

## **Tour Gros Morne Signature Day Hikes**

This is a full day, guided hike of one of the amazing and challenging peaks in the park. Experience views of the UNESCO World Heritage sites like no other. If you like being challenged and enjoy a full day of physical activity in a uniquely beautiful environment, this is the tour for you. The day includes an informative and passionate guide and custom-made daily lunches.

**Important to note. These are full day (5-9 hrs), moderate to challenging hikes. The terrain varies from scree (a mass of small loose stones that form or cover a slope on a mountain.) loose stones, rocks, bogs, fields, forests. You must be in good physical shape and have some experience with hiking in order to partake.**

**REQUIRED AT TIME OF BOOKING - Please advise of:**

*Number of guests and Accommodations*

*Any dietary restrictions or allergies*

*Mobility concerns or requests*

The day starts off meeting your guide at your accommodations or at Norris Point Waterfront. Please see the descriptions below on the day hikes that are offered.

### **The Tablelands; 12 km, 700 meters, challenging.**

Depending on the location of your accommodations our day may begin with a water shuttle ride from the Norris Point waterfront across picturesque Bonne Bay to Woody Point. Your guide will drive you the short distance to the 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 National Park is a UNESCO World Heritage Site. Our hike takes you by numerous waterfalls as you reach the summit of the mountain at 700m. This offers panoramic views into Winterhouse Brook Canyon and beyond to Bonne Bay and the Long Range Mountains.

Duration: 7 hours over constant rocky and exposed terrain.



**Gros Morne Mountain; 16km, 806 meters, challenging.**

Your guide will shuttle you to the Gros Morne Mountain trailhead just outside Rocky Harbour. This challenging hike leads to the Arctic alpine of the Long Range Mountains where Moose and Rock Ptarmigan are common in a rugged barren terrain. This is the highest point in Gros Morne National Park at 806 meters and offers spectacular views overlooking the glacier-carved fjords of Bonne Bay and Ten Mile Pond.

Duration: 7 - 8 hours over scree, and rocky exposed terrain.



**Green Gardens; 10 km, 250 meters, moderate.**

Start the day on the water shuttle across Bonne Bay to Woody Point, your guide will shuttle you to the Green Gardens trailhead. This trail which descends 230m to sea level is one of the most diverse hikes in the park. The route descends from the Earth's mantle of the Tablelands, traverses Arctic alpine rock gardens and descends into the boreal forest valley featuring some of the oldest and largest trees in the park. At the coast explore the grassy meadows, rock pillars, ancient volcanic sea-stacks and rugged cliffs left behind from an ancient volcanic island. We head to the coastline and find the hidden waterfalls and sea caves.

Duration: 5 hours over rock, meadow, forest and stone.





**Lookout Hills; 14 km, 700 meters, challenging.**

We start the day with a water shuttle across Bonne Bay to Woody Point. Here we start our trek through town and up hillside trail through thick Boreal forest with beautiful views as we climb. We quickly break out onto the alpine plateau where moose are often seen it is very soft underfoot for the majority of the hike but may be wet as it is bog land. Another short climb up the scree and across the rock ridge we reach the summit. In addition to spectacular views, often considered the best in the park, you can often see north all the way to Cow Head.

Duration: 7-8 hours forest, rock, bog, scree



The day concludes with your guide returning you to your meeting point and offering up some suggestions on where to enjoy a much deserved celebratory meal.

Guests will need to bring:

- Active wear
- Hiking shoes
- Wind breaker
- Waterproof jacket
- Multiple layers ie: t-shirt, long sleeve shirt, jacket. The weather changes quickly and multiple times a day, it is best to be prepared
- Day pack
- Reusable water bottle and water bladder (2 liters)
- Sunscreen
- Bug spray
- Hat

BOOK AT [TOURGROSMORNE.COM](http://TOURGROSMORNE.COM) OR CALL (709) 458-3131