



NATIONAL PARKS AND NATIONAL HISTORIC SITES OF CANADA

in Newfoundland and Labrador



Parks
Canada

Parcs
Canada

Canada

Proudly Bringing You Canada At Its Best

Land and culture are woven into the tapestry of Canada's history and the Canadian spirit. The richness of our great country is celebrated in a network of protected places that allow us to understand the land, people and events that shaped Canada.

Some things just can't be replaced and, therefore, your support is vital in protecting the ecological and commemorative integrity of these natural areas and symbols of our past, so they will persist, intact and vibrant, into the future.

Discover for yourself the many wonders, adventures and learning experiences that await you in Canada's national parks, national historic sites, historic canals and national marine conservation areas, help us keep them healthy and whole for their sake, for our sake.



Our Mission

Parks Canada's mission is to ensure that Canada's national parks, national historic sites and related heritage areas are protected and presented for this and future generations.

These nationally significant examples of Canada's natural and cultural heritage reflect Canadian values, identity, and pride.

Contents

Welcome.....	1
Terra Nova National Park of Canada.....	4
Terra Nova National Park of Canada Map	9
Castle Hill National Historic Site of Canada	10
Signal Hill National Historic Site of Canada	11
Cape Spear National Historic Site of Canada.....	12
Hawthorne Cottage National Historic Site of Canada	13
Atlantic Map of National Parks and National Historic Sites	14
Ryan Premises National Historic Site of Canada	16
Gros Morne National Park of Canada	17
Gros Morne National Park of Canada Map	22
Port au Choix National Historic Site of Canada	23
L'Anse aux Meadows National Historic Site of Canada.....	24
Red Bay National Historic Site of Canada	25
Hopedale National Historic Site of Canada.....	26
Battle Harbour Historic District, National Historic Site of Canada ..	27
How To Contact Us.....	28

Welcome

Newfoundland and Labrador has a land mass that borders 17,500 kilometres of coastline and is three times larger than the other Atlantic Provinces combined. This is a land of contrast and intrigue where icebergs, whales, caribou and moose abound. A place where thousands of years of human history, a vibrant culture and pristine wilderness combine to offer you an experience like no other in the world.

With their rugged coastline and untouched wilderness, the two national parks in Newfoundland and Labrador offer world-class outdoor adventure opportunities such as bird, wildlife and whale-watching; hiking; kayaking; and camping.

At our national historic sites you can discover thousands of years of human history. People have lived and worked in Newfoundland and Labrador for thousands of years. Port au Choix was home to Aboriginal peoples over 4,000 years ago and the first authenticated European settlement in North America is located at L'Anse aux Meadows, where Norse explorers lived 1000 years ago.

The National Parks and National Historic Sites of Canada in Newfoundland and Labrador are found in two destination areas - the West Coast and Labrador, and the East Coast of the island of Newfoundland. This Vacation Planner will help you make the most of your visit.

Did You Know...

- Newfoundland and Labrador is home to two UNESCO World Heritage Sites: Gros Morne National Park of Canada and L'Anse aux Meadows National Historic Site of Canada.
- During the summer months icebergs are a common sight. Icebergs are pieces of glaciers that have drifted south from Greenland, taking years to reach our shores.
- Cape Spear National Historic Site of Canada is the most easterly point in Canada.
- The area stretching from Gros Morne to L'Anse aux Meadows is one of the best places in North America to view a variety of wild-flowers, including a number of rare species.

Please Remember

- The National Parks and National Historic Sites of Canada are protected for the enjoyment of present and future generations. Please leave them as you found them so that others may enjoy them as you have.
- Pets are welcome in national parks (some restrictions apply) and at national historic sites (on the grounds only), but must be kept on a leash at all times.
- Service dogs are permitted at all parks, sites and buildings.
- A jacket and comfortable walking shoes are recommended when you visit all parks and sites.

Partners in Heritage

Entry fees are charged at all national parks and most national historic sites. In Newfoundland and Labrador, daily entry fees range from \$2.25 to \$7.50 for an adult (subject to change). Reduced rates are offered for children, seniors and families. If you visit a park or site often, ask about the availability of seasonal or multi-day passes.

In national parks, additional fees are charged for camping, golf, some interpretive events, special programs and other services. Fees may also be charged at national historic sites for interpretive and special events.

The money raised through entry fees is used to preserve the parks and sites, and maintain the quality of visitor services and facilities. This means that every time you visit a park or site you are investing in its future — and in a legacy for future generations.





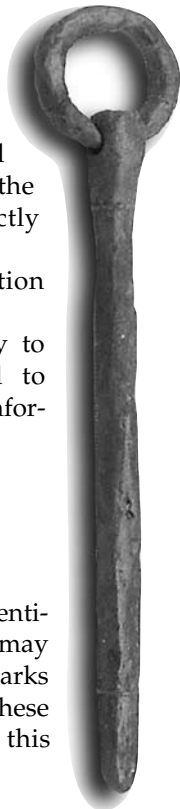
Group Tours & Travel Trade

Most parks and sites offer special services and fees for commercial and educational groups. Please contact the parks and sites directly for details on specific services and reservation requirements.

To add your company to our mailing list and to receive travel trade information, please call (902) 426-3436.

For Your Convenience

The adjacent legend identifies the services which may be available at the parks and sites. Watch for these symbols throughout this Vacation Planner when planning your visit.



Viking Cloak Pin



Public washrooms



Parking



Public telephone



Gift Shop



Restaurant/Coffee Shop



Picnic facilities



Kayaking



Canoeing



Camping



Golf



Totally or partially accessible. Services, including closed captioning, services vary; please inquire.

Terra Nova

NATIONAL PARK OF CANADA

The dense coniferous forests of Terra Nova National Park so often the rugged land that reaches out into the open sea in long thin fingers. Since the days of the Beothuk and early European settlers, people have found refuge in this area.

From mighty whales roaming the rich feeding grounds of the Sounds to the bear, moose and orchids of the boreal habitat, this area has supported an impressive array of marine and terrestrial life for thousands of years.

Getting There

Terra Nova National Park is about 80 km east of Gander and 240 km west of St. John's. The Trans-Canada Highway runs through the Park. From mid-May to October, visitor information is available at the Visitor Information Centre; during the winter, information can be obtained at the Administration Building at Newman Sound.



Ocean Watch Boat Tours, Terra Nova

ACTIVITIES

Visitor Information Centre

(Marine Interpretation Centre)

Here, at this interactive centre, the sea tells its story. Journey from a shoreline habitat to the depths of the ocean in the main exhibit area where aquariums, video displays, murals and an underwater camera reveal the sea's mysteries. Join a Park interpreter for a hands-on experience with these amazing creatures. Tours begin every half hour between 1 pm and 5 pm.

Spend the day at the Visitor Information Centre. Hike a trail, fish Salton's Brook (in season and with a national park fishing licence), fish off the wharf, enjoy a seaside picnic and let the children enjoy the playground. Also available at the Centre: boat tours with Ocean Watch Boat Tours, sea kayaking tours with Terra Nova Adventures Tours, the Starfish Eatery and the Heritage Foundation Gift Shop.



Camping

A variety of front and backcountry camping facilities will make your experience an enjoyable one. Permits are required for overnight trips into the backcountry; check at the Visitor Information Centre (*Marine Interpretation Centre*) for information.

Campground	Sites*	BC Sites**	Facilities	Access
Newman Sound	321/66		Showers, flush toilets, grocery store, snack bar, laundromat, dumping station, playground, communal fire pits, kitchen shelters	vehicle
Malady Head	99		Showers, flush toilets, dumping station, individual fire pits, kitchen shelter, and playground	vehicle
Minchins Cove		6	Firepits, pit privy	trail 14.5 km sea kayak , boat
South Broad Cove		8	Firepits, pit privy	trail 17.5 km sea kayak, boat,
Beachy Pond		4	Pit privy, no open fires	canoe, 2 km
Dunphy's Island		4	Firepits, pit privy	canoe, 10 km
Dunphy's Pond		5	Firepits, pit privy	trail 5 km canoe 10 km
Lions Den South		3	Firepits, pit privy	trail 24 km
Lions Den North		3	Firepits, pit privy	trail 21 km

* indicates unserviced / serviced (electrical only) frontcountry sites

** backcountry campsites require permits and reservations. Check at the Visitor Information Centre for information. Trail guides and topographical maps may be purchased at the Visitor Information Centre and Newman Sound Service Centre.

FRONTCOUNTRY CAMPING

Newman Sound

Large campground with 387 open and wooded sites, 66 of which have electrical hook-ups. Showers, flush toilets, grocery store, snack bar, laundromat, dumping station, communal fire pits and kitchen shelters. Interpretive programs and the children's Nature House are located here. Call toll-free 1-866-533-3186 to make reservations prior to your arrival; a small handling fee will be charged for reservations.

Malady Head

Wooded campground with 99 sites. Showers, flush toilets, individual site fire pits, kitchen shelters. Beautiful saltwater beach, boat launch and trails nearby.

Hiking

Terra Nova National Park offers more than 100 km of walking and hiking trails providing you with a variety of experiences. Trail guides and topographical maps may be purchased at the Visitor Information Centre and Newman Sound Service Centre. Trail lengths are listed for return trips with difficulty indicated as Easy (E), Moderate (M) and Strenuous (S).

Trails	Length (km)	Type	Duration(hrs)	Rating	Camping
Green Head Cove	5 km	R	1.75	E	no
Malady Head	5 km	R	2	M-S	no
Louil Hill	4 km	L	1.5	M	no
Southwest Brook	6 km	R	2	E	no
Blue Hills West	9 km	R	3	E	no
Blue Hill Pond	4 km	R	2	E	no
Buckley Cove	10 km	R	3	M	no
Coastal	9 km	R	3	E	no
Outport	50 km	L	18	S	14 sites
Campground	4 km	L	1	E	no
Ochre Hill	8 km	L	3	E	no
Sandy Pond	3 km	L	1	E	no
Dunphy's Pond	10 km	R	3	E	5 sites
Platters Beach	10 km	R	3	M	no

L-Loop R-Return

Sea Kayaking

Kayaking is one of the best ways to explore the fascinating marine environment and coastline of Terra Nova. Guided interpretive sea kayaking tours are provided by Terra Nova Adventure Tours, departing from the Visitor Information Centre. Call 1-888-533-8687 for details.

Boat Tour

Interpretive excursions of Newman Sound are provided by Ocean Watch Tours. You'll be sure to see nesting bald eagles and learn about their fascinating behaviour and interaction with the ocean environment. Call (709) 533-6024 or (709) 533-2971 (summer) for details.

Interpretive Programs

Family programs are offered by Park's interpreters including a variety of Junior Naturalist programs, guided hikes and campfire programs. Please inquire upon your arrival in the Park for dates and times.

Other Recreational Activities

Sandy Pond offers unsupervised swimming. Small boat rentals are available from Sandy Pond Concessions - call (709) 677-2221 for details. Picnicking facilities are located throughout the park.

Special Events

Various annual and special events are held throughout the summer,

including the Heritage Folk Festival, Parks Day, Kids' Day, Oceans Day, Newfoundland Day, Canada Day celebrations and much more. Check schedules upon your arrival.

Golf

One of Atlantic Canada's best, Terra Nova Golf Resort at Twin Rivers is a challenging public 18-hole course boasting superb scenery. It is recommended that you call in advance to book tee-off times (709) 543-2525.

Spring, Fall & Winter Visits

Terra Nova is a four-season destination. Park entry fees are not charged from Thanksgiving Day weekend until Victoria Day weekend so general entry is free during the off-season (although camping fees still apply in the spring and fall). Although the Park has limited services during the off-season, visitors can still enjoy camping and other activities. The off-season is also less crowded and during the winter groomed cross-country ski trails are available. Please check at the Administration Building during the off-season for details.



Making the Most of Your Visit

- The recommended visiting time is at least 2-3 days for general sight-seeing and recreation. Allow 3-5 days for backcountry excursions.
- Stop by the Visitor Information Centre, where Park staff will be able to help you plan your visit and answer your questions.
- Pick up a copy of the Terra Nova Sounds visitor guide for more detailed information on the Park.
- There are accommodations, restaurants and attractions in the numerous communities within and around the Park. For more information contact the Road to the Beaches Tourism Association at (709) 533-3190.

For Your Convenience

Visitor Information Centre (*Marine Interpretation Centre*)



Newman Sound Service Centre



Services vary throughout the Park. Please inquire.



Castle Hill

NATIONAL HISTORIC SITE OF CANADA

Founded in 1662, "Plaisance" as Placentia was known then, was designed to protect the French fishing interests in Newfoundland and the approaches to New France. From Plaisance, French forces successfully raided British settlements during times of war while Fort Royal, atop Castle Hill, protected the colony from attack by British warships.

In 1713, the French gave up their right to settlement in Newfoundland and established a new stronghold at Louisbourg on Cape Breton Island. British settlers replaced the French and their soldiers garrisoned the fortifications until 1811. Today, the ruins of these fortifications stand as a reminder of our colonial heritage and the historic significance of the Atlantic fishery.

Getting There

Castle Hill is located in Jerseyside, Placentia Bay, approximately 120 km south-west of St. John's and just minutes from the Argentia ferry terminal.

Making the Most of Your Visit

- Plan several hours to visit Castle Hill.
- Explore the Visitor Centre and discover the lives of the fishing families and soldiers who lived here.
- Enjoy the spectacular view from the ruins.
- Attend *Faces of Fort Royale*, a live theater performance which takes place during the summer; please call for show times.
- Pack a picnic and hike along the trails leading to the detached fortifications on Castle Hill.

For Your Convenience



- Visitor Centre and washrooms accessible; grounds partially accessible with assistance.



Signal Hill

NATIONAL HISTORIC SITE OF CANADA

Signal Hill has played a key role in Newfoundland's military and communications history since the 18th century. Remnants of over 250 years of military fortifications are located throughout the site. Flag signals flown on the hill forecast the arrival of military and merchant vessels. In 1901, Guglielmo Marconi made communications history at Signal Hill by receiving the first trans-Atlantic wireless radio signal.

Getting There

Signal Hill National Historic Site of Canada is located on Signal Hill Road, St. John's


Making the Most of Your Visit

- Plan 3-4 hours to tour the Visitor Centre and take in the Signal Hill Tattoo or a guided history walk.
- Visit Cabot Tower, built to commemorate Queen Victoria's Diamond Jubilee and the 400th anniversary of John Cabot's explorations in the New World. Take in the Marconi exhibit and the Society of Newfoundland Radio Amateurs HAM station on the second floor. Find a keepsake in the first floor Heritage Shop.
- Hike some of Signal Hill's 5 km of walking trails. Watch for whales, seabirds and icebergs along the coast. Check with Parks Canada staff prior to starting for orientation and safety precautions.

- Take in the Signal Hill Tattoo, a re-enactment of the drills of the Royal Newfoundland Regiment as formed in 1795. Call for show times.
- Signal Hill National Historic Site of Canada hosts and participates in a wide variety of tourism related events. Call for more information.

For Your Convenience



 Please note: Visitor Centre and washrooms are accessible. Cabot Tower is not accessible. Grounds and some trails are accessible with assistance.



Cape Spear

NATIONAL HISTORIC SITE OF CANADA

Since 1836, Cape Spear lighthouse has guided mariners approaching St. John's. Historically recognized due to its age and architecture, the lighthouse has been restored to its original appearance and portrays the life of 19th century light keepers and their families. Also found at Cape Spear are the remains of Fort Cape Spear, a Second World War coastal defence battery, silent reminders of the dangers faced by shipping during that conflict.

Getting There

Cape Spear is 11 km southeast of St. John's on Highway 11.


Making the Most of Your Visit

- Plan to spend at least two hours at the Site.
- Visit the restored lighthouse and see how a 19th-century light-keeper lived and worked.

- Explore the lightkeeping exhibits and Heritage Shop in the Visitor Centre.
- Walk through the gun battery, a chilling reminder of how close the Second World War came to Newfoundland's shores.
- Hike Cape Spear's walking trails, watch for whales, seabirds and icebergs. Check with Parks Canada staff prior to starting for orientation and safety precautions
- When visiting Cape Spear dress warmly; the weather here can be much cooler than in St. John's.

For Your Convenience



 Visitor centre and washrooms are accessible. Lighthouse interior is not accessible. Some trails are accessible with assistance. Hazardous coastline - remain on marked trails at all times.



Hawthorne Cottage

NATIONAL HISTORIC SITE OF CANADA

Nestled in historic Brigus, Hawthorne Cottage National Historic Site of Canada and its furnishings offers a glimpse of the life of Captain Robert Bartlett, one of Canada's foremost Arctic explorers. In 1908, Bartlett was captain of the *Roosevelt*, the ship which took Robert E. Peary to Ellesmere Island, prior to his trip to the North Pole. Built in 1830, Hawthorne Cottage is one of the few remaining intact examples of the picturesque or "cottage ornée" architectural style in Newfoundland. The site is operated by the Historic Sites Association of Newfoundland and Labrador, a non-profit heritage organization.

Getting There


Brigus is approximately a one-hour drive west of St. John's. Turn right off the Trans-Canada Highway onto Rte 70. Travel approximately 18 km and turn right again at Rte 60 and follow the signs to Brigus.

Making the Most of Your Visit

- Plan at least one hour to visit the Site. In addition to knowledgeable interpreters, there are listening posts, artifacts, permanent and temporary exhibits and live theatre.
- Drop by the Heritage Shop for a keepsake of your visit.
- Inquire as to live theatre at Hawthorne Cottage.
- Explore the Stone Barn Museum, "The Tunnel" and Wilcox Gardens.

For Your Convenience



 Grounds are accessible with assistance. The first floor of the cottage, washrooms and gift shop are accessible.



National Parks and National Historic Sites of Canada In Atlantic Canada

New Brunswick

1. St. Andrews Blockhouse
1. Carleton Martello Tower
3. Fundy National Park
4. Monument-Lefebvre
5. Fort Beauséjour
6. Kouchibouguac National Park
7. Beaubears Island
8. Fort Gaspereaux
- ▲ St. Croix Island
International Historic Site
- Roosevelt Campobello International Park
- Shipbuilding Exhibit

Nova Scotia

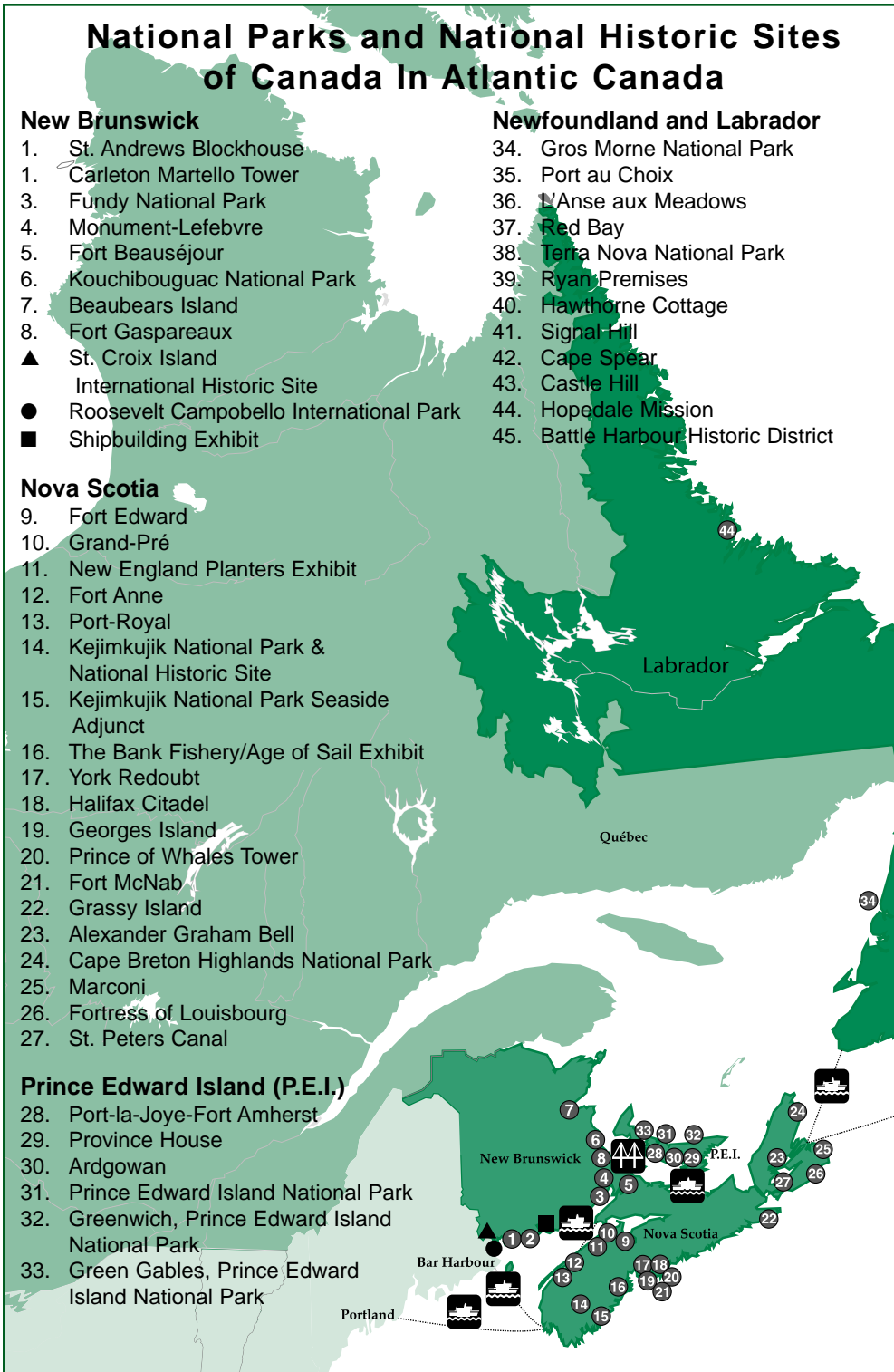
9. Fort Edward
10. Grand-Pré
11. New England Planters Exhibit
12. Fort Anne
13. Port-Royal
14. Kejimikujik National Park & National Historic Site
15. Kejimikujik National Park Seaside Adjunct
16. The Bank Fishery/Age of Sail Exhibit
17. York Redoubt
18. Halifax Citadel
19. Georges Island
20. Prince of Whales Tower
21. Fort McNab
22. Grassy Island
23. Alexander Graham Bell
24. Cape Breton Highlands National Park
25. Marconi
26. Fortress of Louisbourg
27. St. Peters Canal

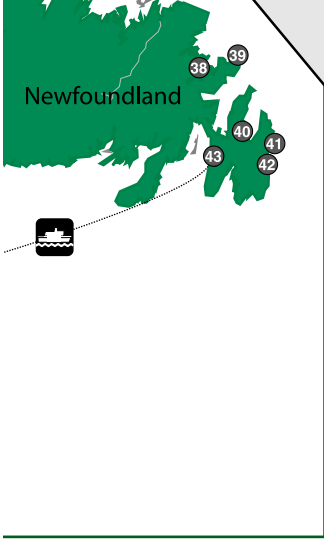
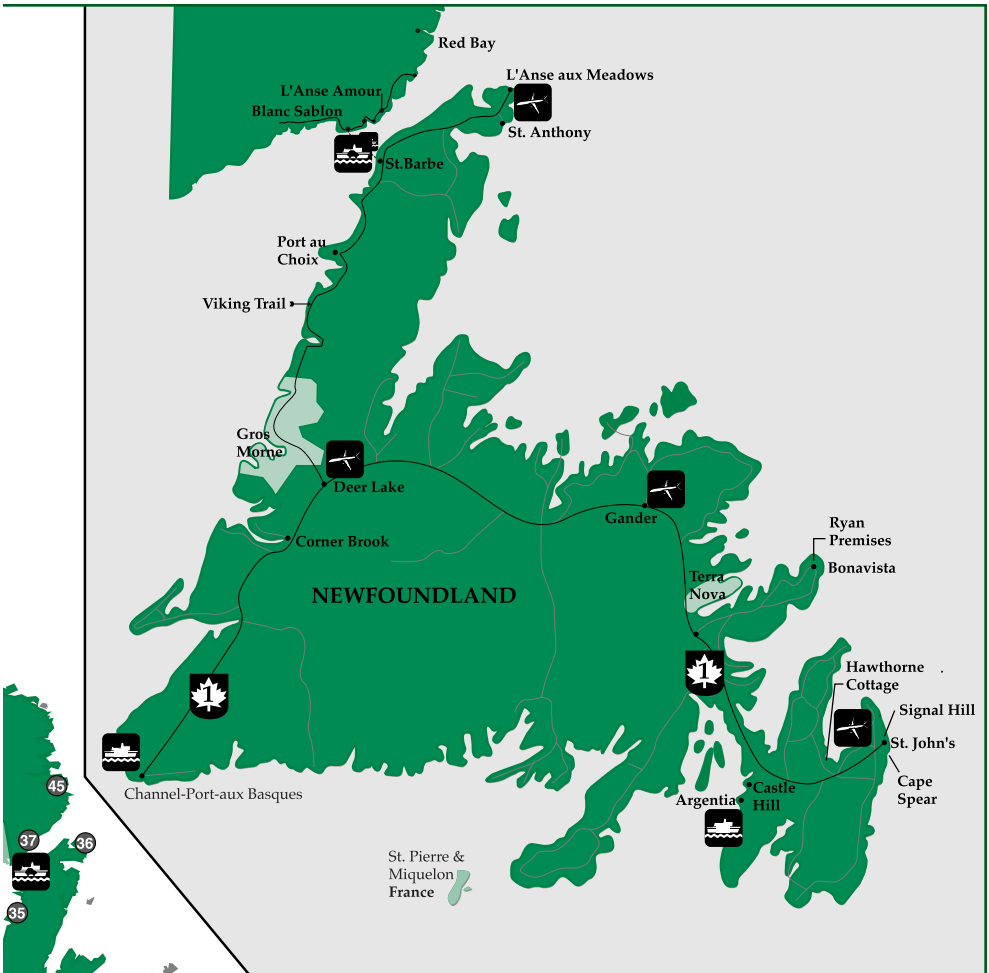
Prince Edward Island (P.E.I.)

28. Port-la-Joye-Fort Amherst
29. Province House
30. Ardgowan
31. Prince Edward Island National Park
32. Greenwich, Prince Edward Island National Park
33. Green Gables, Prince Edward Island National Park

Newfoundland and Labrador

34. Gros Morne National Park
35. Port au Choix
36. L'Anse aux Meadows
37. Red Bay
38. Terra Nova National Park
39. Ryan Premises
40. Hawthorne Cottage
41. Signal Hill
42. Cape Spear
43. Castle Hill
44. Hopedale Mission
45. Battle Harbour Historic District








Newfoundland and Labrador

Locator map only. Please refer to the official provincial highway map for details.

Legend

-  Ferry Crossing
-  Major Airport
-  Confederation Bridge

Ryan Premises

NATIONAL HISTORIC SITE OF CANADA

The commercial fishery has profoundly influenced the settlement, culture, and economic development of Canada's east coast. Learn more about the inshore, international and Labrador fisheries, and the seal hunt, at Ryan Premises National Historic Site of Canada.

Ryan Premises was once the home of James Ryan Ltd., one of Newfoundland and Labrador's largest salt fish mercantile firms. Today, Ryan Premises National Historic Site of Canada commemorates the East Coast Fishery for the benefit and enjoyment of all Canadians.

Getting There

Ryan Premises is located in historic Bonavista, about 114 km from Clarenville via either route 230 or 235.

Making the Most of Your Visit

- Plan to spend two hours exploring the site; another five hours to visit other attractions in the area.
- The Site features the award-winning exhibit *Cods, Seals and Survivors*, which tells the fascinating story of Canada's East Coast Fishery through multimedia displays, films, artifacts and dioramas.
- Discover Bonavista's vibrant history at the Bonavista Museum, housed on-site.

- Enjoy interpretive programs, including living history, music, hands-on activities, and demonstrations of traditional skills.
- Discover our fishing heritage as you enjoy the evocative artwork displayed in the Proprietor's House.
- View the finely-crafted furniture displayed in the exhibition *Outport Furniture: Adaptation, Revival and Culture*.
- Purchase a locally-made souvenir at the site's Heritage Shop.

For Your Convenience



The grounds are accessible with assistance. Buildings 2,3 and 4 (Retail Store, Fish Store and Salt Shed) are fully accessible. Buildings 1 and 2 (Retail Shop and Proprietor's House) have only ground floor accessibility.



Gros Morne

NATIONAL PARK OF CANADA

Gros Morne is a truly magnificent place with a rich variety of scenery, wildlife and recreational activities. With its landscape of mountains, fjords and scenic coastline, it offers world-class outdoor adventure opportunities such as hiking, camping and wildlife watching.

Because of its geological significance, Gros Morne was designated a World Heritage Site in 1987 by UNESCO. You can visit Arctic-alpine barrens populated by caribou and Arctic hare, discover the coast's 4,500-year-old human history, and find out what tuckamore is.

The Park is open year-round and offers exceptional autumn hiking, cross-country skiing and snowshoeing in winter.

Getting There

Follow the Viking Trail (Hwy. 430, north off the Trans-Canada Highway via exit 16 at Deer Lake).

The Park entrance kiosk is 30 km from Deer Lake at Wiltondale; the Visitor Centre in Rocky Harbour is an additional 41 km past the park entrance on Hwy 430. The Discovery Centre is located in Woody Point by turning left at Wiltondale onto Rte 431, continue driving for 35 km (see map page 22).

Discovery Centre

Visitors to Gros Morne are often awe-struck by the area's magnificent landscapes. The Discovery Centre is the hub of the interpretation program at Gros Morne and the ideal place for visitors to learn more about how these unique landscapes were formed. The Park's story of national and world heritage is told through interactive exhibits and covers such topics as: why Gros Morne is a mecca for geologists from around the world, how the Tablelands helped the Park achieve UNESCO World Heritage Site designation and, why the water of



Western Brook Pond is among the purest in the world. Exhibits are based upon extensive scientific and environmental studies in and around the park which helps Gros Morne and its neighbours maintain the ecological integrity of the area.



ACTIVITIES

Interpretive Programs

Interpreters offer fun, informative daytime and evening programs all summer (from late June to early September) all throughout the park. If you want to learn about the park's wildlife, plants, geology and history, check bulletin boards for a schedule of activities or pick up your own copy at any park facility. Your entry fee is your ticket to all but a few special programs.

Camping

With 5 exceptional front country campgrounds to choose from as well as back country traverses, Gros Morne has something for everyone. All frontcountry campgrounds are close to hiking trails. For more information on Gros Morne's camping offer please call (709) 458-2066.

Shallow Bay: 62 wooded and open sites just metres from a beautiful sandy beach and leisurely evening strolls. Showers, flush toilets, dumping station, playground, fireplaces and a kitchen shelter.

Berry Hill: Centrally located with 152 wooded sites. Showers, flush toilets, dumping station, playground, fireplaces and a kitchen shelter.

Green Point: Nestled in tuckamore and only metres from a spectacular cobblestone beach, this campground has 31 sites, fireplaces, kitchen shelter, vault toilets, and beautiful sunsets.

Lomond: Oceanside campground with 29 open, grassy sites with an outstanding view of Bonne Bay and the Long Range Mountains. Showers, flush toilets, dumping station, playground, fireplaces, kitchen shelter, wharf and boat launch.

Trout River: With spectacular views of Trout River Pond and the Tablelands this campground is the ideal base for exploring the Tablelands. 44 large grassy sites with showers, flush toilets, fireplaces, kitchen shelter, boat launch, close to Trout River Pond boat tour.

Wilderness hiking/ camping:

With its challenging terrain Gros Morne offers the ultimate back country camping experience. The Long Range and North Rim traverses are a challenge to

experienced hikers (3 - 5 day hikes). Reservations and pre-trip orientation with a warden is required in order to obtain a back country permit. Call 709-458-2066 for further information and site reservations.

Hiking

More than 100 kms of trails offer a variety of hiking adventures, ranging from easy strolls to challenges requiring advanced skill levels. Some front country trails offer overnight camping for which permits are required. Trail guides and topographic maps may be purchased at the Discovery Centre and Visitor Centre. Trail difficulty is indicated: Easy (E), Moderate (M), Difficult (D) All distances listed are one way unless otherwise indicated.



Old Mail Road (E)

Follows shoreline and dense coastal forest. 2 km.

Broom Point (E)

Travel through tuckamore to a coastal meadow 0.5 km.

Western Brook Pond (E/M)

Interpretive trail crossing coastal bogs and low forested limestone ridges over gentle terrain and board walks leading to the Western Brook Pond boat tour. Spectacular view of the fjord. 3 km.

Snug Harbour (M)

Leads to a primitive campsite at the foot of the Long Range Mountains. 8 km.

Green Point (E)

Cobblestone beach, coastal tuckamore, small ponds. 3 km.

Berry Head Pond (E)

Board walks, bogs, forest habitats. 2 km loop.

Lobster Cove Head (E)

Shoreline with great tidal pools at the base of Lobster Cove Head Lighthouse and interpretive exhibits. 2 km loop.

Bakers Brook Falls (M)

Forested trail leading to a multi-tiered waterfall. 5 km.

Berry Hill (M)

Ancient rocks, scenic views. Short but steep climb. 0.75 km.

Berry Hill Pond (E)

Trail loops around pond, watch for birds. 2 km loop.

Gros Morne Mountain (D)

The view from the top is renowned, as is the challenging hike up the gully. Arctic hare, rock ptarmigan, Arctic-alpine plants, primitive campsite. 16 km loop.

Southeast Brook Falls (E)

Short stroll through woods to a waterfall. 0.5 km.

Lomond River (M)

Through second-growth forest with side trails to river. 6 km.

Stuckless Pond (M)

Branches off the Lomond River trail, crosses a suspension bridge, climbs to and circles the pond. 4.75 km.

Stanleyville (M)

Climbs over a ridge, through second-growth forest and down to a cove that was once the site of a small community active in the early 1900s. Back country campsite. 2 km.

Tablelands (M)

Unusual geology and wildflowers, offers great view of Winterhouse Brook Canyon. 2 km.

Boat Tours

Experience some of the world's most unique geological features which have resulted in the Park's designation as a UNESCO World Heritage Site. Travel inside an ancient fjord at Western Brook Pond; or view the Tablelands at Trout River Pond, a 600-metre-high plateau and one of the world's most significant examples of mantle rock. For details on a Western Brook Pond tour call (709) 458-2730; for details on a Trout River Pond tour call (709) 451-3236.



Lookout (M)

Steep rise to the best panoramic view in the Park. 2.5 km.

Green Gardens (D)

Leads to a coast of sea stacks, volcanic cliffs, a sea cave accessible at low tide and a waterfall. Primitive campsite and great wildflower viewing. Two hiking options: 9 km return or a 16 km loop (which involves fording, check with visitor services for information on water levels).

Making the Most of Your Visit

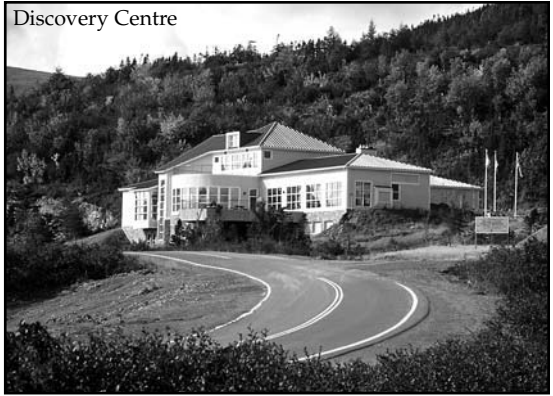
The recommended visiting time is 3 - 5 days for general sightseeing and front country recreation. Allow 4 - 6 days for back country excursions. A 7-day visit will allow you to experience Gros Morne as well as our National Historic Sites a little further to the north.

Begin your visit at the Visitor Centre in Rocky Harbour or the Discovery Centre in Woody Point, where our

staff can provide you with information to help you plan your national park experience. Exhibits and multi-image programs provide an orientation and a glimpse of the exploring opportunities available.

View the *Art in the Park* exhibit at the Discovery Centre.

Discovery Centre



Experience our culture by:

- Visiting with a fisher person at Broom Point, a restored fishing premise
- Experiencing life along the coast through the exhibits at Lobster Cove Head
- Participating in a hands-on traditional craft demonstration at the Discovery Centre or discovery activities with parks staff.

- Inquire about live theatre performances and festivals held in local communities during July and August.

For Your Convenience











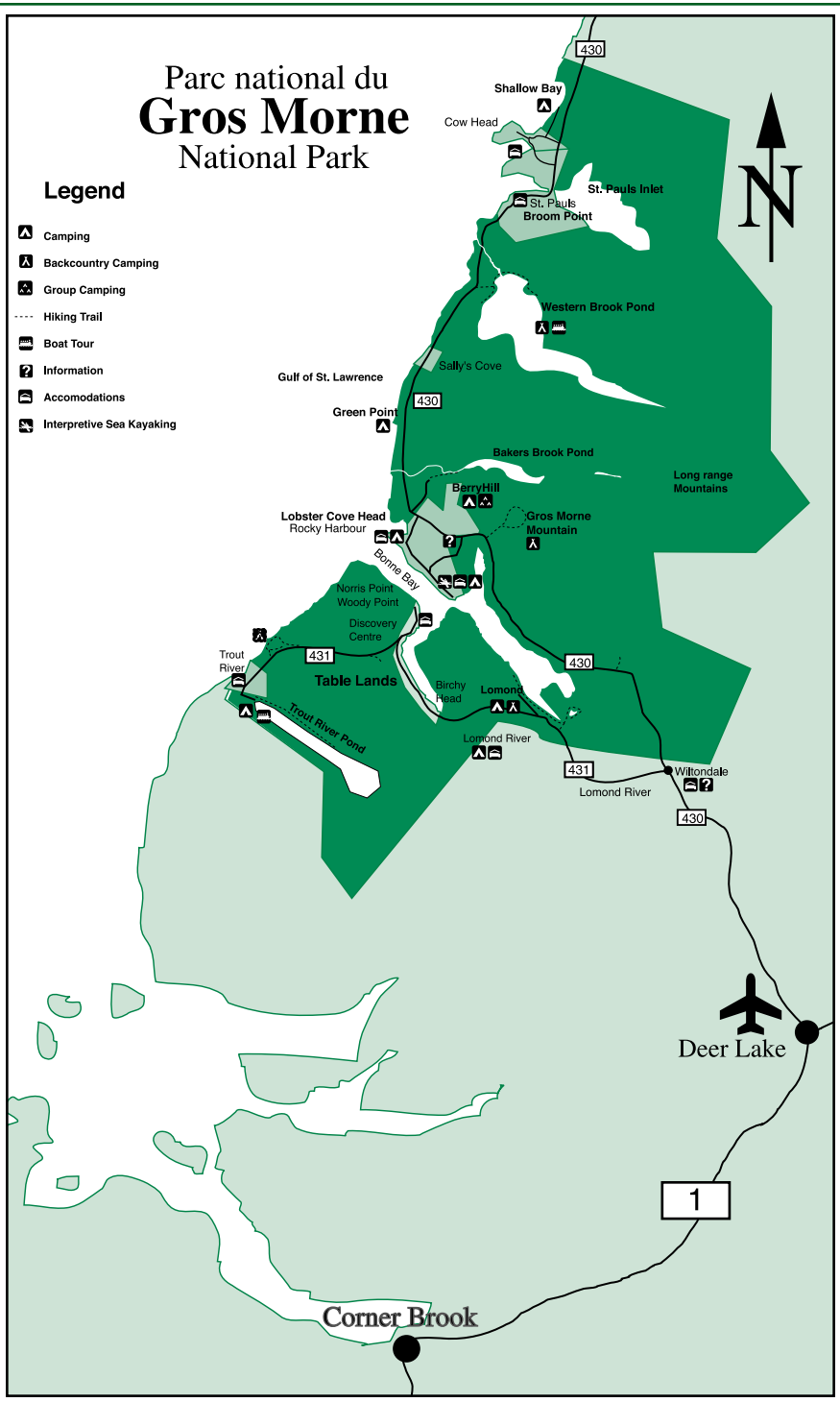
Services vary throughout the Park. Please inquire.



Parc national du Gros Morne National Park

Legend

-  Camping
-  Backcountry Camping
-  Group Camping
-  Hiking Trail
-  Boat Tour
-  Information
-  Accommodations
-  Interpretive Sea Kayaking



Port au Choix

NATIONAL HISTORIC SITE OF CANADA

This site preserves the most significant Maritime Archaic Indian site in North America. Here, nature has preserved a time capsule of rare importance. While prehistoric coast-lines have long since slipped beneath the encroaching ocean, the raised shoreline and alkaline soil conditions at Port au Choix have combined to preserve rich vestiges of four ancient cultures: the Groswater and Dorset Paleoeskimos, the Maritime Archaic Indian and the ancestors of the Beothuk, referred to as the "Recent Indian". Discover this remarkable place where the wealth of the sea has supported human settlement for over 5,000 years.

Getting There

Port au Choix is located approximately 230 km north of Deer Lake. Follow the Viking Trail (Hwy 430, exit 16 at Deer Lake), continue 110 km north of Gros Morne National Park.



Making the Most of Your Visit

- Plan to spend 1-2 hours at the Site.
- Begin your visit in the Visitor Centre, where artifacts, exhibits and dioramas tell the fascinating story of these ancient cultures.
- Inquire at the Visitor Centre about the best places to view the area's interesting geology and wildflowers.
- Walk or drive to Point Riche and visit the lighthouse.
- Hike to Phillip's Garden, an archaeological site.
- Visit an ongoing archaeological excavation.

For Your Convenience



L'Anse aux Meadows

NATIONAL HISTORIC SITE OF CANADA

As the site of the first European settlement in North America nearly 1000 years ago, L'Anse aux Meadows ranks among the world's most significant archaeological properties. Today, the outlines of Norse encampments can still be seen at this UNESCO World Heritage Site. Reconstructed sod huts let you experience first-hand the warm atmosphere of these efficient buildings. Walking trails offer dramatic views of the ocean that brought these hardy men and women to this coast.

Getting There

Follow the Viking Trail (Hwy 430) the length of the northern peninsula until Highway 436 (10 km south of St. Anthony). Follow Highway 436 a further 29 km to the site.



Making the Most of Your Visit

- The recommended visiting time is 2 - 3 hours.
- Begin at the Visitor Centre, view exhibits, dioramas, models and artifacts and the film telling of the search and discovery of the site by Helge and Anne Steine Ingstad.
- Take a guided tour of the archaeological site, learn about the "Meeting of Two Worlds" sculpture.
- Chat with Viking re-enactors as they recreate life as it was in this harsh environment 1000 years ago, inside full-scale reproductions of Norse sod buildings.

For Your Convenience



- Visitor Centre and washrooms accessible; grounds accessible with assistance.



Red Bay

NATIONAL HISTORIC SITE OF CANADA

Once booming with activity, Red Bay is now a quiet charming community. Red Bay was the centre of a Basque whaling operation believed to have been one of the most important of its kind during the last half of the 16th century.

Evidence of the 16th century whaling operation was found throughout the community. One of the best places to view these remains is Saddle Island, where archaeologist discovered the remains of a number of structures and a cemetery where 140 Basque whalers were laid to rest more than 400 years ago.

A Spanish galleon, believed to be the San Juan, was found lying in deep silt at the bottom of Red Bay Harbour in 1978. The ship is an example of the naval architecture that allowed Europeans to colonize the New World in the 16th century.

Getting There

Red Bay is on the southeastern coast of Labrador. Follow the Viking Trail (Hwy 430) to St. Barbe (318 km), where a ferry crosses daily to Blanc Sablon, Quebec. The site is an 88 km drive from Blanc Sablon. For ferry schedule and reservations call 1-866-535-2567.



Making the Most of Your Visit

- Plan to spend 2 - 3 hours exploring the Site.
- Begin at the Visitor Orientation Centre where a Chalupa, a Basque whaling boat retrieved from Red Bay Harbour is on display.
- Continue on to the Visitor Interpretation Centre for more enhanced exhibits and services, take the boat from here to Saddle Island and the archaeological sites.
- Explore the community of Red Bay on one of their walking trails.

For Your Convenience



Hopedale

NATIONAL HISTORIC SITE OF CANADA

Hopedale, or Arvertok as it was once called, is situated on the north coast of Labrador. This Inuit community was transformed by the arrival of the Moravian Missionaries in 1782 and is now a modern community. The current Hopedale Mission was constructed from 1853 to about 1865 and includes a church, mission house, storehouses, workshops and other smaller buildings. They were declared to be of national historic significance in 1983. Visitors will be enthralled by the exterior and interior architectural detailing and marvel at what are some of the first examples of prefabricated building construction in Canada. Books in the German language, medical and dental instruments, blacksmith's tools, brassware, furniture, Inuit clothing, woodworking tools, and cutlery and crock ware are some of the relics of daily life of the Missionaries and Inuit.

Getting There

Hopedale is accessible by air from Goose Bay, Labrador with either Provincial Airlines/Innu Mikun or Air Labrador.

Making the Most of Your Visit

At the local museum artifacts left by the Moravians depict everyday life in a mission as well as medical instruments of the 19th century and a small library. Examine the architectural work of the late 1800s and early 1900s in a walk through of the church and mission building.

For More Information

Agvituk Historical Society
P. O. Box 161
Hopedale, Labrador A0P 1G0



Battle Harbour Historic District

NATIONAL HISTORIC SITE OF CANADA

Battle Harbour Historic District, Labrador is the second community in Atlantic Canada to be so designated. Consisting of the mercantile complex of wooden buildings founded by John Slade of Poole, England in the 1770's as well as wharves and fish processing spaces, the Gothic Revival Church of St. James the Apostle, the Grenfell Mission hospital and the police station - the district preserves the rich history, traditions and significance of Battle Harbour as the "salt-fish capital of Labrador" .



Getting There

Drive north from Red Bay for a further 86 km to Mary's Harbour to connect with a passenger boat to Battle Harbour. For a schedule of crossing and reservations call (709) 921-6948. Mary's Harbour is also accessible by air.

Making the Most of Your Visit

Take advantage of the opportunity to truly experience this culture and the beautiful natural surroundings by staying on site. A bed and breakfast and cottages, part of this historic community, are available for guests who wish to stay overnight or for several weeks.

For Your Information

To learn more about this site contact the Battle Harbour Historic Trust, P. O. Box 140, Mary's Harbour , NL A0K 3P0 or call (709) 921-6677 (June to September) or (709) 921-6325 (off-season).

Contact Information

Gros Morne National Park of Canada

P.O. Box 130
Rocky Harbour
NL, A0K 4N0
(709) 458-2417 (Administration) or
(709) 458-2066 (Visitor Centre)
(709) 458-2059 (fax)

Port au Choix National Historic Site of Canada

P.O. Box 140
Port au Choix
NL, A0K 4C0
(709) 861-3522 (Visitor Centre)
(709) 458-2417 (off season)
(709) 861-3827 (fax)

L'Anse aux Meadows National Historic Site of Canada

P.O. Box 70
St. Lunaire-Griquet
NL, A0K 2X0
(709) 623-2608 (Visitor Centre)
(709) 458-2417 (off season)
(709) 623-2028 (fax)

Red Bay National Historic Site of Canada

P.O. Box 103
Red Bay
Labrador, A0K 4K0
(709) 920-2051 (Visitor Centre)
(709) 458-2417 (off season)
(709) 920-2144 (fax)

Terra Nova National Park of Canada

Glovertown
NL, A0G 2L0
(709) 533-2801 (Administration)
(709) 533-2942 (Visitor & Marine Interpretation Centre)
(709) 533-2706 (fax)

Contact Information

Castle Hill National Historic Site of Canada

P.O. Box 1268
St. John's
NL, A1C 5M9
(709) 227-2401 (summer)
(709) 772-5367 (off season)
(709) 227-2452 (fax) (summer)

Ryan Premises National Historic Site of Canada

P.O. Box 1268
St. John's
NL, A1C 5M9
(709) 468-1600 (summer)
(709) 772-5367 (off season)
(709) 468-1604 (fax) (summer)

Hawthorne Cottage National Historic Site of Canada

c/o Historic Sites Association of Newfoundland and Labrador
P.O. Box 5542
St. John's
NL, A1C 5W4
(709) 528-4004 (summer)
(709) 753-9262 (off season)
(709) 753-0879 (fax)

Battle Harbour Historic District National Historic Site of Canada

c/o Battle Harbour Historic Trust
P. O. Box 140
Mary's Harbour
NL, A0K 3P0
(709) 921-6677 (June to September)
(709) 921-6325 (off season).

Hopedale National Historic Site of Canada

c/o Agvituk Historical Society
P. O. Box 161
Hopedale, Labrador, A0P 1G0
(709) 933-3881

Contact Information

Signal Hill and Cape Spear National Historic Sites of Canada

P.O. Box 1268
St. John's
NL, A1C 5M9
(709) 772-5367
(709) 772-6302 (fax)

For general travel and tourism information on Newfoundland and Labrador contact:

Government of Newfoundland and Labrador
Dept. of Tourism, Culture & Recreation
P.O. Box 8730
St. John's
NL, A1B 4K2
1-800-563-6353
Web: www.gov.nf.ca/tourism/
E-mail: tourisminfo@mail.gov.nf.ca

For more information on Parks Canada contact:

Parks Canada Agency
Historic Properties
1869 Upper Water St.
Halifax
Nova Scotia, B3J 1S9
(902) 426-3436
(902) 426-6881 (fax)
Email: atlantic.parksinfo@pc.gc.ca
Web: www.parkscanada.gc.ca

General Information

**For copies of our Parks Canada Vacation Planners only,
please call: 1-888-773-8888**

For information on Parks Canada partners:

**Historic Sites Association
of Newfoundland and Labrador**

P.O. Box 5542
St. John's
NL, A1C 5W4
(709) 753-9262 (off season)
(709) 753-0879 (fax)
Email: info@historicsites.ca

Heritage Foundation for Terra Nova National Park

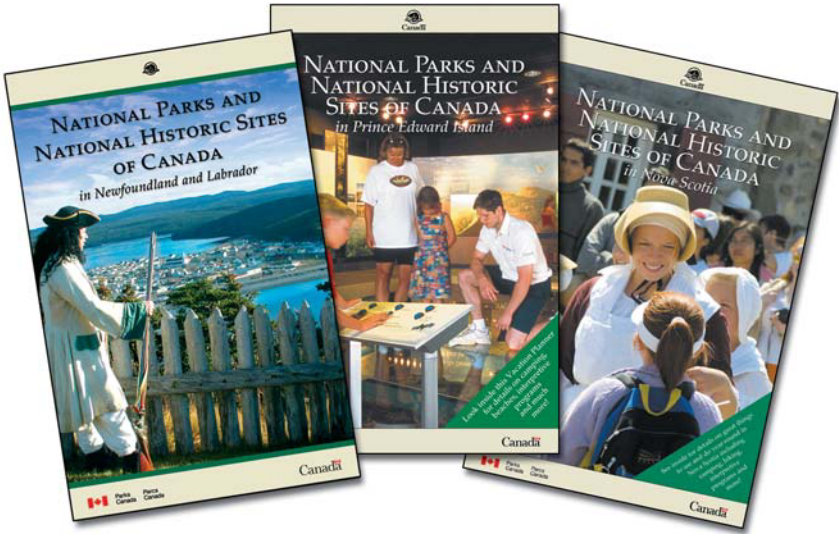
Glovertown, NL, AOG 2LO
(709) 533-3145
(709)533-2706 (fax)
Email:
heritagefoundation.tnp@pc.gc.ca

Gros Morne Cooperating Association

P.O. Box 130
Rocky Harbour, NL, AOK 4NO
(709)-458-3605
(709)-458-2059 (fax)
Email: colleen.kennedy@pc.gc.ca

Planning Your visit to the National Parks and National Historic Sites of Canada

To receive **FREE** trip-planning information on the National Parks and National Historic sites of Canada in other provinces and territories call today: **1-888-773-8888**



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Parks Canada/Michael Burzynski: P21	P19, P21, P23
Parks Canada: P21, P25(left),	Parks Canada/Geoff Hancock: P26,
Parks Canada/Shane Kelly: P2, P3,	P27 (upper)
P23(lower right), P25(right)	Parks Canada/Bruce Bradbury: P27(lower)
Parks Canada/Ray Fennelly: P16,	NL Tourism Dept.: P12
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All information in this Vacation Planner is subject to change.

*Be Sure to visit all the National Parks
and National Historic Sites of Canada
in Newfoundland and Labrador:*

- Gros Morne National Park of Canada
- Port au Choix National Historic Site of Canada
- L'Anse aux Meadows National Historic Site of Canada
- Red Bay National Historic Site of Canada
- Terra Nova National Park of Canada
- Castle Hill National Historic Site of Canada
- Signal Hill National Historic Site of Canada
- Cape Spear National Historic Site of Canada
- Hawthorne Cottage National Historic Site of Canada
- Ryan Premises National Historic Site of Canada
- Battle Harbour Historic District
National Historic Site of Canada
- Hopedale National Historic Site of Canada

