



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 over the town and harbour.
- 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.
- Salmon Point - Rocky Harbour.** Stroll along cliffs overlooking Bonne Bay and the Gulf of St. Lawrence.
- Bottom Brook Trail - Rocky Harbour.** Beginning at the Post Office and follows the forested edges of Bottom Brook, ending at West Link Road. 1.5km.

For a list of Parks Canada trails in Gros Morne National Park pick up the *Tuckamore, Visitor Guide* at the Visitor Centre (Main Street, Rocky Harbour) or Discovery Centre (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, stand up paddleboard tours, sea kayak rentals and tours on Bonne Bay. (800) 685-4624; grosmortheadventures.com
- Gros Morne Outdoor Company.** High quality, small group, back-country experiences showcasing the best hiking and paddleboarding in Gros Morne. (709) 216-5638; 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) 453-7226; tourgrosmorne.com
- Under the Stump.** Relaxing side by side tours through remote backcountry; build your own ugly stick; mussel picking & storytelling. Accessible. Rocky Harbour. (709) 458-8198; underthestump.com
- Wild Gros Morne.** Authentic small group, custom experiences; sea kayak, paddle board, hiking, walking & backcountry tours, fishing, culture & culinary. Shoal Brook; (709) 453-2020; wildgrosmorne.com; 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
- 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/GalliotStudios
- Merchant Warehouse Retro Cafe & Wine Bar.** Outdoor patio on the historic waterfront with food and entertainment. Woody Point; (709) 453-2416; merchantwarehousewoodypoint.com

Rain or Shine: Museums, Heritage and Nature

- 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! Hear the story of the double axe murder of 1809. 143 Main Street, Cow Head; (709) 243-2466/2023; facebook.com/DrHenryN.PayneMuseum
- The Glass Station.** Glass panels, sculpture & functional objects. 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; (709) 458-3396; grosmornewildlifemuseum.ca
- Jacob A. Crocker House.** Registered Heritage Structure. Historically preserved fisherman's home built in 1898. Main St., Trout River; (709) 451-5376; townoftroutriver.com
- Jenniex Heritage House & Craft Shop.** Restored salt box house built in 1926. Enjoy a mug up, muffins and berries. Local artifacts & crafts. Norris Point; (709) 458-2828; norrispoint.ca
- Lobster 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.** Demonstrations & workshops in traditional rug hooking. Fine art & craft from local artisans. 20 Crawley's Cove Rd, Woody Point; (709) 453-2538; mollymadefibreart.com
- Neddie's Gifts.** A selection of local crafts located in an ice cream shop. 218 Main St., Norris Point; (709) 458-3234; theinn.ca
- Traditions By Miranda.** Fine, folk, and functional art inspired by the traditions of Newfoundland & Labrador. 31 Main St, Rocky Harbour; (709) 458-8099; facebook.com/GrosMorneArtist

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 Bonne Bay on a rugged Zodiac watercraft. Private charter, water taxi. Shoal Brook; (709) 453-2020; wildgrosmorne.com
- Gros Morne Adventures.** Discover Mekapisk with your Indigenous guide, start a fire, cook bannock. Private charter, water taxi. Norris Point. (800) 685-4624; grosmortheadventures.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
- 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.** Canadian and international musicians inspired by Gros Morne presented in intimate, unique venues. July - August; Woody Point, Route 431; (709) 638-1956; gmsm.ca
- Gros Morne Theatre Festival.** "A lively mix of drama, dinner theatre & Newfoundland times", June - September; 188 Main St., Cow Head. (877) 243-2899 / (709) 243-2899; theatrenewfoundland.com
- Harbour Lights Festival.** Local entertainment, food & craft. Last weekend in July. Rocky Harbour waterfront. (709) 458-2376; 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. Tues in July - August; (709) 451-5376; townoftroutriver.com
- Trails Tales Tunes.** Unique blend of walks, culinary adventures, concerts, kitchen parties and storytelling. Norris Point; 10 days in May; (709) 458-3410; trailstalesunes.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.com 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.



Where to Eat

- 1 | **Chanterelles.** Sugar Hill Inn, Norris Point. (888) 299-2147
- 2 | **Fisherman's Landing Restaurant.** Rocky Harbour. (709) 458-2060
- 3 | **Oceans Dining Room.** Ocean View Hotel, Rocky Harbour. (800) 563-9887
- 4 | **Shallow Bay Family Restaurant.** Shallow Bay Motel, Cow Head; (800) 563-1946
- 5 | **Taste.** Gros Morne Inn, Woody Point; (709) 453-7226
- 6 | **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 & 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.

