



Canada-Hiking in Gros Morne (2025)

7 Days/ 6 Nights

Guided



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!

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day by Day

Day 1 Arrive Gros Morne National Park

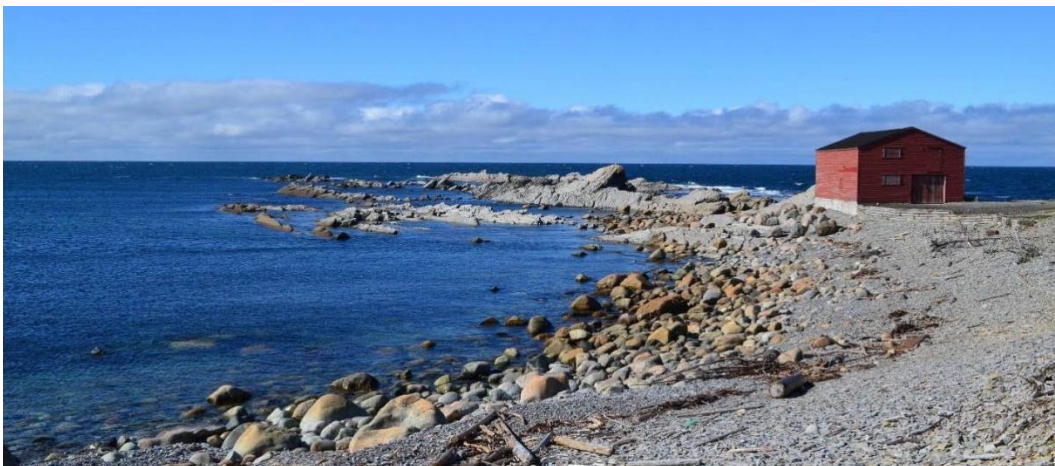
Welcome to Gros Morne! You will be met at the Deer Lake Airport today and transferred to your accommodation on the north side of the park via the stunning 'Viking Trail' highway which provides your first glimpse of Gros Morne's dramatic coastal landscapes. After about an hour, we arrive at the pretty 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 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



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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

Route

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.

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**Departure Dates**

Sundays June 1- September 28

Prices

Price per person in Canadian Dollars- all prices subject to confirmation on booking

Double Occupancy \$3290

Single Occupancy Supplement \$990

Gros Morne Inn Upgrade double occupancy \$790

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

Not Included

- Airfare or travel to/from Deer Lake
- Alcoholic beverages
- Items of a personal nature
- Travel Insurance
- Tips and gratuities
- Applicable taxes

This is a partner tour

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