



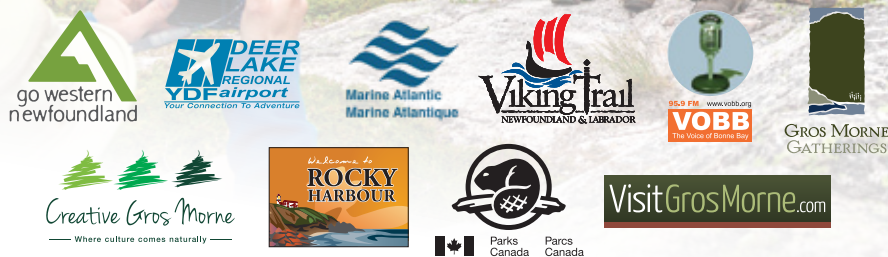
Wayfinder Map Series

Viking Trail
Gros Morne
Humber Valley
Southwest Coast

Find Yourself(ie) in Gros Morne

#ExploreNL

Your guide to summer adventure in **Gros Morne.**



Captivating Treks

- Burnt Hill Trail - Norris Point.** Views of Bonne Bay & Gros Morne Mountain, Trailhead at Norris Point waterfront, 2 km loop.
- Eastern Point Trail - Trout River.** Ruggedly scenic coastal views of town & livestock, Friendly sheep may make an appearance, Trailhead at northern end of Main St. 2.1 km return.
- Lighthouse Trail - Cow Head.** A path to the lighthouse used by early settlers, 2.5 km return.
- Rocky Hills Trail - Rocky Harbour.** Short trail to a lookout once used to watch for returning boats, Rocky Harbour, 800m return.
- Woody Point Community Trail.** Vistas of Bonne Bay, Woody Point & Gros Morne Mountain as you meander through the hills & downtown of Woody Point. Trail departs Discovery Centre. 3 km loop.

For a list of Parks Canada trails in Gros Morne National Park such as Gros Morne Mountain, the Tablelands & Green Gardens, pick up the *Tuckamore, A Visitor's Guide* at the Visitor Center (Route 430) or Discovery Center (Route 431)!

Epic Hikes and Adventures

- BonTours Backcountry Hiking.** Experience Western Brook Pond gorge by guided day or overnight hiking tour & summit to one of the most spectacular viewpoints in Eastern North America. (888) 458-2016; bontours.ca
- Gros Morne Adventures.** Off-trail day hikes, backpacking wilderness trips, sea kayak rentals and tours on Bonne Bay. (800) 685-4624; grosmorneadventures.com
- Gros Morne Outdoor Company.** Backcountry experts guide you across the Northern or Long Range Traverse and other incredible hikes. (709) 636-8290; grosmorneoutdoor.ca
- Out East Adventures.** Hike and camp on an unforgettable journey off-trail and climb atop mountains for some of the best views around. (877) 458-2373; outeastadventures.com
- Tour Gros Morne.** Offering tailor-made vacations and interactive day excursions. Day hikes with amazing vistas, food & wine and cultural tours to artist's studios. (709) 458-3131; tourgrosmorne.com
- Under the Stump Inc.** Relaxing side by side tours through remote backcountry or attend Ugly Stick 101 to build your own, Rocky Harbour. (709) 458-8198; underthestump.com
- Wild Gros Morne.** Explore Gros Morne like never before on guided interpretive hikes, culinary adventures, ATV & snowmobile tours. (709) 451-3377; wildgrosmorne.com

Social Scenes

- Anchor Pub.** Join in a Newfoundland Kitchen Party - Saturdays, Sundays, Tuesdays, & Thursdays. Ocean View Hotel, Rocky Harbour. (800) 563-9887; theoceanview.ca
- Cat Stop Pub & Grub.** Beautiful dockside view with toe-tapping local entertainers. Waterfront, Norris Point, (709) 458-3343; bontours.ca
- Elements Pub.** Whatever your thirst desires accompanied by an array of live genres. Bonne Bay Inn, Woody Point. (709) 453-2223; woodypointmagic.com
- The Jackladder.** Kitchen parties and delicious food, including Newfoundland specialties. (709) 635-5000; jackladder.ca
- Neddy's Pub & Eatery.** Local talent, open mic and karaoke. Shallow Bay Motel, Cow Head. (800) 563-1946; shallowbaymotel.com
- Galliot Studios.** Stilted over the waters of Bonne Bay enjoy live music, art, coffee, wine & beer. Woody Point; (709) 453-2328; facebook.com/Galliot-Studios-435614716514201
- Merchant Warehouse Retro Cafe & Wine Bar.** Outdoor patio on the historic waterfront with food and entertainment. Woody Point; (866) 453-2485; grosmorneescapes.com

Rain or Shine: Museums, Heritage and Nature

- Artisan Square.** Drop by to experience art in the downtown core of Rocky Harbour. (709) 458-2376
- Bonne Bay Marine Station.** Discover the amazing sea life of Bonne Bay fjord through interactive tours and the touch tank. Waterfront, Norris Point. (709) 458-2550; bonnebay.ca
- Broom Point Fishing Premises.** Fish store & cabin of the three Mudge brothers and their families who fished from the site from 1941 until 1975. St. Pauls, Route 430; (709) 458-2417; pc.gc.ca/grosmorne

- The Discovery Center.** Discover what makes Gros Morne a UNESCO World Heritage Site through interactive exhibits & live programming. Woody Point, Route 431; (709) 458-2417; pc.gc.ca/grosmorne
- Dr. Henry N. Payne Museum & Craft Shop.** Tales of virtue & villainy, and artifacts dating to the early 19th century. 143 Main Street, Cow Head; (709) 243-2466/2023; facebook.com/Dr.HenryN.PayneMuseum
- The Glass Station.** Glass panels, fused glass sculpture & functional objects inspired by the surrounding region's beauty. 54 Main St. S, Rocky Harbour. (709) 640-6165; facebook.com/UrveManuelGlassGallery/
- Gros Morne Wildlife Museum & Gift Shop.** Over 100 Newfoundland animals in authentic scenes. 76 Main St. North, Rocky Harbour; grosmornewildlifemuseum.ca
- Jacob A. Crocker House.** Registered Heritage Structure. Historically preserved fisherman's home built in 1898. 221 Main Street, Trout River; (709) 451-5376; townoftroutriver.com
- Jenniex House.** Restored salt box house built in 1926. Enjoy a mug up, muffins and berries. Local artifacts & crafts. Norris Point; norrispoint.ca
- Loxley Cove Head Lighthouse.** Marking the entrance of Bonne Bay since 1897. Now automated, the light keeper's house is an interpretive exhibit. (709) 458-2417; pc.gc.ca/grosmorne
- Molly Made Fibre Art Studio.** Hands on demonstrations & workshops in traditional rug hooking. In the gift shop, fine art & craft from local artist & artisans, 20 Crawley's Cove Rd, Woody Point; (709) 453-2538; mollymadefibreart.com

Unforgettable Boat Tours

- Bonne Bay Boat Tour.** Daily tours and evening cruises with music and commentary. Daily water taxi service. Departs from Norris Point, Route 430. (888) 458-2016; bontours.ca
- Western Brook Pond Boat Tour.** A Canadian Signature Experience. Spectacular glacier-carved land-locked fjord, waterfalls, billion year-old cliffs. Route 430. (888) 458-2016; bontours.ca
- Wild Gros Morne.** Discover the Tablelands via zodiac boat tour on the landlocked Trout River Pond fjord or visit forgotten coves & the resettled communities of Bonne Bay, Trout River; (709) 451-3377; wildgrosmorne.com

Festivals and Events

- Anchors Aweigh.** One of the regions most popular shows. Traditional music and colorful stories. Anchor Pub in the Ocean View Hotel, Rocky Harbour; June - September; (888) 458-2016; bontours.ca
- Cow Head Lobster Festival.** Fresh and local lobster dinners; Canada Day weekend; (709) 243-2446; cowheadlobsterfestival.ca
- Gros Morne Fall Fest.** Craft workshops, traditional music & dancing, hikes, and moose dinners all in a stunning oceanside setting. Cow Head; late September; (709) 243-2023/2466; grosmornefallfest.com
- Gros Morne Summer Music.** One of Canada's most innovative, eclectic music festivals. July - August; Woody Point, Route 431; (709) 639-7293 / (709) 638-1956; gmsm.ca
- Gros Morne Theatre Festival.** "A lively mix of drama, dinner theatre & Newfoundland times". May - September; 195 Main Street, Cow Head. (877) 243-2899 / (709) 243-2899; theatrenewfoundland.com
- Harbour Lights Festival.** Local entertainment, food & craft. First weekend in August, Rocky Harbour waterfront. (709) 458-8354; facebook.com/HarbourLightsFestival/
- Passing the Time in Trout River.** Performances by local singers and storytellers make for an enjoyable Kitchen Party, Trout River Interpretation Centre. July - August; (709) 451-5376; townoftroutriver.com
- Trails, Tales and Tunes.** Unique blend of walks, culinary adventures, concerts, kitchen parties and storytelling. Norris Point; 10 days in May; (709) 458-3410; trailstalestunes.ca
- Writers at Woody Point.** Festival featuring Readings by authors, musical performances and other arts events. Woody Point; third week in August; (306) 308-0036; writersatwoodypoint.com

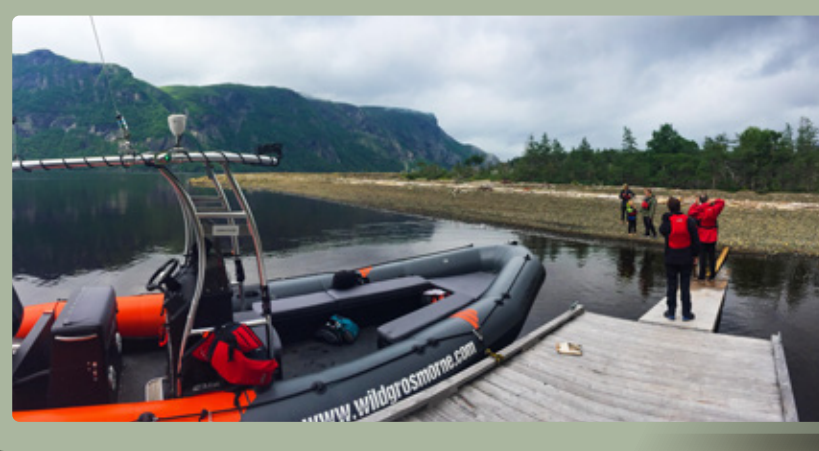
For more to see and do in Gros Morne

visit grosmorne.ca for events calendar, restaurant and accommodation listings, and more pc.gc.ca/grosmorne to discover what Parks Canada experiences await you vobb.org or tune in to **Voice of Bonne Bay Radio** at **95.9 / 98.1** for local information vikingtrail.org to continue your adventure on the Viking Trail, Route 430

Gros Morne National Park was designated a UNESCO World Heritage Site in 1987 for its impressive geological features. The 1805 sq kilometre park offers unsurpassed beauty and adventure – a perfect complement to the local cultural scene.

>> Numbers on the map correspond to numbers and colours on the descriptions.

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Where to Eat

- 1 | **Blue Oceans Dining Room.** Bonne Bay Inn, Woody Point. (709) 453-2223
- 2 | **Chanterelles.** Sugar Hill Inn, Norris Point. (888) 299-2147
- 3 | **Fisherman's Landing Restaurant.** Rocky Harbour. (709) 458-2060
- 4 | **Oceans Dining Room.** Ocean View Hotel, Rocky Harbour. (800) 563-9887
- 5 | **Seaside Restaurant.** Trout River; (709) 451-3461
- 6 | **Shallow Bay Family Restaurant.** Shallow Bay Motel, Cow Head; (800) 563-1946
- 7 | **Taste of Gros Morne.** Food & wine tours of the top restaurants in the park. (709) 458-3131
- 8 | **The Black Spruce.** Neddies Harbour Inn, Norris Point; (877) 458-2929



Favorite Photo Locations

Share your photos & selfies using [#ExploreNL](#) [#GrosMorne](#)

- 1 | **Lobster Cove Head.** Colourful sunsets, coastal tuckamore forest and a lighthouse. Route 430.
- 2 | **Shallow Bay Beach.** 4km of sandy beach, perfect for beachcombing & swimming. Cow Head. Off Route 430.
- 3 | **Tablelands and Bonne Bay Panorama.** Jenniex House parking lot, Norris Point. Off Route 430.
- 4 | **Trout River Pond & Tablelands Panorama.** Road to Trout River Campground, Trout River. Off Route 431.