



WILD WOMEN
expeditions

NEWFOUNDLAND ACTIVE ADVENTURE

7 DAYS



EXPERIENCE NEWFOUNDLAND

Wild, remote, staggering. Newfoundland is built on a dramatic landscape of glacier scars, stunted spruce, erratic rock and the pounding Atlantic. Tectonic plates shifted and kaboomed to create a terrain full of surprises from the desert-like Tablelands to soupy bogs and famed Iceberg alleys.

The story of earth's geological history is opened wide here and you can walk right across it! Gros Morne National Park is as important to Plate Tectonics Theory as Ecuador's Galapagos Archipelago is to the Theory of Evolution. There's no pop quiz at the end of this trip but you'll learn a lot about what lies below on the daily guided hikes. This itinerary will definitely give your Vibram soles and soul a solid workout!

Gros Morne National Park's Long Range Mountains, Arctic alpine environment, curious tuckamore trees and towering, landlocked fiords compelled the United Nations to declare it a World Heritage Site in 1987.

On this Wild Women east coast romp you will visit the bright palette of the vibrantly painted fishing villages and be treated to the undeniable hospitality of Newfoundlanders. Visit local art studios, try Jam Jams, beachcomb and kayak in the company of eagles (and starfish and jellyfish below) on Bonne Bay.

Walk on the Earth's rusty orange mantle, trace your fingers over the fossils of Green Point and summit the second highest mountain in Newfoundland. How does that sound?
Let's "Rock" and roll!



Meet your expert and energetic Wild Women guides and fellow group members at Deer Lake Airport at 2:30pm. We will travel one hour north into the jawdropper known as Gros Morne National Park. Before our first dinner and orientation session together, you'll have time to unpack and get into the relaxed groove of the trip in your cozy cabin.

Meals Included: Dinner

Tonight's Sweet Sleep: Gros Morne Basecamp



We'll start the day with an informative visit to the Discovery Centre to learn about the park's endemic species and anomalies. In the afternoon we will hike the rugged Tablelands to take in the unparalleled views of Bonne Bay at the top. This barren environment is lunar-like and half a billion years in the making! The area is unable to support vegetation because the rocks forged from the Earth's mantle lack the nutrients necessary to support plant life.

What the heck are the Tablelands? They formed deep in the middle layer of the Earth, in the mantle. As ancient continents collided like bumper cars way back when, it was thrust up and resulted in the peaks of the Appalachian Mountain chain and the supercontinent of Pangea! The eroding mountains and 400 million years of wear and tear are visible in the distinct barren orange expanse—the mantle!

The hike will be 4-5km long, depending on the group's interest with a 500m elevation gain/loss. It's a short walk really when you consider the 400 million years it took to 'build' the trail!

The evening we will stay in the outport community of Trout River and share tall tales over dinner at a local restaurant. There will also be time to poke along the beach!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Gros Morne Basecamp

For more information please contact:

adventure@wildwomenexpeditions.com or call 1 (888) 993-1272

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locacida.com/rommaglio. The gastronomic specialty is registered under the European Protected Geographical Indication to prevent uncontrolled recipes. This cheesy bread is sacred!



Today we'll hike over the boundary (yes, it's okay to cross this boundary) where the peridotite (coarse-grained dark rock) abruptly ends and the ancient oceanic crust begins.

We'll snake down through the boreal forest trail to the jagged coastline where pillow lava and sea stacks dominate the shoreline. Yes, we said pillow lava! The pillow-shaped structures are evidence of the extrusion of lava underwater or, 'subaqueous extrusion', if you want to be all

professional-like.

Fun fact: Speaking of snakes, they are not native to Newfoundland but garters have been found in the western part of the province in the last decade.

Green Gardens (10km roundtrip) is your warm-up hike for Gros Morne Mountain! Stretch those calves! You won't even notice the miles as countless sea stacks, secluded coves and waterfalls will distract. Note: the trail can be rough and boggy in sections but the reward is easily found in the unmatched views and intimacy of exploring an area on foot.

After lunch on the beach, we'll climb the 300m elevation back to the trailhead. This evening will be free to explore the artsy village of Woody Point. There are several art studios and craft shops offering a selection of authentic Newfoundland: 100% wool sweaters, mitts, jams and jellies!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Gros Morne Basecamp



We will explore the biodiverse marine environment in the sheltered fjord of Bonne Bay by tandem sea kayak today. Minke whales, eagles, kingfishers, common terns, Arctic terns and Caspian terns are regular visitors. Don't worry-you'll soon learn how to distinguish the terns and turning a kayak too!

The uninterrupted views of Gros Morne Mountain and the Tablelands are simply mesmerizing by kayak!

We'll spend 3 hours on the water today with a picnic lunch and breaks. If the wind cooperates, we may be able to squeeze out 4 hours of paddling but Mother Nature likes to rock the boat!

Tonight, there will be time to explore Rocky Harbour. For dinner, perhaps we'll have some fresh cod and Iceberg beer? Rocky Harbour is the largest community in Gros Morne National Park and there are several studios and shops to pick up the perfect reminder of your time in Newfoundland-whether it's partridge berry jam, a quilt or a carved antler!

Or, take in that relentless briny breeze and poke around the beaches and easily accessible viewpoints from the wharfs.

Please note: The kayaking activity is not guaranteed due to the unpredictable weather conditions of the province. There is a 100% guarantee that any alternative is going to be pure fun!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Gros Morne Basecamp



Today we will hike to the highest point in the park—Gros Morne Mountain at 806m (for perspective, Everest is 8,849m!). This hike puts the rock (and roll) in the province affectionately known as “The Rock”. It’s rigorous, rough and challenging with steep sections that will make you wish you had never stopped using Suzanne Somers Thighmaster and Buttmaster. It can take 8-10 hours to complete the 17km loop.

The trail leads to the stony and rugged alpine plateau where rare vegetation clings to this barren landscape. Hardy (and sure-footed) inhabitants like the Woodland caribou, rock ptarmigan and Arctic hare are often seen.

The spectacular 360-degree views of the glacier-sculpted fjords of Bonne Bay, Ten Mile Pond and the Gulf of the St. Lawrence are worth the scramble and pounding heart! You’ll see.

Meals Included: Breakfast, Lunch, Dinner
Tonight’s Sweet Sleep: Gros Morne Basecamp



We will strike off on a one-hour coastal lowland walk across bogs and limestone ridges to Western Brook Pond fjord, a spectacular freshwater lake hemmed in by 650m-high rock walls.

We’ll join a boat tour to explore the length of the famed pond to witness the spectacular waterfalls that tumble and cascade from the alpine plateau.

The afternoon will be spent hiking coastal trails (6km return on a level gravel trail with boardwalks) or sightseeing in the area, depending on the group’s interest.

Meals Included: Breakfast, Lunch, Dinner
Tonight’s Sweet Sleep: Gros Morne Basecamp



After punchy coffee and laughs at breakfast, there will be time to mill around the local craft shops and studios or beachcomb the shores. Take one big inhale of the briny ocean, wet rocks and clarity of the east coast air.

We will return to the Deer Lake airport late in the morning for departures and hugs. Where will you travel next with your new Wild Women pack?

Meals Included: Breakfast

ITINERARY DISCLAIMER

Wild Women Expeditions and our local partners intend to adhere to the described itinerary. This is only a general guide to follow on your tour of the region. Our itineraries are subject to change, as we cannot predict the weather or other environmental conditions. We are continually striving to make improvements to all our trips based on feedback from Wild Women members, guides, partners, and other research. We reserve the right to alter itineraries based on the above at any time.

*Itinerary version as of January 29, 2024.

IS THIS TRIP RIGHT FOR ME?

This is an active multisport adventure travel trip. We would like you to be comfortable with the following:

- Hiking over rough and uneven terrain for 6-10 hours, covering 9-16km and gaining up to 806m of elevation
- Paddling for 4-5 hours (in a double kayak)
- Being in and on the water, as there may be unexpected swims
- Not comfortable swimming in water? Please let us know!

WHAT'S INCLUDED

- Professional local and AWESOME female Guide(s)
- All meals from dinner on Day 1 to breakfast on day 7
- 6-nights shared cottage accommodation
- Fully-outfitted sea kayak day trip on Bonne Bay in tandem kayaks
- Guided hikes and walks throughout Gros Morne
- Ground transportation around Gros Morne and return to Deer Lake Airport
- Gros Morne National Park pass
- Western Brook Pond Fjord boat tour
- Optional private room upgrade, subject to availability
- All Canadian taxes included
- All applicable taxes are included in the trip price