

Visit Gros Morne

Iconic Gros Morne in Full Fall Colour

September to October — 3 days, 2 nights



Visit the iconic five natural wonders that have earned Gros Morne National Park its UNESCO World Heritage Site designation as they flaunt their the colours of fall.

Day 1 - Tablelands

Start the day exploring Route 431 also known as *Gros Morne – South*. Pick up a park pass at the [Discovery Center](#), a great place to learn about the Tablelands, or check out the Miawpukek exhibition about a Mi'Kmaq community on Newfoundland's south coast.

The Tablelands is one of a few places in the world where the striking rusty-orange rocks that make up the Earth's mantle can be seen. Take the [Tablelands Hike](#) across the serpentine barrens that follows the base of this mountain (4 km return).

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Lunch suggestions: [Seaside Restaurant](#), Trout River or one of the many waterfront cafes or restaurants, Woody Point

The [Green Gardens](#) trail (9 km return) beckons with lush seaside meadows and sea stacks. Occasionally, local sheep wander onto the trail to take advantage of these meadows, so don't be startled to catch them grazing. Once back in the vehicle, take the road to Route 430 and head for Rocky Harbour or Norris Point where you'll overnight.

Day 2 - The Mountain

Rise early, pack a lunch, and have a hearty breakfast to prepare yourself to hike [Gros Morne Mountain](#). To hike the entire mountain* (17 km return), plan for a full day. Or, for a shorter hike that offers views of Bonne Bay south opt to hike to the base (9 km return) then spend the afternoon browsing artisans shops.

**Dogs are not permitted on the Gros Morne Mountain Summit.*

Unwind like a local at an [Anchor Pub](#) Kitchen Party* – a Newfoundland tradition – featuring live entertainment and pub food, located in the Ocean View Hotel.

**Tuesday, Thursday & Saturday nights until September 25th.*

Pamper your tired body and rejuvenate your mind at [Neddie's Spa](#), located in Neddies Harbour Inn, or soak in the outdoor Jacuzzi hot tub overlooking the ocean or relax in the sauna at [Shallow Bay Motel](#).

Day 3 - Fjords

Take the 2 hour cruise along the landlocked Western Brook Pond Fjord with [BonTours](#) — a Canadian Signature Experience. Be sure to book in

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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.*

After the tour head to the [Green Point Geological Site](#) to check out the extraordinary cliff face — a world geological benchmark. This spot is best viewed at low tide.

Dinner and accommodation suggestions

Town of Norris Point

Chanterelles Restaurant and [Sugar Hill Inn](#)

The Black Spruce Restaurant and [Neddies Harbour Inn](#)

Town of Rocky Harbour

Fisherman's Landing Restaurant and [Fisherman's Landing Inn](#)

Oceans Restaurant and [Ocean View Hotel](#)

[Gros Morne Cabins](#)

Town of Cow Head

Shallow Bay Family Restaurant and [Shallow Bay Motel & Cabins](#)