



Newfoundland Active Adventure

7 Days



Day 1 | Deer Lake

Welcome to “The Rock”!

Meet your expert and energetic Wild Women guides and fellow group members at Deer Lake Airport at 2:30 p.m. We travel one hour north into the scenic jawdropper known as Gros Morne National Park. Before our first dinner and orientation session together, we have time to unpack in our fully kitted out cottages and relax into the arresting views that surround the seaside community of Norris Point.

Included Meals

Dinner

Accommodations

Gros Morne Basecamp (Burnt Hill Cabins and Harbourside Suites)



Day 2 | Gros Morne National Park

Hiking on the Earth's Mantle

We 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 hike the rugged Tablelands to take in the unparalleled views of Bonne Bay from the top. This barren, lunar-like environment is 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. The eroding mountains and 400 million years of wear and tear are visible in the distinct barren orange expanse—the mantle!

Today's hike is technically short, especially if we consider the 400 million years it took to "build" the trail!

We have dinner in the outpost community of Trout River and have time to poke along the beach.

Included Meals

Breakfast, lunch and dinner

Accommodations

Gros Morne Basecamp

The Hike

2.5 to 3 miles long (4–5 km) with a 1,640 foot (500 m) elevation gain/loss



Day 3 | Gros Morne National Park

Green Gardens Grind

Today we hike over the boundary where the peridotite (coarse-grained dark rock) abruptly ends and the ancient oceanic crust begins. We follow the trail through boreal forest to the jagged coastline where pillow lava formations and sea stacks dominate the shoreline.

Green Gardens is our warm-up hike for Gros Morne Mountain! We won't even notice the miles as countless sea stacks, secluded coves and waterfalls easily distract us. This trail can be rough and boggy in sections, though!

After lunch on the beach, we climb the 984 feet (300 m) elevation back to the trailhead. This evening, we have free time to wander the artsy village of Woody Point. There are several art

studios and craft shops offering a selection of authentic Newfoundland goods: 100% wool sweaters, mitts, jams and jellies.

Included Meals

Breakfast, lunch and dinner

Accommodations

Gros Morne Basecamp

The Hike

6.2 miles (10 km) round trip with a 984 foot (300 m) elevation gain



Day 4 | Bonne Bay

Kayaking in Bonny Bonne Bay

We 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.

The uninterrupted views of Gros Morne Mountain and the Tablelands are simply mesmerizing by kayak! We spend three hours on the water today with a picnic lunch and breaks. If the wind cooperates, we may be able to squeeze out four hours of paddling, but Mother Nature likes to rock the boat!

Tonight, there will be time to explore Rocky Harbour's wharves. For dinner, 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 our time in Newfoundland—whether it's partridge berry jam, a quilt or a carved antler!

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!

Included Meals

Breakfast, lunch and dinner

Accommodations

Gros Morne Basecamp

The Paddle

3–4 hours, tandem kayak



Day 5 | Gros Morne National Park

Summiting Gros Morne Mountain

Today we hike to the highest point in the park, Gros Morne Mountain. The summit looms at 2,604 feet (806 m). For perspective, Everest is 29,032 feet (8,849 m). 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 us wish we had kept up with the Suzanne Somers Thighmaster and Buttmaster. It can take eight to 10 hours to complete the 10.5 mile (17 km) 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 here.

The spectacular 360-degree view of the glacier-sculpted fjords of Bonne Bay, Ten Mile Pond and the Gulf of the St. Lawrence is worth the scramble and pounding heart!

Included Meals

Breakfast, lunch and dinner

Accommodations

Gros Morne Basecamp

The Hike

10.5 miles (17 km), which takes about 8–10 hours



Day 6 | Western Brook Pond Fjord

Boats and Boardwalks

We strike off on a short one-hour coastal lowland walk across bogs and limestone ridges to Western Brook Pond fjord, a spectacular freshwater lake hemmed in by 2,133 foot-high (650 m) rock walls.

Here, we 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 the flat gravel paths and boardwalks that connect the coastal trails or sightseeing in the area, depending on the group's interest.

Included Meals

Breakfast, lunch and dinner

Accommodations

Gros Morne Basecamp

The Hike

3.7 miles (6 km)



Day 7 | Deer Lake

Bye, Bye, B'ye!

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 return to the Deer Lake Regional Airport late in the morning for departures and hugs. Where will we travel together next?

Included Meals

Breakfast



Trip Details

Know Before You Go

For all of the logistical details you'll need to know prior to departure—including the packing list, arrival and departure details and suggested tipping information, click [HERE](#).

Itinerary version as of April 9, 2024.