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Newfoundland West Hiking

UNESCO World Heritage & Breathtaking Landscapes



Tablelands, Gros Morne National Park
Courtesy: Newfoundland & Labrador Tourism & Dru Kennedy

2026 DATES	Double	Single
August 22	\$5,995	\$6,895

Within 60 days of departure prices are subject to availability. Land-only pricing is available. ([See Terms & Conditions - Prices](#))

TOUR DETAILS	
Duration	7 Days
Fitness Scale	Level A2
Group Size	Max 20
Flights	Included

Haven't heard of our Connections Program?
Find out more [here](#).

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PRINT INFO

Experience the awe-inspiring landscapes and fascinating history of western Newfoundland on this unforgettable journey through Gros Morne National Park, a UNESCO World Heritage Site. Explore some of the region's most iconic natural wonders, including the rust-colored Tablelands, the towering cliffs of Western Brook Pond, and the cascading waters of Bakers Brook Falls.

Enjoy scenic hikes along trails like the Burnt Hill Trail, the coastal Lighthouse Trail, and the fossil-rich shoreline of Green Point, each offering sweeping views and a deeper connection to the land. Along the way, visit local treasures such as the Bonne Bay Aquarium, the historic Lobster Cove Lighthouse, and the Port au Choix National Historic Site, where archaeological exhibits and live demonstrations reveal thousands of years of Indigenous history.

This tour is perfect for curious and active travellers who want to experience the natural beauty, geology, and culture of Newfoundland at a relaxed and comfortable pace.

RELATED TOURS: [Newfoundland East Coast Trail Hiking](#), Sightseeing: [Newfoundland, Newfoundland & Labrador](#)

What's Included



- Round trip air from Toronto, ON to Deer Lake, NL
- [Connections Program](#)
- Airport transfers
- Private local transportation
- 6 nights of accommodation
- 6 breakfasts, 4 lunches, 6 dinners
- Local guides
- All park passes and entry fees for included highlights
- Services of an active DeNure Tours Tour Director

Prices are in Canadian dollars, are per person, and include HST.

INCLUDED HIGHLIGHTS

- 6 walks/hikes, including four days in Gros Morne National Park
- Gros Morne National Park: Visitors Centre, Tablelands Visitors Centre, Bonne Bay Cruise, Lobster Cove Lighthouse, Bonne Bay Aquarium and Research Station, Greenpoint Geological Centre, and Western Brook Pond Cruise
- Three nights of local entertainment
- Port au Choix Historic Site

Why This Tour is Great



Why This Tour Is Great



Explore the Best of Gros Morne National Park

From the otherworldly landscape of the Tablelands to the towering cliffs of Western Brook Pond, this tour showcases the most iconic and awe-inspiring sites in Gros Morne. Enjoy guided hikes through coastal forests, along scenic ridgelines, and to waterfalls, each offering unforgettable views and insight into this UNESCO World Heritage Site.

Discover Newfoundland's Deep Cultural Roots

Step into the region's rich history with visits to the Lobster Cove Head Lighthouse, Port au Choix National Historic Site, and the Bonne Bay Aquarium, where interactive exhibits and live demonstrations reveal the stories of Indigenous cultures, maritime life, and early settlements.

Relaxed, Well-Paced Adventure with Plenty of Inclusions

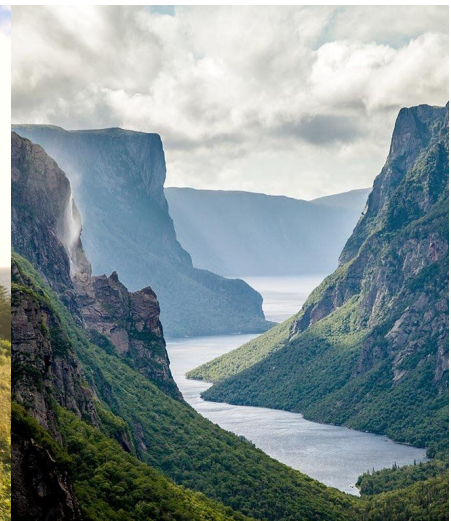
With comfortable accommodations, most meals included, and a knowledgeable Tour Director to handle all the details, you'll experience the wild beauty of western Newfoundland at an enjoyable pace, without the stress of planning. Small group sizes mean more personal attention and a deeper connection to the places you explore.



Cape Spear Lighthouse
National Historic Site
Courtesy: Newfoundland & Labrador Tourism



Lobster Cove Lighthouse
Courtesy: Newfoundland & Labrador Tourism



Western Brook Pond Fjord
Courtesy: Newfoundland & Labrador Tourism

Day-to-Day Itinerary



Day 1: Welcome to Newfoundland

Fly from Toronto to Deer Lake, meet your Tour Director, and begin your journey into the heart of western Newfoundland. Travel south to Corner Brook, taking in scenic viewpoints along the way, including a stop at the historic Captain Cook's Lookout, with sweeping views over the Bay of Islands. Upon arrival, check in to your comfortable hotel and enjoy a guided walk around the property and the charming downtown area, where you'll get your first taste of Newfoundland's unique character and natural beauty. In the evening, gather with your fellow travellers for an included welcome dinner.

Stay: Glynmill Inn, Cornerbrook, NL (1 night)

Meals: D

Day 2: Gros Morne National Park: Tablelands & Bonne Bay Cruise

Travel to Gros Morne National Park, a UNESCO World Heritage Site, and explore the otherworldly Tablelands. Enjoy a guided walk (A1/Easy – 4.2km/90m) over the Earth's exposed mantle, surrounded by a surreal landscape of rust-colored rock, glacially carved valleys, and rare alpine vegetation. This easy, scenic trail offers fascinating insight into the forces that shaped our planet. Then, take to the water for a scenic Bonne Bay cruise, where dramatic views and insightful commentary bring the landscape to life. End the day with an included dinner and a fun evening filled with Newfoundland entertainment.

Stay: Oceanview Motel, Rocky Harbour, NL (3 nights)

Meals: B, L, D

Day 3: Gros Morne National Park: Bakers Brook Falls Hike, Lobster Cove Lighthouse

Start the day with a hike to Baker's Brook Falls (A2/Moderate – 9.5km/75m), a scenic trail through forest and tuckamore (coastal, wind-sculpted, stunted evergreen trees unique to Newfoundland's rugged environment), leading to a stunning multi-tiered waterfall deep within Gros Morne National Park. Along the way, enjoy a picnic lunch on the trail, surrounded by the sounds and serenity of the boreal landscape. In the afternoon, visit the historic Lobster Cove Head Lighthouse for a guided tour that brings local maritime history to life. Afterwards, enjoy a leisurely walk along the coastal trail, taking in dramatic ocean views and rugged cliffs before returning for a relaxing evening.

Optional Hike: Gros Morne Mountain (A3/Difficult - 16km/806m) Duration: 7-8 hours

- For those eager to reach the highest peak in Gros Morne National Park, this guided hike offers breathtaking views of the glacier-carved fjords of Bonne Bay and Ten Mile Pond. Please note that this excursion is available at an additional cost and

requires a minimum number of participants. The trail features rocky, exposed terrain, and a picnic lunch will be enjoyed along the way.

Meals: B, L, D

Day 4: Gros Morne National Park: Burnt Hill Trail, Bonne Bay Aquarium, Green Point Archeological Site

Start your day with a scenic hike on the Burnt Hill Trail, offering panoramic views of Bonne Bay, the Tablelands, and the Long Range Mountains. Then visit the Bonne Bay Aquarium and Research Station to explore touch tanks, marine displays, and archaeological artifacts from ancient Indigenous cultures. Afterward, head to the nearby Green Point Geological Site, where you can walk along dramatic cliffs and see 500-million-year-old rock layers and marine fossils like conodonts and graptolites. The shoreline is best explored at low tide with sturdy footwear. Wrap up the day with an included group dinner and fun night out.

Meals: B, L, D

Day 5: Gros Morne National Park: Western Brook Pond, Lighthouse Trail

Begin your day with the scenic walk into Western Brook Pond, an easy, well-maintained trail (about 3 km one way) that leads through bogs and boreal forest to the boat dock. From there, take the iconic Western Brook Pond boat cruise through the dramatic fjord, with towering cliffs, waterfalls, and glacier-carved landscapes, one of Gros Morne's most unforgettable experiences. In the afternoon, head to Cow Head and hike the Lighthouse Trail, a coastal loop offering views of the Gulf of St. Lawrence, rugged cliffs, and historical sites, including the old Cow Head Lighthouse. In the evening, freshen up and rejoin your fellow travellers for an included group dinner.

Stay: Shallow Bay, Cow Head, NL (2 nights)

Meals: B, D

Day 6: Dorset Trail, Port Aux Choix Visitor Centre

After breakfast, visit Port au Choix National Historic Site. This remarkable archaeological site sheds light on the lives of various Indigenous groups who once thrived here, showcasing original artifacts and a life-sized recreation of a traditional Dorset dwelling. Gain a deeper appreciation for the region's cultural heritage during an interactive seal skin demonstration highlighting the historical importance of seals in daily life. Afterward, head out on the Dorset Trail, a scenic coastal hike that winds past archaeological sites, limestone barrens, and sweeping ocean views. In the evening, enjoy a final farewell dinner and entertainment.

Meals: B, L, D

Day 7: Home

After breakfast, it's time to say goodbye as you make your way to the airport for

your afternoon flight, taking with you lasting memories and the beauty of Newfoundland.

Meals: B

Hiking Details



Day 2

1. Tablelands Trail, Gros Morne National Park

(A1/Easy – 4.2km/90m)

This is a moderate walk on a gentle trail with a packed but uneven surface.

Tablelands - All Trails

Day 3

2. Bakers Brook Falls, Gros Morne National Park

(A2/Moderate – 9.5km/75m)

The trail is mostly flat to gently rolling, making it accessible for most hikers with a moderate level of fitness. The elevation gain is gradual and spread out, with a slight uphill section as you approach the falls and viewing platforms.

Bakers Brook Falls - All Trails

Optional Hike: Gros Morne Mountain (A3/Difficult - 16km/806m) Duration: 7-8 hours

For those eager to reach the highest peak in Gros Morne National Park, this guided hike offers breathtaking views of the glacier-carved fjords of Bonne Bay and Ten Mile Pond. Please note that this excursion is available at an additional cost and requires a minimum number of participants. The trail features rocky, exposed terrain, and a picnic lunch will be enjoyed along the way.

Day 4

3. Burnt Hill Trail, Gros Morne National Park

(A2/moderate – 2.5km/110m)

The 2.5 km loop includes a gradual but steady climb with sections that are rocky, uneven, and occasionally steep, particularly near the summit. At the summit, hikers are rewarded with open, unobstructed views of Bonne Bay, the Tablelands, Norris Point, and the surrounding mountains. There are no railings or developed lookout platforms at the top, so care should be taken near the edge, especially in wet or windy conditions. The descent follows a loop, offering a change of scenery on the way down.

Burnt Hill - All Trails

Day 5

4. Western Brook Pond Access Trail, Gros Morne National Park

(H1/Easy – 6.0km/20m)

This walk crosses a preserved lowland area between the road and the tour boat wharf, and allows the awesome view of Western Brook Pond to slowly come into sight.

[Western Brook Pond - All Trails](#)

5. Cow Head Lighthouse Trail, Shallow Bay

(A2/Moderate – 3.2km/60m)

This rugged community-built trail connects the village of Cow Head with the historic lighthouse.

[Cow Head Lighthouse Trail - All Trails](#)

Day 6

6. Dorset Trail, Porte au Choix National Historic Site

(H2/Moderate – 6.2km/75m)

This trail meanders through meadows, past ponds and caves, before arriving at the coast. From there to the Point Richie Lighthouse, guests will see and experience the Newfoundland coastline featured in those amazing television ads ... always a favourite!

[Dorset Trail - All Trails](#)

[Parks Canada Reference](#)

Important Info for this Tour



This tour begins and ends in Deer Lake, NL, with round trip airfare from Toronto (YYZ) included. Other flight arrangements can be made for guests coming from anywhere in the world, and the price will be adjusted accordingly. Please contact us to discuss your airfare and pre-and post-tour accommodation [options](#).

The weather in Newfoundland varies from day to day and can be cool and blustery, even in the summer. Be sure to pack clothing for layering and be prepared for rapid weather changes on the trails.

This itinerary features a boat cruise. While most guests won't need any medication, those prone to motion sickness may want to bring along remedies just in case.

The terrain in Newfoundland is quite rugged; hiking shoes/boots and poles are recommended

...continued...

See the [Gros Morne Hiking Guide](#) for hikes, descriptions, elevations, distances, and an idea of difficulty.

Hiking Difficulty & Alternatives - Hikes may involve uneven terrain, inclines, and extended walking. While we walk at a leisurely pace (3 to 3.5 km an hour based on terrain), it is important that the group stays together. Participation is at your discretion, and travellers are encouraged to assess their own abilities. Guests may choose not to join a hike or amend a hike, in consultation with the Tour Director. In some cases, alternative self-guided options may be taken, though this option is not always available.

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Have questions? We're here to help! Call or email us today.

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