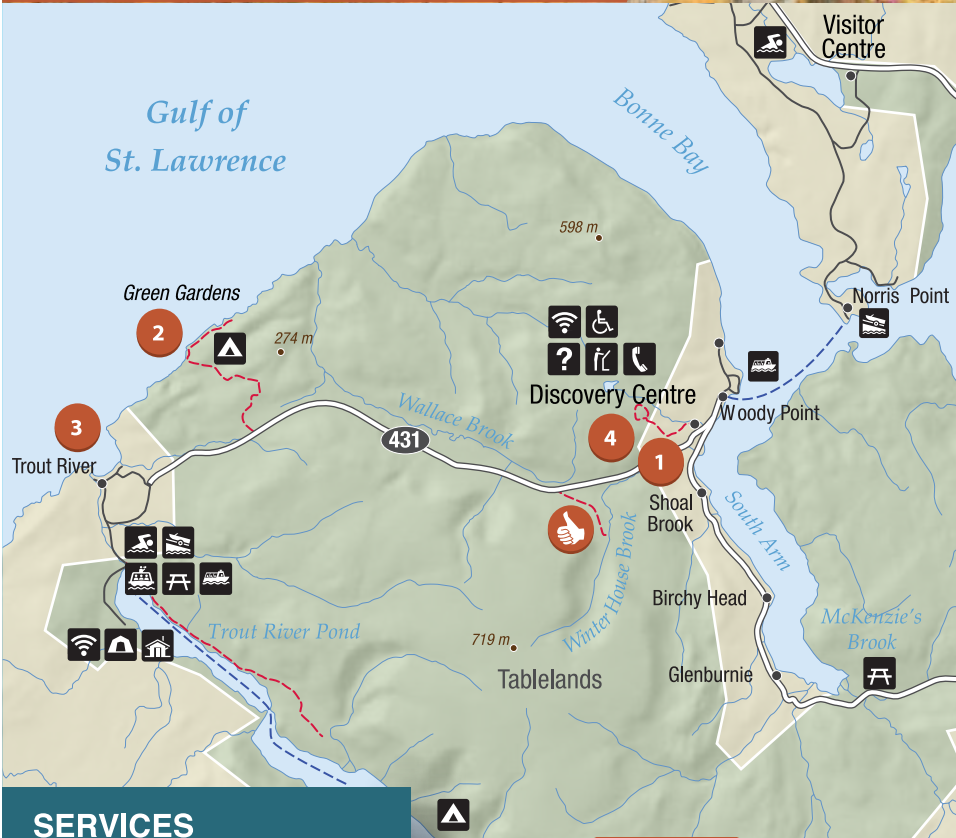
- > The Stuckless Pond trail is excellent for mountain biking. Reopening early summer.
- > Southeast Brook Falls – a short trail leads to these impressive falls.
- > Bring your meal to take full advantage of several picnic areas that offer exceptional viewpoints.

Where to Camp

Lomond Campground – on the shores of Bonne Bay



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. See page 20. **Missed the guided walk – download the app.**

Enjoy Picnic Areas

McKenzie's Brook and Trout River Pond





Exotic landscapes and historic communities

NOT TO BE MISSED!



1

Discovery Centre

Explore the newly renovated exhibit featuring Gros Morne's fascinating geology. Enjoy stunning views, a lounge area, a gift shop and the café. Begin your adventure in the park here!



2

Hike Green Gardens

A spectacular trail leading to a coast of lush meadows, cliffs, and seastacks. Discover some of the contrasting landscapes of Gros Morne.
> (9 km, 3-4h)



3

Explore the fishing community of Trout River

Walk its waterfront boardwalk and visit its museums. Do the 'Wave over Wave' interpretative walk on Tuesdays and Thursdays.



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. Over the summer it hosts a wide genre of concerts. Enjoy Gros Morne Summer Music at St. Patrick's church.
- > During the summer, a water taxi (passengers only) operates between Woody Point and Norris Point.

TRY THESE

- > Experience Gros Morne's 'best kept secret' and find your wild at Trout River Pond. Check out page 22.
- > 'Passing the Time' in Trout River on Tuesday nights, sharing stories and music.



Where to Camp

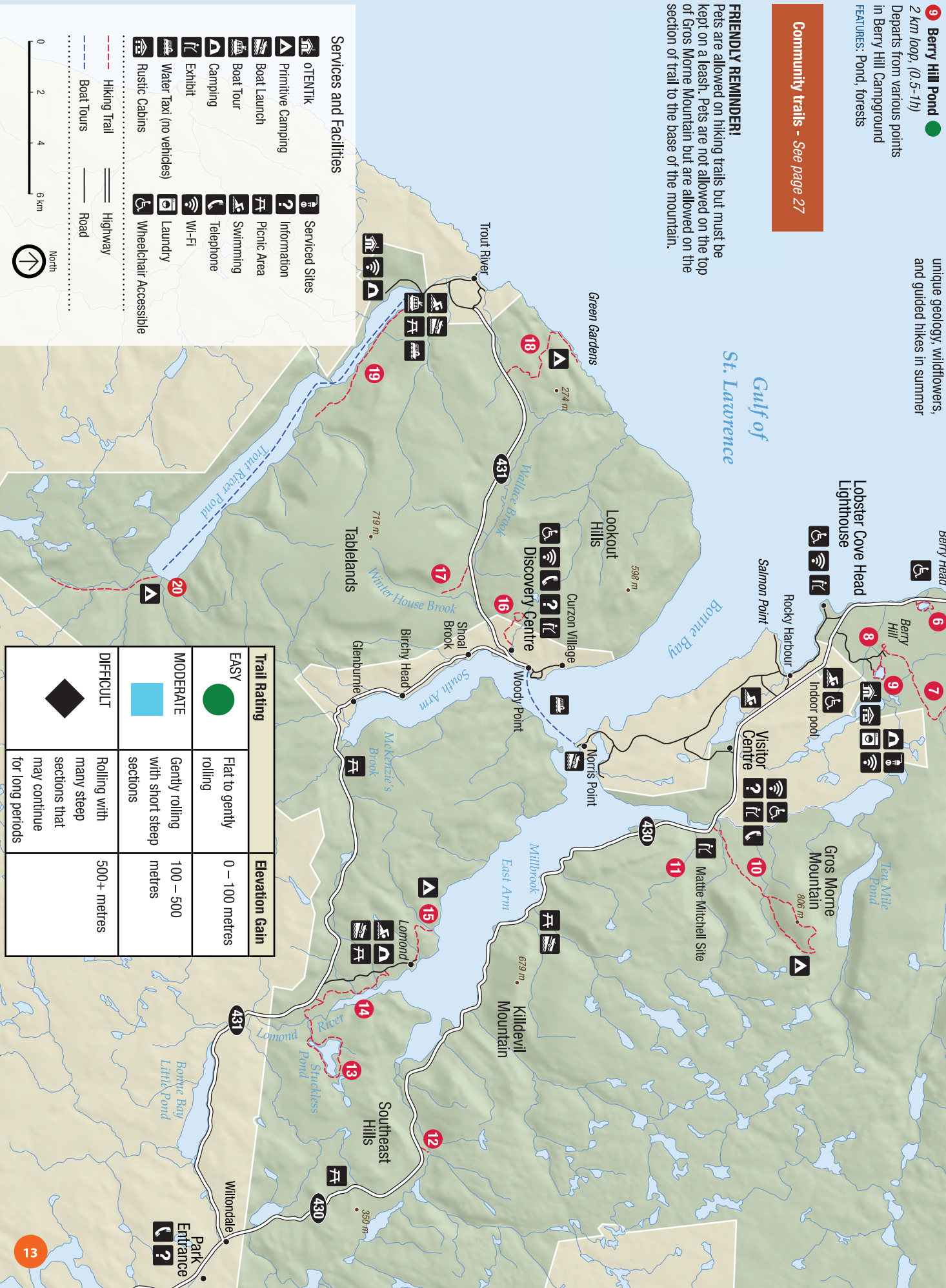
- ⋮ Trout River Pond Campground - overlooking Trout River Pond and the Tablelands.

- 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 27

FRIENDLY REMINDER!
Pets are allowed on 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

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

Park Map & 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, be sure to wear appropriate clothing and footwear, and check trail conditions before you go. 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



Shallow Bay

1 Old Mail Road

2 km return, (1h)

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, 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, very muddy sections, 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 May and 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 (*Reopening early summer!*)

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 only by boat shuttle, and is mandatory overnight.

Broom Point Fishing Premises

Western Brook

St. Pauls Inlet

St. Pauls

St. Pauls Bay

Cow Head

St. Pauls River

Martins Point
SS Ethie Site

Sally's Cove

Big Level
798 m

676 m

Green Point
Geological Site



Baker's Brook

Hiking in the Long Range

Challenging and spectacular multi-day hiking routes, recommended for experienced backcountry travelers. 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.



Experience Gros Morne with our Park Guides

		Sunday	Monday	Tuesday
		Summer Interpretation Schedule July 1 - September 2, 2019		Morning TABLELANDS 10:00am
TABLELANDS <i>(French)</i> - 10:00am	GREEN POINT <i>(English)</i> - 10:30am <i>(French)</i> - 12:00am			TABLELANDS <i>(French)</i> - 10:00am
Afternoon MEDICINE WALK Lobster Cove Head 2:00pm	TABLELANDS 2:00pm			
Evening EARTH ODYSSEY Visitor Centre 7:00pm	LIGHTHOUSE BY NIGHT Lobster Cove Head 7:00pm \$\$			
Daily	OF FISH AND FAMILY <i>(English)</i> - Broom Point 10:30am, 11:30am, 12:30pm, 1:30pm, 2:30pm, 3:30pm, 4:30pm			
Ask staff	TIDEPPOOL WALK <i>(English)</i> - Lobster Cove Head SPECIAL EVENTS - Ask our staff what's on the go.			Ask us about the schedule.

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.

Green Point: A Stroll through Strata

Guided Walk: Green Point Geological Site (1h)

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!

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)

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.

Of Fish and Family

Guided visit: Broom Point Fishing Premises (45 min)

Join a Parks Canada guide for a glimpse into the vibrant lives of inshore fishing families of coastal Newfoundland.

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.

Summer Programs (July 1 – September 2, 2019)

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
TABLELANDS 2:00pm	MEDICINE WALK Discovery Centre 2:00pm		
EARTH ODYSSEY Visitor Centre 7:00pm	FIRE CIRCLE Trout River Campground 7:00pm		FIRE CIRCLE Lobster Cove Head 7:00pm



Tablelands/Dru Kennedy



Lobster Cove Head Exhibit

Open Daily (10:00 am - 5:30 pm) | May 17 - October 14

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 Premises

Open Daily (10:00 am - 5:30 pm) | June 1 - September 15

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 am - 5:00 pm) | May 17 to June 20, September 3 - October 14

Open Daily (9:00 am - 6:00 pm) | June 21 - September 2

Explore the newly renovated exhibit featuring Gros Morne's fascinating geology. Engage with our knowledgeable staff who help bring the park to life.



Camping Lomond / Penny McIsaac

Staying The Night? *We've got you covered*



Tent and RV Camping

Stay close to nature at one of our wonderful campsites - at your preferred comfort level.



Backcountry Camping

Permit required. No advance reservations. The ultimate in overnight adventure; just you, your tent, and the great outdoors. These sites are located at Green Gardens, Gros Morne Mountain at Ferry Gulch, Stanleyville, Snug Harbour and Trout River Pond.



Don't Miss Out, Reserve Today!

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



Rustic Cabin

Cottage life at its best with a rustic home-away-from-home in the woods. Equipped with woodstove, table, benches, and bunks. Barbeque, fire ring and Adirondack chairs also provided for exterior use. Designed and equipped for visitors with sensory needs. Pet friendly. **Only \$120 per night including park entry.**



oTENTik

The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cozy beds. Great for campers who want a little extra comfort in the wild. **Only \$120 per night including park entry.** (No pets allowed)



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

	Number of Sites Serviced Sites	Drive-in Sites	Walk in Sites	Beach Sites	Group Camping	oTENTiks	Rustic Cabins	Fire pits	Kitchen Shelters	Playground	Washrooms / Showers	Dumping Station	Wifi	Laundry
TROUT RIVER - Overlooking the Tablelands. 2 km from the town of Trout River off route 431.	44	38	4			2		●	●	●	●		●	
LOMOND - On the shores of Bonne Bay. 17 km from park entrance off route 431.	30	25		5				●	●	●	●	●		
BERRY HILL - Centrally located. 5 km north of Rocky Harbour off route 430.	69	25	41		●	3	6	●	●	●	●	●	●	●
GREEN POINT - On the shores of the Gulf of St. Lawrence. 12 km north of Rocky Harbour on route 430.	32	8	22			2		●	●		●	●	●	
SHALLOW BAY - Next to Shallow Bay Beach. 1 km north of Cow Head off route 430.	62		60			2		●	●	●	●	●	●	

GOOD TO KNOW

- > Didn't bring camping gear? No problem! Rental of camping gear available locally. Please check with park staff.
- > Green Point campground becomes a secluded wonderland in winter, offering campsites overlooking the ocean or nestled in the trees. The roads are not plowed in winter so campers must park at the entrance and walk, ski or snowshoe to the sites. Firewood is provided for use in the kitchen shelter, along with Wifi, and vault toilets. You will need to bring potable water for drinking and cooking.

Green Point / Sheldon Stone



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.



Stroll through Strata!

Guided Walk (1.5 h)

June 1 - 30

Wednesdays @ 10:30 am

July 1 - September 3

Monday, Wednesday, Friday
@ 10:30 am

After September 3

Self-guided



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 / COD-NL

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.

Drive...

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

Cruise...

View the Tablelands from beautiful Trout River Pond! See how, go to page 22.

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.



“Guided Tour App”
the Tablelands

Scan the code to download your free Guided Tour App.

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 a Guided Tour App tablet at the Discovery Centre and experience the Tablelands at your own time and pace.



Experience *Western Brook Pond*

Your experience begins with a walk, or a bike ride, 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 fiord 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.



Trout River Pond / Alex Chate

Experience *Trout River Pond*

Gros Morne's "Best Kept Secret"

The backside of the Tablelands is equally as dramatic as the front, but this remote area is only accessible by boat.

Wild Gros Morne's Tablelands Boat Tour is a personal, small group Zodiac adventure unlike any other found in Gros Morne National Park. See unsurpassed views of the Tablelands and gain access to the remote end of the 16 km Trout River Pond, an ordinarily inaccessible area of the park.

Your tour begins with a short two-minute stroll from the parking lot to the dock. From here, the Zodiac ventures deep into the glacier carved, landlocked fiord of Trout River Pond and provides a surreal experience of being surrounded by the towering cliffs of the world-renowned Tablelands and equally impressive North Arm Mountains.

Caribou, moose and bear all call this section of the park home and are often seen while exploring the area.

Due to our small group tours reservations are recommended

Visit: wildgrosmorne.com **Email:** info@wildgrosmorne.com **Call:** 709-451-3377

OR for inquiries and/or reservations drop by our ticket office at Water's Edge RV Park and Campground, 228 Bonne Bay Road, Birchy Head.

Wild Gros Morne offers guided day and overnight hiking experiences. Head out on a complete Tablelands 360° experience or venture into the rarely seen Overfalls Waterfall with one our experienced local guides.

May 1 - October 31 (Subject to seasonal conditions)





Forest Plot / Ray Reid

Resource Conservation - *Science in the Park*

Resource Conservation staff work to ensure that ecosystems in Gros Morne National Park are healthy for you and future visitors.

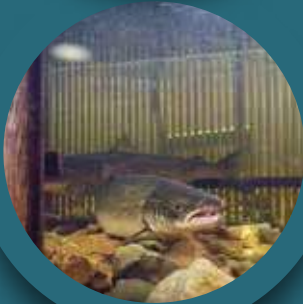


FOREST

Where Can You Find It? Experience Canada's boreal forest first hand at: Old Mail Road trail (North), Mattie Mitchell trail (Central), and Stanleyville trail (Southeast)!

Our Work: Balsam fir is an important tree in the boreal forest and healthy regeneration is key to natural forest succession. However, young trees face many pressures, from a changing environment to hungry moose. Park staff count and measure young balsam fir to document forest regeneration.

Did you Know? Climate change will bring warmer temperatures to many parts of Canada. Healthy forests provide cool, shady places for wildlife (and you!) during hot summer days. Visit the Bakers Brook Falls moose enclosure - see and feel for yourself the difference healthy forests make!



FRESHWATER

Where Can You Find It? Rivers, streams, and ponds, there are lots of opportunities to experience freshwater habitats: from Western Brook (Picnic Area) in the North to Trout River Pond in the South!

Our Work: Every year park staff count returning adult Atlantic salmon in one of three major river systems. Results are compared to population targets for each river and used to inform decisions about angling management in the park.

Did you Know? Salmon populations are declining across Atlantic Canada. However, conservation efforts can make a difference. In 1984 only 19 fish returned to Western Brook so the river was closed to angling and this number increased to 789 in 2016!



ARCTIC ALPINE

Where Can You Find It? Look up, way up! Found only at the highest elevations: Gros Morne Mountain (Central) and Lookout trail (South).

Our Work: One of Canada's most southerly populations of Rock Ptarmigan is found on Gros Morne Mountain. Each spring park staff count them before they lay their eggs. This long-term monitoring program allows staff to track how their population is doing.

Did you Know? The closure of Gros Morne Mountain each spring ensures that ptarmigan are undisturbed while they lay their eggs and rear their young. If you hike Gros Morne this summer keep a look out for ptarmigan families, but be sure to give them space, the young birds are still learning to fly!



Healthy Parks *Healthy People*

Throughout the world there is growing awareness of the important role parks play in human health.

In 2010, Parks Canada’s counterpart in Australia, Parks Victoria, launched a program called “Healthy Parks Healthy People.” This initiative sought to bring together park ecologists, doctors and others with the goal of unlocking “the power of nature and parks for their preventative and restorative health and well-being benefits, while conserving biodiversity.” (hphpcentral.com)

Inspired by the work of Parks Victoria and recent media stories about the health benefits of spending time in nature, staff at Gros Morne National Park are now working with healthcare professionals in the local area to help visitors and residents make the link between the health of the national park and their own health. Together, we have come up with a list of 25 things you can do in Gros Morne to improve your health. Want to know more? Speak with park staff at the Visitor Centre in Rocky Harbour or at the Discovery Centre in Woody Point to learn how you can get healthy in Gros Morne National Park.



Watch a Sunset

Lobster Cove Head



Fly a Kite

Trout River Pond



Go Kayaking

Stuckless Pond Trail



Ride a Bike

Tablelands Trail



Take a Walk

BE PREPARED

HIKING, the serious stuff...

Want to hike in Gros Morne National Park?

Be Prepared!

- > Many hikers underestimate the time needed to complete a long hike and end up stumbling in the dark.
- > Check the weather - be prepared for changes.
- > Bring water, a headlamp, food and extra clothes.
- > Hiking poles are very helpful on hilly & rugged terrain.
- > Stay on the trail.
- > Know how to navigate.

Remember this:

- > You are responsible for your own safety.
- > If you hike alone, tell someone your plans and when you expect to be back.
- > Cell phone coverage is unreliable throughout the park.
- > Emergency assistance can be delayed by weather, terrain, or remoteness.

Wildlife need their space...



These 3 species deserve your attention.

- > Give animals lots of space and don't approach them.
- > Make sure they have an escape route away from you.
- > Keep your pets on a leash - pets have been known to trigger an attack.
- > Be alert to your surroundings - leave the music and ear-buds at home.
- > Never feed animals directly or by leaving litter behind.
- > Wildlife that has access to our food or garbage lose their fear of people. This is directly linked to injuries and fatalities.



Hiking Gros Morne Mountain or the Tablelands?

Check out this information at the Visitor Center, Rocky Harbour or the Discovery Center, Woody Point:

- > Gros Morne Mountain Trail brochure
- > Keep it Wild, Keep it Safe brochure
- > Off Trail Hiking on the Tablelands



Pack in/Pack out

- > If you carried it in, you can carry it out! Garbage does not belong in the woods or in the toilets.
- > Use outhouses.
- > **No outhouse?** - step well off the trail
- > **Pack out toilet paper in a zip-lock bag.**

Emergency Contact # (24 hour): 1-877-852-3100

Visiting Gros Morne National Park Responsibly...

Park Entry Fee: Park Passes are required to use facilities and access programs in Gros Morne National Park.

Staying local - get a Gros Morne National Park pass; travelling to other Parks Canada places - **get a Discovery Pass.**



Dogs on Leash

Dogs are welcome in picnic areas, campgrounds and along trails in the park (with one exception, the top of Gros Morne Mountain). Dogs must be kept on a leash at all times. But you can let your dog run free at our new Green Point Dog Park.



Going Fishing?

Special permit required for fishing. Inquire at Park facilities.



No Drones

Unauthorised use of drones is prohibited in Gros Morne National Park.



Natural Objects

It is illegal to remove plants, animals, animal parts, shells, rocks and any natural object from a National Park.

Wildlife in the park rely on these resources for food and shelter.



Illegal Parking

Please help ensure the safety of all park users by using designated parking areas only. **Parking on the shoulder of the road is a serious public safety hazard for pedestrians and motorists.**



Illegal Camping

Camping is permitted in designated areas only. Camping on the pull-offs throughout the park is illegal and tickets can be issued.

Report Violations

Your participation in following these rules helps protect this special place for present and future generations. You can support Parks Canada by reporting activities that violate these regulations by calling the Parks Canada Dispatch Service at any time at **1-877-852-3100.**

For a complete listing of the Canada National Parks Act and Regulations please visit: **www.pc.gc.ca**
General Gros Morne National Park inquiries: **709-458-2417**

Some walks are right in town

Rocky Harbour

Community Trails

Trout River 451-5376	Eastern Point	Leads to a coastal headland with views of Trout River. Trailhead at the north end of Main Street.	2.4 km return
	Old Man/Lighthouse Trail	Showcases an extraordinary sea stack with views of the Town, the ocean, Elephants Head Mountain, and the Tablelands. Trailhead off Riverside Drive.	2.4 km return
Woody Point 453-2274	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 458-2896	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
Rocky Harbour 458-2376	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. Trailhead off the cul-de-sac at the end of Main Street South.	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 Street North, pull-off available.	800 m return
St. Pauls 243-2279	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 Street North, adjacent to Canada Post.	2 km return
	Tickle Point Trail	Explore coastal meadows and salt marshes of St. Pauls Bay. Trailhead at the Ballfield parking lot, turn off onto Main Street.	2 km return
Cow Head 243-2446	Heritage Trail	With beautiful scenery and wildlife sightings, you will see the fishing villages of Hickey's Cove, Tickle Point, and Old House Rocks; where most days you will run into a local fisher to chat with. Trailhead at Hickey's Cove, south of St. Pauls, off Route 430.	15 km long
	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 (reopening early summer). 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.



Other National Parks and National Historic Sites of Newfoundland and Labrador



Explore the road less travelled! Check out the national historic sites north of Gros Morne.



Distance in Kilometers

- Torngat Mountains** – Northern Labrador's spectacular mountain wilderness and Inuit homeland.
- Hopedale** – 19th century Moravian Mission buildings.
- 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.
- Battle Harbour** – a restored 19th century Labrador fishing village.
- Red Bay** – 16th century Basque whaling site.
- L'Anse aux Meadows** – only authenticated Viking settlement in North America.
- Port au Choix** – Indigenous site with 6000 years of human history.
- Gros Morne National Park** – a UNESCO World Heritage site, featuring a massive natural amphitheatre and a rare geological formation.
- Signal Hill** – coastal defences from 17th century to the World War II; and where Marconi received the first transatlantic wireless signal in 1901.
- Terra Nova** – a wildlife-filled boreal forest along the shores of the Atlantic Ocean.
- Ryan Premises** – a restored 19th century Newfoundland fishing enterprise.
- Castle Hill** – French and English fortifications from the 17th and 18th centuries.
- Hawthorne Cottage** – home of legendary Arctic explorer Captain Bob Bartlett.
- Signal Hill** – coastal defences from 17th century to the World War II; and where Marconi received the first transatlantic wireless signal in 1901.
- Cape Spear** – oldest surviving lighthouse in Newfoundland and Labrador.

Broom Point

Discover how today's fishery continues to shape our economy and culture.

A Snapshot in Time

A glimpse into the authentic lifestyle of a 1960's fishing family in coastal Newfoundland.



Broom Point Fishing Premises

Open Daily : 10 am - 5:30 pm | June 1 - September 15
(Just 6 kms north of Western Brook Pond parking lot)
Guided Tours every hour starting @ 10:30 am.