



Gros Morne
National Park

Visitor Guide

2021



Parks Canada
Parcs Canada

Canada

Welcome to Gros Morne National Park!

The COVID-19 pandemic has challenged Canadians like never before. Restricted in our ability to travel, many Canadians have chosen to staycation close to home, rediscovering – or discovering for the first time – the wonders to be enjoyed in our own backyards. We have found ourselves craving time in nature, making Canada’s national parks popular destinations for summer getaways.

Perhaps Canadians’ rediscovery of our love of nature is one of the important takeaways from 2020. Canada is blessed with an abundance of natural areas. Unfortunately, abundance can sometimes lead to under-appreciation. Let’s show our love of nature in 2021 by exploring our national parks in ways that leave them unimpaired. Remember to pack in/pack out, don’t feed the wildlife, and take only pictures. Future generations of Canadians will thank you for it!

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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

A UNESCO World Heritage Site

Geological Wonders to Discover

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 exhibit about the park’s world-class geology. Discover how the rocks of Gros Morne National Park have forever altered our



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.

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.

As you explore the park, you'll come face to face with the rocks that tell this story of the Earth's transformation. The park can be divided into five geological zones, each with rocks of a different type and origin. Collectively, they provide evidence of the creation and destruction of the Iapetus Ocean.

Use this map to discover these rocks and explore the chapters of this ancient story.

Green Point

The Depths of an Ancient Ocean

Along the park's northern coast, including Green Point, we find layered rocks that formed more than a kilometre under the waves of the ancient Iapetus Ocean. The layers of shale contain fossils, such as graptolites, that help define the global geological benchmark for the start of the Ordovician period. Exploring this site is best at low tide.

Long Range Mountains

An Ancient Super Continent

The gneiss and granite found here are the oldest rocks on the island of Newfoundland and are part of the Canadian Shield. The massive cliffs of Western Brook Pond were carved as a glacier bit through this ancient rock on its way to the sea. Hike or bike to the edge of Western Brook Pond to view this spectacular landscape.

Gros Morne Mountain

A Tropical Beach

The waters of the ancient Iapetus Ocean lapped the sandy tropical shorelines of old North America. That sand, now cemented into rock, makes up the top of Gros Morne Mountain and its neighbours. Hike the mountain for stunning views of the park's landscape.

The Tablelands

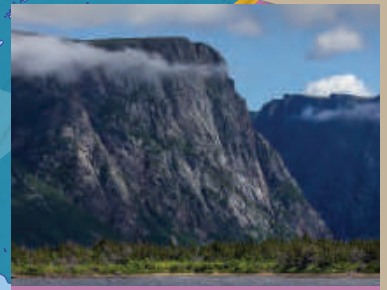
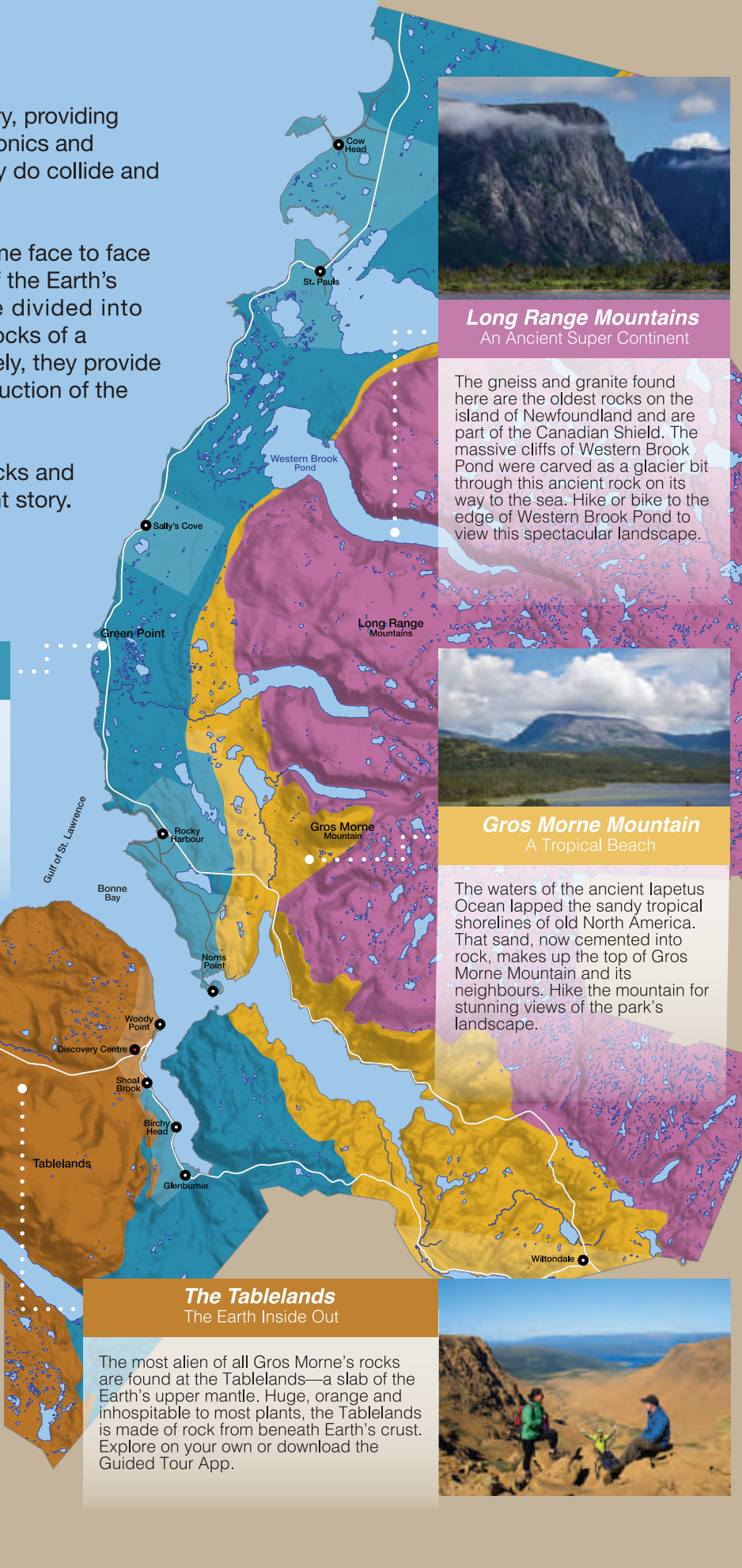
The Earth Inside Out

The most alien of all Gros Morne's rocks are found at the Tablelands—a slab of the Earth's upper mantle. Huge, orange and inhospitable to most plants, the Tablelands is made of rock from beneath Earth's crust. Explore on your own or download the Guided Tour App.

Green Gardens

An Ocean is Born

On the shores of Green Gardens volcanic rocks tell the story of a continent rifting apart and the birth of the Iapetus Ocean. As you explore the coast, look for the distinctive pillow basalts formed long-ago as lava erupted into seawater.





Steve's Trail / Sheldon Stone

Gros Morne North



COMMUNITIES

Town of Cow Head | 709-243-2446

Cow Head, home of Gros Morne Theatre Festival, has natural and historic beauty with attractions such as the Dr. Henry N. Payne Community Museum and St. Mary's Botanical Garden. On the peninsula known as "The Head," the Lighthouse Trail leads through meadows and tuckamore forest and provides panoramic views of the coast.

Town of St. Pauls | 709-243-2279

St. Pauls is host to varied wildlife including seals, terns and shorebirds. Be on the lookout for caribou roaming the coastal lowlands while viewing the lovely scenery of the Long Range Mountains. The St. Pauls Heritage Trail, perfect for biking, takes you through marshes, coastal meadows, and along the shoreline.

► Check out visitgrosmorne.com or newfoundlandandlabrador.com for details on community attractions and events.

Things to Do – Gros Morne North

LEISURE



1

A Day at Shallow Bay Beach

Spend a relaxing day exploring the 4km stretch of sandy beach at Shallow Bay. The shallow water makes it a great spot for young swimmers.



2

Explore Broom Point

Curious about how past generations of fishing families spent their summers? Journey back in time with a visit to Broom Point Fishing Premises.



3

Visit the Wreck of the SS Ethie

Take the stairs down to the ocean and imagine the scene as the passengers and crew of the SS Ethie struggled to survive a severe winter storm in 1919.



4

Picnic at Western Brook Beach

Enjoy a picnic at Western Brook day use area. Spread your blanket by the babbling brook or head to the scenic, sandy beach.



5

Hike Steve's Trail

Follow the route once taken by a local fisherman to reach his fishing premises for stunning views of the coastline and Long Range Mountains.



6

Hike or Bike Old Mail Road

Part of the route used to deliver the mail in days gone by, this trail takes you through sheltered forests and along sand dunes.



7

Hike or Bike Western Brook Pond Trail

Stroll or bike through forests and alongside coastal bogs lush with wildflowers to Western Brook Pond and its impressive backdrop of spectacular cliffs and the Long Range Mountains. Optional side loop trail will take you to the banks of Western Brook.

This trail provides access to the Western Brook Pond boat tour. Contact Bontours for more information.

▶ 1-888-458-2016 | bontours.ca



8

Camp at Snug Harbour and Hike to North Rim

Ready for the challenge of a rough, unmarked route that requires fording the cold waters of Western Brook? Hike to Snug Harbour and be rewarded with a secluded primitive campsite on the shore of Western Brook Pond. Looking for an even greater challenge? Follow the North Rim access route and ascend 600 m to the Long Range plateau overlooking the pond. Navigation with map/compass or GPS required.

▶ Call 709-458-2417 for reservations and camping permit.

MORE ACTIVE



Gros Morne Mountain Summit Trail / Sheldon Stone

Gros Morne Central



COMMUNITIES

Town of Rocky Harbour | 709-458-2376

Rocky Harbour is centrally located in the Gros Morne area with a variety of services and amenities. Travel along the harbour towards Salmon Point for lovely waterfront views and gorgeous sunsets. Rocky Harbour Pond is a favorite swimming hole with locals.

Town of Norris Point | 709-458-2896

Norris Point is a picturesque community offering numerous attractions such as the Jenniex Heritage House, Bonne Bay Marine Station and Aquarium, and the Burnt Hill and James Humber hiking trails—all providing spectacular views of Bonne Bay. Norris Point is a popular place to go for a morning or evening kayak, when waters are typically the calmest.

► Check out visitgrosmorne.com or newfoundlandandlabrador.com for details on community attractions and events.

Things to Do – Gros Morne Central

LEISURE



1

Tour Lobster Cove Head

Wander the headland and follow the trail through tuckamore forest down to the shore. One of the most popular locations in the park to watch the sun set.



2

Explore Green Point

This geological site has an intriguing sequence of layered rocks from the bottom of an ancient ocean. Best explored at low tide.



3

Visit Mattie Mitchell Site

Renowned Mi'kmaq guide, Mattie Mitchell, is recognized as a person of national historic significance. Stroll the short trail to discover more about the Mi'kmaq of Newfoundland.



4

Hike Berry Hill Pond

Follow the forested shores of the pond, known to be a beaver habitat. Departs from various points in Berry Hill Campground.



5

Hike Berry Head Pond

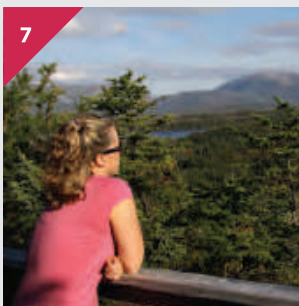
A mix of wetland and dense forest. First 350 m is wheelchair accessible boardwalk, turning into a narrow path that circles the pond.



6

Hike Coastal Trail

Coastal landscapes of cobble beaches and tuckamore forests with ocean breezes, lovely sunsets, migrating shorebirds and ducks in marshy ponds.



7

Hike Berry Hill

Panoramic views of the Long Range Mountains and coastal lowlands with its patch work of forest, ponds and bogs. Stairs and rest stops ease the climb.



8

Hike Bakers Brook Falls

Travel through a balsam fir forest and bog to spectacular falls. See wildflowers and visit a moose 'exclosure' on the way.



9

Hike Gros Morne Mountain Trail

The Approach Trail to the base of Gros Morne Mountain follows Crow Gulch Brook and is rated moderate. Along the way, enjoy spectacular views of waterfalls, Crow Cliff and Gros Morne Mountain. For a shorter hiking option, turn around at the bridge.

The Summit Trail leading to the top of the mountain is rated difficult and is considerably more challenging than the Approach. It is a strenuous 500 m climb up a scree slope before descending by a rough boulder-strewn path through Ferry Gulch. It is for experienced and prepared hikers only, allow 3-5 hours to complete, and do not attempt if the summit is in cloud.

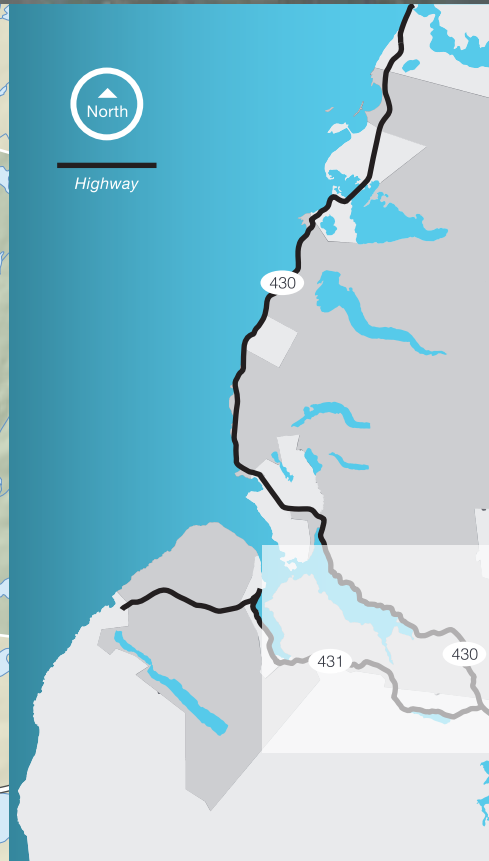
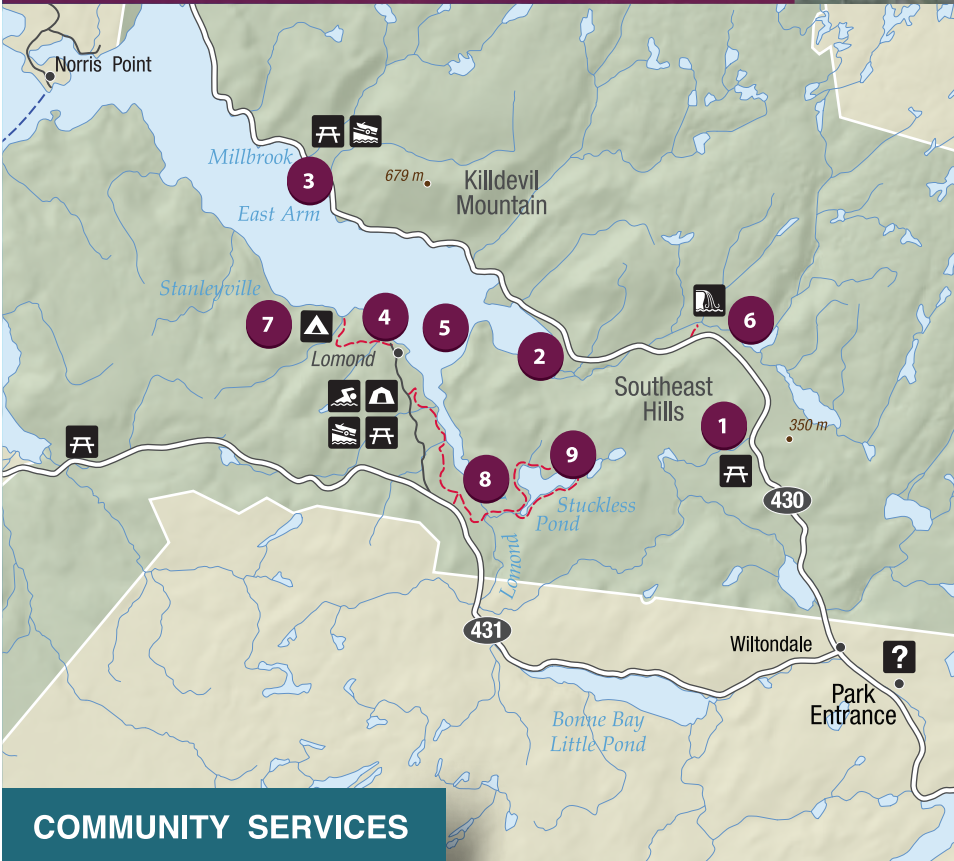
► Before hiking this section of trail see more information on page 16.

MORE ACTIVE



Kayaking at Lomond / Sheldon Stone

Gros Morne Southeast



COMMUNITY SERVICES

Wiltondale



Park Entrance Kiosk

The Park Entrance kiosk is located in Wiltondale. Here Route 430 and 431 meet, providing access to the northern and southern sections of the national park. Parks Canada staff at the Entrance kiosk are ready to welcome you to the park, assist with park passes, permits, directions and information about visiting Gros Morne.

- ▶ Open **9am – 5pm daily, May 7 – October 24.**
- ▶ Check out visitgrosmorne.com or newfoundlandandlabrador.com for details on community attractions and events.

Things to Do – Gros Morne Southeast

LEISURE

1



Picnic at Southeast Hills

Enjoy a meal in the fresh breeze at the highest point of road in the park. Take in the 360° panorama of the Long Range Mountains and Lomond Valley.

2



Pause at Viewpoints

Convenient roadside viewpoints offer numerous photo opportunities like views across the East Arm of Bonne Bay, Southeast Hills and Burridges Gulch.

3



Enjoy Millbrook

This sheltered day use area on the shore of Bonne Bay has a modern kitchen shelter, boat launch, and wharf. A perfect spot for a family get-together.

4



Visit Lomond

Once the site of an active logging community, today it is a spectacular setting for camping and picnicking.

5



Explore sheltered bays

East Arm of Bonne Bay is moderately protected from winds and can offer sheltered paddling for most of the summer. Winds are calmest in the mornings and evenings.

6



Hike Southeast Brook

A short trail leads to these impressive falls. The water flows over a billion-year-old ridge of resistant granite and plunges 40 metres.

7



Visit Stanleyville

Hike Stanleyville trail, an historic path, that ends up at the shore of Paynes Cove and the abandoned community of Stanleyville, which was a small logging town in the early 1900s. Alternatively, launch your kayak or canoe at Lomond for a 2 km paddle to Stanleyville.

Looking for more experiences at the water's edge? Spend a secluded night in Stanleyville on the shores of Bonne Bay.

► Call 709-458-2417 for reservations and camping permit.

8



Hike Lomond River

The trail traces its way through the sheltered valley of the Lomond River, where trees grow taller than anywhere else in the park. Orchids bloom in June and July.

9



Hike or bike Stuckless Pond

Follow the old logging road to skirt the shores of Stuckless Pond. The trail crosses Lomond River, then climbs steadily and circles the sheltered pond.

MORE ACTIVE

Park Map & Trail Guide

Know before you go: Follow this Parks Canada's trail rating guide to select a trail that best suits your party's abilities, experience, and interests, as well as the equipment and time you have available. Each trailhead has a map and orientation sign.

For trail conditions please go to www.pc.gc.ca/grosmorne

Trail Rating	Suitability	Trail Surface	Terrain	Elevation Change	Duration
Easy	Most visitors, including those with no trail experience.	Smooth hard packed trail surface. Minimal stairs.	Flat to gently rolling.	0 - 100 meters.	Less than 2 hours.
Moderate	Visitors with basic trail experience and who are generally prepared (<i>proper equipment and water</i>).	Generally smooth hard packed or firm and stable natural trail surface. Infrequent obstacles*, stairs may be present.	Gently rolling with short steep sections.	Up to 500 meters.	Less than 5 hours.
Difficult	Visitors who have trail experience and are prepared (<i>proper equipment and water</i>).	Natural and uneven trail surface. Surface may be locally loose or unstable. Obstacles* common.	Rolling with many steep sections that may continue for long periods.	May exceed 500 meters.	May exceed 5 hours.

* Loose rocks, wet areas, boulders, fallen trees, etc.

- 1 Old Mail Road** 2 km return, 1 h. Elevation gain 5 m.
- 2 Steve's Trail** 1 km return, 0.5 h. Elevation gain 20 m.
- 3 Western Brook Pond** 6 km return, 1-2 h. Elevation gain 25 m.
- 4 Coastal Trail** 6 km return, 1-2 h. Elevation gain 5 m.
- 5 Berry Head Pond** 2 km loop, 0.5-1 h. Elevation gain 10 m.
- 6 Bakers Brook Falls** 10 km return, 2-3 h. Elevation gain 40 m.
- 7 Berry Hill** 1.5 km return, 0.5-1 h. Elevation gain 55 m.
- 8 Berry Hill Pond** 2 km loop, 0.5-1 h. Elevation gain 20 m.
- 9a Gros Morne Mountain – Approach** 9 km return, 2.5-3.5 hr. Elevation gain 340 m.
- 9b Gros Morne Mountain – Summit** 8 km loop, 3-5 hr. Elevation gain 500 m. Mountain closed May and June for ecological reasons.
- 10 Mattie Mitchell** 250 m loop, 0.25 h. Elevation gain 5 m.
- 11 Southeast Brook Falls** 700 m return, 0.5 h. Elevation gain 10 m.
- 12 Stuckless Pond** 9.5 km loop, 2-3 h. Elevation gain 125 m.
- 13 Lomond River** 8 km return, 2-3 h. Elevation gain 40 m.
- 14 Stanleyville** 4 km return, 1-2 h. Elevation gain 105 m.
- 15 Lookout Trail** 5 km loop, 2-3 h. Elevation gain 335 m.
- 16 Tablelands** 4 km return, 1-2 h. Elevation gain 75 m.
- 17 Green Gardens** 9 km return, 3-4 h. Elevation gain 305 m.
- 18 Trout River Pond** 14 km return, 4-5 hr. Elevation gain 100 m.

FRIENDLY REMINDERS!

Pets are allowed on hiking trails but must be kept on a leash. Pets are not recommended on the Gros Morne Mountain Summit trail due to rough terrain.

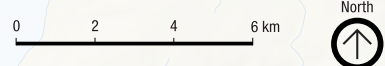
Cyclists are welcome on the Old Mail Road and Western Brook Pond trail. Mountain bikers may want to check out Stuckless Pond trail and ski trails near the Visitor Centre. Cyclists pass with caution and yield to hikers.



Services and Facilities

- Cabin or oTENTik
- Primitive Camping
- Boat Launch
- Boat Tour
- Camping
- Exhibit
- Water Taxi (no vehicles)
- Dog Park
- Serviced Sites
- Information
- Picnic Area
- Swimming
- Waterfalls
- Wi-Fi
- Laundry
- Electric car charging station

- Hiking Trail
- Boat Tours
- Highway
- Road





Trout River Pond / Sheldon Stone

Gros Morne South



COMMUNITIES

Town of Glenburnie-Birchy Head-Shoal Brook | 709-453-7220

Known locally as GBS, Glenburnie-Birchy Head-Shoal Brook is situated along the South Arm of Bonne Bay. The beachfront boardwalk is a relaxing spot from which to watch local fishing boats. If you are lucky, you may also catch a glimpse of the marine mammals or eagles that frequent the bay, also in search of fish.

Town of Woody Point | 709-453-2273

Woody Point is a beautiful town rich with history and culture. It's home to craft shops, artist studios, and heritage buildings. A self-guided heritage walk offers a glimpse into the past along the picturesque waterfront.

Town of Trout River | 709-451-5376

This small fishing village keeps to a traditional way of life, harvesting from the sea and land alike. Amazing views can be seen from various community trails. Chat with local fisherman at the wharf and take in the saltwater breeze along the oceanfront boardwalk.

► Check out visitgrosmorne.com or newfoundlandandlabrador.com for details on community attractions and events.

Things to Do – Gros Morne South

LEISURE

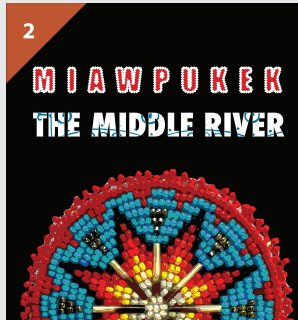
1



Visit the Discovery Centre

Check out the exhibit on Gros Morne's fascinating geology. Enjoy stunning views, grab a coffee from the café and search for that perfect keepsake in the gift shop.

2



View an Exhibition

At the Discovery Centre, learn about the rich culture and heritage of the people of Conne River (Miawpukek), a Mi'kmaw community on the south coast of Newfoundland.

3



Hike the Tablelands

Walk across the exotic serpentine barrens and unique geology of the Earth's mantle to a viewing platform in Winter House Brook Canyon.

4



Paddle the Waters

Launch your kayak from one of the local communities to explore the coastline of Bonne Bay. Or paddle along the Tablelands on Trout River Pond.

5



Hike Green Gardens

Cross serpentine barrens and descend 250 m through forest to reach a coastline of cliffs, sea stacks, and lush meadows.

6



Hike the Lookout Trail

Climb over 300 m in elevation to a treeless highland plateau for one of the best panoramic views of the park.

7



Bike the Gulch

The road between Woody Point and Trout River is truly one of the most spectacular you'll see. Get a different view of the Tablelands while biking through Trout River Gulch.

8



Hike Trout River Pond

Follow the shore of the pond through forest and open barrens into the heart of the Tablelands. View unique geology, wildflowers, the "Narrows" and cliffs of Trout River Pond.

9



Hike the Tablelands Off-Trail

Purchase an off-trail map at the Discovery Centre, plan your route and make your way to the top of the Tablelands for truly impressive views.

10



Primitive Camp

Watch the sun set and sleep beneath a blanket of stars at one of the primitive campsites on the coast at Green Gardens. Reservations and permit required. 709-458-2417

MORE ACTIVE



Staying The Night? We've got you covered



Tent and RV Camping

The most popular type of camping – drive right to your site and set up camp. Sites vary from fully wooded to open sites, or even ones overlooking the ocean. For a unique experience, try a beach site.

All campgrounds are suitable for tents, trailers, and recreational vehicles and have kitchen shelters, flush toilets, showers and fire pits.

	Total Sites	Serviced Sites	Beach Sites	toTENTiKs	Cabins	Playground	Dumping Station	Wifi	Laundry
North SHALLOW BAY – The “beach-goer’s campground! Next to Shallow Bay Beach. 1 km north of Cow Head off Route 430.	62	11		1		●	●	●	
Central GREEN POINT – On the shores of the Gulf of St. Lawrence with spectacular coastal views and sunsets. 12 km north of Rocky Harbour on Route 430.	33	8		1		●	●		
Central BERRY HILL – Secluded campground in a forest setting. The base for comfort and convenience. 5 km north of Rocky Harbour off Route 430.	69	25		2	3	●	●	●	●
Southeast LOMOND – Off the beaten path. On the shores of Bonne Bay with outstanding views of the bay and Long Range Mountains. 17 km from park entrance off Route 431.	33		6			●	●		
South TROUT RIVER – Next to Trout River Pond. Peaceful location overlooking the Tablelands. 2 km from the town of Trout River off Route 431.	44			1		●		●	

Don't Miss Out, Reserve Today!

reservation.pc.gc.ca, 1-877-737-3783 or (TTY) 1-866-787-6221



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. No pets allowed.



Cabin

Cottage life at its best with a rustic home-away-from-home in the woods. Equipped with 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.



Primitive Camping

Spend a secluded night in nature under the stars. The park maintains primitive camping sites along several park trails. Sites have minimal facilities (tent pads, pit toilets) and are located at Snug Harbour, Gros Morne Mountain at Ferry Gulch, Stanleyville and Green Gardens.

- ▶ **Reservations and permit required.**
- ▶ **709-458-2417 or pc.grosmorne.pc@canada.ca.**



GOOD TO KNOW

- ▶ New to camping? Check out camping basics with Parks Canada's Learn-to-Camp information <https://www.pc.gc.ca/en/serapprocher-connect/ltc-dlc>
- ▶ Didn't bring camping gear? No problem! Rental of camping gear available locally. Please check with park staff.



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. To gauge the overall health of the park, staff monitor three ecosystems: **Forest, Freshwater and Arctic Alpine.**

FOREST

Behold the Boreal | Experience Canada's boreal forest and birds first hand at: Old Mail Road trail (North), Mattie Mitchell trail (Central), and Stanleyville trail (Southeast).

Monitoring forest bird populations | Some of Gros Morne's forest birds stay all winter. As year-round residents, these birds feed on a variety of foods such as overwintering insects or seeds hidden in fir and spruce cones and are exposed to a range of weather conditions, making them good indicators of forest health. We conduct winter bird surveys to count birds and track changes in their populations over time.

Helping our feathered friends | Overall, Canada's forest bird populations are stable, but those that rely on tree seeds and fruit like Evening Grosbeaks are declining. Keeping your pets from roaming and supporting habitat conservation initiatives are ways you can help them.

FRESHWATER

Dip your toe in the freshwater | Rivers, streams, and ponds - there are lots of opportunities to experience freshwater habitats and potentially spot a beaver: from Berry Head Pond in the North to Trout River Pond in the South.

Beaver colony survey | During fall, beavers store large mats of floating branches next to the entrance to their lodge. Then, during winter, they swim out under the ice to browse on this floating pantry. Through aerial surveys of waterbodies in the fall, this behavior allows us to see how many beaver lodges are active.

Ecosystem architects at work | Beavers are considered ecosystem architects because they change the ecosystem they live in, slowing runoff and creating wetland habitats which are home to many other species. Beavers can be found all around Gros Morne.

ARCTIC ALPINE

Hike up to the arctic | Look up, way up! Found only at the highest elevations, such as the top of Gros Morne Mountain (Central) and Lookout trail (South).

Snowbed monitoring | Park staff monitor snow persistence on an alpine plateau known as Big Level. This area has depressions where deep snow accumulates in the winter and persists well into summer. By measuring when the edge of the snowbed melts each year, this survey tells us if the climate of the alpine zone is changing over time.

Climate change predictions | Climate change will affect different areas in different ways, and models predict more snowfall in Gros Morne over time. The Park's snowbed monitoring data supports this: snow is staying longer in the park's arctic alpine!





Tablelands trail / Dru Kennedy

Visit Gros Morne Responsibly

We all have an effect on the natural environment - no matter how small. This is how you can help keep Gros Morne National Park healthy for generations to come:

MINIMIZE YOUR IMPACT

Leave no trace | If you pack it in, pack it out including all garbage, toilet paper and food waste. Trash takes away from everyone's experience and can be harmful to wildlife.

Leave what you find | Natural items such as rocks, fossils, driftwood, wildflowers and nests are protected by law and must be left undisturbed for others to discover and enjoy.

Camp in designated areas | Designated campsites and fire pits serve to minimize our human footprint. Camping in parking lots or roadside pull offs throughout the park is illegal and tickets may be issued.



RESPECT WILDLIFE

Don't feed or approach wildlife | Give them space and allow a safe buffer. Repeated disturbance or losing their natural fear of humans can jeopardize wildlife's survival.

Follow speed limits | Wildlife often feed along roadways where their movements can be unpredictable. For everyone's safety, slow down, especially at night.

Be a responsible pet owner | Keep pets on a leash and supervised so they do not harass or harm wildlife, provoke attacks or endanger other people. Play with your dog off-leash at the Green Point Dog Park.



OBTAIN PROPER PASSES/PERMITS

Park pass | A park pass is required for any activity in the national park and must be displayed in the front windshield of your vehicle. A variety of passes are available. Revenue from park passes supports park services.

Fishing | Angling in the park requires a Parks Canada trout permit for trout fishing or a Parks Canada license and tags for salmon fishing.

No drones | Unauthorized use of drones is prohibited in national parks. Drones may disrupt the enjoyment of other users or harass wildlife.



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 any time at **1-877-852-3100**.

Day Hiking: Safety on the Trails

Whether you're out for a leisurely hike or a longer adventure, make your trip a safe one by checking the latest trail conditions with park staff or on our website.



You are responsible for your own safety | Follow Parks Canada's trail rating guide (see park map on page 8) to select a trail that best suits your party's abilities, experience, and interests, as well as the equipment and time you have available. Park staff can provide additional advice and information.

Be prepared | Emergency assistance may take many hours to arrive due to weather, darkness or remoteness. (Parks Canada's Emergency # 1-877-852-3100)

Before you leave

- ▶ Check the weather forecast – dress appropriately. Consider changing your plans. Hypothermia and poor visibility are serious concerns at higher elevation.
- ▶ Allow enough time to complete your hike in daylight. Many hikers underestimate the time needed to complete their hike, returning in the dark.
- ▶ Use appropriate footwear for your chosen hike.
- ▶ Bring water, food, extra clothes, toilet paper, and a zip lock bag for your garbage.
- ▶ Bring a first aid kit, map, whistle, a flashlight and extra batteries. Cell phones should not be relied on as a light source.
- ▶ Cell phone coverage is unreliable throughout the park. Let someone know your destination, planned return time, and **Parks Canada's Emergency # 1-877-852-3100** in case you are overdue.

During your hike

- ▶ Stay together as a group and keep children close.
- ▶ Pack out what you pack in.
- ▶ Toilet etiquette – Don't do it on the trail. Use toilets provided. If not available, step at least 10 m off the trail, do your business and pack out any used toilet paper.
- ▶ Prevent injuries – use caution on steep and rugged terrain. Hiking poles provide extra stability.
- ▶ Boil or treat water from natural sources before drinking.

After you get back

- ▶ Let that friend know you've returned.
- ▶ Report any problems or issues to park staff.

Wildlife

- ▶ Don't approach or feed wildlife. Animals that have access to our food and garbage often lose their fear of humans, putting yourself and others at risk of injury or death.
- ▶ Make sure wildlife have an escape route.
- ▶ Keep pets on a leash and supervised so that they do not harass wildlife, provoke attacks or endanger other people.
- ▶ Be alert to your surroundings.

Hiking Gros Morne Mountain or off-trail on the Tablelands?

These experiences involve hazards that require extra attention and preparation. To reduce your risk of injury and avoid the need of rescue, check with staff at the Visitor Centre or Discovery Centre for more information.



HOURS FOR 2021

Park Entrance Kiosk **Route 430, Wiltondale**

May 7 – Oct. 24 | 9 a.m. – 5 p.m.

Visitor Centre* **Route 430 north of Rocky Harbour**

May 21 – Oct. 11 | 9 a.m. – 5 p.m.

Discovery Centre **Route 431, Woody Point**

May 21 – Oct. 11 | 9 a.m. – 5 p.m.

► Free Wi-Fi is available at the Park Entrance Kiosk and Discovery Centre.

*The Gros Morne Visitor Centre is closed for 2021. Visitor information is available at the Gros Morne swimming pool 1 km north of Rocky Harbour on Route 430.

DID YOU KNOW?

Accessibility

We are pleased to offer a number of supports for people and families with additional needs. These include accommodations for people with sensory processing needs, trails with accessible sections, a number of all-terrain wheelchairs to use free of charge (reservations recommended), and informed staff. Please call 709-458-2417 for more information.

Park Passes

A park pass is required for all activities in the national park including hiking, camping, and fishing. Your pass also gives you access to the Visitor Centre, Discovery Centre, exhibits, day use areas, roadside viewpoints, boat launches and docks. Passes may be purchased at Parks Canada facilities and many local businesses.

CONTACT INFORMATION

Visitor Information

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

Campground Reservations

reservation.parkscanada.gc.ca
1-877-737-3783
(TTY 1-866-787-6221)

Emergency

911
Park Emergency Services / Wildlife Incidents
1-877-852-3100



Thank you for visiting Gros Morne safely and responsibly.