

# Visit Gros Morne

## Colour Your Spirit Gros Morne Fall Festival

September 23rd - 26th. 4 days 3 nights



Take in the entirety of this lively 4-day celebration of culture or choose the events you want to attend and fill in the rest of your itinerary with the suggestions below. View the Gros Morne Fall Fest & Craft Fair schedule [here](#).

Centered in the seaside community of Cow Head, the [Shallow Bay Motel and Cabins](#) makes the perfect home base. From here, walk to many of the Gros Morne Fall Fest events and dine at their onsite Shallow Bay Family Restaurant.

### **Get to know Cow Head - Thursday September 23rd**

Start the day with a hike on the Cow head lighthouse trail (2.5km); The "head" is connected to the rest of the town by a natural isthmus and is where the trailhead is located.

# Visit Gros Morne

Grab some lunch at the Shallow Bay Motel, and listen to the singer and story teller Daniel Paynes traditional Newfoundland music. Head to the Dr. Henry Payne Community Museum afterwards to take in some craft demonstrations; knitting, darning and mat hooking. The [Dr. Henry N. Payne Community Museum & Craft Shop](#) features locally made crafts and artefacts, including the axe head from the double axe murder of 1809.

## **Beach Walks, Crafts, & Stories - Friday September 24**

Start the morning with a crafting workshop, each year, we bring together talented craftspeople and artisans from across the region to provide guidance and instruction for workshop participants. Workshops range from a couple of hours to multi-day affairs, where participants get to create beautiful works to take home with them, along with newly acquired skills and often new friendships!

In the afternoon immerse yourself in recitations and music at the Dr. Henry N. Payne Community Museum & Craft Shop before taking a stroll along the 4 km sandy Shallow Bay Beach, its ideal for watching the sunset, dipping your toes in the refreshing salt water after a workshop or other festival event.

In the evening you can be serenaded by an indigenous singing, or get your blood flowing watching the axe murder story and tales of ghosts.

## **Heart & Soul: History, Music & Cuisine - Saturday September 25**

Take a tour of Cow Head and Summerside with Glenda, Daniel, Jim & Fergus, and the group Rum Ragged, and enjoy picnic overlooking beautiful Shallow Bay afterward, with delicious traditional cuisine provided by [Taste of Gros Morne](#)

In the afternoon head to Skivvers Wool & Fibre Craft Studio to take in a demonstration on natural dyeing using locally grown plants, before a fine dining experience at Shallow Bay Motel with Chef Jake Meade (book 709-243-2471).

## **Explore the Coast - Sunday September 26**

# Visit Gros Morne

When not at the festival, explore one of the nearby Parks Canada sites. [Broom Point](#) features a restored traditional fishing premises nestled into a rocky coastline. When at Broom Point, take [Steve's Trail](#) (1 km return) follow in the footprints of a local fisherman to views of the Long Range Mountains and Western Brook Pond Fjord. Or, visit the remnants of the Wreck of the SS Ethie, which ran aground just south of Cow Head during the winter of 1919, or take in a game of golf at the [Gros Morne Golf Course](#)

Last, but not least, take a 2 hour cruise along the landlocked Western Brook Pond Fjord with [BonTours](#) — a Canadian Signature Experience. Be sure to book in advance\* and allow 45 minutes to walk the 3 km from the parking lot to the pond.

*\*Contact BonTours at 1-888-458-2016 for tour departure times.*

---

## Accommodations

Daily direct flights from Toronto, Halifax, and Montreal to Deer Lake, NL.

### Gros Morne North

Cow Head

---

[Shallow Bay Motel](#)

### Gros Morne Central

Rocky Harbour &  
Norris Point

---

[Ocean View Hotel](#)  
[Fisherman's Landing](#)  
[Gros Morne Cabins](#)  
[Neddies Harbour Inn](#)  
[Sugar Hill Inn](#)

### Gros Morne South

Woody Point

---

[Bonne Bay Inn](#)  
[Gros Morne Inn](#)