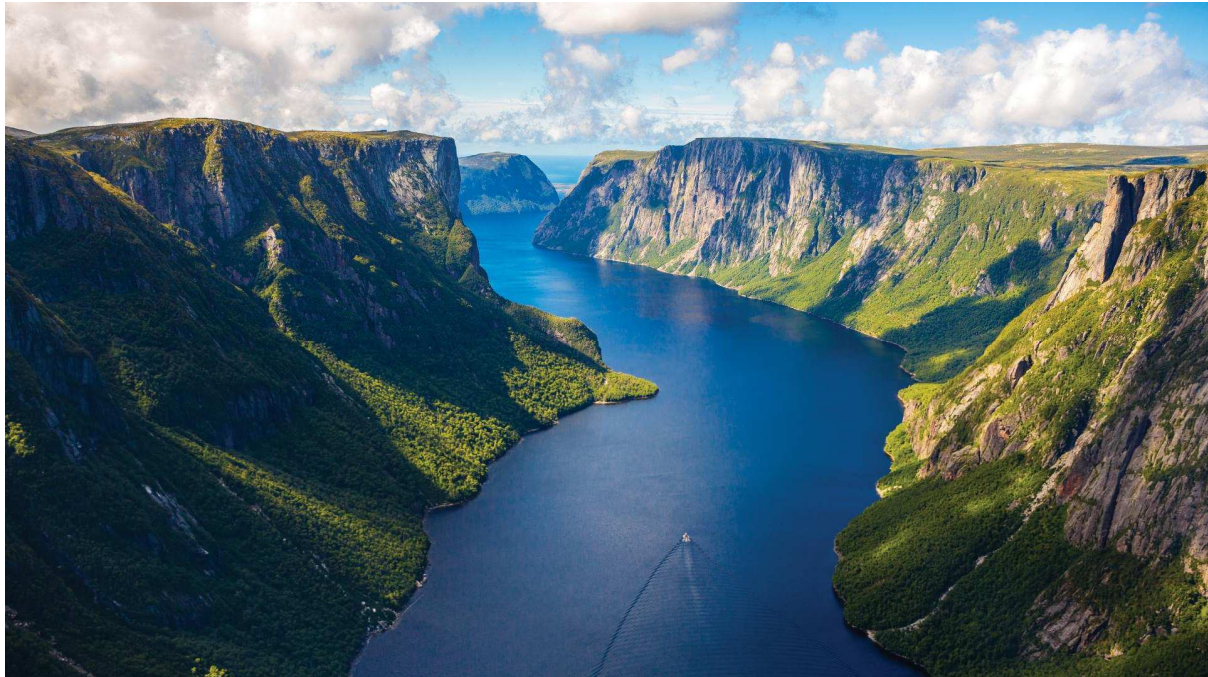


Gros Morne Explorer | Guided Hiking Holiday in Newfoundland

Holiday Duration: 7 Nights



Overview

The Gros Morne Explorer is a hiking holiday in one of Canada's top hiking destinations, Gros Morne National Park, on the west coast of Newfoundland, conveniently close to Deer Lake Airport.

Experienced local guides with good naturalist knowledge lead you on day hikes to explore Gros Morne Mountain's Arctic alpines, the deep fjords of the Long Range Mountains, coastlines of pebble beaches and volcanic rocks, and the treeless Tableland's mountain of mantle. Included in this week-long hiking holiday is a sea kayak expedition along Bonne Bay and a boat cruise on the famous Western Brook Pond Fjord.

You will spend your evenings in comfortable and spacious cottages in Norris Point just a few minute's walk from the beach, aquarium and waterfront pub. Daytime temperatures are ideal for hiking, the trails are not crowded and at the end of each day you will eat in locally owned seaside restaurants

This itinerary is flexible and can be tailor-made to suit you; if you want to add extra days in one area, extend the holiday or maybe change the direction of travel. Talk to one of our experts about how to make this holiday the perfect one for you.

Here's a day-by-day guide to your itinerary. Feel free to ask us to add other days or ideas and excursions by contacting us directly, so we can give you the best price.

Day 1



Deer Lake

Fly into Deer Lake from the UK arriving in the evening.

1 night Deer Lake

Day 2



Deer Lake to Gros Morne National Park

Relax for the morning then meet your guide in Deer Lake and be transferred at 3:30pm to Gros Morne National Park for an evening orientation and welcome dinner.

6 nights in Norris Point, Gros Morne National Park.

Day 3

Gros Morne National Park

The Tablelands; 14km, moderate.

The Tablelands is an eerie, alien landscape that is a remnant of rock that once lay beneath the ancient Iapetus Ocean. A 4 hour hike along the shores of Trout River Pond Fjord explores this rocky terrain that is so unique from a geological and natural history perspective that it is a key component to Gros Morne National Park's UNESCO World Heritage Site designation.

Mostly treeless because of the toxicity of the soil and the exposed landscape, trees that do survive are stunted and very old. The hiking trail passes through meadows, shrubby forest and then strikes out across the barren Tablelands for a stunning view of Trout River Pond Fjord.

Day 4

Gros Morne National Park

Gros Morne Mountain; 16km, challenging.

Hike to the highest point in the park, Gros Morne Mountain. This rigorous hike leads to the Arctic alpine wilderness of the Long Range Mountains. Rare vegetation clings to this barren landscape and hardy inhabitants like the Woodland Caribou, Moose, and Rock Ptarmigan are often seen.

Enjoy spectacular views overlooking the glacier-carved fjords of Bonne Bay and Ten Mile Pond. Plan on an 8-9 hour hike with an elevation gain of 806m.

Day 5

Gros Morne National Park

Sea Kayaking; 5-8km, easy. Western Brook Pond Fjord; 6km, easy.

Extending over 20 km inland from the Gulf of St. Lawrence is the sheltered fjord of Bonne Bay. Explore this rich marine environment by sea kayak. Minke whales, eagles, terns, mink, mergansers and kingfishers are common sightings on the bay throughout summer. Spectacular views of Gros Morne Mountain and the Tablelands can be enjoyed from the seat of a kayak.

In the afternoon take the coastal lowland walk across bogs and limestone ridges to Western Brook Pond fjord, a spectacular freshwater lake hemmed in by 650m high rock walls. You will join a boat tour to explore its 16km length and to see the spectacular waterfalls that tumble from the alpine plateau.

Day 6

Gros Morne National Park

Green Gardens; 9 or 15km, moderate to challenging.

Today you explore the spectacular Green Gardens coastal trail. Cross an ancient ocean, traverse an Arctic alpine rock garden, and descend into a boreal forest valley of northern evergreens, songbirds, and moose. At the seacoast wide beaches with shallow rock pools, grassy meadows, rock pillars, ancient volcanic sea-stacks, and rugged cliffs unfold before you.

Enjoy a shore lunch, explore the beach and retrace our route back to the trail head (9km). For avid hikers, continue on the longer looped trail (15km) along the shoreline to the Wallace brook stream crossing and follow the undulating trail ascending 350m to the Trout River Gulch trailhead.

Day 7

Gros Morne National Park

Lookout Hills; 15km, moderate to challenging.

The Lookout Hills hike offers the best panoramic view of Gros Morne National Park. From this vantage point you can see the Tablelands, the coastal lowland, the Long Range Mountains, and Bonne Bay's picturesque villages of Norris Point and Woody Point.

This is an off trail hike through forest, across alpine fens, and up rock ridges. Seeing other hikers on this route is a rarity! In addition to spectacular views moose, caribou, and ptarmigan are often seen.

We end a great week of adventure with a farewell dinner.

Day 8



Gros Morne National Park to Deer Lake

After breakfast return to Deer Lake to fly home to the UK or continue your holiday in Newfoundland or perhaps fly to Halifax and explore Nova Scotia.

If you are interested in a holiday to Canada please contact us on 020 8776 8709 to discuss your plans with a Canada expert, or send an email to canada@frontier-travel.co.uk with your requirements and we will put together your ideal itinerary and quotation. Let us take you there.