



Gros Morne
National Park

Visitor Guide



Parks
Canada

Parcs
Canada

Canada

Welcome to Gros Morne National Park

One of the most important jobs we do at Parks Canada is to protect native species and their habitats. Here in Gros Morne, we are working to improve the health of Atlantic salmon and Newfoundland caribou populations.

Both species migrate in and out of the park as part of their normal life cycle. To have success in protecting these species, it is important that

we collaborate outside the park. Parks Canada is proud to be working with Indigenous partners as well as provincial and community stakeholders to encourage conservation efforts in the broader landscape.

As a visitor to Gros Morne National Park, you, too, can play a role. Keep an eye out for caribou – they may be found throughout the park

but are most often seen on the large coastal bogs along the highway north of Rocky Harbour. Do your part to protect the herds by obeying speed limits, heeding warning signs, and remaining vigilant. Check out page 17 for more tips on how to visit the park responsibly – future generations of Canadians will thank you for it!



What's in a Name?

If you look a bit closer at the origin of a name, you can learn some interesting things about the place you are visiting and the history of the peoples who were there before.

Gros Morne

The name Gros Morne recalls a time when the French fished along this coast. “Gros” means big, “Morne” is a Creole word for a small, rounded mountain standing alone. In French, “morne” also means dismal or gloomy. So, although Gros Morne probably means “big isolated hill”, when clouds rake across the mountaintop the gloomy description often seems fitting.



Resource Conservation staff constructing a fish fence.



Adult Atlantic salmon migrating upstream.

Front cover: Western Brook Pond Trail
Woodland Caribou

Qalipu

The word “caribou” comes from the Mi’kmaw expression “qalipu” which means “the snow digger” in reference to the foraging behavior of the animal in winter. Caribou are central to the culture, lifestyle and spirituality of many Indigenous communities across Canada. They have provided food, tools and clothing to people for millennia. It also represents the name of the Qalipu First Nation here in Newfoundland.

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



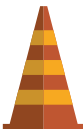
Western Brook Pond Boat Tour
 (709) 458-2016
 1-888-458-2016



Gros Morne Swimming Pool
 (709) 458-2350



Accessibility information at:
<https://www.pc.gc.ca/en/pn-np/nl/grosmorne/visit/services>



We are improving the experience for you and all visitors. Parks Canada apologizes for any inconvenience or delays caused by construction on our roads, trails, or facilities.

A UNESCO World Heritage Site

Did you know that, in addition to being a national park, Gros Morne is also a World Heritage Site?

To find out why, visit the Discovery Centre and tour our exhibit about the park's world-class geology. Discover how the rocks of Gros Morne National Park have forever altered our understanding of the Earth's history, providing support for the theory of plate tectonics and helping prove that continents really do collide and mountains do move.

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



United Nations
Educational, Scientific and
Cultural Organization

Organisation
des Nations Unies
pour l'éducation,
la science et la culture



Gros Morne National Park
inscribed on the World
Heritage List in 1987

Parc national du Gros-Morne
inscrit sur la Liste du
patrimoine mondial en 1987

Geological Wonders to Discover

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

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

Green Gardens An Ocean is Born

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

The Tablelands The Earth Inside Out

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

Gros Morne National Park was recently listed as one of the Earth's first 100 Geological Heritage Sites by the International Union of Geological Sciences—quite an honour!



Long Range Mountains

An Ancient Supercontinent

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



Green Point

The Depths of an Ancient Ocean

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



Scan code for your free guided tour app.



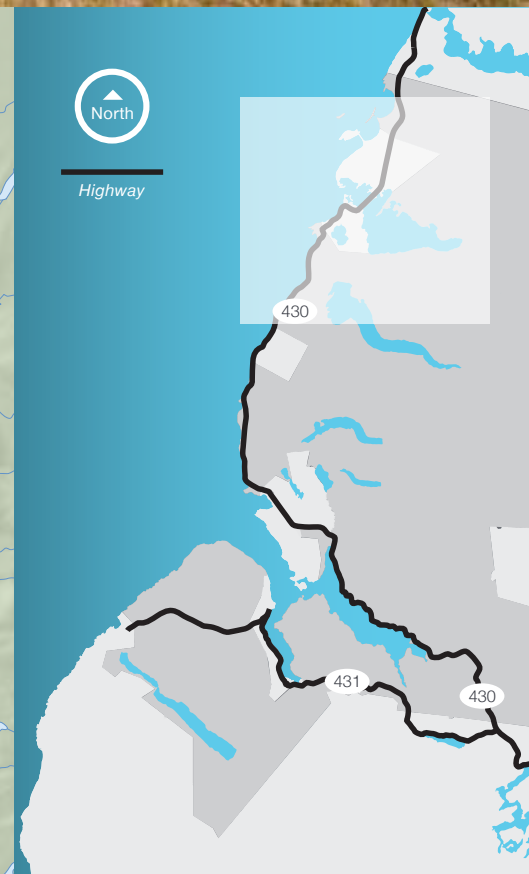
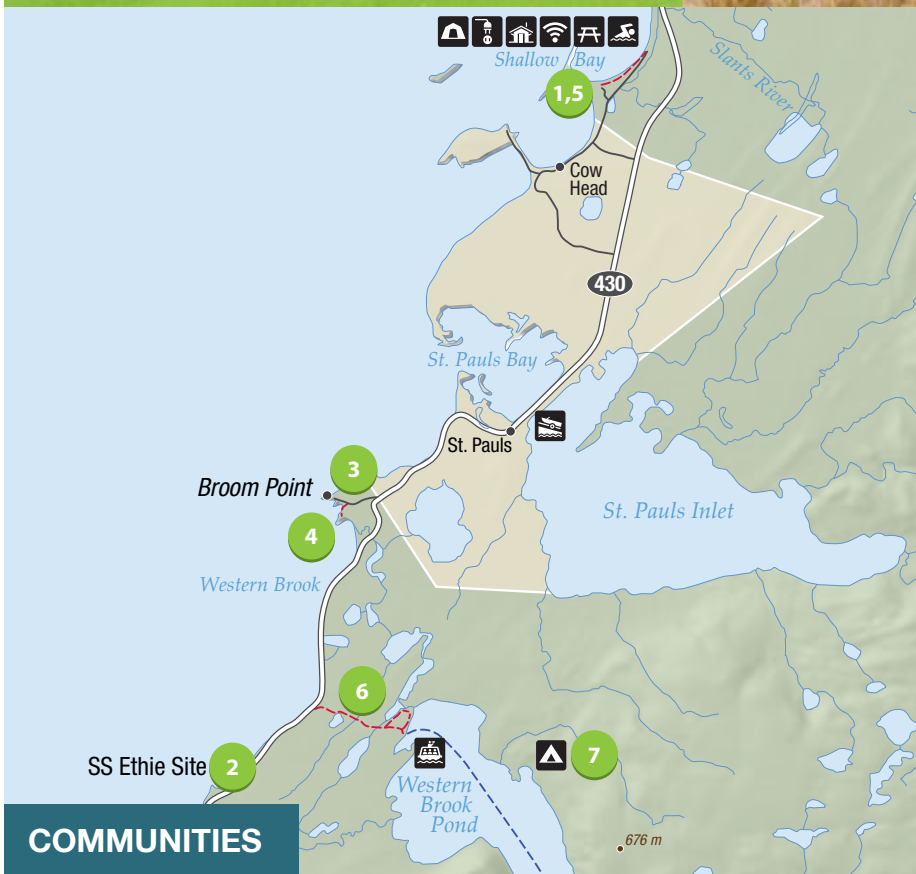
Gros Morne Mountain

A Tropical Beach

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



Gros Morne North



COMMUNITIES

Town of Cow Head

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

Town of St. Pauls

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

Sally's Cove

Sally's Cove is the smallest town in the Gros Morne region, known for its lobster and cod fishing. Located along Route 430, Sally's Cove provides easy access to the shoreline which is popular with photographers.

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

..... Things to Do – Gros Morne North

LEISURE

1



A Day at Shallow Bay Beach

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

The day use area at Shallow Bay has a picnic area, playground and kitchen shelter equipped with washrooms, change rooms and outdoor showers.

Be sure to reserve a campsite at Shallow Bay Campground, just a short walk from the beach.

2



Visit the Wreck of the SS Ethie

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

3



Explore Broom Point

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

4



Hike Steve's Trail

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

5



Hike or Bike Old Mail Road

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

6



Hike or Bike Western Brook Pond Trail

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

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

► 1-888-458-2016 | bontours.ca

7



Camp at Snug Harbour and Hike to North Rim

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

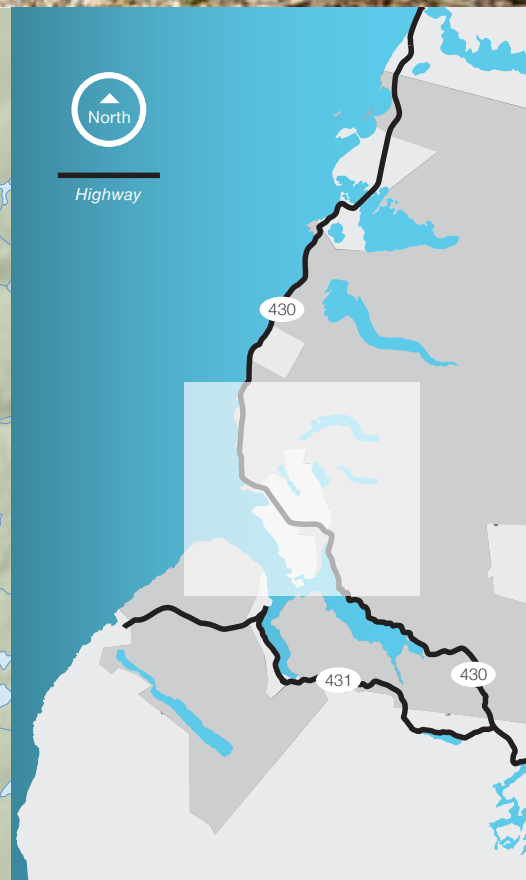
► Reserve online at parks.canada.ca/pn-np/nl/grosmorne/activ/camping/primitive or call 709-458-2417 for details. Pick up your permit before 4:00 pm at Park facilities.

MORE ACTIVE



Gros Morne Mountain Summit Trail

Gros Morne Central



COMMUNITIES

Town of Rocky Harbour

Rocky Harbour is the largest community in the Gros Morne region. From the Rocky Harbour Lookout Trail to Salmon Point, the harbour provides scenic views and gorgeous sunsets. Rocky Harbour Pond is a favorite freshwater swimming spot.

Town of Norris Point

Norris Point is a picturesque community offering numerous attractions such as the Jenniex Heritage House, Bonne Bay Aquarium and Research Station, and the Burnt Hill and James Humber hiking trails—all providing spectacular views of Bonne Bay.

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

..... Things to Do – Gros Morne Cental

LEISURE

1



Tour Lobster Cove Head

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

2



Explore Green Point

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

3



Visit Mattie Mitchell Commemorative Site

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

4



Hike Berry Hill Pond

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

5



Hike Berry Head Pond

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

6



Hike Coastal Trail

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

7



Hike Berry Hill

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

8



Hike Bakers Brook Falls

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

9



Hike Gros Morne Mountain Trail

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

The Summit Trail leading to the top of the mountain is rated difficult and is considerably

more challenging than the Approach. It is a strenuous 500 m climb up a scree slope before descending by a rough boulder-strewn path through Ferry Gulch. It is for experienced and prepared hikers only.

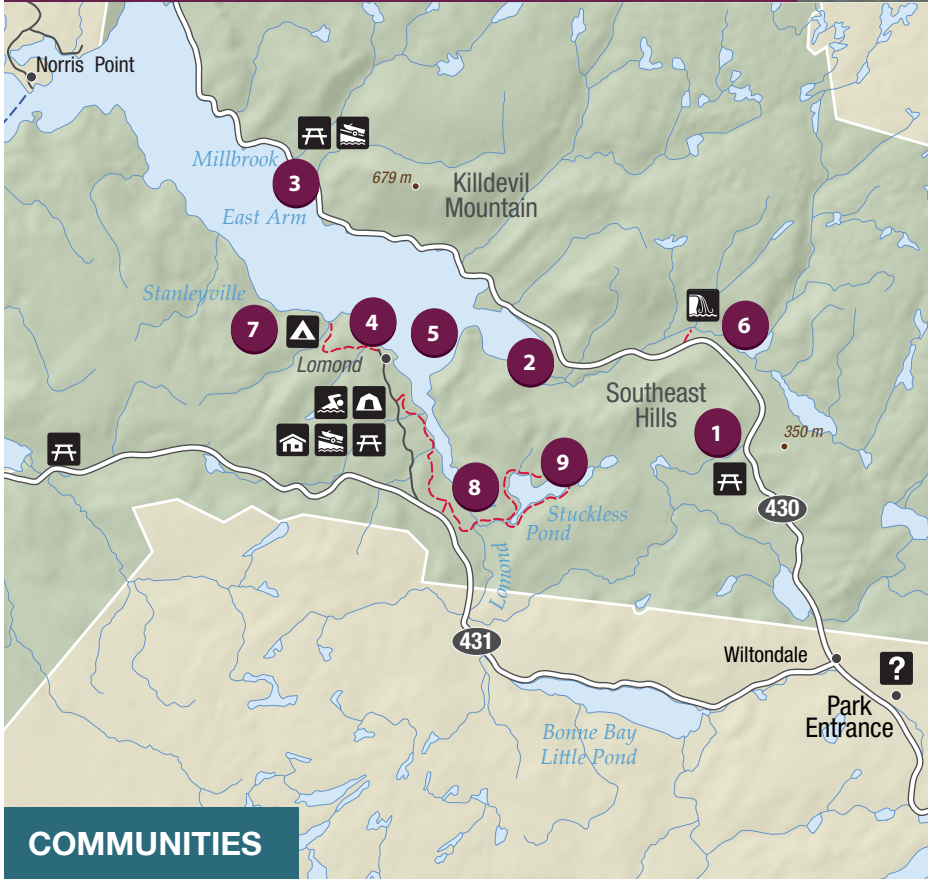
► **Before hiking this section of trail see more information on page 19.**

MORE ACTIVE



Kayaking at Lomond

Gros Morne Southeast



COMMUNITIES

Wiltondale



Park Entrance Kiosk

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

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

..... Things to Do – Gros Morne Southeast

LEISURE

1



Picnic at Southeast Hills

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

2



Pause at Viewpoints

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

3



Enjoy Millbrook

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

4



Visit Lomond

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

5



Explore sheltered arms

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

6



Hike Southeast Brook Falls

A short trail leads to these impressive falls. The water flows over a billion-year-old ridge of resistant granite and plunges 40 metres. Signs along the trail guide you through a "Forest Bathing" experience.

7



Visit Stanleyville

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

Looking for more experiences at the water's edge? Spend a secluded night on the shore of Bonne Bay at a primitive beach site.

► Reserve online at parks.canada.ca/pn-np/nl/grosmorne/activ/camping/primitive or call 709-458-2417 for details. Pick up your permit before 4:00 pm at Park facilities.

8



Hike Lomond River

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

9



Hike or bike Stuckless Pond

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

MORE ACTIVE

Park Map & Trail Guide

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

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

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

1 Old Mail Road 
2 km return, 1 h
Elevation gain 5 m

2 Steve's Trail 
1 km return, 0.5 h
Elevation gain 41 m

3 Western Brook Pond 
6 km return, 1-2 h
Elevation gain 42 m

4 Coastal Trail 
6 km return, 1-2 h
Elevation gain 33 m

5 Berry Head Pond 
2 km loop, 0.5-1 h
Elevation gain 38 m

6 Bakers Brook Falls 
10 km return, 2-3 h
Elevation gain 195 m

7 Berry Hill 
1.5 km return, 0.5-1 h
Elevation gain 92 m

10 Mattie Mitchell 
250 m loop, 0.25 h
Elevation gain 5 m

11 Southeast Brook Falls 
700 m return, 0.5 h
Elevation gain 32 m

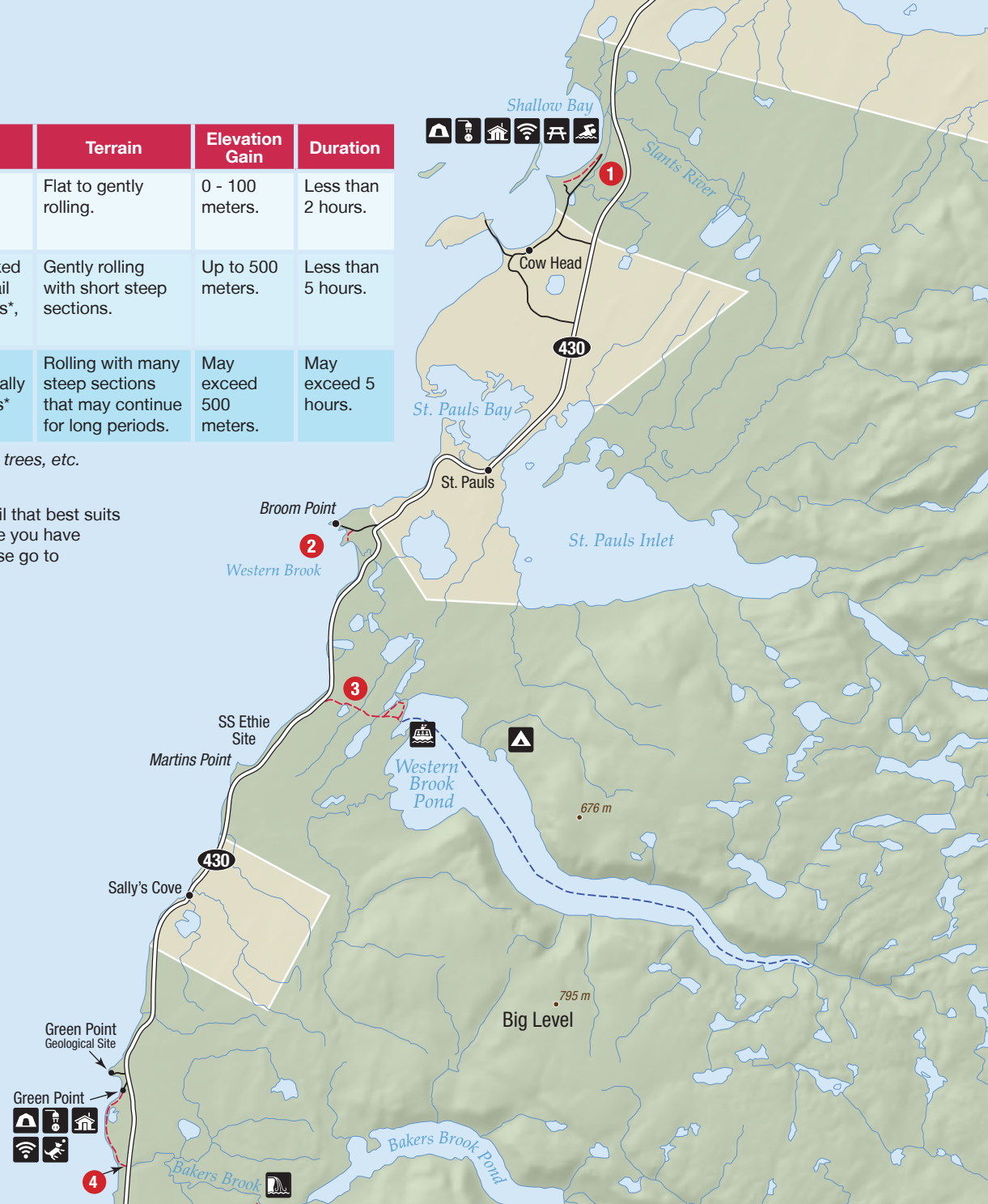
12 Stuckless Pond 
9.5 km loop, 2-3 h
Elevation gain 321 m

13 Lomond River 
8 km return, 2-3 h
Elevation gain 230 m

14 Stanleyville 
4 km return, 1-2 h
Elevation gain 220 m

15 Lookout Trail 
5.8 km loop, 2-3 h
Elevation gain 363 m

16 Tablelands 
4 km return, 1-2 h
Elevation gain 88 m



8 Berry Hill Pond ●

2 km loop, 0.5-1 h
Elevation gain 40 m

9 Gros Morne Mountain ◆

17 km return, 6-8.5 h
Elevation gain 1000 m

9a Approach Trail ■

9 km return, 2.5-3.5 h
Elevation gain 463 m

9b Summit Trail ◆

8 km loop, 3.5-5 h
Elevation gain 537 m

Closed May 1 – June 27

17 Green Gardens ■

9 km return, 3-4 h
Elevation gain 415 m

18 Trout River Pond ■

14 km return, 4-5 h
Elevation gain 280 m

Services and Facilities

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

--- Hiking Trail == Highway
--- Boat Tours — Road

0 2 4 6 km



FRIENDLY REMINDERS!

Pets are allowed on hiking trails but must be kept on a leash. Pets are strongly discouraged from the Gros Morne Mountain Summit Trail due to rough terrain.

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



Gros Morne South

Trout River Pond



COMMUNITIES

Town of Glenburnie-Birchy Head-Shoal Brook

Known locally as GBS, Glenburnie-Birchy Head-Shoal Brook is situated along the South Arm of Bonne Bay. The beachfront boardwalk is a relaxing spot from which to watch local fishing boats, marine mammals or eagles that frequent the bay.

Town of Woody Point

Woody Point is a beautiful town rich with history and culture. Trails around the community provide scenic views and a self-guided heritage walk offers a glimpse into the past along the charming waterfront.

Town of Trout River

This small fishing village at the end of Route 431 has several community trails with picturesque vistas. Stroll along the oceanfront boardwalk and learn about the town's heritage by visiting the Trout River Interpretation Centre and the Jacob A. Crocker House.

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

..... Things to Do – Gros Morne South

LEISURE

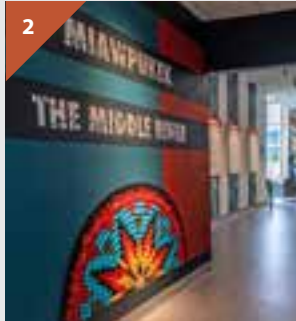
1



Visit the Discovery Centre

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

2



View an Exhibition

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

3



Travel the Gulch

The road between Woody Point and Trout River is one of the most spectacular you'll see. Enjoy the scenic landscape of the Tablelands while driving through Trout River Gulch.

4



Hike the Tablelands

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

5



Paddle the Waters

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

6



Hike Green Gardens

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

7



Hike the Lookout Trail

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

8



Hike Trout River Pond

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

9



Hike the Tablelands Off-Trail

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

10



Primitive Camp

Watch the sunset and sleep beneath a blanket of stars on the coast at Green Gardens. Camping permit required. Available at Park facilities. Reserve online or call 709-458-2417 for details.

MORE ACTIVE



Camping in Gros Morne

Berry Hill Campground



GROS MORNE NORTH Shallow Bay Campground

Beckoning families and beach-goers.

Surrounded by evergreen forest opening up to the white sand of Shallow Bay Beach.

1 km north of the town of Cow Head.

-  11 serviced sites
-  45 unserviced sites
-  2 oTENTiks
-  4 tiny cabins
-  playground
-  dump station

See pages 4 and 5 for nearby activities.



GROS MORNE CENTRAL Green Point Campground

Explore the rocky shoreline.

On the shores of the Gulf of St. Lawrence with spectacular coastal views and sunsets.

12 km north of Rocky Harbour on Route 430.

-  8 serviced sites
-  23 unserviced sites
-  2 oTENTiks
-  dog park
-  dump station
-  open year-round (reduced services Oct – May)

See pages 6 and 7 for nearby activities.



GROS MORNE CENTRAL Berry Hill Campground

Secluded campground in a forest setting.

The base for comfort and convenience. Centrally located with three hiking trails leaving from the campground.

5 km north of Rocky Harbour on Route 430.

-  25 serviced sites
-  41 unserviced sites
-  3 oTENTiks
-  6 rustic cabins
-  playground
-  dump station

See pages 6 and 7 for nearby activities.



Parks Canada operates five campgrounds throughout the national park. All are suitable for tents, trailers and recreational vehicles and have kitchen shelters, flush toilets, showers and fire pits.



GOOD TO KNOW

New to camping? Check out camping basics with Parks Canada's Learn-to-Camp information
<https://www.pc.gc.ca/en/serapprocher-connect/ltc-dlc>

**Don't Miss Out,
Reserve Today!**

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



GROS MORNE SOUTHEAST Lomond Campground

Reconnect with nature off the beaten path.

On the shores of Bonne Bay with outstanding views of the bay and Long Range Mountains.

17 km from main entrance of the park on Route 431.

- 26 unserviced sites
- 6 unserviced beach sites
- 4 tiny cabins
- playground
- dump station

See pages 8 and 9 for nearby activities.



GROS MORNE SOUTH Trout River Campground

A peaceful getaway at the edge of the Earth's mantle.

Next to glacier-carved Trout River Pond overlooking the iconic Tablelands.

2 km from the town of Trout River on Route 431.

- 34 unserviced sites
- 2 oTENTiks
- 4 tiny cabins
- playground

See pages 12 and 13 for nearby activities.



VARIOUS SITES Primitive Camping

Reserve online. Check-in and pick up permit before 4:00 pm at Park facilities. Visit parks.canada.ca/pn-np/nl/grosmorne/activ/camping/primitive or call 709-458-2417 for details.

- Stanleyville** – 2 km hike or paddle to sites along the shore of Bonne Bay.
- Green Gardens** – 4.5 km hike down to sites overlooking the ocean and rugged coastline.
- Ferry Gulch** – 8 km hike up to Ferry Gulch via Gros Morne Approach Trail and a portion of the Summit Trail.
- Snug Harbour** – 8 km hike on an unmarked route along the shores of Western Brook Pond. Access requires fording Western Brook.



What's eating us up?

Spruce Budworm

As you travel around Gros Morne this summer you might notice that the forest isn't the vibrant green you expected. In fact, much of our conifer forest has a brownish tinge. That's because the park is experiencing an outbreak of spruce budworm, a native moth whose caterpillars feed on the new, bright green growth at the tips of spruce and fir branches. The tiny caterpillars emerge in spring and feed until early July, at which time they pupate and then emerge as moths about a week later. During an outbreak the caterpillars can consume all of the new growth on a tree each summer, and after four or five years this can cause the tree to die. Outbreaks usually last about six or seven years and then subside. For more information visit: <https://parks.canada.ca/pn-np/nl/grosmorne/nature/sb>



Budworm as an agent of forest renewal

Outbreaks of budworm occur about 40 years apart and are a key part of the natural forest cycle in Gros Morne. The death of mature trees releases nutrients and allows sunlight to reach the forest floor, stimulating a flush of fast-growing pioneer vegetation, including many berry-producing plants. The dead trees also provide habitat for species like woodpeckers, wood-boring beetles, and fungi. These disturbances create a tapestry of young and old forest patches across the landscape, adding diversity and resilience that is essential to the health of the ecosystem.



Female Black-and-white Warbler

An all-you-can-eat buffet for birds

Budworm caterpillars are numerous, easy to catch, and grow fat and juicy just when birds are feeding their young in mid-summer. As a result, many forest birds experience a baby boom during an outbreak, and some species such as Bay-breasted Warbler and Cape May Warbler are adapted to take advantage of the bonanza. These two species used to be rare in Gros Morne, but have become common as a result of this outbreak!



Male Cape May Warbler / Jared Clarke



Budworm and your visit

If you're visiting the park from June to mid-July you may see budworm caterpillars hanging from the trees. You might also notice or even hear their droppings falling on your tent fly. While this doesn't present a health risk, you may find it unappealing. In that case we suggest choosing an open trail such as the Tablelands Trail, Coastal Trail, or Western Brook Pond Trail. You may also want set your tent away from overhanging trees. If you're around in late July and August you won't see the caterpillars, but may notice large numbers of budworm moths doing their mating dances around the branches of spruce and fir. The moths are harmless and are easily avoided by stepping back from the trees.



Visit Gros Morne Responsibly

Tablelands Trail

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

Minimize Your Impact

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

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

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



Respect Wildlife

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

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

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

Obtain Proper Passes/Permits

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

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

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



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



Lomond River Trail

Day Hiking: Safety on the Trails

You are responsible for your own safety | Follow Parks Canada's trail rating guide (see park map on page 11) to select a trail that best suits your party's abilities, experience, and interests, as well as the equipment and time you have available. Park staff can provide additional advice and information.

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

Before you leave

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

During your hike

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

After you get back

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



Wildlife

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

DID YOU KNOW?

Every year Parks Canada rescues 5-10 hiking groups throughout the park. Reasons for rescues include dehydration, heat stroke, leaving late in the day and being caught out after dark, becoming lost, leg and ankle injuries, fatigue and hypothermia.

Hiking Gros Morne Mountain

Know before you go

Hikers planning to hike the Summit Trail of Gros Morne Mountain should be experienced and prepared for hiking steep terrain with significant elevation gain over rocky, uneven and unstable ground. Don't be the ill-prepared or inexperienced hiker who puts themselves and others in danger and needs rescue. Follow the advice below and check with staff at the Visitor Centre or Discovery Centre for more information.

- ▶ **Avoid dehydration and heat stroke.** Bring 3 litres of water per person and more on hot days.
- ▶ **Don't get caught in the dark.** Leave early enough so you can complete the trail before sunset. Bring a flashlight and spare batteries in case you get delayed.
- ▶ **Avoid getting lost.** Stay on the trail and stay together as a group. Don't hike when the mountain is cloud covered as visibility will be poor.
- ▶ **Avoid fatigue.** Take frequent breaks, stay hydrated and replenish calories with snacks to maintain your energy level.

▶ Reduce the risk of leg injuries.

The Summit Trail is uneven, rock strewn with loose boulders and can be slippery when wet. Wear hiking boots with good traction and ankle support. Carry first aid treatment for blisters and sprains. Hiking poles will ease the descent and take strain off your knees. If you have a previous or recurring leg injury this trail may not be for you.

▶ Don't get caught out in bad weather.

Check the forecast. Bring appropriate clothing (waterproof/windproof jacket, sweater, hat). The summit is often windy and can be significantly cooler than the base. Plan this hike on one of your first days in the area in case you need to reschedule because of bad weather.

▶ Know your limits.

Reassess at the base of the mountain, making sure you and your group are capable of completing the hike under current conditions. Turn back if you or someone in your group is struggling.



TRAIL FACTS

- ▶ Elevation Gain: **1000 m**
- ▶ Distance: **17 km return** (Approach Trail 9 km + Summit Trail 8 km)
- ▶ Duration: **6 – 8.5 hours** (recommended minimum time)
- ▶ Trail Rating:
 - **Moderate** – Approach Trail;
 - ◆ **Difficult** – Summit Trail

To protect wildlife during critical weeks of growth and reproduction, the Summit Trail is closed to hikers on May 1 and re-opens on June 28.

HIKE TO THE BASE OF GROS MORNE MOUNTAIN: The Approach Trail

The Approach Trail to the base of the mountain offers a rewarding experience with spectacular views. The Approach Trail is open all year long.

Plan 2.5-3.5 hours to complete this 9 km return hike. The trail has a gradual elevation gain and is rated moderate.

For an even shorter hike, a bridge overlooking a waterfall halfway along the trail is a great destination.



Best Wildlife Sightings

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



Moose

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



Woodland Caribou

Uniquely, both male and female caribou grow antlers. Caribou range across lowland bogs and forests to highland barrens seeking food, mates, and a safe place to give birth. Gros Morne Mountain is closed from May to the last Friday in June each year to protect newborn caribou and ptarmigan.

Where to see: Large coastal bogs north of Rocky Harbour and in Trout River Gulch.



Newfoundland Marten

This cat-sized member of the weasel family is a superb climber that lives in mature forests, hunting small mammals and birds. This subspecies is unique to Newfoundland and is imperilled, but their numbers are growing in Gros Morne. Sightings are still rare as the park is home to less than 100 marten



Arctic Hare

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

Where to see: On top of Gros Morne Mountain.



Rock & Willow Ptarmigan

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

Where to see: Rock ptarmigan prefer the open barrens on top of Gros Morne Mountain, while willow ptarmigan are more commonly seen in shrubby and treed habitat on the mountainside.



Canada Jay

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

Where to see: Park campsites and forest trails. Please do not feed these scavengers!



Bunchberry

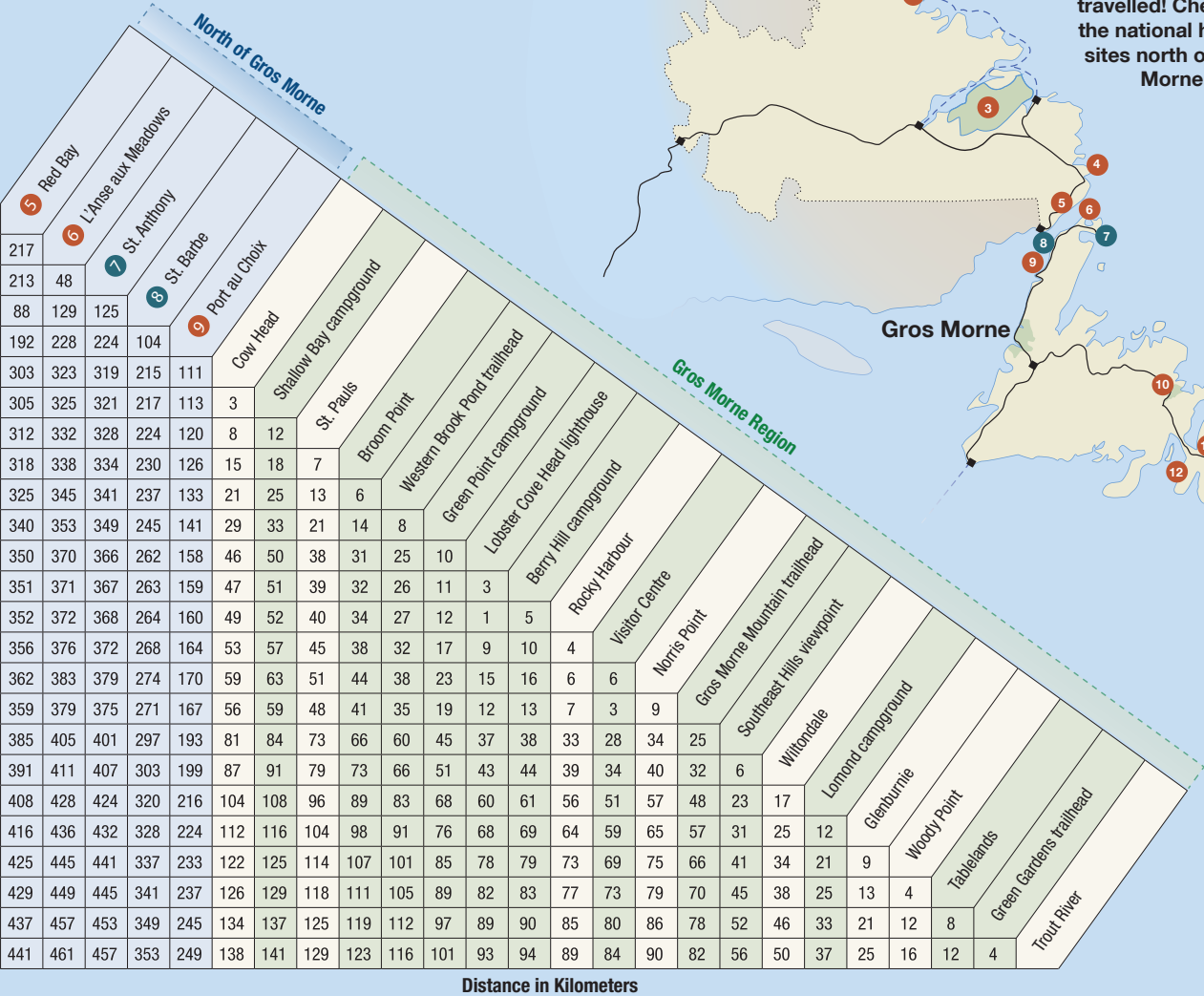
Known as crackerberry by locals, bunchberry commonly carpets the boreal forest floor. It is well adapted to life in the shade; what looks like a patch of plants is actually a single plant linked by underground stems. As sunbeams pass through the forest canopy, leaves that receive light use these specialized stems to share sugars they produce with the rest of the plant.

Gros Morne is home to two species: the more common bunchberry (shown) with green-centred flowers and a whorl of leaves, and the smaller Swedish bunchberry with dark-centred flowers and paired leaves, which grows along the coast and in the Alpine zone.

Other National Parks and National Historic Sites of Newfoundland and Labrador



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



- 1 **Torngat Mountains** – Northern Labrador’s spectacular mountain wilderness and Inuit homeland.

2 **Hopedale** – 19th century Moravian Mission buildings.

3 **Akami-Uapishk^u-KakKasuak-Mealy Mountains National Park Reserve** – a landscape of rugged mountains, forests, and pristine rivers flowing into the frigid waters of the Labrador Sea.

4 **Battle Harbour** – a restored 19th century Labrador fishing village.

5 **Red Bay** – 16th century Basque whaling site.

6 **L’Anse aux Meadows** – only authenticated Viking settlement in North America.

9 **Port au Choix** – Indigenous site with 6000 years of human history.
- 10 **Terra Nova** – a wildlife-filled boreal forest along the shores of the Atlantic Ocean.

11 **Ryan Premises** – a restored 19th century Newfoundland fishing enterprise.

12 **Castle Hill** – French and English fortifications from the 17th and 18th centuries.

13 **Hawthorne Cottage** – home of legendary Arctic explorer Captain Bob Bartlett.

14 **Signal Hill** – coastal defences from 17th century to World War II; and where Marconi received the first transatlantic wireless signal in 1901.

15 **Cape Spear** – oldest surviving lighthouse in Newfoundland and Labrador.

Hours of operation



Park Entrance Kiosk **Route 430, Wiltondale**

Open from May 16 to October 1
9 a.m. – 5 p.m.



Discovery Centre **Route 431, Woody Point**

Open from May 16 to October 13
9 a.m. – 5 p.m.



Visitor Centre **1 Eastlink Road, Rocky Harbour**

Open from May 16 to October 13
9 a.m. – 5 p.m.
*Open year-round with reduced hours
in the off-season

Did you know?



Wifi

Free wifi is available at the Park Entrance Kiosk, the Discovery Centre, and the Visitor Centre.



Accessibility

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



Park Passes

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

Contact



Visitor Information

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



Campground Reservations

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



Emergency

911



Park Emergency Services / Wildlife Incidents

1-877-852-3100