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3 DAY GROS MORNE BUCKET LIST

Western Newfoundland | Gros Morne National Park, a UNESCO World Heritage Site

The adventure begins with your arrival at [Deer Lake Regional Airport \(YDF\)](#). Then you'll hit the road for [Gros Morne National Park](#), a UNESCO World Heritage Site.



DAY 1: EXPLORE THE TABLELANDS & BONNE BAY

To get a fantastic overview of Gros Morne National Park, your first stop should be the state-of-the-art Parks Canada Discovery Centre. We recommend taking the time to watch "Holding Ground" while you are there.

Now it's time to hike the [Tablelands](#), an experience that cannot be forgotten. Here, where the theory of plate tectonics was confirmed, you'll walk over ancient sea floor and preserved ocean avalanches. It's a distinctive red landscape of exposed Earth's mantle, thrust up by the collision of tectonic plates millions of years ago. With a Parks Canada Interpreter, stroll the Tablelands; explore the Earth's mantle, and hold 400-million-year-old rocks.

Enjoy lunch at one of [Woody Point's](#) or [Trout River's](#) seaside cafes. After lunch visit the seaside shops and galleries in Woody Point.

Depart for [Norris Point](#), where you'll stay during your adventure. Take an evening kayak or paddle board tour on beautiful Bonne Bay. May we suggest a paddle and pint tour?



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DAY 2: CHOOSE YOUR HIKING ADVENTURE

Option 1 [Gros Morne Mountain \(James Callaghan\) Trail](#)
16km loop | Difficult | 6-8hours | Self-guided or Guided

Follow the path to Gros Morne National Park's highest point (806 metres). Your efforts will be rewarded by breathtaking views of the Long Range Mountains and the Ten Mile Pond gorge. The flat summit is a harsh yet beautiful Arctic-alpine environment, home to arctic hare, rock ptarmigan, and arctic-alpine plants.



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OR

Option 2 [Western Brook Pond Gorge](#)
18km return | Difficult | 10 hours | Guided option only

This hike begins with a 3km walk to the dock, where you'll take a private boat shuttle that drops you and your guide off at the mouth of the fjord. Your guide will bring you up to the top of the gorge and along the way provides interpretation of the ecosystem and history of the area. At the top you'll be rewarded with one of the most iconic views in Gros Morne National Park.



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That evening, relax and enjoy a delicious dinner in [Norris Point](#) or [Rocky Harbour](#) as you reminisce about your epic day.



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DAY 3: FOOTLOOSE & FANCY-FREE IN GROS MORNE

We suggest taking this day to breathe and explore. After a late breakfast, here's some suggested experiences—let your soul guide the way.

Sea life abounds in Bonne Bay fjord. Learn about the fragile marine life at the [Bonne Bay Marine Station](#).

Pick up a locally hand-crafted souvenir at the [Jenniex House](#), a traditional salt box house built in 1926.

Visit a century old lighthouse; [Lobster Cove Head Lighthouse](#) once served as a beacon to safely guide fishermen and sailing vessels into Bonne Bay.

Still feeling adventurous? Take an ATV tour with [Under the Stump](#).

Step inside [Broom Point Fishing Premises](#); imagine the lives of the three Mudge brothers and their families who fished at Broom Point from 1941 to 1975.

Learn about the infamous axe murder in Cow Head—you'll see the 200-year old weapon—at the [Dr. Henry N. Payne Museum & Craft Shop](#).

If a beach is what you crave, [Shallow Bay](#), with its warm shallow water backed by high sand dunes is it.

To end your bucket list adventure—a show at [Gros Morne Theatre Festival](#), now in it's 25th season. Each shows tells a beautiful story of local history and culture.



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