



Gros Morne
National Park

XPLORERS

PARKS CANADA

Your name: _____



– Gros Morne –

Aussi disponible en français



Parks
Canada

Parcs
Canada

Canada

WELCOME!

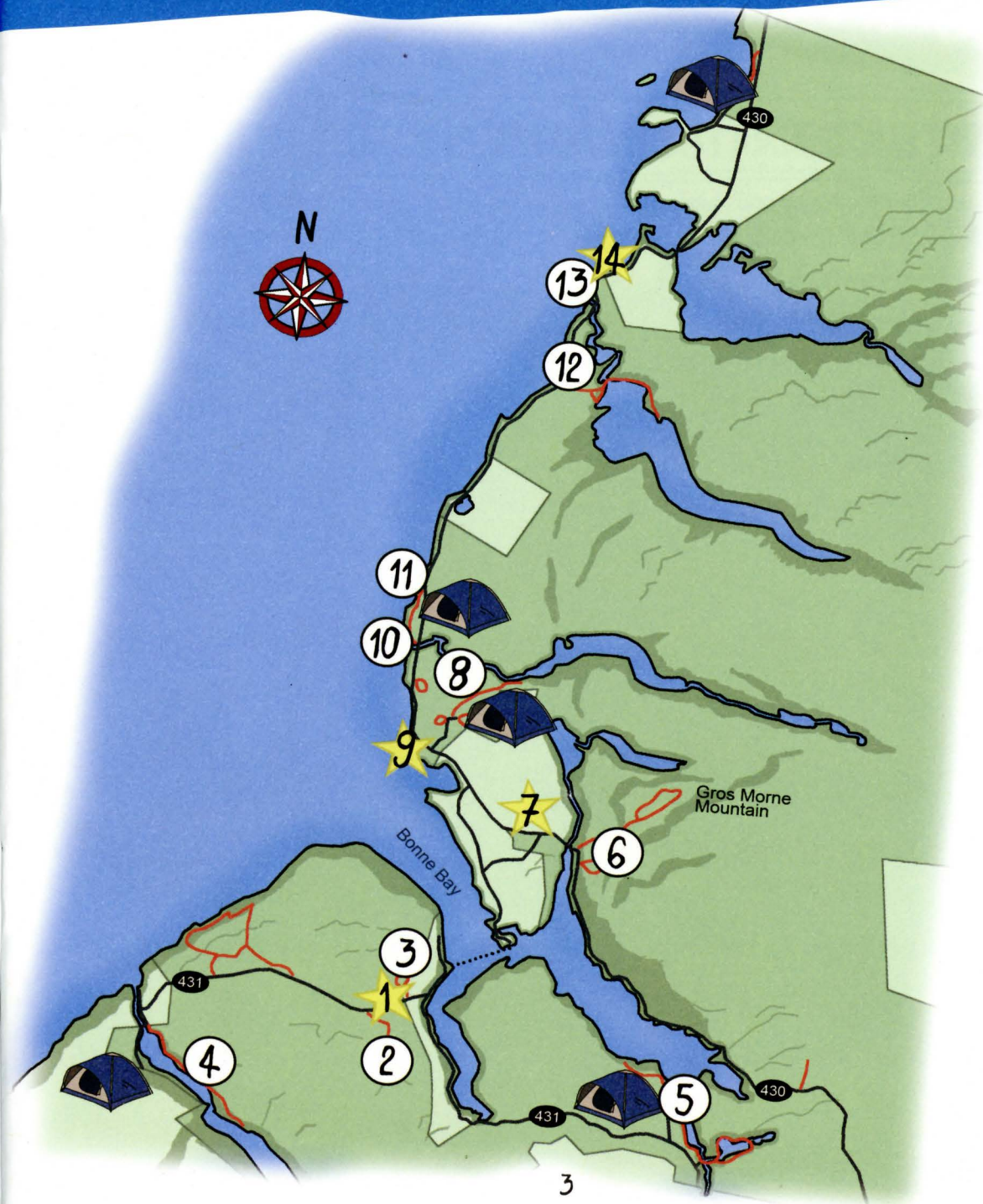
to GROS MORNE NATIONAL PARK

There are lots of fun things to do as you Xplore Gros Morne from sea to mountains!

When you see the numbers below on your activity pages, find them on this map to see where to go to complete the activity. Have FUN Xploring!

- | | |
|----------------------|-------------------------------|
| ★ 1 Discovery Center | ⑧ Berry Head Pond |
| ② Tablelands | ★ 9 Lobster Cove Head |
| ③ Lookout | ⑩ Coastal Trail |
| ④ Trout River Pond | ⑪ Green Point Geological Site |
| ⑤ Lomond River | ⑫ Western Brook Pond |
| ⑥ Mattie Mitchell | ⑬ Steve's Trail |
| ★ 7 Visitor Center | ★ 14 Broom Point |

At the end of your visit, bring your booklet to a location marked with a star ★ on your map to receive a souvenir and have your certificate signed.



GO INVESTIGATE

Go to
2
on the map

IN THE EARTH'S MANTLE

Walk on the Earth's Mantle...when you go to the Tablelands! These are 1/2 a BILLION year old rocks from the middle of the earth!

Circle the colour of the Tablelands:

Green

Orange

Blue

Brown

Are there a lot of plants growing on the Tablelands? ☐ YES ☐ NO

Find an orange Tablelands rock that is broken open. What colour is inside?

Find a green rock with white cracks in it.
Does it resemble:



Skin of a snake



Leopard Skin



Tiger Stripes



Dalmatian Spots



Join a Parks interpreter for a guided Tablelands walk to learn more!



CREATE YOUR OWN



Go to
2
on the map

MISSION TO THE MIDDLE OF THE EARTH

Have you ever dreamed of going to Mars? NASA studied the Tablelands before going on its Mars Mission. Fill in all the blanks BEFORE you read the whole text through to create your own mission!

Ever since he was _____ years old, Marty the _____'s
number animal

dream was to go to Mars. When he was fully grown he contacted

NASA to become a(n) _____ and they said "sure
job

Marty! We'll send you to Mars!" Later Marty realized that he was

deathly afraid of _____ and could never make it to
thing/object

Mars. Luckily, his friend Lana the _____ said, "Marty!
animal

Go to the Tablelands in Gros Morne! It is just like Mars, but it's on

Earth!" So Marty went, just like _____. He
your name

learned that the Tablelands comes from the earth's mantle-THE

MIDDLE OF THE EARTH! Amazing!

SEARCH FOR



Go to
2
8
12
on the map

PITCHER PLANT STOMACH PUMPS

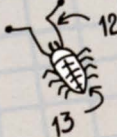
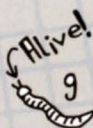
Pick up a stomach pump at the Discovery Center or Visitor Center. You are now a junior scientist. Find a Pitcher Plant and find out what it eats.



See the big Pitcher Plant at the Discovery Centre. Name other plants in Gros Morne that eat bugs:

- 1- Find a pitcher plant. Squeeze and hold the stomach pump and stick it down as far into the water filled leaf as it will go.
- 2- Suck up the gross stuff inside!
- 3- Use the ID card to identify the insects.

It ate:



1. Ant
2. Spider
3. Snail
4. Centipede
5. Moth
6. Firefly
7. Fly
8. Mosquito
9. Larvae
10. Wing
11. Leg
12. Antenna
13. Thorax
14. Abdomen

- 4- Write what you see then carefully put the contents back into the leaf.

GET MOVING

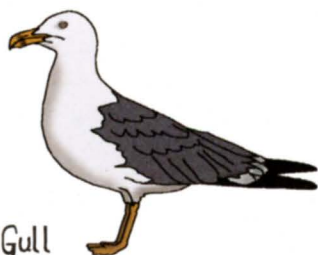


GROS MORNE ANIMALS

The trails are great places to see animals, big or small. How many different animals can you see on your walk? Circle the ones you see.



Minke whale



Gull



Sparrow

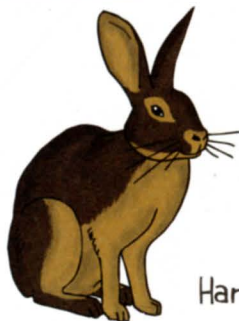


Moose

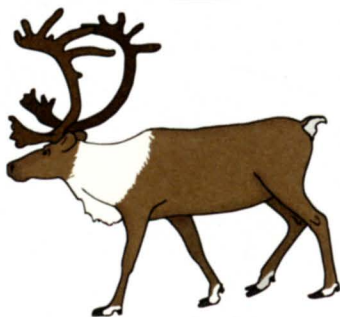
Draw the first animal you see in Gros Morne!



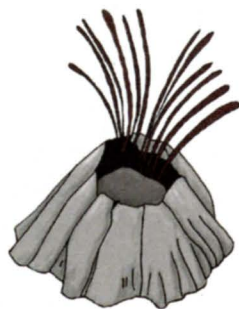
Red Squirrel



Hare



Caribou



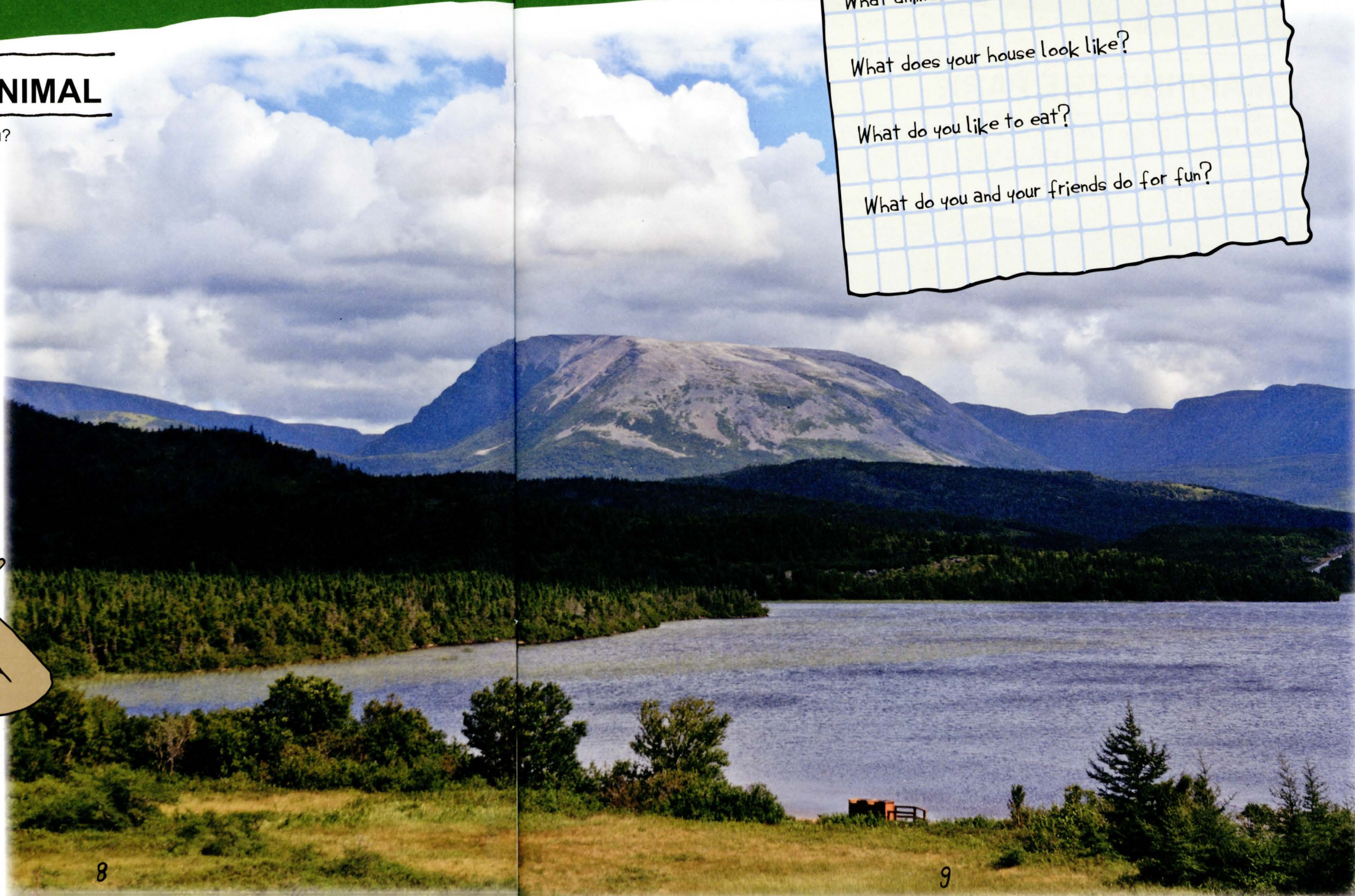
Barnacle

IMAGINE

YOU'RE THE ANIMAL

Who lives in the land around you?
Imagine you are an animal living
in Gros Morne.

I'm a moose!



What animal are you?
What does your house look like?
What do you like to eat?
What do you and your friends do for fun?

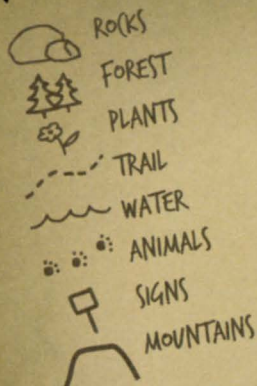
CREATE YOUR OWN



Go to
6
on the map

MAPPING THE PARK

The Mi'kmaq people of Western Newfoundland have lived in the Gros Morne area for generations. Mi'kmaq guide and explorer, Mattie Mitchell, helped to make the first map of the land of the Northern Peninsula. Look around! Be like Mattie and make a map of where you are.



PSST: Visit the Mattie Mitchell site and learn of his adventure guiding a herd of 50 reindeer on a 640 km trek through the Long Range Mountains.

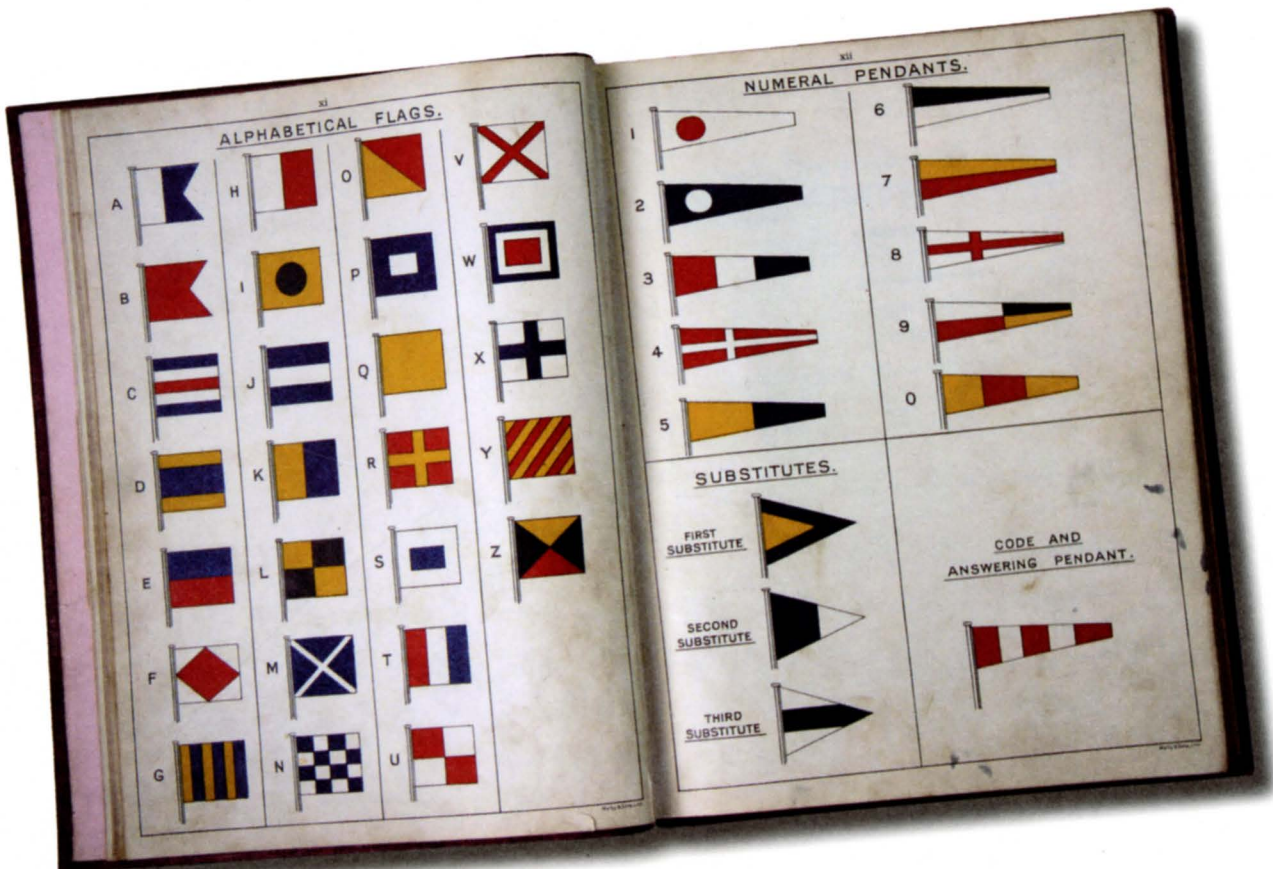
REMEMBER



Go to
9
on the map

FLAG ME!

At Lobster Cove Head Lighthouse, find the flag pole. Use the chart to spell out what the signal flags say. Don't be afraid to ask Parks staff for help!



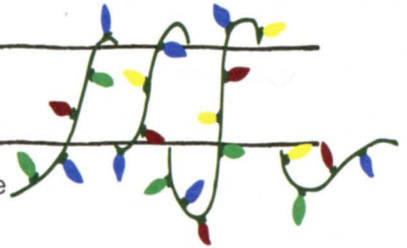
Today's Message is: _____

MAKE BELIEVE



CHRISTMAS JANNEYS

Janneying is a Christmas-time tradition where groups of people dress in homemade disguises and visit family and friends for an evening of fun. Those they visit try to guess who they are. The Light keeper's at Lobster Cove Head welcomed many Janneys at Christmas.



Pick your own Janney costume, make some music, sing a song or do a little dance. Enjoy some Christmas Fun!!

Have an adult take your photo and share it



@ParksCanadaNL



SEARCH FOR



Go to

9

TIDE POOL ADVENTURE

11
on the map

Go to a rocky beach at low tide and start your quest for marine creatures living in the tide pools. How many of these can you find?

PSST: Ask staff about the tides, borrowing a toy boat or the scheduled Tidepool Walks.

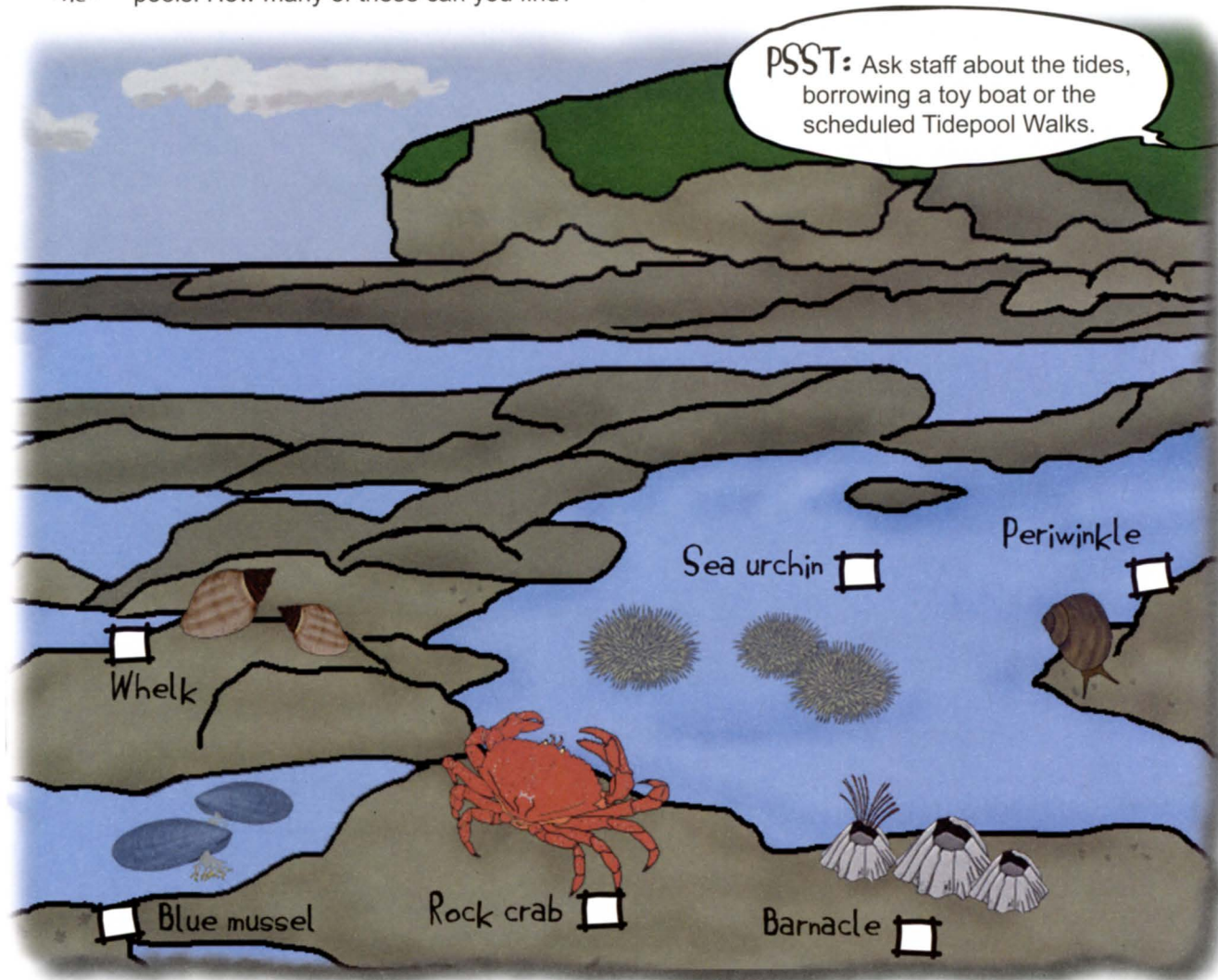
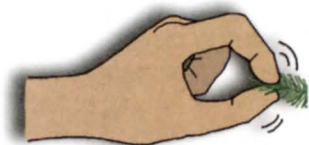


FIGURE IT OUT ???

SPRUCE UP YOUR ID SKILLS

Go for a walk on one of our forested trails. Take a look at the trees. Can you tell the difference between a Black Spruce and a Balsam Fir? Find an evergreen tree! Pull off one needle and attempt to roll it between your finger and thumb.

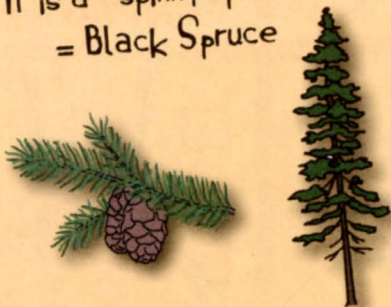


Does it roll?

YES

NO

It is a "spiny spruce"
= Black Spruce



It is a "flat fir"
= Balsam Fir



Smell the needles. What do they smell like? _____

Count the nearby trees. _____

How many are Black Spruce? _____

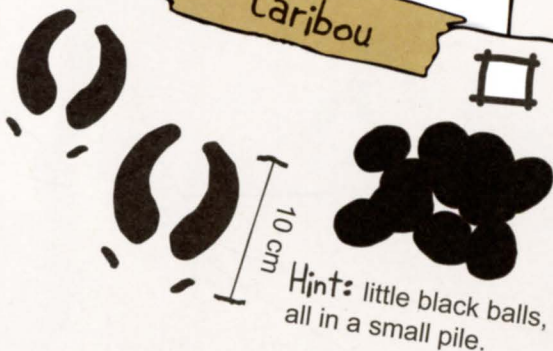
How many are Balsam Fir? _____

TAKE A LOOK

ANIMAL TRACKING

This park is home to many animals. While Xploring, keep your eyes open for signs of animals including their tracks and their poop - called scat. Check ☒ the ones you find.

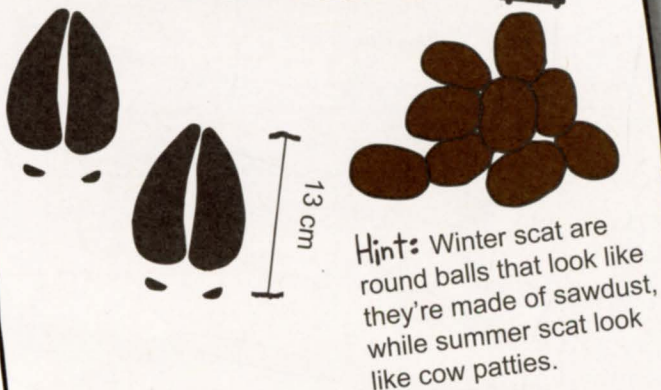
Caribou



Snowshoe hare



Moose



TAKE A WALK



Go to

9

TUCKAMORE TWIST

10
13
on the map

Tuckamore is the term Newfoundlanders use to describe the odd shaped spruce and balsam fir trees found on the windswept coastal trail. Some are leaning away from the ocean, others have needles missing on one side or flat tops.



Twist your body like a Tuckamore. See who can hold each shape the longest!

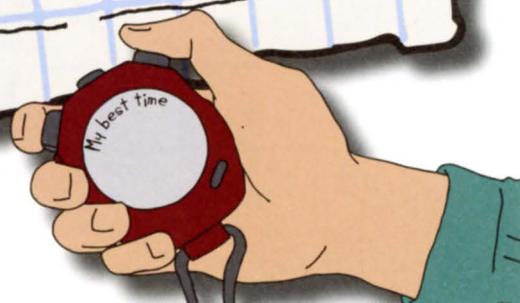


My times:

Opponent's:

My times:

Opponent's:



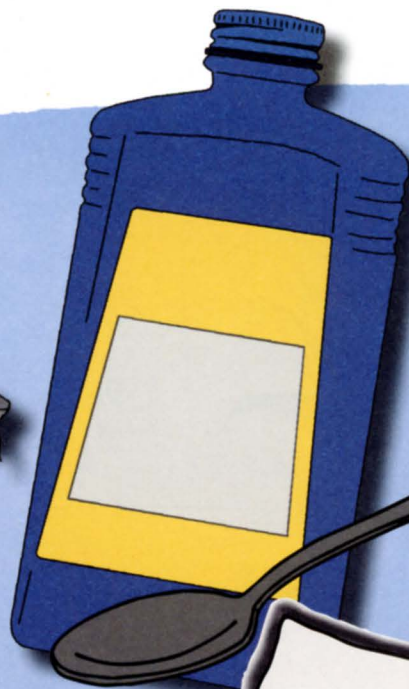
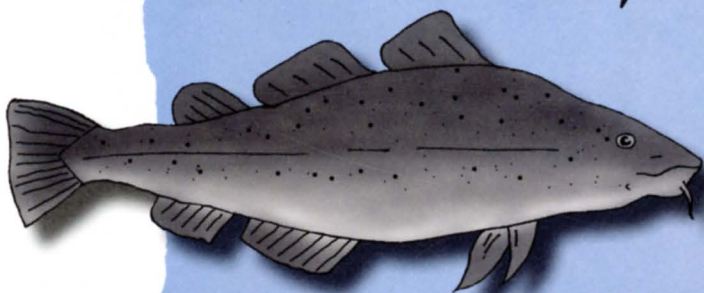
TRY IT OUT !!

Go to
14
on the map

SPLITTING A COD

At Broom Point find the stuffed cod fish! Ask the interpreter to show you how to split and gut a cod the way our fishermen do it. Ok!! Now you try it. Don't forget to put the cod back together!

PSST: Parts of the cod are used to make a medicine with lots of Vitamin C and D, but it tastes AWFUL!



Ask the staff what that medicine was called, then print the name on the medicine bottle label.

USE YOUR SENSES



GO SMELL THE FLOWERS

Go for a walk on any trail and look for flowers. Give a big ★ to the best smelling one!



Harebell



Pearly Everlasting



Crackerberry



Shrubby Cinquefoil



Wild strawberry



Daisy

TAKE IT EASY



CHILLAXING ON THE CHAIRS

There are 17 sets of Parks Canada Red Chairs hidden in our park. Find one! Look around. What do you see? Are there any clouds in the sky? Trees in the distance? A mountain? The sea? Any animals?



Draw in the box below what you see from your red chair.

Keep track of how
many sets you find.
I found _____ sets!



Strike a silly pose with the
chairs. Get your picture taken
and ask an adult to



#sharethechair



Gros Morne
National Park

XPLORERS

PARKS CANADA

IS AN OFFICIAL PARKS CANADA XPLORER

date

staff



Parks
Canada

Parcs
Canada

Canada

CAN YOU HELP US OUT???



COMPLETE THE FOLLOWING COMMENT CARD QUESTIONS
PLEASE RETURN THIS PAGE TO THE DISCOVERY CENTRE, THE VISITOR CENTRE OR
LOBSTER COVE HEAD LIGHTHOUSE OR BROOM POINT. THANKS FOR YOUR HELP!

1. While completing your Xplorers booklet, was it (Circle your answer.)

Super Fun

Fun

Kinda Fun

Not so much fun

Booorinnng



2. Check ☒ the activities you did and (circle the 3 you liked the best.

☐

IN THE EARTH'S MANTLE

☐

MISSION TO THE MIDDLE OF THE EARTH

☐

PITCHER PLANT PUMPS

☐

GROS MORNE ANIMALS

☐

MAPPING THE PARK

☐

YOU'RE THE ANIMAL

☐

FLAG ME!

☐

CHRISTMAS JANNEY

☐

TIDE POOL ADVENTURE

☐

SPRUCE UP YOUR ID SKILLS

☐

ANIMAL TRACKING

☐

TUCKAMORE TWIST

☐

SPLITTING A COD

☐

GO SMELL THE FLOWERS

☐

CHILLAXING IN THE CHAIRS

3. How old are you? (Circle your answer.)

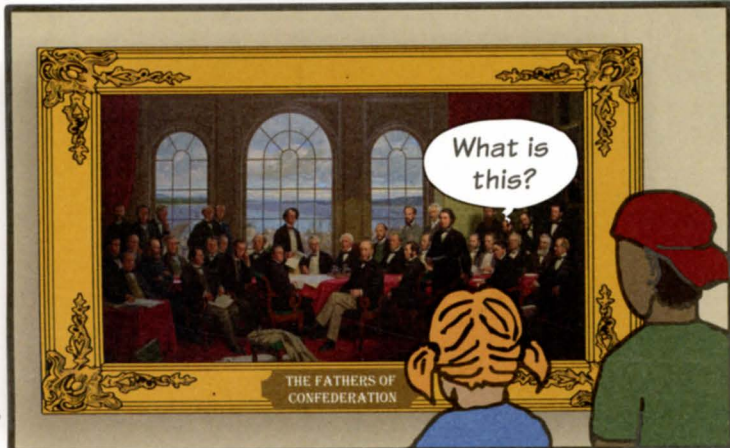
Under 6

Between 6 and 8

Between 9 and 11

12 and older

DON'T FORGET
TO CHECK
THE OTHER SIDE!



These are people who gathered in 1867 to create Canada.

1867?!
Huh, that's a long time ago!

Yeah, 150 years in 2017 and we celebrate every 1st of July!



Dear Canada,



LIKE TO X PLORE??

You can have fun in lots of
Parks Canada places! Go to
parksCanada.gc.ca/xplorers
to see where they are.



Let's Go!
Play. Learn. Grow. With

CLUB
PARKA



Visit www.parksCanada.gc.ca/Parka for Parka's app, videos, activities and more!