

# Things to see & do in Gros Morne



Canada

Look for our other regional maps:

Great Northern Peninsula

GROS MORNE

Humber Valley

Southwest Coast



Yaffle of Chores Tour, Broom Point  
NL Tourism



photo: Tablelands,  
NL Tourism



photo: Lomond Campground,  
NL Tourism



photo: Backcountry Hiking, Western Brook Pond Fjord,  
NL Tourism



photo: Woody Point, Bonne Bay  
NL Tourism



photo: Shallow Bay Beach, Cow Head  
NL Tourism



photo: Passing the Time in Trout River,  
Creative Gros Morne



photo: Kayaking on Bonne Bay,  
Gros Morne Adventures



photo: Woody Point Heritage Theatre,  
Ian Stone



photo: Gros Morne Theatre Festival, Cow Head  
NL Tourism



photo: Lobster Cove Head Lighthouse, Rocky Harbour  
Parks Canada



go western  
newfoundland

VisitGrosMorne.com

# Things to see & do in Gros Morne



GoWesternNewfoundland



@WNewfoundland



WesternNewfoundland

Gros Morne National Park was designated a UNESCO World Heritage Site in 1987 for its impressive geological features. The 1805 sq kilometre park offers unsurpassed beauty and adventure – a perfect complement to the local cultural scene.

This map is your guide to summer adventure in Gros Morne. Numbers on the map correspond to brief descriptions and extra information below that will allow you to get the most out of your Gros Morne experience.



photo: Lookout Trail, Woody Point, Emili Martin



photo: Western Brook Pond Fjord Boat Tour NL Tourism



photo: Bonne Bay Marine Station Norris Point

## HIKING TRAILS

- 1 Trout River Pond.** Return Length: 14 km; Duration: 4-5 hrs; Difficulty: Moderate.
- 2 Green Gardens.** Short Hike. Return Length: 9 km; Duration: 3-4 hrs; Difficulty: Moderate/Strenuous.
- 3 Green Gardens.** Long Hike. Loop Length: 16 km; Duration: 6-8 hrs; Difficulty: Strenuous.
- 4 Wallace Brook.** Loop Length: 12 km; Duration: 3-4 hrs; Difficulty: Moderate/Strenuous.
- 5 Tablelands.** Return Length: 4 km; Duration: 1.5 hrs; Difficulty: Moderate. Note: Also available as a guided hike with staff or with new Explora mobile media guide.
- 6 Lookout.** Loop Length: 5 km; Duration: 2.5 hrs; Difficulty: Moderate/Strenuous.
- 7 Stanleyville.** Return Length: 4 km; Duration: 2 hrs; Difficulty: Strenuous.
- 8 Lomond River.** Return Length: 6 km; Duration: 2 hrs; Difficulty: Strenuous.
- 9 Stuckless Pond.** Loop Length: 9.5 km; Duration: 3-4 hrs; Difficulty: Strenuous.
- 10 Southeast Brook Falls.** Return Length: 1 km; Duration: 0.5 hr; Difficulty: Easy/Moderate.
- 11 Mattie Mitchell.** Loop Length: 0.5 km; Duration: 0.5 hr; Difficulty: Easy.
- 12 Gros Morne Mountain.** Loop Length: 16 km; Duration: 7-8 hrs; Difficulty: Strenuous/Very Strenuous.
- 13 Berry Hill.** Loop Length: 1.5 km; Duration: 1 hr; Difficulty: Easy/Moderate.
- 14 Berry Hill Pond.** Loop Length: 2 km; Duration: 0.5 - 1 hr; Difficulty: Easy.
- 15 Bakers Brook Falls.** Return Length: 10 km; Duration: 2-3 hrs; Difficulty: Moderate.
- 16 Berry Head Pond.** Loop Length: 2 km; Duration: 0.5 - 1 hr; Difficulty: Easy. Note: First 0.5 km is wheelchair accessible.
- 17 Coastal Trail (Green Point).** Return Length: 6 km; Duration: 1-2 hrs; Difficulty: Easy.
- 18 Western Brook Pond Trail (To Boat Tour).** One Way Length: 3 km; Duration: 0.5 - 1 hr; Difficulty: Easy/Moderate.
- 19 Snug Harbour.** Return Length: 8 km; Duration: 2.5 hrs; Difficulty: Moderate; Note: Requires fording Western Brook.
- 20 Steve's Trail.** Return Length: 1 km; Duration: 0.5 hr; Difficulty: Easy.
- 21 Old Mail Road.** Return Length: 2 km; Duration: 0.5 hr; Difficulty: Easy.
- 22 North Rim Traverse.** One Way Length: 27 km; Duration: 3+ Day; Difficulty: Very Strenuous.
- 23 Long Range Traverse.** One Way Length: 35 km; Duration: 4+ Day; Difficulty: Very Strenuous.
- 24 Overfalls Trail.** This 5 km wilderness trail is part of the International Appalachian Trail.
- 25 Burnt Hill Hiking Trail.** The trailhead is located at the Norris Point waterfront. Community Trail - Norris Point.
- 26 James W. Humber Hiking Trail.** Trail will take you 4,000 ft to the seashore at Wild Cove. Community Trail - Norris Point.
- 27 Wave Over Wave Heritage Walk.** An interpretative walk along the boardwalk with visits to local heritage sites, a cod splitting and salting demo, and more. Check our website for departure days and times. Trout River Interpretation Centre; T: (709) 451-5376; www.townoftroutriver.com
- 28 Woody Point Heritage Walk.** A self-guided walk through the historic downtown area. Waterfront, Woody Point.
- 29 Woody Point Community Trail.** Commences behind the school in Woody Point and continues toward the Discovery Centre with incredible views of the Bonne Bay and the Tablelands. Community Trail - Woody Point.
- 30 Lighthouse Trail.** Follows an old path used by early settlers to get to the lighthouse. Community Trail - Cow Head.

## ACTIVE ADVENTURES

- 1 Parks Canada.** Various interpretive hikes and experiences. T: (709) 458-2417; www.pc.gc.ca/grosmorne.
- 2 Gros Morne Adventures.** Hiking and active holidays, sea kayak rentals and tours. T: (709) 458-2722; E: info@grosmortheadventures.com; www.grosmortheadventures.com.
- 3 BonTours Backcountry Hiking Adventures.** Experience Western Brook Pond by guided day and overnight hiking tour. T: (888) 458-2016 / (709) 458-2016; E: info@bontours.ca; www.bontours.ca.

## BEACHES

- 1 Shallow Bay Beach.** Approximately 10 km in length, with its beautiful white sand is a great place to spend a fun day with the family. Route 430, Cow Head.
- 2 Western Brook Day Use Park.** Find marine treasures such as beach glass, mermaid's purses and storm-tossed shells. Route 430, 32 km north of Rocky Harbour.

## BOAT TOURS

- 1 Western Brook Pond Boat Tour.** Behold the spectacular glacier-carved land-locked fjord, waterfalls, billion year-old cliffs, and frequent wildlife sightings. Route 430; T: (709) 458-2016; E: info@bontours.ca; www.bontours.ca.
- 2 Bonne Bay Boat Tour.** Climb aboard and let the crew of the M.V. Emm-Cat fascinate you with the many breathtaking views and visual treasures of Bonne Bay. Norris Point Waterfront; T: (709) 458-2016; E: info@bontours.ca; www.bontours.ca.
- 3 Discovery Tour.** This experience made for the whole family will show you just what lives beneath the surface of Bonne Bay. Norris Point Waterfront; T: (709) 458-2016; E: info@bontours.ca; www.bontours.ca.
- 4 The Evening Cruise.** Relax and experience the sunset on Bonne Bay, complete with local entertainment, and a beverage or two. Norris Point Waterfront; T: (709) 458-2016; E: info@bontours.ca; www.bontours.ca.
- 5 Cod Jigging.** Come jigging with us aboard our Seal Islander and experience a true slice of Newfoundland history. Norris Point Waterfront; T: (709) 458-2016; E: info@bontours.ca; www.bontours.ca.
- 6 Water taxi from Norris Point - Woody Point.** T: (709) 458-2016; E: info@bontours.ca; www.bontours.ca.
- 7 Jigs and Reels Charters.** Fish Newfoundland's abundant fishing grounds aboard our 22ft trophy boat. Rocky Harbour; T: (709) 458-3396; E: jigsandreels@live.ca; www.jigsandreelscharters.com.

## HERITAGE & MUSEUMS

- 1 J.W. Roberts House Information Centre.** 100 year old house showcasing information about the area. 45-47 Water Street, Woody Point; T: (709) 453-2273; E: townofwoodypoint@live.com; www.woodypoint.ca.
- 2 Jacob A. Crocker House.** Registered Heritage Structure. Traditional fisherman's home built in 1898. 245-247 Main Street, Trout River; www.townoftroutriver.com.
- 3 Trout River Interpretation Centre.** An educational experience with artifacts and displays offering a glimpse into the unique heritage of Trout River. 221 Main Street, Trout River; www.townoftroutriver.com.
- 4 Gros Morne Wildlife Museum.** Housing over 100 full-size Newfoundland animals in their natural settings. 76 Main St. North, Rocky Harbour; T: (709) 458-3396; E: gmwildlife@hotmail.com; www.grosmornewildlifemuseum.com.
- 5 Dr. Henry N. Payne Museum & Craft Shop.** Artifacts depict the rich cultural heritage through theme exhibits. Route 143 Main Street, Cow Head; T: (709) 243-2466; E: cowheadheritage@gmail.com; www.cowhead.ca.
- 6 Jennix House.** Tour this 85-year old house and enjoy a mug up, muffins and berries. Local artifacts & crafts. T: (709) 458-2257; E: info@norrispoint.ca; www.norrispoint.ca.

## ATTRACTIONS

- 1 Gros Morne National Park of Canada.** Received worldwide recognition as a UNESCO World Heritage Site for its geological wonders and awe-inspiring fjords. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca. www.pc.gc.ca/grosmorne
- 2 Gros Morne Visitor Centre.** Park staff and online travel info kiosks help you get up-to-date information about what's happening in the park area and how to book it. Route 430, Rocky Harbour; T: (709) 458-2417.
- 3 Bonne Bay Marine Station.** Discover the amazing sea life of Bonne Bay. 1 Clarke's Lane, Norris Point. T: (709) 458-2550; www.bonnebay.ca.
- 4 Gros Morne National Park Discovery Centre.** Learn more about the geology, plant and animal life, marine story and human history. Route 431, Woody Point. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca; www.pc.gc.ca/grosmorne.
- 5 Discovery Centre Art Gallery.** Route 431, Woody Point. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca; www.pc.gc.ca/grosmorne.
- 6 The Tablelands.** See the Earth naked! World-renowned for its complex geology. It was here that geologists proved the theory of plate tectonics. Route 431. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca; www.pc.gc.ca.
- 7 Lobster Cove Head Lighthouse.** Marking the marine approach to Rocky Harbour and the entrance of Bonne Bay since 1897. Now automated, but the light keeper's house is open as an interpretive exhibit. Main Street North, Rocky Harbour. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca; www.pc.gc.ca/grosmorne.
- 8 Western Brook Pond.** Western Brook pond, now a land locked freshwater lake, was originally a fjord cut out of the Long Range Mountains and open to the ocean. Route 430.
- 9 Broom Point Fishing Exhibit.** Three Mudge brothers and their families fished here from the site from 1941 until 1975. Experience a "Yaffle of Chores", letting you step back in time to the Mudge families fishing operation as it was then. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca; www.pc.gc.ca/grosmorne.
- 10 Cow Head Lighthouse.** Built in 1909 in the hollow of promontory on Cow Head Summerside, accessible by scenic walking trail. Cow Head. T: (709) 243-2446; www.cowheadlobsterfestival.ca.
- 11 SS Ethie Shipwreck.** The wreckage site of the S.S. Ethie coastal steamship which ran aground in a fierce storm on December 11, 1919. Route 430. T: (709) 458-2417; E: grosmorne.info@pc.gc.ca; www.pc.gc.ca/grosmorne.

## SIGHTSEEING TOURS & TRANSPORTATION

- 1 Gros Morne Scenic Tours.** Private luxury tours featuring scenic views and other attractions. T: (855) 458-2291; E: info@grosmornescenicstours.com; www.grosmornescenicstours.com.
- 2 Martin's Transportation.** Taxi service on South side of Park. T: (709) 453-7269 / 2207.
- 3 Pittman's Taxi.** Taxi service on North side of Park. T: (709) 458-2486 / 8401.

## FESTIVALS & EVENTS

- 1 Anchors Aweigh.** A group of local musicians get together and entertain and perform renditions of popular Newfoundland and Labrador songs and tunes, sprinkled with one-liners and wit and occasional display of culture, this group of five has become one of the most widely-attended acts in the whole province. June through September; www.theoceanview.ca / www.anchorsaweigh.ca.
- 2 Gros Morne Theatre Festival.** "A lively mix of drama, dinner theatre & Newfoundland times" presented by Theatre Newfoundland Labrador. May through September; www.theatrenewfoundland.com.
- 3 Gros Morne Summer Music.** Featuring young and established artists from around the globe. July and August; www.gmsm.ca.
- 4 Passing the Time in Trout River.** A cultural program led by folklorist and traditional singer Anita Best, with musicians and storytellers from the area, along with some well-known guest artists. Trout River Interpretation Centre. July and August; T: (709) 451-5376; www.townoftroutriver.com
- 5 Trout River Heritage Bangbally Festival.** Bangbally competition and other heritage events in Trout River. July; T: (709) 451-5376; www.townoftroutriver.com
- 6 Writers at Woody Point.** Join the locals for a boat parade, fishing derby, food, music and more. Woody Point; Last week of July; T: (709) 453-2273, (709) 453-2302; www.woodypoint.ca.
- 7 Bonne Bay Regata.** Events taking place at several venues throughout the communities of Woody Point and Trout River. June; www.iatnl.com.
- 8 Cow Head Lobster Festival.** Canada Day weekend; T: (709) 243-2123; E: info@cowheadlobsterfestival.ca; www.cowheadlobsterfestival.ca.
- 9 Trails, Tales and Tunes.** Experience a unique blend of walks, workshops, culinary adventures, concerts and kitchen parties. Norris Point; 10 days in May; www.trailstalesandtunes.ca.
- 10 Gros Morne Fall Fair.** Fall for Gros Morne with craft workshops and kitchen parties, culminating with the fall fair on Sunday in Cow Head. October; T: (709) 243-2023.



VisitGrosMorne



@VisitGrosMorne



GrosMorne1973

## FOR MORE THINGS TO SEE AND DO IN GROS MORNE, CHECK OUT:

www.visitgrosmorne.com for events calendar and links to the best accommodations in the Park,  
www.pc.gc.ca/grosmorne to discover what Parks Canada experiences await you,  
www.grosmornemagic.ca to plan your trip to Gros Morne, and  
www.vobb.org or tune in to Voice of Bonne Bay Radio at 95.9 / 98.1 for local information.



gowesternnewfoundland.com



VisitGrosMorne.com