

Visit Gros Morne

Slow Down and Explore

September to October — 5 days, 4 nights



Scenic roads meandering by coastal cliffs and fjords, warm smiles from locals, and a National Park to experience the changing of the seasons, all to yourself. With the space and the time to think and reflect, Gros Morne has the colorful people, places and experiences to leave a lasting impression.

Day 1 – Settling In

As you get settled-in, get up, grab a coffee, and get going, head to the northern part of Gros Morne to hike in (5km return) to the [Western Brook Pond Boat Tour](#), where you pass through the coastal low-lands with tuckamore forests before reaching the spectacular glacier-carved fjord. After the tour be sure to check out the trails around Parks Canada Lobster Cove Head Lighthouse, with the exhibit closed you'll have all the amazing views to yourself!

Day 2 – The Mountain

Gros Morne Mountain – 17km

One of the most popular hikes in the park, and most difficult and for good reason! There are two options, as easy hike to the base and back to the car park 9km, or the full trip. Depending on the weather, and if there's snow on the top, the hike to the base, with panoramic views, waterfalls, and jutting cliffs might be just about right.

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Day 3 – Recover and Relax

Bakers Brook Falls – 10km

Learning to pace yourself maybe one of the most important lessons while hiking in Gros Morne. Start the day by grabbing a coffee in Norris Point, check out one of the community trails, or try out [kayaking](#) or a [zodiac tour of Bonne Bay](#). After grabbing lunch, head to the mostly flat / boardwalk, Bakers Brook Falls, with the trail to yourself you can enjoy a leisurely stroll, breathe the cool air, and marvel at the cascading waterfall

Day 4 – The Earth’s Mantle

Heading to the south side of the park via [Bonne Tours Water Taxi](#) (Norris Point to Woody Point), or take an hours drive, getting to Woody Point, you can peruse the local shops, grab a snack and tea, and take-in the artistic offerings, before heading to Parks Canada Discover Center (open to Oct 11th). After delving into the significance of the Martian like landscape, head to the Lookout Trail (6km return), and take-in the panoramic views of southern arm, and the tablelands.

Day 5 – Trout River

Rounding out your experience on the south-side of the park, take in Green Gardens costal trail in the morning, before trying out the community trails in Trout River Pond, or [experiencing Trout River Pond](#) zodiac tour, a fjord splitting the tablelands, and sheer granite cliffs of elephant head.

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](#)

Visit Gros Morne

Oceans Restaurant and [Ocean View Hotel](#)
[Gros Morne Cabins](#)

Town of Cow Head

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