



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.

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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 three 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 5,000 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 spring and summer, 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 wildflowers, 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 \$4.00 to \$10.50 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.

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.



Public washrooms



Parking



Public telephone



Gift Shop



Restaurant/Coffee Shop



Picnic facilities



Kayaking



Canoeing



Camping



Golf



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

Terra Nova

NATIONAL PARK OF CANADA

Terra Nova National Park is a magnificent coastal landscape with long inlets from the sea touching the sheltered edges of an island boreal forest. 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. Visitor information is available year round at the Visitor Information Centre.

ACTIVITIES

Visitor Information 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.

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, the Starfish Eatery and the Heritage Foundation Gift Shop.



Camping

A variety of front country and primitive camping facilities will make your experience an enjoyable one. Permits are required for overnight trips into the backcountry. Check at the Visitor Information Centre for information.

Campground	Sites*	PC Sites**	Facilities	Access
Newman Sound	251/106		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	Pit privy, no open fires	canoe, 10 km
Dunphy's Pond		5	Pit privy, no open fires	trail 5 km canoe 10 km
Lions Den South		3	Pit privy, no open fires	trail 24 km
Lions Den North		3	Pit privy, no open fires	trail 21 km

* indicates unserviced / serviced (electrical only) frontcountry sites

** Primitive 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

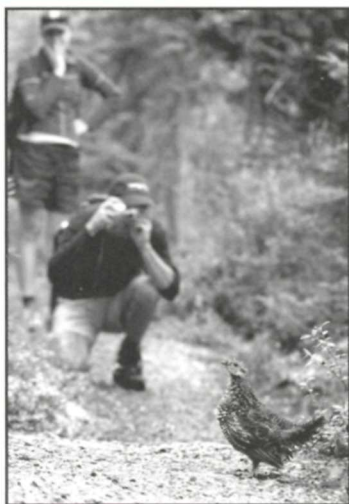
Large campground with 357 open and wooded sites, 106 of which have electrical hook-ups. Showers, flush toilets, grocery store, snack bar, laundromat, dumping station, communal fire pits and kitchen shelters. Interpretive programs and the children's Nature House are located here. Call toll-free 1-877-737-3783 or visit www.pccamping.ca 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	2 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 Hill West	5 km	R	1.5	E	no
Blue Hill Pond	7 km	R	2	E	no
Buckley Cove	10 km	R	3.5	M	no
Coastal	9 km	R	3	E	no
Outport	46 km	L	15.5	S	14 sites
Campground	3 km	L	1.5	E	no
Ochre Hill	8 km	L	3	E	no
Sandy Pond	3 km	L	1	E	no
Dunphy's Pond	10 km	R	3.5	E	5 sites
Platters Beach	10 km	R	3	M	no

L-Loop R-Return

* Trail lengths and times are approximate (based on 20 minutes per km) and given for the return trip.

Interpretive 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

Over 200km of coastline and numerous rivers, lakes and ponds beckon water enthusiasts to Terra Nova National Park. Canoeing, sea and river kayaking has become a great way to discover the natural beauty. For more information, please call the Visitor Centre at (709) 533-2942.

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.

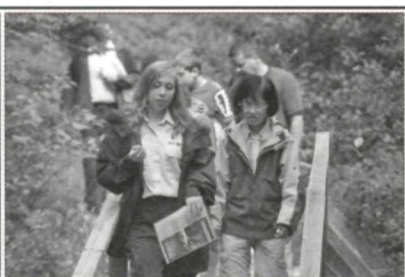
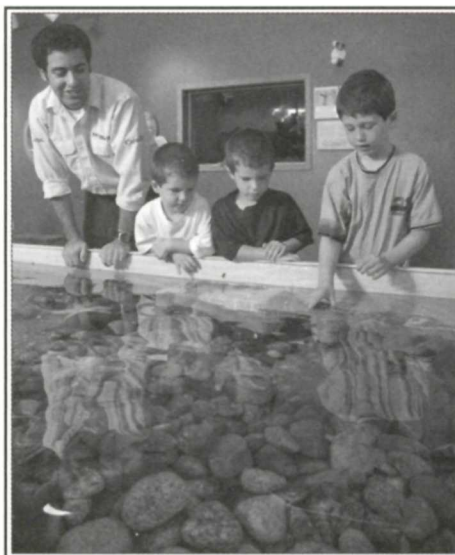
Winter Activities

Terra Nova is a four-season destination. Seasonal temperatures combine with just the right amount of snow make for great outdoor activities. Quiet trails and snow covered trees greet those who come to cross-country ski, camp, snow shoe, ice fish, participate in special events or just savour the beauty of the landscape. Inquire at the Visitor Centre for year round information.



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

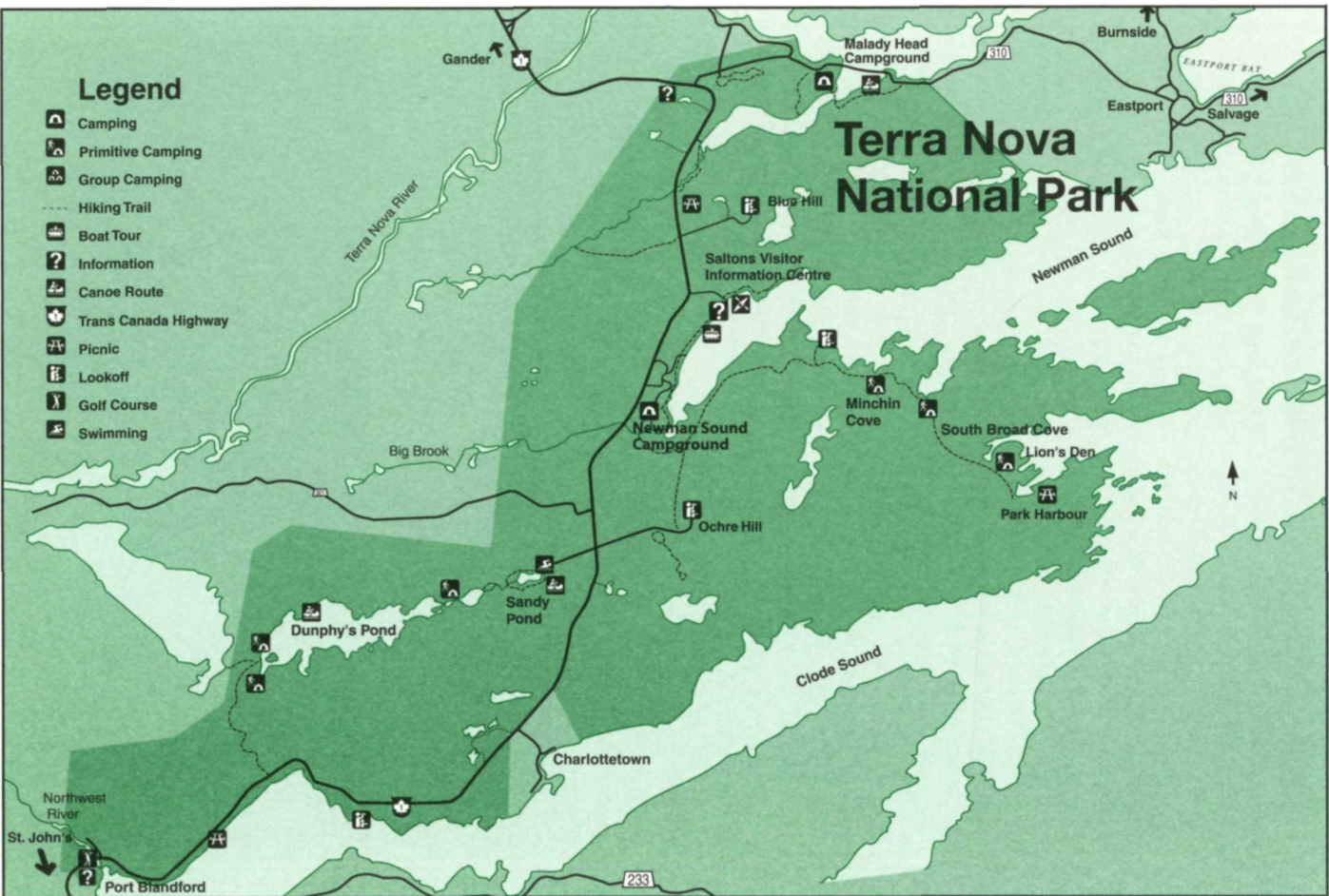
Visitor Information Centre



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 established 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.

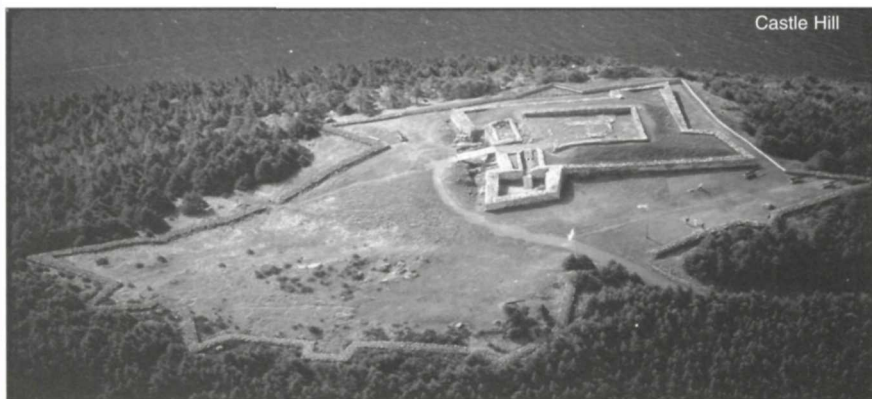
Making the Most of Your Visit

- Plan several hours to visit Castle Hill.
- Discover Castle Hill's strategic importance in the French-British struggle for empire in the New World.
- Learn about life of an early 18th-century French soldier from a costumed interpreter.
- Take our audio tour and learn about French and British fortifications constructed at the site.
- Attend *Faces of Fort Royal*, a live theater performance which takes place during the summer. Please call for show times.

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 17th century. Remnants of over 300 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 Signal Hill and area.
- 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 (July-mid-August) a re-enact-

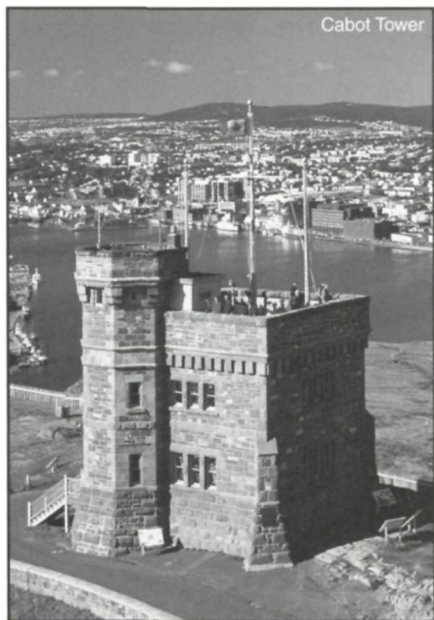
ment of the drills of the Royal Newfoundland Regiment of Foot as formed in 1795. Please call for show times.

- Signal Hill National Historic Site of Canada hosts and participates in a wide variety of tourism related events. Call for more information.
- Be sure to visit the new Visitor Centre Exhibit and enjoy the enlightening short film "The Hill".

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 light has guided mariners along the coastline near 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 lightkeepers 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 lightkeeper lived and worked.

- Explore the Visitor Centre exhibits, Heritage Shop and "Let There Be Light" exhibition.
- 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 offer a glimpse of the life of Captain Robert Bartlett. One of Canada's foremost Arctic explorers, Bartlett in 1908, 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 Route 70. Travel approximately 18 km and turn right again at Route 60 and follow the directional signage to Brigus.

Making the Most of Your Visit

- Plan at least one hour to visit the Site. Guided tours, listening posts, films and a variety of artifacts and exhibits are featured.
- Drop by the Heritage Shop for a keepsake of your visit.
- Inquire about our "Live On The Lawn!" theatre - a series of historical vignettes depicting the adventures of Bob Bartlett.
- 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 Heritage Shop are accessible.

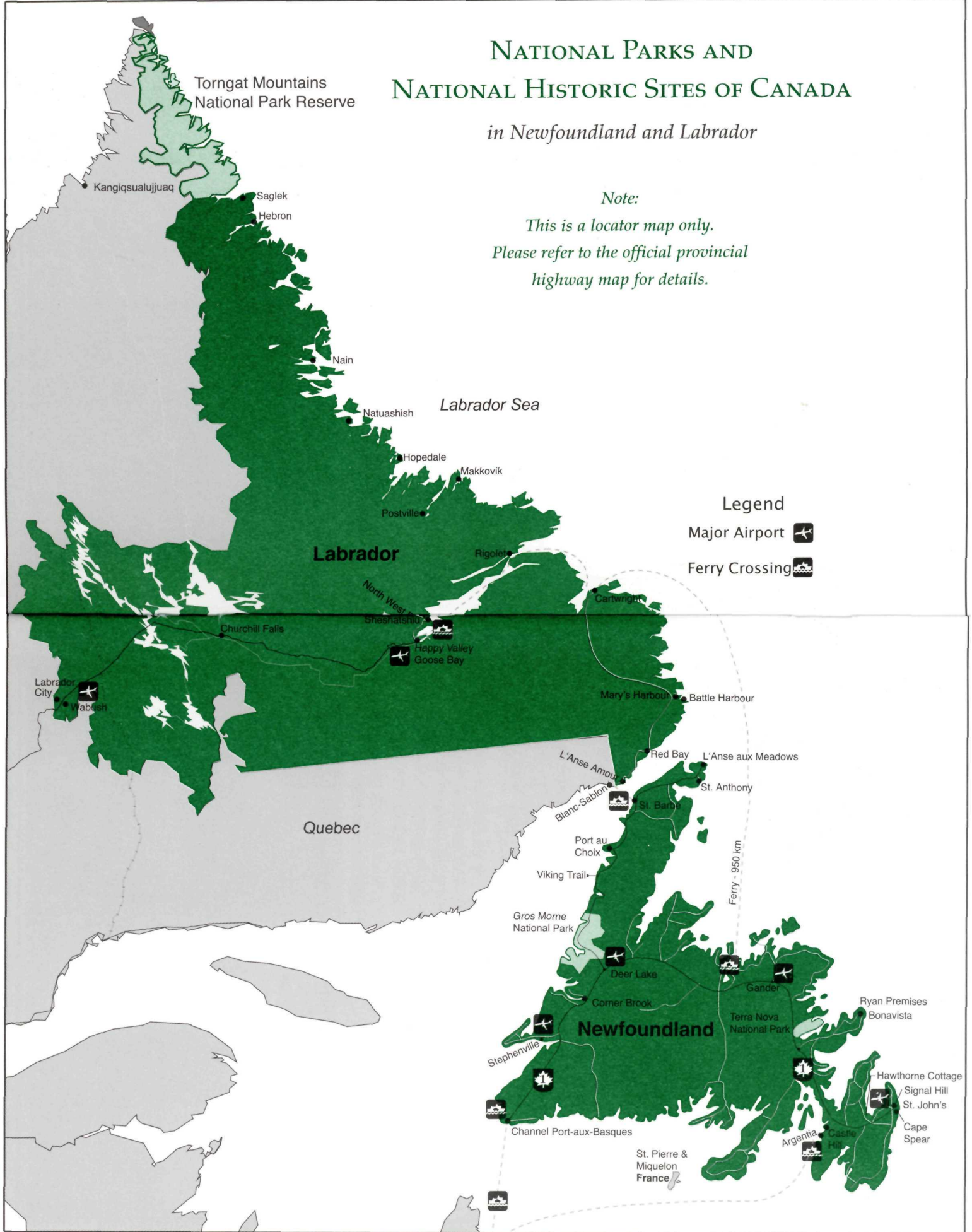


NATIONAL PARKS AND NATIONAL HISTORIC SITES OF CANADA

in Newfoundland and Labrador

Note:

*This is a locator map only.
Please refer to the official provincial
highway map for details.*



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

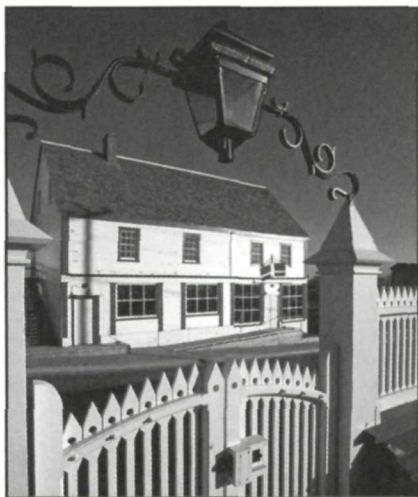
- Plan to spend two hours exploring the site; another five hours to visit other attractions in the area.
- The Site features the award-winning exhibit *Cods, Seals and Survivors*, which tells the fascinating story of Canada's East Coast Fishery through multimedia displays, films, artifacts and dioramas.
- 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 (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, UNESCO declared Gros Morne National Park a World Heritage Site in 1987. Discover more about the geology of this special place with a guided walk with a park interpreter on the Tablelands, or learn about life along the coast through exhibits at Lobster Cove Head. Be sure to visit Broom Point to talk with local park guides about the fishery of the past, the present and future. Observe local marine flora and fauna at the Memorial University Bonne Bay Marine Station in Norris Point. Inquire about live theatre performances and festivals held in the local communities during the summer.

The Park is open year round – full services available from Victoria Day in May to Thanksgiving weekend in October. The Park is also a destination for winter activities such as cross-country skiing on groomed trails, telemark skiing, backcountry skiing, snowshoeing and snowmobiling.

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).

ACTIVITIES

Interpretive Programs

Join an Interpreter – From late June to September, park interpreters offer



fun, informative programs about the park's wildlife, plants, geology, and history. Regular interpretative events are not cancelled on account of the weather; interpreters are on the go rain or shine! Be sure to check bulletin boards or park facilities for upcoming interpretative events. Your entry fee is your ticket to all but a few special programs.

Gros Morne Discovery Centre

Located in Woody Point, the Discovery Centre looks closer into the forces of nature that have shaped the land and the people of



this place. Interactive exhibits help you explore the park's geology, plant and animal life, marine story and human history. While at the Discovery Centre check for daily interpretive activities, view the art gallery and ask park staff about the Artist in Residence program.

Camping

Gros Morne offers camping opportunities at 5 different locations within the park. Each campground offers its own unique camping experiences and opportunities. None of our campgrounds offer serviced sites. Reservations are recommended, call 1-877-RESERVE (737-3783), TTY 1-866-787-6221 or on-line www.pccamping.ca.

Trout River: A good base for exploring the geology of the Tablelands, the Green Gardens area and the community of Trout River.

Lomond: Outstanding views of Bonne Bay and the Long Range Mountains. The area was once a logging community and 2 hiking trails follow old logging roads.

Berry Hill: Centrally located near Lobster Cove Head Lighthouse, Recreation Complex, Visitor Centre and the community of Rocky Harbour.

Green Point: Nestled in Tuckamore and only metres from a spectacular cobblestone beach, this campground operates on a self-registration basis.

Shallow Bay: Campground is only metres away from a 4 km long sand beach and near the community of Cow Head.

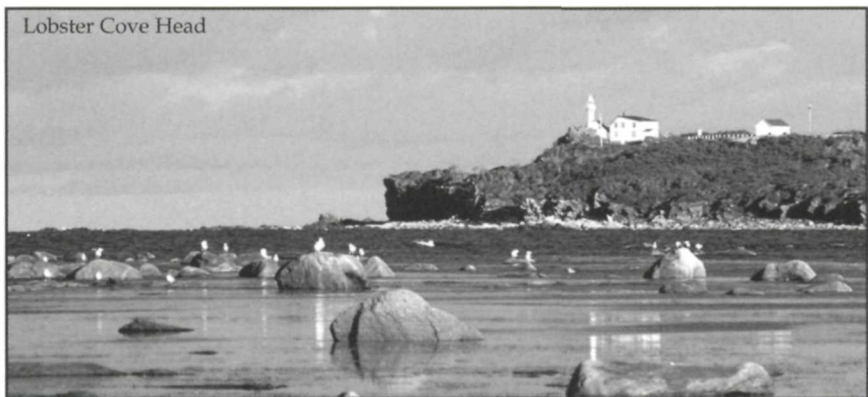
CAMPGROUNDS

SERVICES

	Trout River	Lomond	Berry Hill	Green Point	Shallow Bay
Drive-in sites	40	25	146	31	62
Walk-in sites	4	4	6	0	0
Fireplaces	*	*	*	*	*
Kitchen shelters	*	*	*	*	*
Playground	*	*	*		*
Flush Toilets	*	*	*		*
Hot water	*	*	*		*
Showers	*	*	*		*
Dumping station		*	*		*
Group camping			*		

Primitive Camping

The Park maintains primitive camping sites along several park trails. For safety reasons and to minimize human impact in the backcountry, registration is mandatory for use of all primitive campsites. Primitive campsites are reserved on a first come, first serve basis. To find out more about primitive camping, call 709-458-2417 or visit our web site www.pc.gc.ca/grosmorne.

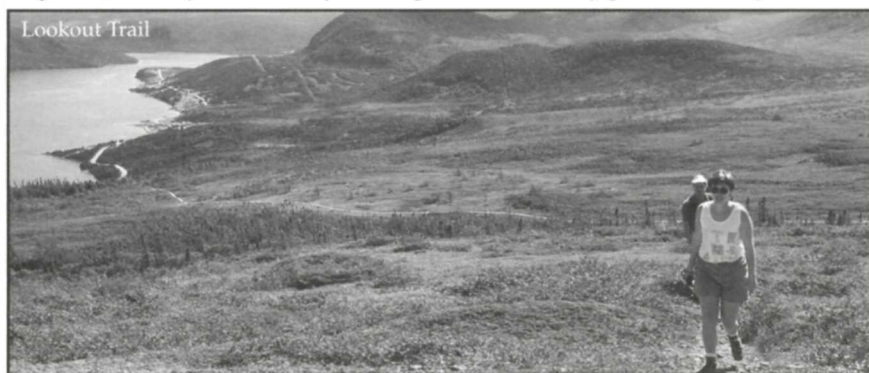


Hiking

More than 100kms of trails offer a variety of hiking adventures, ranging from easy strolls to challenges requiring advanced skill levels. Trail difficulty is indicated: Easy trails are short and level, and can be hiked by almost anyone. Moderate trails are of medium length or are shorter trails with a major hill. Strenuous trails are long, with steep sections. You should have a map, a first-aid kit, extra clothing, drinking water, and food.

Trail	Length	Duration	Rating
Trout River Pond	14 km return	4-5 hours	moderate
Green Gardens (short hike)	9 km return	3-4 hours	moderate-strenuous
Green Gardens (long hike)	14.5/16 km loop	6-8 hours	strenuous
Tablelands	4 km return	2 hours	moderate
Lookout	5 km return	2.5 hours	moderate-strenuous
Stanleyville	4 km return	2 hours	moderate
Lomond River	6 km one-way	2 hours	moderate
Stuckless Pond	9.5 km return	3-4 hours	moderate
Southeast Brook Falls	1 km return	0.5 hour	moderate-easy
Gros Morne Mountain * (James Callaghan Trail)	16 km return	7-8 hours	very strenuous
Mattie Mitchell	0.5 km loop	0.5 hours	easy
Lobster Cove Head	2 km loop	0.5 hour	moderate-easy
Berry Hill	1.5 km return	1 hour	moderate-easy
Berry Hill Pond	2 km loop	0.5-1 hour	easy
Baker's Brook Falls	10 km return	2-3 hours	moderate
Berry Head Pond	2 km loop	0.5-1 hour	easy
Green Point (Coastal)	3 km one way	0.5-1 hour	moderate-easy
Western Brook Pond	3 km one way	0.5-1 hour	easy-moderate
Snug Harbour	8 km return	5 hours	moderate
Broom Point	1 km return	0.5 hour	easy
Old Mail Road	2 km one way	1 hour	easy

*Gros Morne Mountain trail includes an 800m climb / descent with rough terrain. Check with park officials for more information. The mountain is closed to hikers in May and June to protect wildlife during critical weeks of growth and reproduction.



Wilderness Hiking/Long Range Mountains

The Long Range and North Rim traverses are the ultimate hiking challenges that the park has to offer. Skill with map and compass is essential since no trails or blazes indicate the routes and weather on the Long Range Mountains is unpredictable. Reservations and pre-trip orientation with a park warden is required in order to obtain a backcountry permit. For further information please call 709-458-2417.

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 or 1-800-563-9877; for details on a Trout River Pond tour call: (709) 451-7500 or 1-866-751-7500.

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.

For Your Convenience

Services vary throughout the Park. Please inquire.



Gros Morne

National Park of Canada

Gulf of St. Lawrence

Long Range
Mountains



Legend

- Camping
- Primitive Camping
- Group Camping
- Hiking Trail
- Boat Tour
- Information
- Accommodations
- Exhibit

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 2-3 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 to visit the lighthouse and learn more about the French history of the area.
- Hike to Phillip's Garden, an archaeological site.
- Enjoy interpretative programs on history, rare plants and demonstration of traditional skills.

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. Replicated 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 wash-rooms accessible; grounds accessible with assistance.



Red Bay

NATIONAL HISTORIC SITE OF CANADA

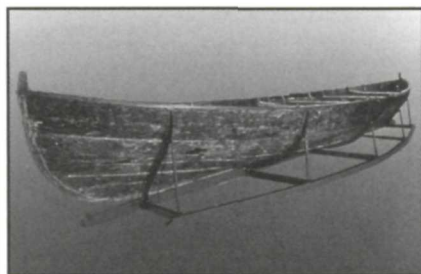
Once booming with activity, Red Bay is now a quiet charming community. Red Bay was the centre of a Basque whaling operation believed to have been one of the most important of its kind during the last half of the 16th century.

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 archaeologists 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 80 kms east from Blanc Sablon, on a paved road. 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 370 km from Goose Bay by snowmobile (8 - 9 hours), 30 hours by boat or 1 hour by air 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 the church and mission building.

For More Information

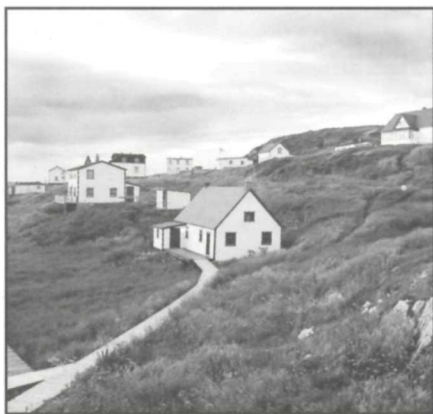
Agvituk Historical Society
P. O. Box 161
Hopedale, Labrador A0P 1G0



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 doctor's cottage and the police station - the district preserves the rich history, traditions and significance of Battle Harbour as the "saltfish 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 crossings and reservations call (709) 921-6325. 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).



Torngat Mountains

NATIONAL PARK RESERVE OF CANADA

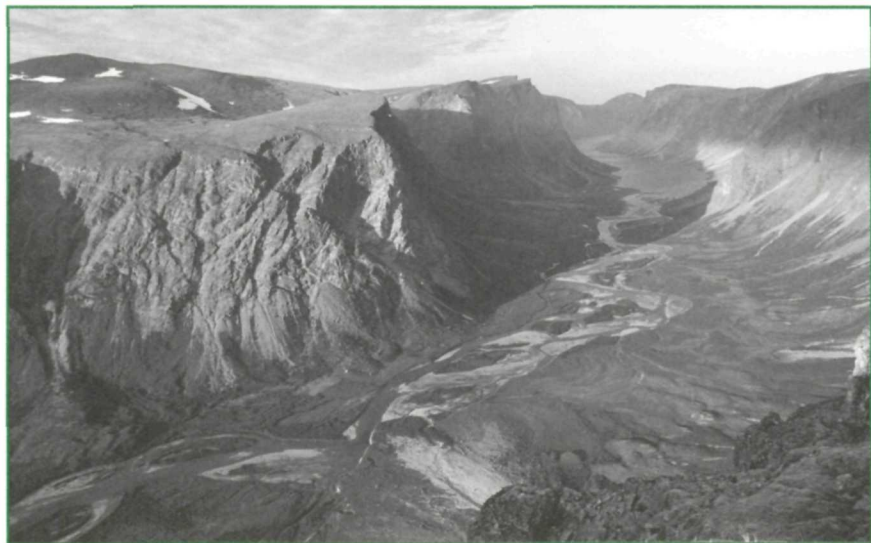
The spectacular wilderness setting of the Torngat Mountains National Park Reserve protects some 9,600 km² of the Northern Labrador Mountains natural region. Deeply-cut fjords with sheer cliff walls over 1000 m high rise abruptly from the sea. Formed by glaciers during the last Ice Age over the last two million years, the fjords penetrate 30-50km inland from the frigid waters and rugged coastline of the Labrador Sea. Inland, the mountain peaks are the highest in Canada east of the Rockies, and are dotted with many small remnant glaciers. The broad river valleys that slice through the mountains are ancient travel routes, used by Labrador and Nunavik Inuit for generations.

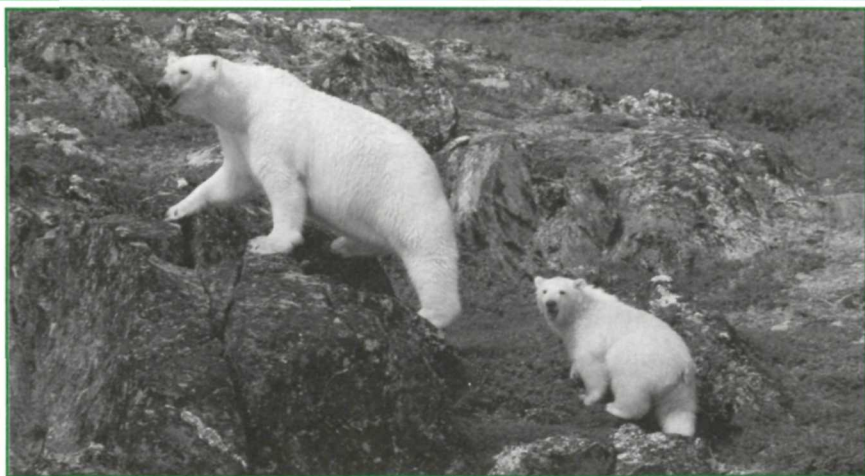
The Torngats have been home to Inuit and their predecessors for

thousands of years. Some of the archaeological sites in the park date back almost 7,000 years. The Torngat Mountains remain the vibrant heart of the Inuit homeland. Today, Inuit continue to use this area for hunting, fishing, and travelling throughout the year.

Getting there

Travel through either Nain in Labrador (where the park administration office is located), or Kangiqsualujjuaq in Nunavik (northern Québec). Nain is accessible through Goose Bay, the hub for air traffic in Labrador. Nain is also accessible from Goose Bay via a government-operated coastal boat service. Kangiqsualujjuaq is accessible through Kuujjuaq, the hub for air traffic in Nunavik. From Nain or Kangiqsualujjuaq,





you will need to arrange a form of charter transportation. Contact the national park office for more information. Staff can help put you in touch with local air and boat charter operators.

Inform yourself: Is a trip to this national park right for you?

The Torngat Mountains National Park Reserve is a wilderness landscape. Weather, terrain and remoteness represent the greatest and most consistent hazards you will face. Wildlife encounters, including with polar bears, are also likely. It is strongly recommended that you learn more about the risks associated with a visit to this national park prior to your arrival.

Travellers to this park should exhibit a high degree of self-reliance and responsibility for their own safety. You need to ensure that you have the levels of knowledge, skill and physical fitness required for the activities

you plan to undertake. Proper provisioning and equipment are critical. You are encouraged to call the park office for advice. Registration and safety briefing are mandatory.

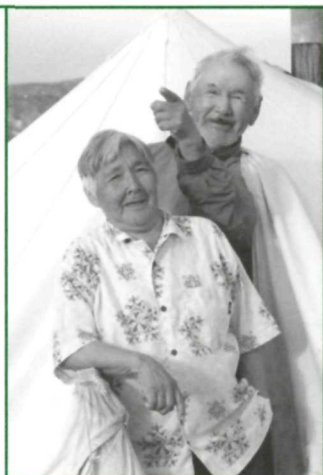
ACTIVITIES

Visitor Experiences

The national park reserve offers such wilderness-oriented experiences as hiking and backpacking; mountain climbing; backcountry skiing; participating in guided expeditions or tours; sailing or cruising by motorboat along the coast and in the fjords; sea kayaking or canoeing along the coast and in the fjords; exploring opportunities for photography, nature watching; and exploring cultural and human history. You must obtain a landing permit from the park office for any aircraft or helicopter landing in the national park.

Camping and Hiking

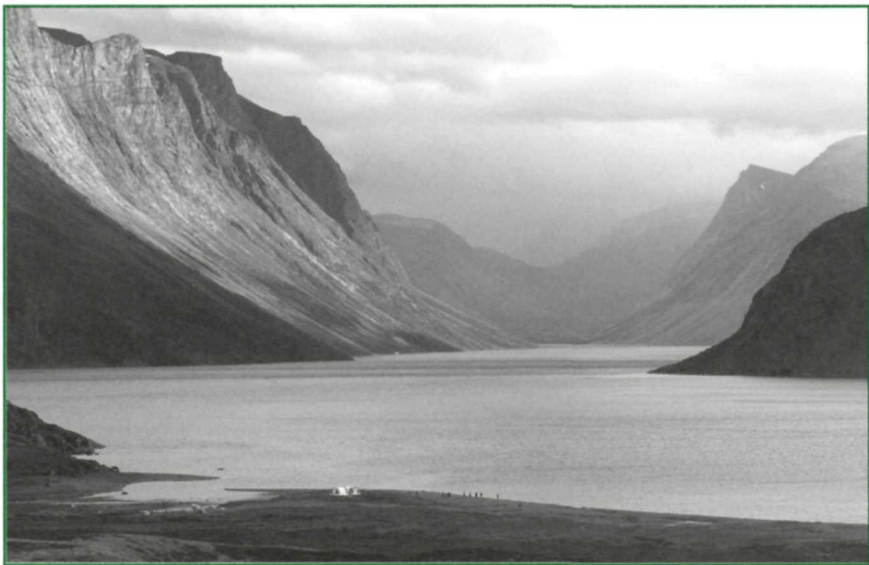
There are no visitor facilities, designated campsites, or marked routes. Visitors may camp anywhere—except at archaeological sites. For a reliable hiking map, we recommend 1:50,000 or 1:250,000 scale NTS topographic maps available from www.nrcan.gc.ca. Nautical charts are also available from Canadian Hydrographic Services: www.fedpubs.com/charts/hudson_strait.htm.



Making the most of your visit

A visit to the Torngat Mountains is nothing less than an extreme back-country excursion. The recommended visiting time will vary depending on the activities you plan to undertake and the routes you intend to follow. You should be prepared to extend your stay in the park if weather conditions change and a transport provider cannot pick you up when expected. This is a very likely scenario.

Find out more about the richness of Inuit heritage that exists all along coastal Labrador. Communities like Hopedale, Rigolet, Postville, Makkovik, and Nain offer a range of experiences and services. There are also national historic site designations at Hebron and Okak, but no services.



Contact Information

Gros Morne National Park of Canada

P.O. Box 130, Rocky Harbour
NL, A0K 4N0
(709) 458-2417 (Administration)
(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
NL, A0K 4K0
(709) 920-2051 (Visitor Centre)
(709) 458-2417 (off season)
(709) 920-2144 (fax)

Torngat Mountains National Park Reserve of Canada

P.O. Box 471
Nain, NL, A0P 1L0
(709) 922-1290 (Service in English and Inuktitut)
(709) 458-2417 (Service en français)
709-922-1294 (Fax)

Terra Nova National Park of Canada

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

Castle Hill National Historic Site of Canada

P.O. Box 1268, St. John's
NL, A1C 5M9
(709) 227-2401 (summer)
(709) 468-1601 (off season)
(709) 227-2452 (fax) (summer)

Ryan Premises National Historic Site of Canada

P.O. Box 1451, Bonavista
NL, A0C 1B0
(709) 468-1600 (summer)
(709) 468-1601 (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
NL, A0P 1G0
(709) 933-3881

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)

Contact Information

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

General Delivery
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) 458-2162 (fax)
Email: colleen.kennedy@pc.gc.ca

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

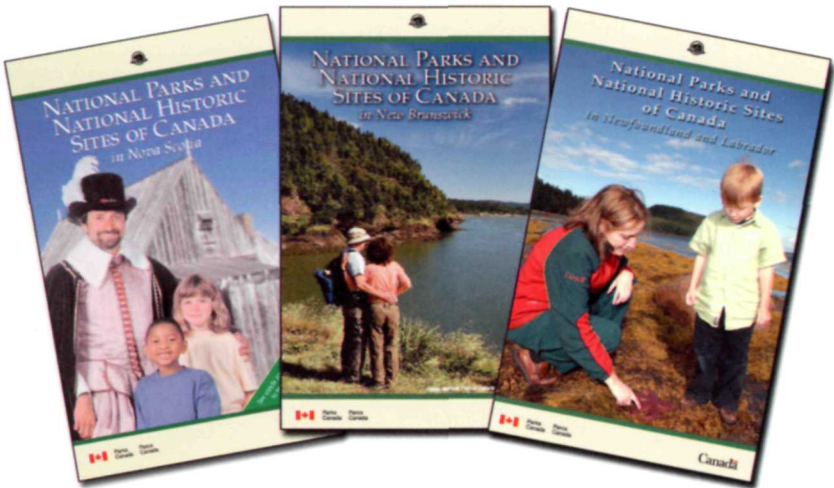
Government of Newfoundland and Labrador
Dept. of Tourism, Culture & Recreation

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

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

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All information in this Vacation Planner is subject to change.

National Parks and National Historic Sites of Canada in Newfoundland and Labrador

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- Signal Hill National Historic Site of Canada
- Cape Spear National Historic Site of Canada
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