

gros morne adventure



trip highlights

Be led by our expert guides on our favourite hikes in Gros Morne National Park

Cruise the waters of dramatic Western Brook Pond Fjord

Stay in cozy seaside accommodations within the national park

Get to know the locals and savour delicious cuisine

Keep an eye out for moose, bald eagles, and much more

Relax in the evening and let us take care of all meals



Trip Duration	7 days	Trip Code: GRO
Grade	Moderate	
Activities	Guided day hikes, Scenic boat tour	
Summary	6 nights B&B's or Boutique Inn's with private facilities	

welcome to Great Canadian Trails

Thank you for your interest in our Gros Morne Adventure trip. With a small population compared to its vast size, Canada's wilderness is immense, wild, and largely untouched; an endless natural playground with countless opportunities for outdoor adventure. And, with history and character unique to each region, Canadian culture is a rich mosaic of customs. With Great Canadian Trails, experience charming communities and changing landscapes on foot or by bike, paddle along dramatic shorelines, or hike rugged trails with the support of our expert local teams. If you enjoy a physical challenge in the great Canadian wilderness or prefer a more leisurely pace, we're here to provide all you need so that you can enjoy your active holiday to the fullest. From the grand mountains of the West to the impressive Great Lakes and jovial Maritime culture of the East, not to mention the unimaginable scale of the remote North, there is no shortage of beauty and wonder awaiting the active traveller. We invite you to discover all of Canada's treasures from coast to coast to coast.

why travel with Great Canadian Trails?

We are Canadian, our team is highly-experienced, and our understanding of the land means carefully-crafted hiking and cycling holidays that offer the active traveller an immersive and truly authentic experience. Our unique selection of itineraries draws upon some of the country's most inspiring landscapes, incredible networks of trails, and stunning national parks while showcasing communities along the way. Our wide range of accommodations include our selection of friendly bed & breakfasts, charming inns, perfectly-located hotels, and quiet cottages or cabins. Our drivers are local, professional, and full of information which they are eager to share as they take you to the trailheads and move your luggage ahead to the next overnight stay. We provide you with sectional maps, an emergency hotline, and a customized route booklet with detailed local information and the inside scoop on where to eat, visit, and explore each day. Each itinerary has been tried and tested with every detail accounted for, so that all you need to do is spend the day exploring at your own pace, to your heart's content. By travelling with Great Canadian Trails you are also making a positive impact, since most of our trips include a donation to the local non-profit organization who builds and maintains the trail. This helps others get out and experience Canada's natural wonders.



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Great Canadian Trails will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above. Note regarding single rooms: The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

trip dates

Sundays starting June 20 to September 19

important notes

Note: - Twin rooms with two beds are not available for this trip. If you do not wish to share a bed with your travel companion you will have to pay a single supplement for the duration of the tour.

fast facts

Countries Visited:
Canada

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Singles:
Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information

the trip

We've selected the top day hikes in Gros Morne National Park and combined them with delicious Newfoundland cuisine, comfortable lodging, experienced local guides, and some cultural flair. Walk atop the earth's exposed mantle on a rocky Tablelands hike; along the coast and through lush landscapes of the Green Gardens; to spectacular views atop the Lookout Hills, and up to the summit of Gros Morne Mountain. After each solid day of hard hiking, enjoy a hearty dinner and a soft sleep. And, how could we leave out the classic scenery of Western Brook Pond Fjord? The included boat tour takes you into the heart of the glacier-carved, land-locked fjord, past billion-year-old cliffs, and dramatic 2000-foot waterfalls. You'll quickly discover why you need to spend at least a week in this spectacular park!

about your leader/escort

Your professional guide is familiar with the area, history and most important the changing weather. All of our guides are trained in wilderness first aid and are lots of fun to keep the days interactive and informative. Many of our Gros Morne guides have teaching backgrounds and offer great experiences for those with a healthy interest in learning.

at a glance

DAY 1	ARRIVE GROS MORNE NATIONAL PARK
DAY 2	THE TABLELANDS (12KM)
DAY 3	GROS MORNE MOUNTAIN (16KM)
DAY 4	WESTERN BROOK FJORD (8KM)
DAY 5	GREEN GARDENS (10KM)
DAY 6	LOOKOUT HILLS (14KM)
DAY 7	TRANSFER TO DEER LAKE AIRPORT

what's included

- 6 nights double occupancy accommodation with private facilities
- 6 breakfasts, 5 lunches, and 6 dinners including a gourmet food tour
- Services of a licensed, local wilderness guide
- Private transportation
- Return airport transfers
- Westernbrook Fjord Boat Tour
- Park fees

detailed itinerary

DAY 1 Arrive Gros Morne National Park

Welcome to Gros Morne! You will be met at the Deer Lake Airport today and transferred to your accommodation on the north side of the park via the stunning 'Viking Trail' highway which provides your first glimpse of Gros Morne's dramatic coastal landscapes. After about an hour, we arrive at the pretty seaside village of Woody Point and settle into your simple but comfortable accommodations which will be home for the next six nights. The group will meet around 6:30pm for an evening orientation and dinner (exact time and location will be indicated on your final documents).

meals: D

DAY 2 The Tablelands (12km)

Your day begins with a short drive to the looming Tablelands. This barren mars-like landscape of mantle rock that once lay beneath the earth's crust is one of the main reasons why Gros Morne

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responsible travel

The natural environments that you'll travel through are fragile and the cultures and traditions precious. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact.

trip grading

Moderate

A moderate trip grading indicates hiking for up to 6 or 7 hours per day at a steady pace.

On this adventure, you need only carry a day pack but most hikes are from 8 to 16 km in length and on a mix of often rocky, wet, and rugged terrain with some steep sections. Please refer to the full itinerary for details on each day's hike. Hikers should be prepared for potential variable weather conditions. Suggested preparation: 1 hour of aerobic exercise, three to four times a week and extended periods of exercise during the weekend. This can include swimming, jogging, hard walking or cycling. Hill or stair walking with a full day pack is strongly recommended at least once per week.

adventure travel

By its very nature adventure travel involves an element of the unexpected. When hiking, expect rugged terrain with plenty of dirt, roots and rocks. In wet conditions, trails can be muddy and slippery, potentially raising the level of difficulty of your trip. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

National Park is a UNESCO World Heritage Site. Our hike takes us by numerous waterfalls as we reach the summit the mountain at 700m. From here, we are greeted with panoramic views of Winterhouse Brook Canyon, Bonne Bay, and the Long Range Mountains.

Hiking: Approximately 7 hours over rocky and exposed terrain

meals: **B,L,D**

DAY 3 Gros Morne Mountain (16km)

After breakfast, we catch a water shuttle ride to the Norris Point waterfront across picturesque Bonne Bay from Woody Point before heading over to the Gros Morne Mountain trailhead, just outside of Rocky Harbour. This challenging hike leads to the Arctic alpine of the Long Range Mountains where moose and rock ptarmigan find a home in the rugged, barren terrain. The summit of Gros Morne Mountain is the highest point in the national park at 806 meters, offering spectacular views over the glacier-carved fjords of Bonne Bay and Ten Mile Pond.

Hiking: 7 - 8 hours over rocky exposed terrain

meals: **B,L,D**

DAY 4 Western Brook Fjord (8km)

Today we take it easy with a boat tour, easy walks, and some sightseeing. En route to the fjord, we will stop at Lobster Cove Head Lighthouse to learn about the local history of the area. Next we walk through time at the Green Point geological site, discovering fossils at our feet. We then take the easy walk across coastal lowlands and boardwalk-covered bogs and barrens to the wharf at Western Brook Pond fjord. Lunch is served overlooking 2000ft cliffs of granite before our boat tour takes us 16km into the heart of this scene, where we watch spectacular waterfalls tumble from the alpine plateau. After the boat tour, we head over to Broom Point to learn about the fishing history in coastal NL from a local fisherman.

meals: **B,L,D**

DAY 5 Green Gardens (10km)

We start the day at the Green Gardens trailhead. This trail is one of the most diverse and magical hikes in the park. The route descends from the earth's mantle of the Tablelands, traverses Arctic alpine rock gardens, and continues down into the boreal forest valley featuring some of the oldest and largest trees in the park. At the coast, we explore the grassy meadows, rock pillars, ancient volcanic sea-stacks and rugged cliffs left behind from an ancient volcanic island. We say hi to the resident sheep who seem to defy gravity on the hillsides, and head to the shoreline to find hidden waterfalls and sea caves.

Hiking: Approx 5 hours over varied, undulating terrain

meals: **B,L,D**

DAY 6 Lookout Hills (14km)

We start our walk through town on the south side of Gros Morne National Park from Woody Point and up Hillside Trail. The uphill climb is soft underfoot, takes us through thick Boreal forest, and affords beautiful views along the way. We quickly break out onto the alpine plateau where we hope to spot moose. Another short climb up the scree and across the rock ridge takes us to the spectacular summit. The views from here are often considered the best in the park, and one can often see as far north as Cow Head, which lies beyond Western Brook Pond.

Hiking: 7-8 hours on mixed terrain

meals: **B,L,D**

DAY 7 Transfer to Deer Lake Airport

Your adventure ends with a transfer to Deer Lake Airport for your flight home, or onto another journey in Newfoundland.

meals: **B**

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

It took Mother Nature 485,000,000 years to mold Gros Morne National Park into the geological and visual wonder we know today. The second largest National Park in eastern Canada, Gros Morne National Park is a UNESCO World Heritage Site stretching across 1,805 square kilometres of western Newfoundland as part of the towering Long Range Mountains.

Encircled by tiny seaside communities, and encompassing forests, freshwater fjords, bogs, barren lowlands, moose, and striking cliffs and shorelines, this area is also world-renowned for its complex geology. It was here that geologists proved the theory of plate tectonics. The Tablelands, a flat-topped mountain made of a type of rock found only deep in the earth's mantle, is a truly awe-inspiring sight.

climate

Gros Morne's changeable weather is a result of its proximity to the sea and the mountains. June temperatures can range from 5°C to 20°C (40-70°F). July and August have frequent sunny days with temperatures of 15°C to 22°C (60-72°F), occasionally reaching the high 20's. Morning fog is typical, but it normally clears by midday, only to roll back in come evening. It makes for lovely imagery, but increases navigational challenges. You'll be very happy to have an expert guide to lead the way.

Please keep in mind that weather may require us to change the scheduled itinerary of this hiking adventure. If we encounter high winds, fog and/or rain, we may alter the intended route and schedule to improve the tour and your experience. We will complete all the activities planned and make sure that any adjustments are made for your comfort.

dietary requirements

Provided we are advised in advance of your departure, we are able to cater to vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (ideally, months prior to your trip/at time of booking) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

what you carry

Day pack only with rain gear, water, sunscreen, etc.

equipment required

You will need a day pack with waist harness and a good pair of water-proofed hiking boots with ankle support. We also strongly recommend hiking poles, especially for those with joint issues. A full packing list will be provided upon booking.

getting there

BY AIR

Gros Morne National Park is accessed via Deer Lake Airport (YDF). The tour includes airport transfers.



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special visa requirements

All international visitors will require proper documentation to enter Canada. Most nationalities require either a tourist visa or an ETA. Detailed information will be provided upon booking.

what's not included

- Airfare or travel to/from Deer Lake
- Alcoholic beverages
- Items of a personal nature
- Travel Insurance
- Tips and gratuities
- Applicable taxes of 15% when booking made in North America

private groups

The adventures featured on our website are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charities, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.greatcanadiantrails.com

social networking

Follow us on Facebook at <https://www.facebook.com/GreatCanadianTrails>, on Twitter at [@GreatCanTrails](https://twitter.com/@GreatCanTrails) and on Instagram at <https://instagram.com/GreatCanadianTrails>

trip availability

If this trip seems right for you then we encourage you to book now. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Our self-guided holidays visit small communities with limited accommodations, and we can only guarantee rooms once we've booked and confirmed with each property. For this reason, we can only confirm availability of tour once bookings have been received. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can confirm your adventure of a lifetime we ask that you check trip availability with our team at your earliest convenience.

how to book

To book a Great Canadian Trails trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function. We can also help you with any additional arrangements that you require, such as pre or post trip accommodation in conjunction with the main Great Canadian Trails trip.

