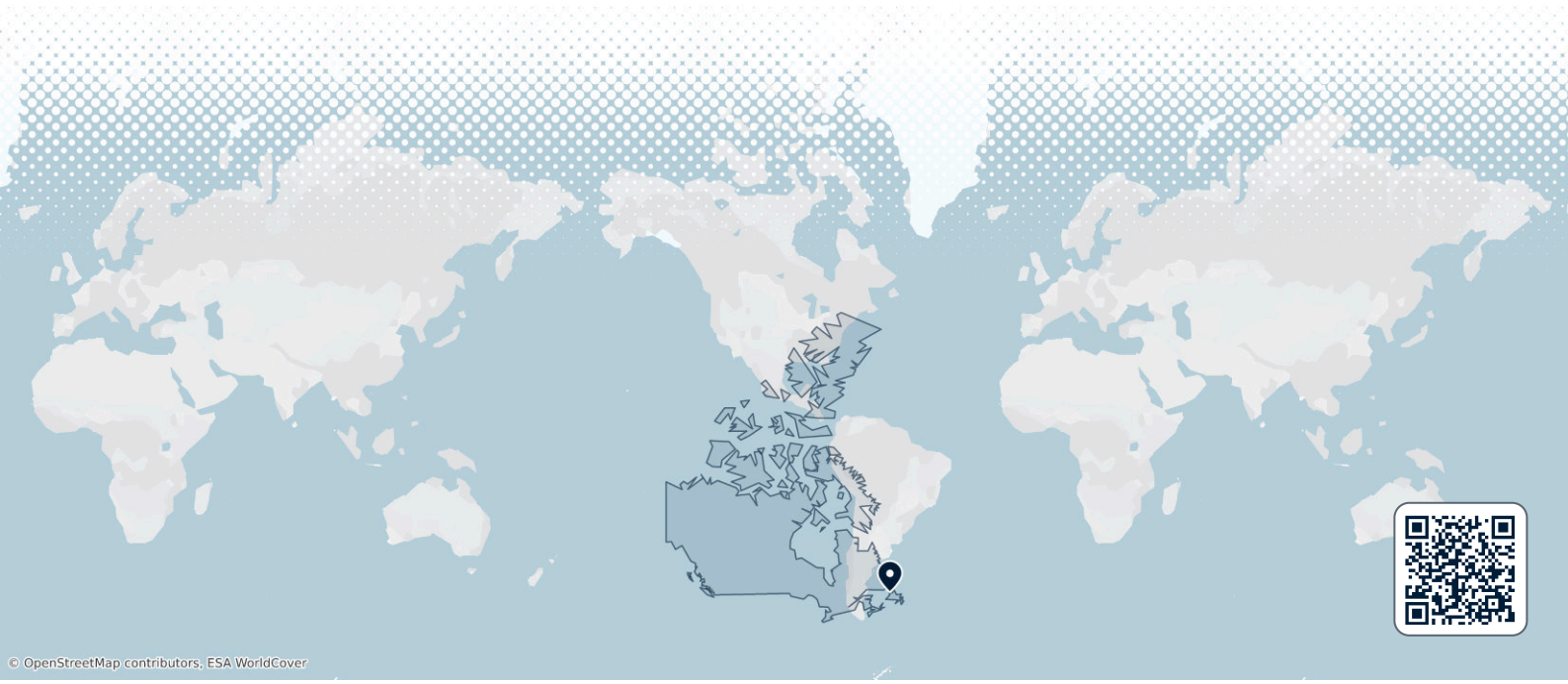


Gros Morne National Park

Newfoundland and Labrador · Canada

TRAVEL GUIDE

Tripomatic



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Overview

Gros Morne National Park covers a large part of Newfoundland's west coast. It is a UNESCO World Heritage Site, listed for its geology. Rock from the Earth's mantle lies exposed on the Tablelands. Glaciers carved deep fjords and cliffs from the Long Range Mountains.

It suits a trip of three to five days built around hiking, boat trips and scenic drives. Most visitors base themselves in a small coastal community such as Rocky Harbour, Norris Point or Woody Point. Distances are long and services are limited, so plan each day around the road.

When to visit

Late June to early September is the main season. July and August are the warmest months. Most tours, exhibits and visitor services run in summer, and many close outside it. Snow can linger on high trails into June, and biting insects are worst in early summer. September is quieter and cooler. Winters are long, cold and snowy, and the park is much less accessible.

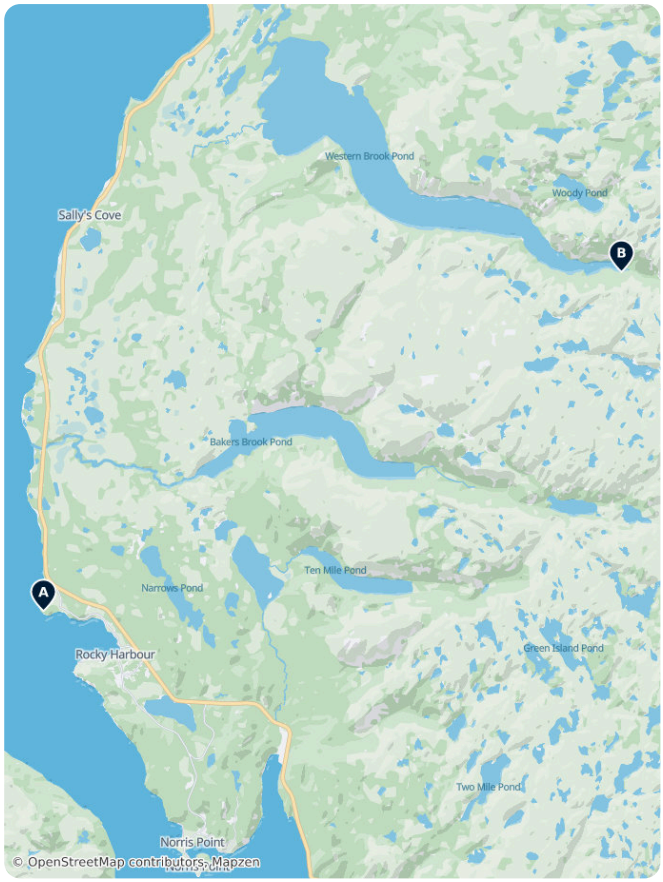
The Western Brook Pond boat tour runs from mid May to mid October. Check the Parks Canada site for current dates and trail conditions: Parks Canada.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for watersports	-8° / -2° Feels like -14°	-15° / -23°	21 rainy days · Dry air · Calm winds
February	Poor Poor for watersports	-9° / -2° Feels like -14°	-16° / -24°	18 rainy days · Dry air · Calm winds
March	Poor Poor for watersports	-6° / 0° Feels like -11°	-13° / -22°	17 rainy days · Dry air · Calm winds
April	Poor Poor for watersports	0° / 9° Feels like -5°	-7° / -14°	16 rainy days · Dry air · Calm winds
May	Poor Poor for watersports	8° / 16° Feels like 4°	-2° / -6°	15 rainy days · Dry air · Calm winds
June	Fair Fair for hiking	13° / 21°	3° / -2°	14 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	18° / 22°	8° / 3°	17 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	17° / 22°	8° / 4°	16 rainy days · Dry air · Calm winds
September	Fair Fair for hiking	12° / 19°	4° / -1°	16 rainy days · Dry air · Calm winds
October	Poor Poor for watersports	6° / 13° Feels like 2°	-1° / -6°	17 rainy days · Dry air · Calm winds
November	Poor Poor for watersports	-1° / 8° Feels like -5°	-6° / -12°	19 rainy days · Dry air · Calm winds
December	Poor Poor for watersports	-6° / 2° Feels like -11°	-11° / -19°	20 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- Western Brook Pond is a long freshwater fjord between steep cliffs, cut off from the sea. A 3 km walk leads to the dock, and a boat tour runs through the gorge. Reservations are recommended.
- The Tablelands are a bare orange plateau of mantle rock near Woody Point and Trout River. A short trail leads onto the foot of the slope. Stay on the trail.
- Gros Morne Mountain is the park's highest peak and a demanding day hike. It is long, steep and exposed, and the views reward a clear day.
- A Lobster Cove Head Lighthouse is a lighthouse on a rocky headland. It has a small exhibit, tide pools and good spots for whale watching and sunset.
- B Pissing Mare Falls is a tiered waterfall in the north of the park. It is reached on a hike.
- Bonne Bay is the large inlet that divides the park's southern section. Roads and small harbour towns wrap around it, with views across the water to the mountains.
- Green Gardens is a coastal hike from the Trout River side. It leads to grassy slopes and sea stacks above the Gulf of St. Lawrence.



Gros Morne National Park – Plan Your Trip

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What to experience

- **Hike Gros Morne Mountain.** Plan a full day. Start early and check trail conditions before you go.
- **Take the Western Brook Pond boat trip.** Time it with the weather, since departures depend on wind.
- **Walk the Tablelands trail** on a clear morning, when the orange rock stands out against the sky.
- **Watch the sunset at the lighthouse.** Bring a layer. It is windy on the headland.
- **Catch a show in Woody Point.** The Heritage Theatre hosts live music and performances in summer.

Where to explore

- Corner Brook is the nearest city. It has shops, services and a regional hospital, a drive of roughly two hours from Rocky Harbour.
- St. John's is the provincial capital, on the far east side of the island. Allow a full day to drive across.
- L'Anse aux Meadows, a UNESCO site with a Norse settlement, lies at the tip of the Northern Peninsula. Allow a long drive north of the park.

Getting there

- **By air**: Deer Lake Regional Airport (YDF) is the closest airport, about 35 km from the southern park boundary. It has flights from Toronto, Montreal (seasonal), Halifax and St. John's. Rent a car at the airport. Rocky Harbour is about an hour's drive.
- **By ferry and car**: Marine Atlantic sails year-round from North Sydney, Nova Scotia, to Port aux Basques, a crossing of about 6 hours. From there the park is roughly a four-hour drive. Reserve the ferry ahead.
- **By bus**: Public transport to the park is very limited. A car is the practical choice.

Getting around

- **By car**: A car is the main way to see the park. Highway 430 runs along the coast through the park. Highway 431 branches off it to Woody Point and Trout River. See the driving notes below.
- **Boat**: The Western Brook Pond boat tour runs in summer. Departures depend on weather.
- **On foot**: Trails start from roadside trailheads. Towns are small, and sights are spread far apart, so you drive between them.
- **Cycling**: The roads are narrow with little shoulder and steep sections. It suits strong riders only.

Getting around on foot & by bike

WALKABILITY

Low

Sights are spread along long roads, so you drive between them. Walking is for trails and small harbour towns.

CYCLING INFRASTRUCTURE

Low

Roads are narrow with little shoulder and steep sections.

Driving

- **Is a car worth it?** Yes. Sights, trailheads and towns are far apart and there is almost no public transport.
- **Fuel**: Fuel stations are few. Fill up in Deer Lake, Rocky Harbour or Norris Point before long drives.
- **Wildlife on the road**: Moose are common on the roads, mostly at dawn, dusk and at night. Drive slowly after dark.
- **Distances**: Rocky Harbour to the Western Brook Pond trailhead is a short drive north. Trout River is on the far southern side of Bonne Bay, so allow time to drive around the bay.
- **Passes**: Park entry needs a national park pass. Buy one at the visitor centre or online.

Food & drink

Food here is simple and local. Look for fresh fish and seafood, and for **toutons**, fried bread dough served with molasses or syrup. Berry desserts and jams use local partridgeberries and bakeapples when in season.

Restaurants are few and mostly in Rocky Harbour, Norris Point, Woody Point and Trout River. Many close in the off-season, so check hours. Evenings often include live traditional music.

What to eat & drink

DINNER

Tourtière
A savory meat pie, traditionally made with pork, beef, or game, especially popular in Quebec.

SNACKS & STREET FOOD

Poutine
Fries topped with cheese curds and hot gravy, originally from Quebec and now popular nationwide.

Bannock
A simple fried or baked bread with roots in Indigenous cooking, found in many regional variations across the country.

Montreal-style Bagel · Bagel montréalais
A smaller, sweeter, denser bagel than the New York style, boiled in honey water and baked in a wood-fired oven.

Maple Syrup · Sirop d'érable
Syrup tapped from maple trees, mainly in Quebec and Ontario, used on pancakes and in baking and savory dishes alike.

SWEETS & DESSERTS

Butter Tart
A small pastry shell filled with a sweet, gooey butter, sugar, and egg filling, sometimes with raisins or pecans.

Nanaimo Bar
A no-bake dessert bar from British Columbia with a chocolate-crumb base, custard filling, and chocolate topping.

DRINKS

Caesar
Canada's signature cocktail: vodka, Clamato juice (tomato and clam broth), and spices, served with a celery stalk.

Canadian Whisky
A lighter, smoother style of whisky than Scotch or Bourbon, often blended with rye.

Ice Wine
A sweet dessert wine made from grapes frozen on the vine, produced mainly in Ontario's Niagara region and British Columbia's Okanagan Valley.

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Safety & health

The park is safe for visitors. Weather and wildlife are the main risks.

- **Weather**: Conditions change fast, and it can be cold, wet and windy even in summer. Pack rain layers and warm clothing. Fog can close in on high trails.
- **Hiking**: Carry water, food and a map. Tell someone your plan. Phone coverage is patchy outside the towns.
- **Moose and bears**: Keep your distance from moose. Black bears live in Newfoundland, and food should be stored properly. Never feed wildlife.
- **Coast and water**: The sea and lakes are cold. Keep back from cliff edges and wet rocks. Waves can be hazardous on rocky shores.
- **Insects**: Mosquitoes and blackflies are common in early summer. Bring repellent.
- **Tablelands**: Do not leave the trail, and do not collect rocks.

History

Indigenous peoples, including the Mi'kmaq, lived and travelled along this coast long before European fishers arrived. Small fishing communities grew along the shore and still shape the area.

The park was listed as a UNESCO World Heritage Site in 1987. Its exposed rock helped scientists confirm the theory of plate tectonics.

Country facts

Quick practical facts for Canada at a glance:

CURRENCY
CAD $

EMERGENCY
911

ELECTRICITY



Type A / Type B
120 V · 60 Hz

LANGUAGES
English, French

TAP WATER
Safe to drink

Top sights





A Lobster Cove Head Lighthouse

Lighthouse on a rocky headland in Gros Morne National Park, with a small cultural exhibit, coastal trails and tide pools below.

A0K, Canada (49.60290, -57.95568)

Mo–Su 09:00–17:00

parks.canada.ca/pn-np/nl/grosmorne/activ/decouverte-t...



B Pissing Mare Falls

Pissing Mare Falls is a tiered waterfall located in Gros Morne National Park, Newfoundland, Canada.

A0K, Canada (49.71350, -57.66481)

DATA SOURCES

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