



100 YEARS  
1911-2011  
parksCanada.gc.ca

# Gros Morne

National Park

## Tuckamore, a Visitor's Guide



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



Parks  
Canada

Parcs  
Canada

Canada



## Contact Information

Gros Morne  
National Park of Canada  
P.O. Box 130,  
Rocky Harbour, NL  
A0K 4N0

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

**Campground  
Reservations**  
1-877-737-3783 /  
(TTY) 1-866-787-6221)

**Swimming Pool**  
(709) 458-2350

**Boat Tours**  
Trout River Pond  
(709) 636-6727

Western Brook Pond  
(709) 458-2016 /  
1-888-458-2016

**Ferry Information/  
Reservations**  
Marine Atlantic  
1-800-341-7981

Strait of Belle Isle  
(St. Barbe)  
1-866-535-2567

**Bus and Taxi Services**  
Viking 430 Shuttle  
and Tours  
(709) 458-8186 / 3016

Martin's Transportation  
(709) 453-7269 / 2207

Pittman's Taxi  
(709) 458-2486 / 7165

Bonne Bay Water Taxi  
(709) 458-2016 /  
1-888-458-2016

## Emergency Numbers

Park Wardens  
1-877-852-3100

Police  
1-800-709-7267

Hospital  
(709) 458-2201

Ambulance  
(709) 458-3444  
(709) 898-2111



# Welcome to Gros Morne National Park

In 2011, Parks Canada is celebrating its 100th birthday! When the Dominion Parks Branch was created in 1911, it was the first parks service in the world. Gros Morne is proud to join Parks Canada's family of national parks and national historic sites to mark the centennial. Many special events are planned so it's a great time to discover our national park and UNESCO World Heritage Site.

From conversations with friends and guests who visit Gros Morne, I've learned that there are as many different ways to discover this special place as there are people. One of my favourite experiences is the community trail to the point of Cow Head, where I can sit, surrounded by the panorama of ocean and mountains. My children love how part of this trail tunnels through the dense coastal forest; it makes them believe elves live there. The walk ends on the point with some very out-of-the-ordinary geology. And, many times, we have it all to ourselves!

Because we all experience a place differently, our staff and partners are working to better understand how we can support different types of travellers in discovering this place in their own way.

While here, why not take the Explorer Quotient Quiz™ that is available from a number of convenient locations throughout the park area? It's a fun tool that will profile what kind of explorer you are according to your unique interests and values. Our visitor services staff will then have plenty of ideas to share with you that are tailored to match your profile.

While some of Gros Morne's attractions are world renowned, there are also many wonderful areas both on and off the beaten track that could help make your visit memorable. You will find that, like me, many people in the area also have their own favourite places to go and things to do. The best way to get their recommendation is to just ask them!

*I invite you to find that special place that will help you to create a personal memory of Gros Morne.*  
*Jeff Anderson, Superintendent*

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## What's in a name?

The name Gros Morne dates back to a time when the French fished these shores. "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.



# A World Heritage Site

Throughout the countries of the Earth, World Heritage Sites exemplify the beauty and richness of our planet, and the history and accomplishments of humankind. As examples of the common heritage of humanity, they are some of the most important places on Earth. They transcend nations, and remind us of our responsibility towards our planet and our fellow humans.



The landscape of Gros Morne tells the story of the Earth's transformation. The rocks of Gros Morne National Park and the adjacent parts of western Newfoundland provide some of the world's best illustrations of plate tectonics, one of the most important ideas in modern science. For this reason, the United Nations Education, Scientific, and Cultural organization (UNESCO) designated the park a World Heritage Site in 1987.

Geologists are able to show that 420 to 570 million years ago, the rocks in Gros Morne were part of an ancient ocean. Later these were thrust up to become part of the Appalachian Mountains as two continents collided. These rocks give support for the theory of plate tectonics and have provided important insights into how this process works.

More recently in geological terms, glaciers carved this place into the spectacular landscape we see today and thus exposed the rocks for scientific study. This qualifies Gros Morne National Park's designation as a World Heritage Site under criteria (vii) and (viii) for its:

- "exceptional natural beauty", and
- "outstanding examples representing major stages of Earth's history".

*Some of the early ideas of plate tectonics were first developed by researchers who had worked in Newfoundland, Gros Morne and the adjacent areas.*



PANORAMA FROM NORRIS POINT: S. STONE

## WORLD HERITAGE AUDIO DOCUMENTARY BONES OF THE EARTH

During this new one-hour audio documentary, the voices of geologists, community residents, artists and poets reveal the meanings of the landscape and rocks. This audio journey brings you through Gros Morne's significant geological features, building the grand story of the evolution of the

earth and the process of plate tectonics. The program is available for download from the park website, and is a perfect companion for a drive through the park.



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### • Layers of Time

Ghosts of a lost ocean, the shale layer of rock along the coast at Green Point contain fossils such as graptolites that help define the Cambrian and Ordovician periods.



GREEN POINT: G. LOCKE

COW HEAD CONGLOMERATE: M. BURZYNSKI



### • Undersea Avalanches

Thick beds of limestone conglomerate at Cow Head, worn by waves into rugged shelves and cliffs, record the catastrophic collapse of a tropical reef.

### GULF OF ST. LAWRENCE



GREEN GARDENS STACK: S. STONE

### • Volcanic Coastline

The rocks of Green Gardens erupted onto the Earth as a continent split apart and an ocean formed more than 600 million years ago.



### How many will you visit?



WESTERN BROOK CLIFFS: R. MYERS

### • Former fjords

Glaciers carved the massive cliffs of Western Brook Pond, as ice bit through this 1.2 billion-year-old block of granite and gneiss, on their slow path to the sea.

### • Ancient continent

The Long Range Mountains endure as a fragment of the great Canadian Shield. These Precambrian mountains once bordered an ancient ocean, but are now land-locked and ground down by time and ice.



LONG RANGE: S. STONE

### • Ocean floor upturned

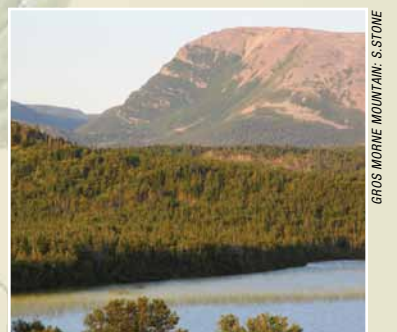
The Tablelands are a slice of ancient ocean floor. The orange-brown rock, called peridotite, is one of the best and most accessible examples of exposed mantle material in the world.



TABLELANDS: S. STONE

### • Tropical Sea Floor

Around Bonne Bay, the pink quartzite mountaintops and limestone cliffs were sandy beaches and tropical reefs that formed the shoreline and continental shelf of this ancient ocean.



GROS MORNE MOUNTAIN: S. STONE



# What kind of explorer are you? Take the Quiz, it's fast and fun!



Parks Canada and the Canadian Tourism Commission want you to discover more about this country, as well as a little bit about yourself.

Visit [www.eq.canada.travel](http://www.eq.canada.travel) or stop by the Gros Morne Visitor Centre or Discovery Centre to take the quiz and receive some suggestions for your type of explorer.

## Unforgettable Gros Morne Experiences

### AUTHENTIC EXPERIENCER

Your travel type is something of an improv artist, exploring nature, history and culture, all on the path to personal development. You enjoy using all of your senses, and you really get to know the places you visit.

- Hike Green Gardens Trail to explore the volcanic coast, meadows, and sea cave.
- Pack a picnic lunch and explore the coves in Bonne Bay by kayak.

### CULTURAL EXPLORER

You are a very active traveler who enjoys frequent weekend escapes. Always on the move, you immerse yourself in the culture, people and settings of the places you visit.

- Mingle with locals at community events such as church suppers, the Cow Head Lobster Festival, or the Bonne Bay Regatta.
- Wander onto a community wharf and see what the fishermen are doing.

### CULTURAL HISTORY BUFF

When you travel, you are likely pursuing a personal interest or hobby to make the experience even more rewarding. You seek the freedom to observe, absorb and learn at your own pace, unhurried by others or rigid schedules.

- Let our staff introduce you to the local specialists: whatever the field - birds, flowers, history, geology –we'll hook you up.
- Visit the highlights of the Tablelands up close via zodiac-style boat on Trout River Pond.



WESTERN BROOK BEACH: S.Stone

### NO-HASSLE TRAVELLER

A bit of an escapist, you search for worry-free and secure travel. You look for relaxation, simplicity, and a chance to experience the outdoors with family and friends.

- Have a close encounter with marine life in the aquaria and research tanks at the Bonne Bay Marine Station in Norris Point.
- Attend a Gros Morne Theatre Festival, Gros Morne Summer Music, or Writers at Woody Point performance for high-calibre local and national cultural talent.

### FREE SPIRIT

Something of a thrill-seeker, travel satisfies your insatiable need for the exciting and the exotic. Young, or young-at-heart, you want to be with others who feel the same way.

- Hike to the highest point in the park – the top of Gros Morne Mountain.
- Celebrate with new friends at a pub night or traditional kitchen party.

### GENTLE EXPLORER

You like to return to past destinations and enjoy the security of familiar surroundings. You appreciate convenience, relaxation and typically look for all the comforts of home.

- Climb the Lookout Trail behind the Discovery Centre for a panorama of Bonne Bay.
- Join an interpretive walk, evening program, or campfire on the beach.

### REJUVENATOR

For you, travel is a chance to totally disconnect and just get away from it all. All you want to do is escape, recharge and renew.

- Find a coastal perch where you can lose yourself listening to the sea.
- Relax on an evening cruise on scenic Bonne Bay.

### PERSONAL HISTORY TRAVELLER

You travel to gain a deeper understanding of your ancestry and heritage. Your travel tends to be a shared experience, both during and after the trip.

- Chat with a fisherman-interpreter at the restored fishing station at Broom Point.
- Immerse yourself in the past at the Lobster Cove Head Lighthouse history exhibit.

### VIRTUAL TRAVELLER

Tending not to travel very often, you prefer the comforts of home to the uncertainties of new places or cultures.

- Drive to some of the park's best views: check out the scenic drives on p.6-7 of this guide.
- Spend as much time as you like in the Discovery Centre, studying the displays and maps about geology, flora and fauna and cultural history.



Scan this QR code with your smartphone.

## Locals Know

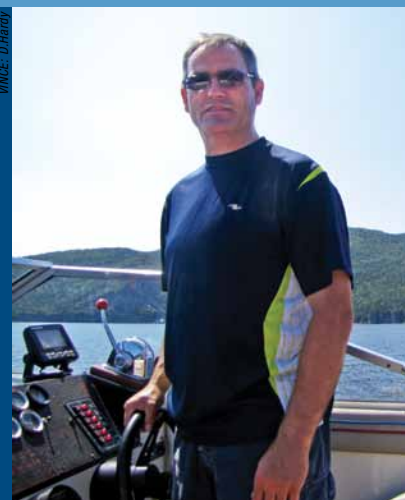
We asked some of our staff who live in the local communities for their suggestions of great ways to enjoy this place.



MARK: M.Burzynski

**MARK,**  
a gentle explorer

“Definitely do the Western Brook Pond boat tour.”



VINCE: D.Hardy

**VINCE,**  
a no-hassle traveller

“Walk barefoot on Shallow Bay Beach - and feel the sand between your toes.”



DARROCH: T.Konigh

**DARROCH,**  
an authentic experiencer

“The best time for seeing wildlife is early morning, or outside of peak hours. Even an easy trail takes on a magical quality by moonlight.”



DAVID: M.Burzynski

**DAVID,**  
a cultural explorer

“Let Louise at Broom Point teach you how to gut a codfish!”



ANGELA: S.Stone

**ANGELA,**  
a free spirit

“To be in the midst of a crowd, enjoying a traditional good time, don't miss Pub Night.”



KIM: J.Lohrey

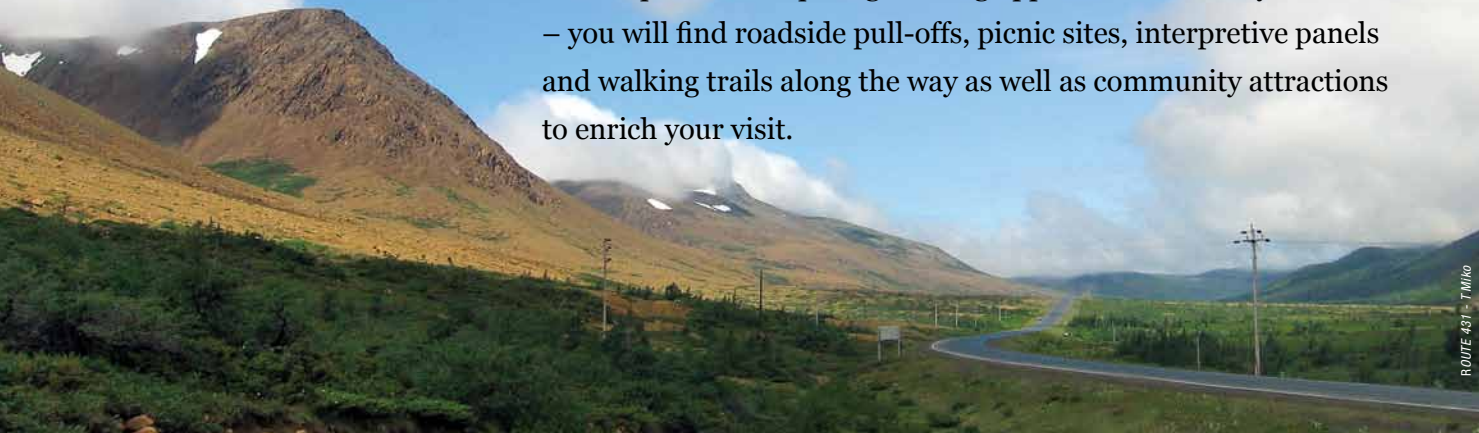
**KIM,**  
a rejuvenator

“To get away from it all, hike up into the bowl of the Tablelands, and just sit and admire the view of Bonne Bay.”



# Explore Gros Morne on a Scenic Drive

Two routes traverse the park: route 430 runs south to north and route 431 cuts east to west. Each route leads to distinctly different landscapes and unique sightseeing opportunities. Take your time – you will find roadside pull-offs, picnic sites, interpretive panels and walking trails along the way as well as community attractions to enrich your visit.



ROUTE 431 - TIMKO

## TABLELANDS DRIVE

**Route 431** heads west at Wiltendale, passing through the sheltered forests of the Lomond River valley before twisting down The Struggle into the South Arm of Bonne Bay. This was the only road link to the northern peninsula until 1968. The Tablelands loom above the small communities perched along the side of the fjord: Glenburnie, Birchy Head and Shoal Brook ramble over the glacial deltas that 10,000 years ago flowed into the bay. Woody Point's large historic homes and buildings hint at its

past importance as a commercial centre for western Newfoundland. Before Woody Point, the road turns inland and climbs to the bright yellow Discovery Centre. This is a great place to stop for an overview of all the mysteries of the landscape. As you drive on through Trout River Gulch, you can appreciate the way that mountains affect weather, and sense how climate and geology reign in this bizarre landscape. Here glaciation

has laid bare the bones of the Earth, and a rare chapter of Earth's history is exposed – an ocean floor upturned, the deepest layers on top – a wondrous illustration of plate tectonics. The road ends at Trout River, where you can stroll along the boardwalk by the sea, and discover its marine heritage in the community museum. More views await at Trout River Pond, where you can also explore on foot, by boat or in a kayak.

ROUTE 430 - S. STONE

## COASTAL DRIVE

**Route 430** heads north at Wiltendale and hugs the western coast of the park. There are spectacular views of the Long Range Mountains and Bonne Bay as the road climbs over Southeast Hills and then winds along the East Arm of Bonne Bay.



A side trip to Norris Point rewards you with a panoramic view of Bonne Bay and the Tablelands. At the town's waterfront you can stroll onto the wharf, visit the aquaria of the Bonne Bay Marine Station or take a boat or kayak tour.

North of Rocky Harbour, Lobster Cove Head lighthouse guards the entrance to Bonne Bay and overlooks the Gulf of St. Lawrence. The scenery changes dramatically along this outer coast. The Long Range Mountains retreat to the east as the road follows the windswept coastline. The fish staging areas, dotted along the shore, are a reminder of the inshore fishery's importance to this coast.

A lowland of forest and bog separates the coast from the mountains. Here you'll see roadside gardens where people grow root crops in the rich peaty soil, and short trails lead through the tuckamore to the shore. Near the park's northern boundary, at Cow Head, you can take in a play at the Gros Morne Theatre festival or enjoy the long sandy beaches at Shallow Bay.



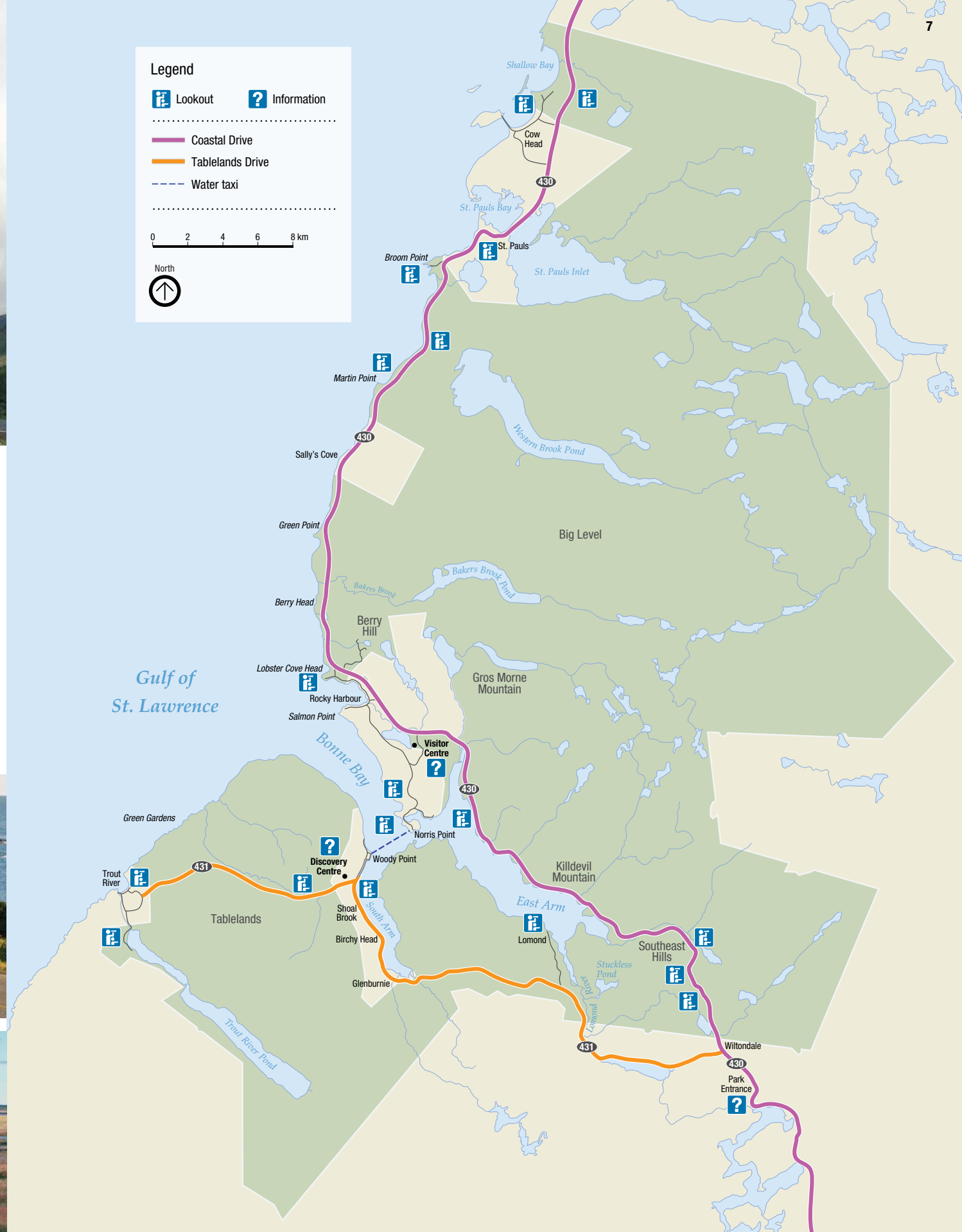
ST PAULS MARSH - M. BURZYNSKI

**Legend**

- Lookout
- Information
- Coastal Drive
- Tablelands Drive
- Water taxi

0 2 4 6 8 km

North



Helpful Hint: If you are travelling between Rocky Harbour/Norris Point and Woody Point (July- August), catch the water taxi at Norris Point or allow one hour and fifteen minutes to drive.



## Take a Hike!

There are more than 100 km of trails in Gros Morne, from half-hour strolls to strenuous multi-day hikes. But you needn't be limited – your legs can carry you anywhere your eyes can see! Mattie Mitchell, a famous Mi'kmaq guide who lived in Norris Point and walked all over western Newfoundland, was quoted as saying: *“When I walk, my legs do the thinking.”* Hiking is one of the best ways to experience our natural world.



GREEN GARDENS STAIRS: S.STONE

### WALKS AND HIKES

The park trails listed on p. 16 are all clearly marked, and feature boardwalks, stairs and bridges where necessary. A map at the beginning of each trail shows the route and any major decision points. A waterproof map/guide to the trails is available for \$19.95 at the Tuckamore shops in the Visitor Centre and Discovery Centre.

### COMMUNITY TRAILS

Some of the best short walks are right in town. Each community has a few trails.

Trout River	<b>Lighthouse Trail</b>	Trail takes you through fields and woods to the signal light and a view of the community, and the outer coast
	<b>Eastern Point</b>	Leads to a coastal headland with views of Trout River
Woody Point	<b>Community Trail</b>	Trail starts behind the school in Woody Point and leads to the Discovery Centre with spectacular views of the community, the Tablelands and Bonne Bay
Norris Point	<b>Burnt Hill Trail</b>	A short climb up this 80m-high hill leads to great views of Bonne Bay and the community
	<b>James W. Humber Trail</b>	Trail begins at the Norris Point lookout and winds downhill through the forest to Wild Cove beside Bonne Bay
Rocky Harbour	<b>Waterfront to Salmon Point</b>	Stroll along the harbour to the cliffs of Salmon Point for a view of the sunset and the mouth of Bonne Bay
	<b>Rocky Hills Trail</b>	A short trail leads to a place once used as a lookout for returning boats
	<b>Bottom Brook</b>	Following the brook that winds through the community, this trail leads from the harbour front to the Fisherman's Landing Inn
St. Pauls	<b>Tickle Point Trail</b>	Explore coastal meadows and salt marshes of St. Pauls Bay
Cow Head	<b>Lighthouse Trail</b>	An old path used by early settlers to get to the lighthouse. Winds through coastal tuckamore and grassy meadows to a panoramic headland at the point of the head



GROS MORNE GULLY: S.STONE



MOUNTAIN BIKING: S.STONE

### CYCLING

There are no specifically designed bike trails in Gros Morne, but mountain bikes are permitted to use Stuckless Pond trail, as well as the 11 km of looped ski trails near the Visitor Centre. With its great views of Gros Morne and the Long Range Mountains, the Eastern Arm Pond cabin access road across the highway from the

Visitor Centre is a favourite of local riders. North and south of the park, there are kilometres of woods roads. Cycle Solutions rent bikes at the Visitor Centre, mid-June to Labour Day.

**1-709-634-7100 / 1-866-652-2269 ,**  
**info@cyclesolutions.ca**

### BACKPACKING

Overnight hikes let you immerse yourself in nature. Designated campsites have simple basic facilities. There are usually tent pads (to reduce trampling of the soil and keep your tent off the wet ground), a food locker or bear pole (to store food so that it does not attract bears) and pit toilets. Showers are free and au naturel!

Carry a stove – they are more efficient for cooking and more - environmentally sensitive. Campfires are permitted only on the saltwater beaches of Green Gardens and Stanleyville where there is driftwood and no risk of fire damage to soil or trees. There are campsites on Stanleyville, Green Gardens, Wallace Brook, and Snug Harbour trails.

### WILDERNESS HIKING

The Long Range and North Rim traverses are challenging and spectacular routes that the park recommends for experienced backcountry travellers. Map and compass skills are essential since there are no trails or route markers to show the way. Weather in the mountains can also quickly reduce visibility.

Reservations and a backcountry permit are required for these wilderness treks.

You must also do a pre-trip planning session including a self-assessment test at least one day in advance of your trip. Topo maps are for sale at the Visitor Centre and Discovery Centre. Contact park staff for more information.

**Long Range Traverse** 35 km (4 days +)  
**North Rim Traverse** 27 km (3 days +)  
**Woody Point Traverse** 15 km (2 days +)



WOODY POINT TRAIL: K.VOKEY

### “EXPLORA” THE TABLELANDS

Discover the story of the Tablelands at your chosen time and pace with our new mobile media guide. Using a handheld computer and GPS technology, Explora provides you with location-specific content as you walk along the Tablelands trail. You will see your location on a map and interact with text, images, sound, video and quizzes. Figure out answers to questions such as; Why is this mountain so odd-looking? What are those strange plants beside the trail? What makes Gros Morne a UNESCO World Heritage Site? Sign out your Explora unit at the Discovery Centre and experience the Tablelands like never before.



## Great Small Adventures

Gros Morne is a place to relax and enjoy yourself. Not every outing needs to be an expedition. The famous naturalist Louis Agassiz wrote to a friend: *“I spent the summer traveling; I got half-way across my backyard.”*



COBBLE BEACH: S.STONE



BIRDING: S.STONE



KIDS AT SHALLOW BAY: R.MYERS

### BEACH WALKS

With more than 150 km of accessible shoreline, you could walk for weeks and never see the same beach twice. You can skip rocks, beachcomb, discover rock art or just sit on a log and watch the sunset.

- North of Rocky Harbour, every path or old road that leads down to the shoreline will be worth exploring. The cobble beaches are littered with old fishing gear washed up in storms: ropes, buoys, nets and lobster traps.
- On the sandy beaches of Trout River, Western Brook, Shallow Bay and Tickle Point at St. Pauls you may find marine treasures such as beach glass, mermaid's purses and storm-tossed shells (leave these for others to enjoy).
- Hours can be spent exploring the tide pools at Lobster Cove Head, Salmon Point, or Cow Head.
- Around Bonne Bay, the shoreline is narrow and tide-dependant, but there are some great short walks – the estuary of the Lomond River, Man of War Cove (Southeast Arm), and the tidal flats near Mackenzie's Brook (Glenburnie).

If in doubt, just ask and a local will direct you.

If you enjoy frequent beach walking, check out the volunteer Beach Watch program on **p. 22**.

### BIRD WATCHING

The habitats found in Gros Morne offer different bird watching opportunities. Many species of seabirds and waterfowl are common on coastal and inland waters.

- Common and Arctic terns nest on the low islands at St. Pauls, while eiders congregate off Cow Head.
- During the summer, lowland forests are home to many boreal songbirds.
- Determined birders might want to hike up Gros Morne Mountain to see species that typically breed much farther north such as rock ptarmigan, tree sparrow, and the white-crowned sparrow, to name a few.
- Look for a variety of shorebirds that migrate through the park from early August to October – the Mecca is the estuary and marshes at St. Pauls.

### ENJOYING GROS MORNE WITH A CHILD

- Fly a kite in the grassy field at Lobster Cove Head.
- Look at stars or the moon through the telescope at Western Brook Pond.
- Cross the suspension bridge at Wallace Brook or Stuckless Pond trail.
- Count spiderwebs in the morning dew.
- Decode the signal flags at Lobster Cove Head lighthouse.
- Hike a short trail at night.
- Look for green frogs in Berry Hill Pond.
- Go beachcombing along the rocky shores north of Rocky Harbour.
- Climb into the lighthouse at Cow Head.
- Search for (but don't pick) pitcher plants (Newfoundland's provincial flower) in the bog at Berry Head Pond.



R. MYERS




S. STONE



S. STONE

## Day Use Areas

While exploring the park, take advantage of our many day use areas. Each one offers a variety of facilities and different opportunities to help you relax and enjoy your visit. Look for the  symbol on the map p.16.

### SHALLOW BAY

*Next to a 4 km sandy beach*  
**Location:** 1 km north of Cow Head  
**Activities:** Unsupervised swimming and hiking trail.  
**Amenities:** Picnic shelter, wood stove, playground, and flush toilets.

### WESTERN BROOK

*Near mouth of Western Brook*  
**Location:** 32 km north of Rocky Harbour.  
**Activities:** A short trail provides access to a sandy beach but dangerous currents mean swimming is not recommended.  
**Amenities:** Picnic shelter, wood stove.

### BAKERS BROOK

*Open area on the coast beside a fish staging area*  
**Location:** 9 km north of Rocky Harbour.  
**Activities:** Trout fishing at the mouth of the brook.  
**Amenities:** Picnic shelter.

### MILL BROOK

*Overlooking the East Arm of Bonne Bay*  
**Location:** 15 km south of Rocky Harbour.  
**Amenities:** Picnic shelter, wood stoves, wharf, boat ramp.

### SOUTHEAST HILLS

*Panoramic views of Long Range Mountains*  
**Location:** 33 km south of Rocky Harbour.  
**Amenities:** Picnic shelter.

### LOMOND

*On the shores of Bonne Bay near the mouth of the Lomond River*  
**Location:** 17 km west of Wiltondale off route 431.  
**Activities:** Hiking trail and gravel beach.  
**Amenities:** Picnic shelter, wood stove, wharf, boat ramp, and flush toilets.

### MACKENZIE'S BROOK

*Wooded area at the back of the South Arm of Bonne Bay*  
**Location:** 25 km west of Wiltondale on route 431.  
**Amenities:** Picnic shelter.

### TROUT RIVER POND

*On the shores of Trout River Pond*  
**Location:** 1 km east of Trout River.  
**Activities:** Unsupervised swimming, hiking trail,  
**Amenities:** Picnic shelter, wood stove, fire pits, playground and boat ramp.



KAYAKING: D. WILSON



SHALLOW BAY - D. WILSON



# Marine Encounters

MARINE STATION: F. CUTHBERT



KAYAKER: BARRETT &amp; MACKAY



SWIMMING BONNE BAY: M. BUCZYNSKI



## BONNE BAY MARINE STATION (entrance fee)

Your marine adventures begin in Norris Point's Bonne Bay Marine Station. Supported by Memorial University and the Gros Morne Co-operating Association, this marine research centre offers exciting interpretive programs focused on the sea.

All ages will enjoy the daily Interactive Aquarium Tours where you can see local marine life and get your hands wet in the touch tank. Don't forget to ask about the naturalist-led boat and kayak tours of the bay's marine environment.

Information:  
(709) 458-2874 / 2550

**May 21 to September 5**  
9:00 am – 5:00 pm  
**September 6 to October 1**  
9:00 am – 5:00 pm  
(Wednesday to Sunday)

## KAYAKING

Gros Morne National Park offers many fascinating paddling opportunities with its more than 260 km of coastline. Paddlers should become familiar with the marine and weather conditions before setting out. Wind and weather conditions can change quickly and pose major problems for unsuspecting paddlers. Private operators offer kayaking tours of Bonne Bay and St. Pauls Inlet, as well as rentals.

## BOATING

Power boating is allowed on Bonne Bay and Trout River Pond. Boat ramps are located at Trout River Pond, Lomond, and Mill Brook day-use areas. Nearby communities also provide services for boaters, including government wharves, marinas, repair facilities, and boat ramps.

## FISHING

In freshwater: You may fish for trout and salmon in the park. To fish trout, you need a Gros Morne National Park Fishing Permit. To fish on a scheduled salmon river, you need a Gros Morne National Park Salmon Licence and a Provincial Salmon Licence and tag. Park fishing permits and licences are free and available from all park facilities. Provincial salmon licences are available at retail outlets such as convenience stores and service stations.

Trout River, Lomond River (including the East Branch), and Deer Arm Brook are scheduled rivers and restricted to fly-fishing. Western Brook and its tributaries are closed to fishing. Check with park staff for up-to-date information on seasons, limits, river closures and regulations.

In saltwater: The recreational fishery for groundfish (including cod) is open to both NL residents and non-residents. The limits, season, and specific regulations are announced each year by Fisheries and Oceans Canada ([www.dfo-mpo.gc.ca](http://www.dfo-mpo.gc.ca)). There is a user fee.

## SWIMMING

Open air swimming is best at Shallow Bay, Lomond, and Trout River Pond. None of these sites are supervised, but all have washrooms and picnic tables. Due to the dangerous currents at the mouth of Western Brook, swimming in the ocean off the beach there is not recommended.

Also ask local people for their recommendations – a number of small streams are great for a dip, especially those with pools and waterfalls, for example at Middle Brook near Glenburnie. By mid-summer, even the bay may be pleasant enough for a quick dip!

The Gros Morne Recreation Complex, which overlooks Rocky Harbour, has a 25-metre indoor pool with a shallow bay, a leisure harbour, a whirlpool, and a variety of scheduled, supervised activities. The pool is open daily from late June to Labour Day.

## Boat Tours

Boat tours showcase some of the park's most spectacular landscapes, on Western Brook Pond, Trout River Pond and Bonne Bay.

### New for 2011

#### Geological Adventure Tour at Trout River

Take a spin in a rigid-hull inflatable boat through 500 million years of time, on a cruise down Trout River Pond. Lying in a glaciated valley between the Tablelands and the Gregory Plateau, this 15-km former fjord, unlike Western Brook Pond, has shorelines where a boat can stop for shore visits when conditions permit. Visit geological features that led to the park's designation as a UNESCO World Heritage Site. Tours depart from the Trout River Pond day-use area daily.

#### Overfalls Trail Shuttle Service at Trout River

Overfalls Trail, the newest leg of the International Appalachian Trail system, begins at the eastern end of Trout River Pond. Though the trail is still a work in progress, the shuttle service provides easy access to this beautiful area with its many hiking opportunities. The shuttle plans to depart 3 times daily. And if you'd like to get to the trail under your own power may we suggest....Kayak rentals are available for exploring Trout River Pond.

**For reservations and information, phone (709) 636-6723, or visit [www.oceanquestadventures.com](http://www.oceanquestadventures.com)**

#### Western Brook Pond tour

This is a 2-hour cruise with live interpretation, between massive billion-year-old cliffs. Ponds atop the plateau feed waterfalls that cascade into the park's largest lake. A moderate 3 km trail leads from the parking lot to the dock.

The two boats have canopied decks and on-board washrooms. Pets are not permitted on the boats. Departures depend on wind and weather conditions.

**Reservations are recommended. Phone 709-458-2016 or 1-888-458-2016. Visit [www.bontours.ca](http://www.bontours.ca) or drop by the ticket office at the Ocean View Motel in Rocky Harbour.**

#### SCHEDULE

June	—	1 pm	—
July	10 am	1 pm	4 pm
August	10 am	1 pm	4 pm
September	—	1 pm	—



ON TROUT RIVER POND: G. LOCKE



WESTERN BROOK POND BOAT: R. MYERS

Bontours also offers tours of **Bonne Bay** by catamaran. The ticket office is located on the waterfront at Norris Point. In July and August, a water taxi makes three round-trips daily between Norris Point and Woody Point.



# INTERPRETATION

## Explore with a park interpreter

Throughout the summer, discover and explore some of the park's special features with an interpreter.

Through a variety of creative and engaging activities, interpreters will share with you their knowledge, insights, and love of this place. Check the monthly schedule for times and locations.



S. STONE



S. STONE



GUIDED WALK: M. Burzynski



S. STONE

### Campfires

Join us for an hour of stories, songs and skits about the people, the plants and the animals that call Gros Morne National Park home. It's fun for the entire family. Bring along a blanket, a flashlight and a mug for tea or hot chocolate.

### Special Events

Throughout the summer there are special programs and events in coordination with local community festivals. Come join in the fun. Check at park facilities or the monthly interpretation calendar for program times and locations.

### Interpreters Out and About

Our interpreters are on the move with short 15- to 20-minute programs. They could be dockside before a boat tour, on a trail, in a campground or in the local communities. Ask at park facilities to find out where the interpreters are today.

### Guided Walks

Experience and enjoy the park's environment first hand with one of our talented guides. On beach, bog, forest, or barren, they will reveal many of the fascinating features and stories of this place. Guided walks are over gentle terrain and suitable for all ages.

### Art in the Park

Visiting artists present illustrated talks or workshops highlighting their work, and how they use art materials and techniques. Staff also offer hands-on art activities every week to play and explore the park creatively. Come join us, meet the artists and discover your creative side.

### Interpretive Talks

Join us at the Discovery Centre or Visitor Centre for an hour of entertainment and education as we explore the park's history and natural environments with slide presentations, music, props, drama, and comedy.

**Note:** Interpretive activities are scheduled from late June to September and are not cancelled due to weather. We are on the go rain or shine! Your park entry fee is your ticket to all but a few special programs.

## DISCOVER OUR WORLD HERITAGE

**Tablelands** – *Walk Upon the Earth's Mantle*  
Explore the exceptional ecology and world-significant geology with a park interpreter guiding you through a landscape described as a "geologist's dream". Meet at the Tablelands Trail parking lot on route 431. Check the interpretation schedule for times.



R. MYERS



G. LOCKE

**Green Point** – *Stroll Through Strata*  
Walk 1 km and pass through 15 million years of Earth history. See fossils called graptolites and discover why Green Point was designated a Global Stratotype in 2000. Meet at Green Point, 100 m north of the Green Point campground on route 430. The parking area is 300 m down the gravel road. Check the interpretation schedule for times.

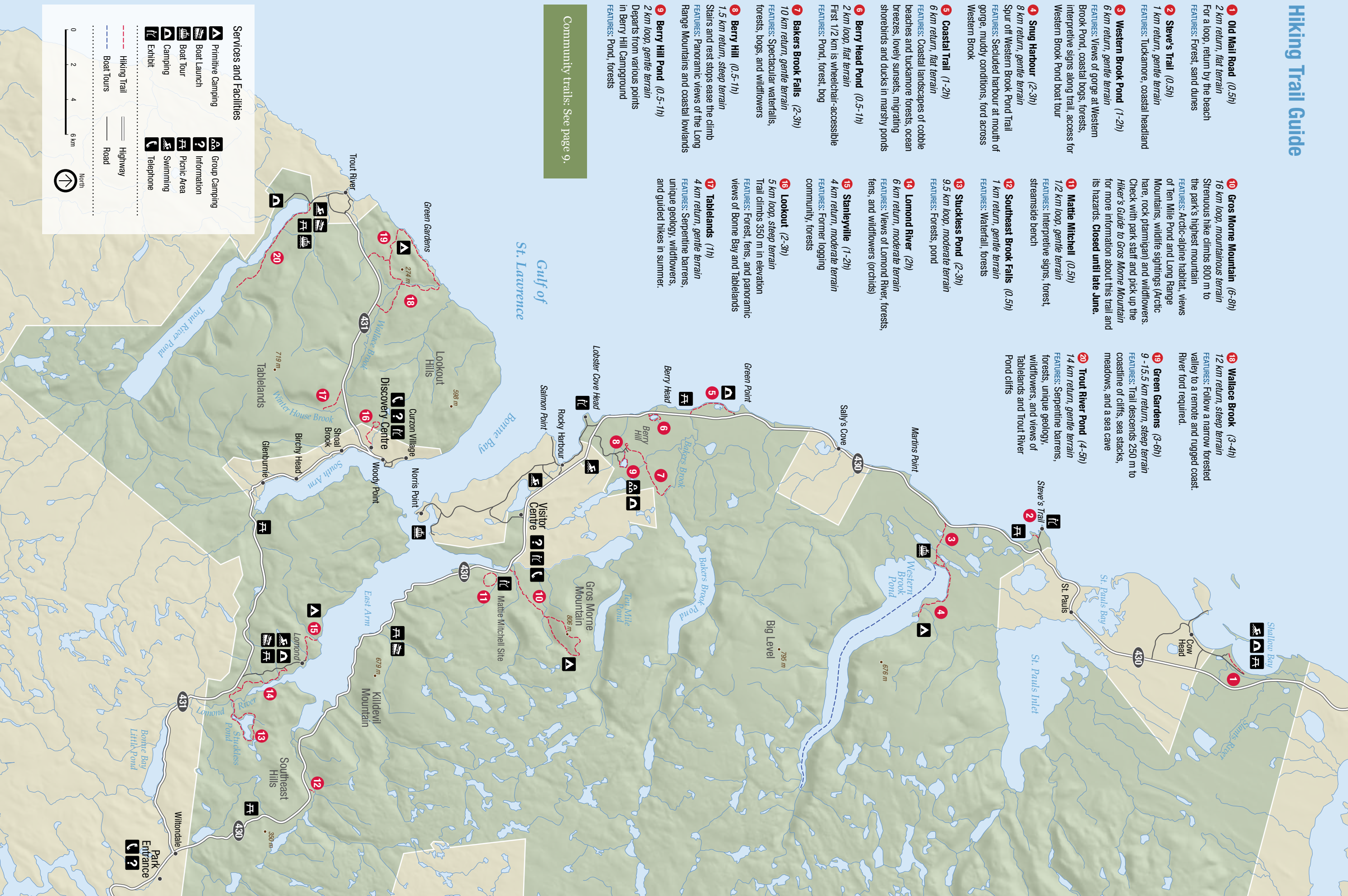


- 1 Old Mail Road (0.5h)**  
2 km return, flat terrain  
For a loop, return by the beach  
FEATURES: Forest, sand dunes
- 2 Steve's Trail (0.5h)**  
1 km return, gentle terrain  
FEATURES: Tuckamore, coastal headland
- 3 Western Brook Pond (1-2h)**  
6 km return, gentle terrain  
FEATURES: Views of gorge at Western Brook Pond, coastal bogs, forests, interpretive signs along trail, access for Western Brook Pond boat tour
- 4 Snug Harbour (2-3h)**  
8 km return, gentle terrain  
Spur off Western Brook Pond Trail  
FEATURES: Secluded harbour at mouth of gorge, muddy conditions, ford across Western Brook
- 5 Coastal Trail (1-2h)**  
6 km return, flat terrain  
FEATURES: Coastal landscapes of cobble beaches and tuckamore forests, ocean breezes, lovely sunsets, migrating shorebirds and ducks in marshy ponds
- 6 Berry Head Pond (0.5-1h)**  
2 km loop, flat terrain  
First 1/2 km is wheelchair-accessible  
FEATURES: Pond, forest, bog
- 7 Bakers Brook Falls (2-3h)**  
10 km return, gentle terrain  
FEATURES: Spectacular waterfalls, forests, bogs, and wildflowers
- 8 Berry Hill (0.5-1h)**  
1.5 km return, steep terrain  
Stairs and rest stops ease the climb  
FEATURES: Panoramic views of the Long Range Mountains and coastal lowlands
- 9 Berry Hill Pond (0.5-1h)**  
2 km loop, gentle terrain  
Departs from various points in Berry Hill Campground  
FEATURES: Pond, forests
- 10 Gros Morne Mountain (6-8h)**  
16 km loop, mountainous terrain  
Steep ascent climbs 800 m to the park's highest mountain  
FEATURES: Arctic-alpine habitat, views of Ten Mile Pond and Long Range Mountains, wildlife sightings (Arctic hare, rock ptarmigan) and wildflowers. Check with park staff and pick up the *Hiker's Guide to Gros Morne Mountain* for more information about this trail and its hazards. **Closed until late June.**
- 11 Mattie Mitchell (0.5h)**  
1/2 km loop, gentle terrain  
FEATURES: Interpretive signs, forest, streamside bench
- 12 Southeast Brook Falls (0.5h)**  
1 km return, gentle terrain  
FEATURES: Waterfall, forests
- 13 Stuckless Pond (2-3h)**  
9.5 km loop, moderate terrain  
FEATURES: Forests, pond
- 14 Lomond River (2h)**  
6 km return, moderate terrain  
FEATURES: Views of Lomond River, forests, fens, and wildflowers (orchids)
- 15 Stanleyville (1-2h)**  
4 km return, moderate terrain  
FEATURES: Former logging community, forests
- 16 Lookout (2-3h)**  
5 km loop, steep terrain  
Trail climbs 350 m in elevation  
FEATURES: Forest, fens, and panoramic views of Bonne Bay and Tablelands
- 17 Tablelands (1h)**  
4 km return, gentle terrain  
FEATURES: Serpentine barrens, unique geology, wildflowers, and guided hikes in summer.
- 18 Wallace Brook (3-4h)**  
12 km return, steep terrain  
FEATURES: Follow a narrow forested valley to a remote and rugged coast. River ford required.
- 19 Green Gardens (3-6h)**  
9-15.5 km return, steep terrain  
FEATURES: Trail descends 250 m to coastline of cliffs, sea stacks, meadows, and a sea cave
- 20 Trout River Pond (4-5h)**  
14 km return, gentle terrain  
FEATURES: Serpentine barrens, forests, unique geology, wildflowers, and views of Tablelands and Trout River Pond cliffs

Community trails: See page 9.

**Services and Facilities**

<ul style="list-style-type: none"> <li> Primitive Camping</li> <li> Boat Launch</li> <li> Boat Tour</li> <li> Camping</li> <li> Exhibit</li> </ul>	<ul style="list-style-type: none"> <li> Group Camping</li> <li> Information</li> <li> Picnic Area</li> <li> Swimming</li> <li> Telephone</li> </ul>
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# Camping

Gros Morne National Park offers a variety of camping opportunities. Choose your experience from one of five campgrounds, primitive campsites along trails, or group camping at Berry Hill.



### TROUT RIVER

*Next to Trout River Pond with views of the Tablelands.*  
**Location:** 2 km from community of Trout River, 50 km from the park entrance at Wiltondale off route 431.  
**Amenities:** Boat ramp and beach for unsupervised swimming at the nearby day use area.  
**Sites:** 44 large open and wooded sites.

### LOMOND

*On the shores of Bonne Bay with outstanding views of the bay and the Long Range Mountains.*  
**Location:** 17 km from the park entrance at Wiltondale off route 431.  
**Amenities:** Area was once a logging community; two trails follow old logging roads; boat ramp and wharf on-site.  
**Sites:** 29 open and wooded sites.

### BERRY HILL

*Secluded campground in a forest setting. Centrally located.*  
**Location:** 5 km north of Rocky Harbour off route 430.  
**Amenities:** Close to swimming pool, visitor centre, and Lobster Cove Head Lighthouse. Three hiking trails leave from the campground.  
**Sites:** 69 wooded sites, 2 group camping sites.

### GREEN POINT

*On the shores of the Gulf of St. Lawrence with spectacular coastal views and sunsets.*  
**Location:** 12 km north of Rocky Harbour on route 430.  
**Amenities:** Cobble beach, seasonally active fish staging area nearby, trail along the old winter mail road runs south to Bakers Brook, self-registration campground.  
**Sites:** 31 open and wooded sites.

### SHALLOW BAY

*Next to the 4 km sandy beach at Shallow Bay.*  
**Location:** 1 km north of the community of Cow Head.  
**Amenities:** Offers the best saltwater swimming (unsupervised) in the park; trail along the old winter mail road links the campground to the day use area.  
**Sites:** 62 open and wooded sites.



### Group Camping

Located at Berry Hill Campground are two group camping sites. The sites, which can accommodate 25 people each, share a single service building containing washrooms (wheelchair accessible), showers,

and a kitchen shelter equipped with wood stoves, cupboards, running water, and kitchen sinks. Reservations required.  
**Call** (709) 458-2417 or  
**e-mail** [grosmorne.info@pc.gc.ca](mailto:grosmorne.info@pc.gc.ca).

### Make your own sustainable choices

Through an Accord for Sustainability, Gros Morne is working with local communities towards the sustainability of the region. Here's how you can help:

#### Buy locally whenever possible

#### Leave no trace of litter anywhere

**Be Idle-Free:** Reduce your vehicle emissions and save fuel by not letting your car idle

**Recycle:** the following beverage containers are recyclable in the park area:

- *Aluminum cans* – soft drinks, beer, juice, flavoured drinks
- *Drink boxes* – juice, milkshakes
- *Plastic and glass bottles* – soft drinks, water, juice, flavoured drinks, wine and liquor bottles, imported beer
- *Steel cans* – juice

Please remove caps, straws and garbage before depositing in recycle bins.

### Camping Services

	Drive-in sites	Walk-in sites	Beach sites	Fireplaces	Kitchen shelters	Playground	Flush toilets	Hot water	Showers	Dumping station	Group camping	Wireless internet
<b>TROUT RIVER</b> (seasonal)	40	4	-	■	■	■	■	■	■			■
<b>LOMOND</b> (seasonal)	25	4	4	■	■	■	■	■	■	■		
<b>BERRY HILL</b> (seasonal)	69	-	-	■	■	■	■	■	■	■	■	
<b>GREEN POINT</b> (open year round)	31	-	-	■	■		■					■
<b>SHALLOW BAY</b> (seasonal)	62	-	-	■	■	■	■	■	■	■		■

### Campground Regulations

- All vehicles entering the campground must stop and register as only registered campers or their guests and registered hikers may enter the campground.
- Campfires are permitted only in designated fireplaces. Firewood can be bought at campgrounds or in communities. Please do not cut wood or gather deadwood from the forest.
- Each campsite is limited to one camping unit plus a small tent.
- Keep food secure in your car to avoid attracting wildlife.
- Quiet hours are enforced after 11:00 pm.
- Check out time is noon.

### Clean Routine

Help keep our park clean by putting all of your garbage in the containers provided. Please put only sorted recyclables, such as beverage containers, in the blue bins.

### Drinking Water

Water in all our campgrounds is treated and tested regularly. It is safe to drink unless otherwise posted. Water from roadside springs and other natural sources are not tested and should be boiled before drinking.

### Looking for serviced camping?

Serviced sites are available in many of the private campgrounds located in the surrounding communities.  
[www.newfoundlandlabrador.com/PlanYourTrip/Campgrounds](http://www.newfoundlandlabrador.com/PlanYourTrip/Campgrounds)

### WIFI

We offer FREE wireless internet access to campers in Shallow Bay, Green Point and Trout River campgrounds.

**Campground Reservations:** You can make a reservation online at [www.pccamping.ca](http://www.pccamping.ca), or by calling 1-877-737-3783 or (TTY) 1-866-787-6221.



## Wildlife

Seeing wildlife is always exciting and Gros Morne offers lots of viewing opportunities for visitors. Whether it's birds or mammals, the park is home to a variety of species.



S. GERROW



S. STONE



S. GERROW



T. KNIGHT



M. BURZYNSKI

**Arctic Hare** weigh up to 6 kg and are the largest members of the hare family. They are grey in summer and turn white in winter. Arctic hare are native to the island of Newfoundland. They live on the arctic-alpine barrens of the park's mountains and are regularly seen on Gros Morne Mountain.

**Snowshoe Hare** were introduced to the island in the 1800s. They are brown in summer and white in winter. Snowshoe hare live in the forests and are commonly seen in campgrounds and along the lowland trails.

**Rock Ptarmigan** live all year on the arctic-alpine barrens of the park's mountains. These birds are grey in summer and white in winter. They depend on camouflage for protection and fly only when badly frightened. They are regularly seen on Gros Morne Mountain.

**Bald Eagles** are often seen around Bonne Bay. Trees perched on the steep slopes surrounding the bay are ideal nesting areas and the bay's shoreline is used for foraging.

**Caribou** are the native deer of the island of Newfoundland. At less than 240 kg, they are considerably smaller than moose. They are dark brown in summer but light brown to white in colour through fall and spring. In summer, caribou are commonly seen on the Long Range Mountains and only occasionally seen in bogs and forests of the lowlands. During fall and winter, they are often seen in the coastal bogs north of Rocky Harbour.

**Moose** are the largest member of the deer family. They are dark brown and weigh between 385 and 540 kg. They were first introduced to the island in 1878 and today there are about 4800 animals in the park. Moose are often seen along roadsides and trails, particularly around dawn and dusk. They can cause significant damage, injury and/or death when hit by a vehicle, so drive carefully.

**Black Bears** are native to the island. They are found throughout the park but seen infrequently. Bears will eat a variety of things including berries, carrion, garbage, and the occasional caribou calf. Bears tend to be wary of people but they are attracted by food. Keep yourself safe: do not leave food or garbage lying around. Read the brochure You Are In Bear Country and report all bear sightings to park staff.

**Red Foxes** are native to Newfoundland but are often not the typical red colour. They may be black and silver or a mixture of colours but all have the distinctive white tip on the tail. Foxes are often seen along roadsides and are common throughout the park.

**Whales - Minke whales** are often seen in Bonne Bay from late spring to fall. Larger whales, such as the Humpback, are uncommon but can be seen near St. Anthony and the Labrador Straits area.

### DID YOU KNOW?

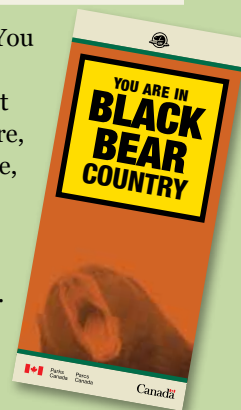
With the island's isolation from the North American mainland, there are only 14 native mammals and no native amphibians or reptiles.

### KEEP THEM WILD & STAY SAFE

- Don't approach wildlife. Give them space and respect.
- Use binoculars or a telephoto lens for that close up view.
- Keep the animal's line of travel or escape route clear.
- Back away slowly if the animal shows signs of aggression or approaches you.
- Don't feed animals.

### BEAR SAFETY

Read the brochure You Are In Black Bear Country, available at the the Visitor Centre, the Discovery Centre, or online at [www.pc.gc.ca](http://www.pc.gc.ca). Always practise proper food storage.



### WILDLIFE ON THE ROAD

Drive carefully as many of your wildlife encounters will occur unexpectedly while driving. Moose, foxes, and bears are often seen along the road. If you decide to stop, don't forget about traffic safety. Be sure to pull off the road and watch for oncoming traffic.



### IMPORTANT NUMBERS

Visitor Centre:  
(709) 458-2417

Park Wardens:  
1-877-852-3100

Police:  
1-800-709-7267

Hospital (Norris Point):  
(709) 458-2201

Ambulance:  
(709) 458-3444  
(709) 898-2111



# Resource Conservation

Slow changes over a long time often go unnoticed. That's why Parks Canada continuously monitors the health of Gros Morne's forest, wetland, barrens, coastal, and freshwater ecosystems. Every five years, a State of the Park report summarizes trends in ecosystem health. The last report for Gros Morne identified serious problems for the park's forest.



LOWER HEAD: M. BURZYNSKI

## Observers needed for *Beach Watch*

If you enjoy walking and are interested in the health of our coastline, the Gros Morne Beach Watch program needs you. Volunteers can be permanent or seasonal residents. The mission: to walk local beaches from May to November and systematically record observations about oil pollution, oiled seabirds, beached mammals, sightings of species at risk, and invasive species.

Marine and coastal ecosystems provide many important benefits. They are a source of beauty, inspiration and recreation. They are the foundation that supports the many industries we have come to depend on, such as tourism, fishing, transportation and oil and gas. Activities associated with these industries provide benefits to us but they may have negative impacts on the very ecosystems that make them possible. That's why it's important to monitor changes that can affect the long-term health of these ecosystems and of the organisms that depend on them.

"This community-based observer program is a partnership between Gros Morne National Park, Memorial University's Bonne Bay Marine Station and the Community-University Research for Recovery Alliance (CURRA)," said Tracy Shears, the program's co-ordinator.

The results of this program will help form a picture of the health of coastal ecosystems in the Gros Morne area, and will contribute to their stewardship.

No special knowledge is required, just a willingness to walk the beach two to three times a month and report your sightings. Training will be provided to help with identification and other skills. A support network will provide updates and encourage information sharing.

**If you are interested in volunteering, contact Tracy at 709-458-2417.**



DEAD HARBOUR PORPOISE: M. BURZYNSKI



OILED MURRE: P. RYAN



MOOSE ENCLOSURE: M. BURZYNSKI

## Moose and the Forest - Finding the Balance

Gros Morne's forest is no longer regenerating normally. Moose are eating most of the young trees. Moose were introduced to Newfoundland over 100 years ago. With protection from hunting within the park, an abundant food supply, and few predators, their numbers increased steadily.

As the moose population grew, the forest changed. Large areas of balsam fir forest have turned into shrub barrens or meadows as a result of heavy browsing. The moose population in the park is now too large for the forest to support.

A healthy forest is home to hundreds of species of plants, animals, and fungi. When one species becomes too abundant, it starts to damage its own food supply and to affect other species that depend on the forest. Without food, Gros Morne's moose population will eventually starve, but by that time the forest and the national park will be a very different place.

Throughout the world, other agencies have faced similar problems. Examples include white-tailed deer in Point Pelee National Park, feral goats in the Galapagos Islands, grey kangaroos in Australia, elephants in South Africa, elk in Rocky Mountain National Park (USA)—in each case one species has flourished at the expense of the ecosystem on which it depends.

Solutions include harvests, relocation, introduction of predators, and fertility control. After studying their feasibility and safety, consulting with the public, and evaluating the experiences of other agencies, Parks Canada has made a difficult decision: To protect the forest, active management of moose will begin this fall with a controlled harvest.

With tight regulations, and the cooperation of the Newfoundland and Labrador Wildlife Division big-game licensing system, Parks Canada will enlist the help of

harvesters, beginning with 500 licenses in 2011.

Recovery of the forest will be monitored as moose numbers decline. Indicators of success will be the growth of forest-floor plants and the recovery of young firs and other woody species. The number of licenses will be adjusted to ensure a healthy moose population and to allow the forest to re-grow naturally.

**For more information:**  
[www.pc.gc.ca/foresthealth](http://www.pc.gc.ca/foresthealth)



FOUR MOOSE: M. BURZYNSKI





## History and Heritage

Parks Canada interpretive sites recall the strong ties between culture and landscape.



MITCHELL TRAIL: S. STONE

### Mattie Mitchell National Historic Site

Visit the Mattie Mitchell commemoration site and stroll along the short self-guided interpretive trail. Learn about this renowned Mi'kmaq hunter, guide and prospector and the Mi'kmaq presence in Newfoundland. Mattie Mitchell made an exceptional contribution to the exploration and mapping of the Northern Peninsula and to the development of the emerging Newfoundland economy of forestry and mining in the 20th century. He was recognized by the Historic Sites and Monuments Board of Canada as a person of national historic significance in 2001.



LOBSTER COVE: G. LOCKE

### Lobster Cove Head

The exhibit at Lobster Cove Head Lighthouse gives visitors a glimpse of how people lived along this coast and made their living from the sea for more than 4,000 years. Inside the keeper's house, artefacts, historical documents, and photographs make the story come alive. Outside, the light tower still marks the marine approach to Rocky Harbour and the entrance to Bonne Bay as it has done since 1897. Short paths lead to spectacular viewpoints and stairs provide access to the shore.

Open daily 10:00 am – 5:30 pm,  
May 20 – October 10



BROOM POINT: D. WILSON

### Broom Point Fishing Exhibit

Step inside the Mudge family fishing premises and take a journey back in time to imagine the lives of inshore fishermen during the 1960s. Listen to the story of the three Mudge brothers and their families who fished at this site from 1941 until 1975. Learn about the inshore fishery of the past, the present, and the future. View the restored cabin and fish store, complete with original artefacts from the time that the families lived and worked there.

Open daily 10:00 am to 5:30 pm,  
May 20 – October 10.  
Tours available at 10:30, 11:30, 12:30, 1:30, 2:30, 3:30 and 4:30.

## Communities

The communities in the Gros Morne area are a part of this landscape and its heritage buildings provide a glimpse of times past.



WOODY POINT HERITAGE DISTRICT: S. STONE

### HERITAGE SITES

#### Jake Crocker House, Fishermen's Museum, and Interpretation Centre – Trout River

From the days of early settlement, life in this community was oriented to the sea. This trio of facilities linked by the waterfront boardwalk bear witness to this way of life and the importance of the fishery to the community. Don't miss the storytelling program on Thursdays in July and August.

#### John William Roberts House – Woody Point

Once an important commercial and government centre for the west coast, Woody Point has preserved many of its historic homes and buildings, on the waterfront. Now part of a Registered Heritage District, Roberts House is a good place to begin your visit to Woody Point. Don't miss the craft demonstrations on Fridays in July and August from 2 to 4 pm.

#### Jenniex House – Norris Point

This relocated home, a typical Newfoundland saltbox, overlooks Bonne Bay and has a magnificent view of the Tablelands. You can view community artefacts on display or purchase local crafts in its store. Open daily from July until Labour Day weekend. Information: (709) 458-2896

#### Julia Ann Walsh Heritage Centre – Norris Point

Having served as the cottage hospital in Norris Point for sixty years, the building now houses the local library, a physiotherapy clinic, a hostel, and studio space. A small museum displays artefacts from the era of provincial cottage hospitals. Information: (709) 458-8880 or bbchhc@aibn.com

#### Dr. Henry N. Payne Community Museum – Cow Head

Come explore the history of Cow Head through a variety of historical relics, from pre-contact Aboriginal artefacts to tools related to early life in a fishing outpost. Information: (709) 243-2023/2466

Take time also to visit the **St. Mary's Botanical Walk** next to St. Mary's Anglican Church.



TROUT RIVER - M. BURZYNSKI



S. STONE



COW HEAD GARDEN - S. STONE



# Cultural Crossroads



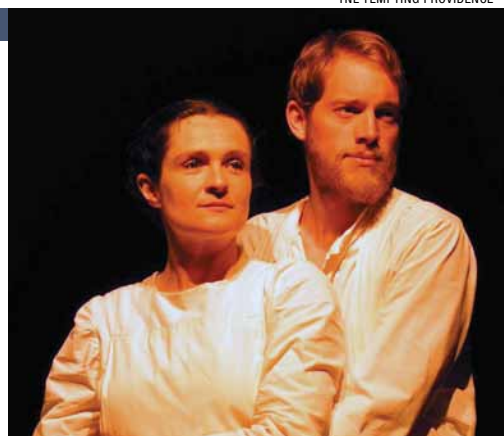
VIOLINS AT SUNSET: N. ACKERMAN  
TNL TEMPTING PROVIDENCE

## THEATRE AND STORY-TELLING

**The Gros Morne Theatre Festival** in Cow Head is back for its 16th season with a 7-play repertory season of professional theatre. The line-up includes favourites from previous years, such as *Ethie* (a dinner theatre) and the internationally-acclaimed *Tempting Providence*, along with new shows including the world premiere of *Winter* by Nell Leyshon, along with an Irish comedy, *Stones in his Pocket*. For this year's schedule, pick up a brochure at park facilities.

**Passing the Time in Trout River** is a relaxed opportunity to interact with storytellers and singers. Hosted by singer and folklorist Anita Best, each weekly program features a few special guests and local people. The audience is even invited to join in and share a story, a riddle, or a song.

**Writers at Woody Point** is a relaxed four-day literary festival presented in the restored Woody Point Heritage Theatre and hosted by Shelagh Rogers of CBC's The Next Chapter. Rooted in Newfoundland literature, the festival attracts writers and songwriters from across the country and around the world.



HERITAGE THEATRE: S. STONE



BERNARD FELIX: S. STONE

## LIVE MUSIC

There are many opportunities to hear live music ranging from traditional and Newfoundland and Labrador popular to classical. The main venues are: Anchor Pub (Rocky Harbour), Cat Stop (Norris Point), Heritage Theatre (Woody Point), and Neddie Norris Night (Cow Head), although restaurants and community venues may also feature live music on occasion. Look for local performers like Jeff Quilty, Daniel Payne and Stephanie Payne, Anchors Aweigh, Gayle Tapper, and Anita Best to name just a few.

The classically-inclined Gros Morne Summer Music is constantly searching for new ways to provoke rich encounters with great music. Their programs, performed by young and established artists from around the globe, combine classical music with other genres such as choral, folk, and popular for a unique journey through musical history.



Take time to attend a festival, enjoy a church supper, listen to some music, participate in a workshop or visit the shops of local artisans to experience this place with the people who call it home.



CRAFTS AT TROUT RIVER: M. BURZANSKI

## ART

The natural beauty of Gros Morne is an inspiration to artists and craftspeople alike. Resident and visiting artists create works from their experiences, providing a mix of contemporary art side-by-side with local craft traditions.

Through an artist-in-residence program with The Rooms Provincial Art Gallery, Canadian and international artists live and work in the park each summer. Watch for their public programs and open studios. This summer, the gallery in the Discovery Centre features *Fluidity*, an exhibition of watercolours and paper folding by Robert Sinclair who was artist in residence in 2009.

Visiting artists this year are: Steve Rayner June 10-July 8, Olivia Ball July 10-Aug 14, David Kaarsemaker Aug 24-Sept 17, and Joyce Majiski Sept 19-Oct 28.

If hands-on workshops appeal to you, check with staff at the Visitor Centre or Discovery Centre about artist-led workshops in the community and the park.

In many local craftshops and studios, you can meet the artists themselves – pick up a copy of the Studio Guide for a list of galleries, shops and studios.



LISA SORENSEN: M. TSANG

## FESTIVALS

May 14 - 29 <a href="http://www.trailstalestunes.ca">www.trailstalestunes.ca</a>	<b>Trails, Tales, and Tunes</b> Norris Point	Fifteen days of great walks, music, stories, and activities just as spring is bursting forth
May 26 - September 17 1-877-243-2899	<b>Gros Morne Theatre Festival</b> Cow Head	High-quality professional theatre - a lively mix of drama, dinner theatre and Newfoundland "times"
July 7 to August 25 Thursdays at 8 pm (709) 451-5376	<b>Passing the Time Arts Festival</b> Interpretation centre, Trout River	Hosted by singer Anita Best, musicians and storytellers mix in an acoustic, traditional-style performance
July 1-3 (709) 243-2446	<b>30th Annual Cow Head Lobster Festival</b> - Cow Head	Music, dancing, games, theatre, and lobster dinners
July 22 - August 21 <a href="http://www.gmsm.ca">www.gmsm.ca</a>	<b>Gros Morne Summer Music</b> Norris Point, Woody Point, Corner Brook	An exciting mix of classical and other genres of music in a series of evening concerts and multi-disciplinary family programs
July 29 - August 1st (709) 453-2273	<b>Bonne Bay Regatta</b> Woody Point	Dory races and lots of entertaining community events
August 16 to 21 <a href="http://www.writersatwoodypoint.com">www.writersatwoodypoint.com</a> (709) 458-3388	<b>8th Annual Writers at Woody Point</b> Woody Point	Continues its successful format of readings by Newfoundland and Labrador authors and musical performances by great Canadian talent



## A New “Friend” of Gros Morne National Park



WADE DAVIS

Earlier this year, the Gros Morne Co-operating Association, a “friends of the park” organization, welcomed Dr. Wade Davis, an Explorer in Residence with the National Geographic Society, as the honorary chair of its Board of Directors.

A veteran ethnographer, writer, photographer and filmmaker, Davis has been described as “a rare combination of scientist, scholar, poet and passionate defender of all of life’s diversity.” His work focuses on modern society’s increasing sense of disconnect from nature, and on strategies for connecting people back to natural and protected spaces.

In 2009 he delivered the CBC Massey Lectures which were published as the latest of the 13 books he has authored: **The Wayfinders: Why Ancient Wisdom Matters in the Modern World.**

“The relationship that protected areas have with the communities surrounding them is very important,” said Davis. “I am keen to help celebrate and share some of the Gros Morne Co-op’s accomplishments with others.”



TUCKAMORE SHOP: M.BURZYNSKI

### PRODUCTS OF CO-OPERATION

The Gros Morne Co-operating Association is a not-for-profit volunteer-based organization. Through fund-raising, project management and partner engagement they enhance the educational, conservation, and recreation programs in the park and adjacent communities.

Since 1993 they have been instrumental in operating the swimming pool, managing the cross-country ski trails and backcountry cabins, launching marketing partnerships such as Gros Morne Gatherings, facilitating research

partnerships, and administering the Gros Morne Institute for Sustainable Tourism (GMIST).

Their most recent initiative is a cultural blueprint for the Gros Morne region. They employ up to 35 staff seasonally.

For more information, please pick-up a membership brochure at the Visitor Centre or Discovery Centre.

### THE TUCKAMORE SHOPS

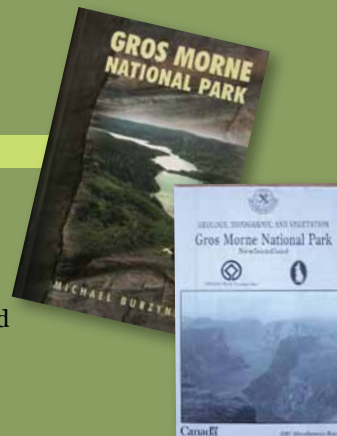
Come browse, relax, enjoy, and take home a special memento of Gros Morne National Park. Specialty maps and guidebooks will help you get the most out of your visit.

The Tuckamore Shops are located in two convenient locations:

- Discovery Centre
- Visitor Centre

### TOOLS FOR DISCOVERY

Take home a souvenir and enhance your visit with some of these specialty guides of the park published by the Co-operating Association.



## North Along the Viking Trail and Beyond



TORNGAT MOUNTAINS NATIONAL PARK: S.CATY

Let Gros Morne be just the start of your experience. Newfoundland and Labrador’s diverse landscape was a stage for thousands of years of human history. Continue your journey along the Northern Peninsula, over to southern Labrador and north to the Big Land.



R. HICKER

Along the way you can visit scenic fishing communities, natural attractions, and the area’s historic sites, including Port au Choix, L’Anse aux Meadows, and Red Bay. Or simply take the time to watch wildlife, hike, and explore in this beautiful landscape.



BATTLE HARBOUR: B. BRADBURY

### TUCKAMORE

Tuckamore is a Newfoundland term for the stunted balsam fir and spruce trees that grow in alpine areas and along the coast. Frost and wind nip back the growing tips of branches, producing trees similar in appearance to *krummholz* of the Alps. On wind-exposed sites, tuckamore forms impenetrable elfin forests. The wind-swept, stark, weathered profile of the trees is moulded by the wind; and their stout trunks indicate age and tenacity.



S. STONE



Discover a place where the wealth of the sea has supported human settlement for more than 5000 years. Here archaeologists have found evidence of four Aboriginal cultures; the Groswater and Dorset Palaeoeskimos, the Maritime

Archaic Tradition, and the ancestors of the Beothuk. The abundance and preservation of artefacts they left behind provides us with a fascinating look into the social, economic, and spiritual practices of these cultures.

Today the residents of Port au Choix continue to make their living from the sea, just as generations of Aboriginal people did before them.



PORT AU CHOIX: S. STONE



DORSET DOORWAY: P. RENOUF



VIKING INTERPRETER: D. WILSON



VIKING SILHOUETTES: M. BURZYSKI

## Port au Choix National Historic Site

*5000 Years of Human Settlement*

### MAKING THE MOST OF YOUR VISIT

We recommend that you plan to spend two or three hours at this natural and cultural site. Begin at the Visitor Centre where artefacts, exhibits, dioramas, and a film tell the fascinating story of these ancient cultures, and the research that brought them to light. Then set out to explore this historically-rich landscape:

- Take the Phillip's Garden Trail along the coastline to the 2000-year-old Dorset Palaeoeskimo site. Stop by the Program Shelter and participate in fun activities like red ochre painting, skin boot making, and Aboriginal games.
- Visit the 4000-year-old sacred burial ground used by the first inhabitants of the island. Spend time at the Gathering Circle to reflect on the sacred nature of the site.
- At Point Riche. Visit the Dorset Doorway – an interpretive sculpture inspired by the dwellings of the Dorset people. Sit as they did two thousand years ago, and gaze out to sea. View the lighthouse and spectacular sunsets.
- Follow the Crow Head Trail across the limestone barrens, and discover a unique landscape with interesting geology, and rare wildflowers.
- Ask about guided walks – the knowledgeable interpreters help bring the site to life.

### OPEN

June 1 – October 7, 2011 | 9am – 6pm | Phone (709) 861-3522

### GETTING THERE

Follow the Viking Trail (Route 430) north past Hawkes Bay. At the intersection to Route 430-28, turn off and follow this route for 13 km to Port au Choix.

### WHILE IN THE AREA

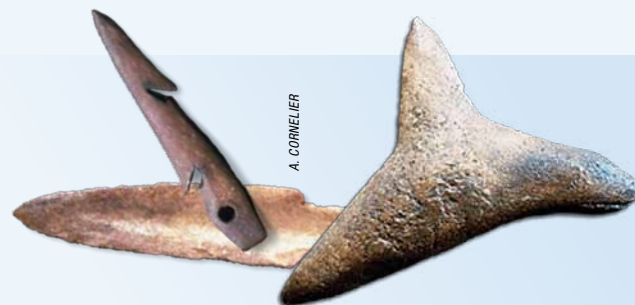
#### Port au Choix Heritage Centre, Port au Choix

This community museum tells the story of the French fishermen who jumped ship and settled in the area.

A reconstructed French bread oven provides an opportunity to savour freshly baked bread and local jams. The centre also documents the resettlement and light keeper stories.

#### Torrent River Interpretation Centre and Nature Park, Hawkes Bay

Here you can learn about the community's involvement with Atlantic salmon conservation. Viewing windows at the fishway let you see salmon in their natural habitat as they journey upstream to spawn. Hiking trails and camp sites are also available.



A. CORNELIER

### MAKING THE MOST OF YOUR VISIT

We recommend spending two to three hours at the site. Begin at the renovated visitor centre where exhibits trace the Norse voyages across the Atlantic. You can interact with a 3D model of the site, study the original artefacts that confirm the Viking presence, and see evidence and handle reproductions that reveal Aboriginal use of the site.

- Watch the Vinland Mystery film to relive the quest and discovery of the site by Helge and Anne Stine Ingstad.
- Join an interpreter on a tour of the archaeological site where evidence of the Viking presence endured for 1000 years.
- Play along with the living history re-enactors in the full scale reproductions of Viking sod buildings to get a taste of life 1000 years ago.
- Complete your visit by walking the Birchy Nuddick Trail to experience the amazing views of the Strait of Belle Isle and the Atlantic Ocean.
- Gather round the fire for Sagas and Shadows, a weekly program Tuesday, Thursday and Saturday at 7:30 pm.



United Nations  
Educational, Scientific and  
Cultural Organization

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



L'Anse aux Meadows  
National Historic Site  
inscribed on the World  
Heritage List in 1978

Lieu historique national  
de L'Anse aux Meadows  
inscrit sur la Liste du  
patrimoine mondial en 1978



S. KELLY

One thousand years ago, the Norse landed on the shores of Newfoundland, and explored an area they called Vinland. Their voyages to North America led to the first meeting between Aboriginal peoples and Europeans.

This marked a key chapter in worldwide exploration and settlement. L'Anse aux Meadows National Historic Site is among the world's most significant archaeological sites and designated a UNESCO World Heritage Site.

Today, you still can see the outlines of the original Norse buildings and gaze over a landscape little changed since Viking time.

## L'Anse aux Meadows

*The only authenticated Viking settlement in North America*

### GETTING THERE

Follow the Viking Trail to Route 436 turn-off (10 km south of St. Anthony). Follow Route 436 for 29 km to the site.

### OPEN

June 1 – October 7, 2011 | 9am – 6pm | Phone (709) 623-2608

### WHILE IN THE AREA

#### Grenfell Historic Properties, St. Anthony

The properties, including an interpretive centre, restored house-museum, and self-guided trail, celebrate the work and achievements of Sir Wilfred Grenfell, missionary and doctor, a person of national historic significance.

#### Burnt Cape Ecological Reserve, Raleigh

A plant lover and walker's paradise, the limestone barrens have rare Arctic plants, sea caves and coastal ledges. Guided tours available.

#### Norstead, L'Anse aux Meadows

An imagined Viking port of trade with costumed interpreters who depict activities from Scandinavian countries (axe throwing, rune reading, spinning, pottery). The boat shed contains the Snorri, a 16m knarr replica that retraced the Viking voyage from Greenland in 1998.



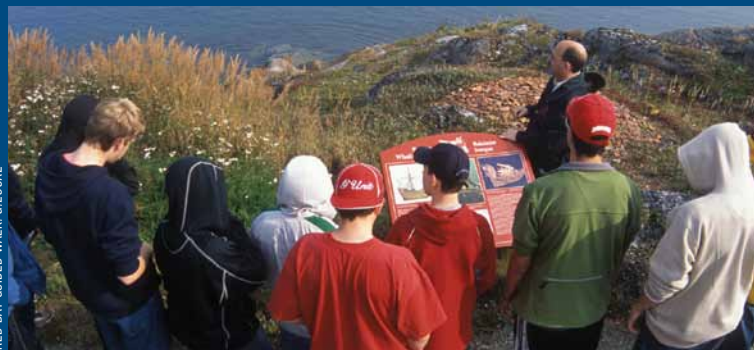
Attracted by the plentiful whales that frequented the Strait of Belle Isle, Basques whalers established a thriving whale oil industry here in the 16th century. Of a dozen ports along the Quebec-Labrador coast

used by whalers, Red Bay was the largest. Red Bay National Historic Site reveals the incredible story discovered in the archives of Spain, and confirmed by archaeology.

Today, you can still trace the outlines of the rendering furnaces, survey the waters from a whaler's look-out, and find shards of red clay roof tiles.



CHALUPA: G. LOCKE  
RED BAY GUIDED WALK: G. LOCKE



# Red Bay National Historic Site

The most complete example known of the first industrial-scale whaling activities in the world.

## MAKING THE MOST OF YOUR VISIT

We recommend that you spend three or four hours exploring the site.

- Begin at the Visitor Centre, where you will find a restored 16th-century whale boat, a film about the underwater archaeology at Red Bay, and a panoramic view of the harbour.
- Continue to the Interpretation Centre to see the rich collection of original artefacts recovered by on land and underwater archaeology.
- Ask about special interpretive programs that bring this period of history alive.
- Take the short boat ride to Saddle Island, where a self-guided trail offers you a first-hand look at the places where the Basques worked, lived and were laid to rest.
- Walk the Boney Shore Trail to touch the remains of 16th century whales.

## DID YOU KNOW?

Red Bay is on the "short list" for World Heritage Site nomination before 2015.

## GETTING THERE

Follow the Viking Trail (Route 430) to St. Barbe, where a ferry crosses daily to Blanc Sablon, Quebec. The site is an 88 km drive from Blanc Sablon. For ferry schedule and reservations, call 1-866-535-2567.

## OPEN

June 1 – October 7, 2011 | 9am – 6pm | Phone (709) 920-2051

## WHILE IN THE AREA

**Right Whale Exhibit, Selma Barkham Community Centre**  
The actual skeleton of a Greenland right whale is at the centre of an exhibit about whale biology and research.

**Labrador Straits Museum**  
Located on Route 510 between Forteau and L'Anse au Loup, the museum highlights the recent history of southern Labrador and the role of the area's women.

**L'Anse Amour National Historic Site of Canada**  
Contemplate thousands of years of human history in Labrador at the site of a 7500-year-old ceremonial burial place of a Maritime Archaic Indian youth

**Point Amour Lighthouse**  
Climb to the top of the tallest lighthouse in Atlantic Canada and view exhibits about the natural and cultural history of the Labrador Straits.

**Battle Harbour Historic District**  
Once known as the "Salt fish capital of Labrador", this island in the Labrador Sea has restored buildings, wharves and paths that ramble over the hills to whale and iceberg look-outs. Served by regular passenger ferry from Mary's Harbour, accommodations and meals are also provided in historic buildings.

FREE wireless internet service available at the Visitor Centre and Discovery Centre.



VISITOR CENTRE: G. LOCKE



DISCOVERY CENTRE: M. BURZYNSKI

Hours for 2011	Visitor Centre Route 430, 4 km south of Rocky Harbour	Discovery Centre Route 431, near Woody Point
May 20 - June 30	9 am – 5 pm	9 am – 5 pm
July 1 – September 5	8am – 8pm	9 am – 6 pm ( 9 am - 9 pm on Sun and Wed )
September 6 – October 10	9 am – 5 pm	9 am - 5 pm
October 11 – October 30	9 am - 5 pm	Closed

## Other National Parks and Historic Sites

Besides the historic sites at 8 Port au Choix, 5 L'Anse aux Meadows and 4 Red Bay (see pages 29-31), you may also want to visit:

### NATIONAL PARKS

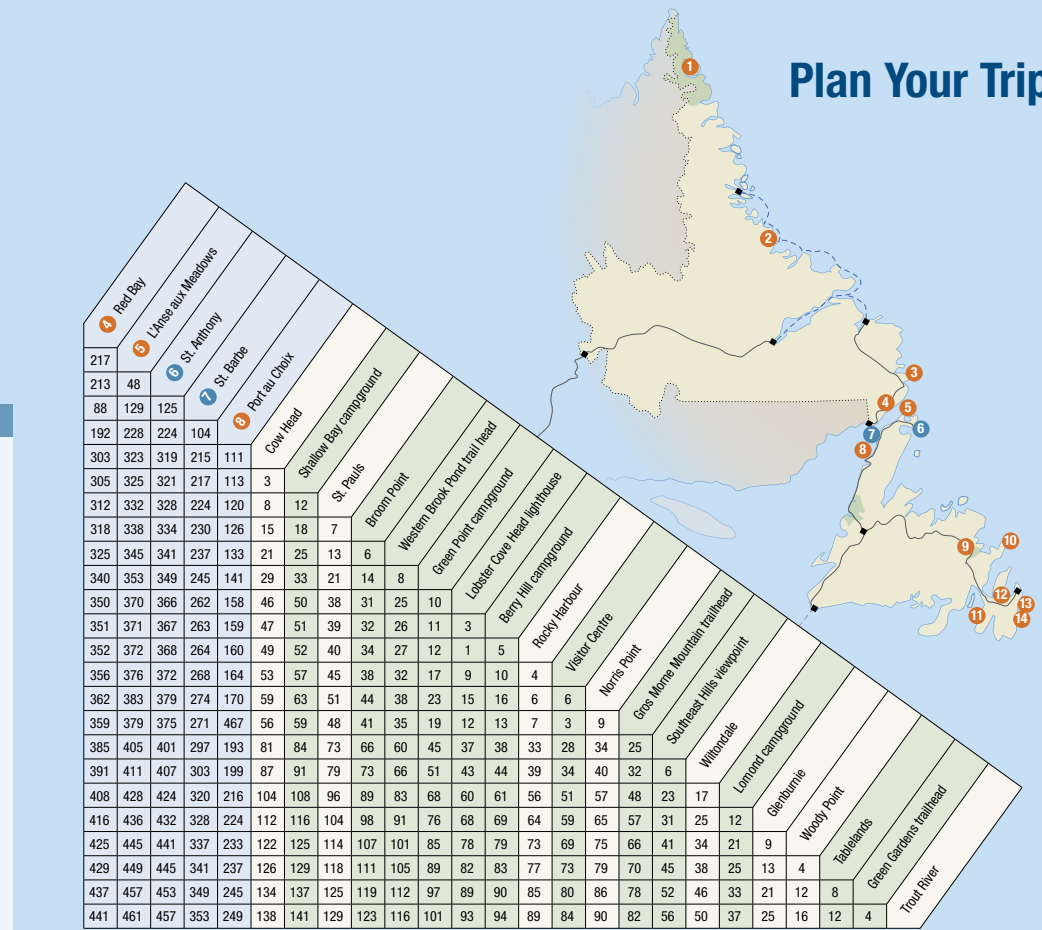
**9 Terra Nova** – A place where long bays of the North Atlantic Ocean touch the boreal forest while rocky headlands provide shelter from the power of the open ocean.

**1 Torngat Mountains** – A spectacular mountainous wilderness in northern Labrador. For thousands of years it has been home to the Inuit and their predecessors.

### NATIONAL HISTORIC SITES

**2 Hopedale Mission** – Symbol of interaction between Labrador Inuit and Moravian Missionaries; representative of Moravian Mission architecture in Labrador.

**10 Ryan Premises, Bonavista** – This restored merchant's premises commemorates the role of the East Coast fishery in Canadian history.



## Plan Your Trip

an island in the Labrador Sea. Passenger ferry service from Mary's Harbour is available.

**13 Signal Hill, St. John's** – Celebrates the rich communications and military history of Signal Hill and sits amidst a spectacular view of St. John's and the sea.

**11 Castle Hill, Placentia** – Features the remains of French and English fortifications from the 17th and 18th centuries.

**12 Hawthorne Cottage, Brigus** – Home of famous Arctic explorer Captain Bob Bartlett. The cottage is furnished with artefacts and memorabilia from Captain Bob's voyages.

**14 Cape Spear** – The oldest surviving lighthouse in Newfoundland and Labrador. It shows how a lightkeeper and his family would have lived in the mid-19th century.

**3 Battle Harbour Historic District** – Experience the centuries-old Labrador fishery at this restored 19th-century fishing village on



# Come Celebrate!



Join in the celebrations of the centennial of Parks Canada, the world's first national park and national historic site service. Since 1911, we have been a world leader in protecting and presenting treasured natural and historic places. To celebrate the 100th birthday in style, programs and events will be bigger and more unforgettable than ever!



## Special events in 2011

### June 21 - NATIONAL ABORIGINAL DAY *Port au Choix NHS*

*Experience a unique blend of Aboriginal and local heritage as we celebrate National Aboriginal Day.*

### June 1 - CANADA DAY *Recreation Complex*

*Happy Birthday Canada! Happy 100th Birthday Parks Canada! Come celebrate with a free concert in Gros Morne National Park!*

### July 16 - PARKS DAY *L'Anse aux Meadows NHS*

*Join us as we officially launch the new interpretive features and celebrate our centennial anniversary. Fireworks, food and fun for the whole family.*

### July 16 - PARKS DAY *Lobster Cove Head Lighthouse*

*Party at the Head celebrates the past with a traditional shed party. An evening of live music and local food.*

### Early August - LIGHTHOUSE DAY

*Come celebrate lighthouses with fun activities led by the Canadian Coast Guard Alumni Association.*

### August 21 - OUTDOOR CONCERT *Lomond at dusk*

*Symphonie Fantastique with Gros Morne Summer Music*



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