

LANGFORD & COMPANY

GROS MORNE IN ALL IT'S GLORY

7 day multi adventure on Newfoundland's northern peninsula

An unforgettable journey to Gros Morne National Park, Newfoundland, Canada - A UNESCO World Heritage site - one of Canada's top hiking and sea kayaking destinations. This all-inclusive multisport trip is designed for adventure enthusiasts and offers a great mix of hiking, bicycling, and sea kayaking. Combine these activities with Gros Morne National Park's mountains, coastline, fjords, and winding country roads and you have all the ingredients for a perfect multisport tour. Trek to Arctic alpine mountain summits, sea kayak deep fjords, bike to a fishing village along volcanic coastlines, and touch the earth's mantle. Watch for whales and seabirds. Learn about unusual rocks and exotic plants.

Experienced wilderness guides will help navigate you through Gros Morne National Park's diverse ecosystem. The Bonne Bay water temperatures can reach 20 degrees C in the summer, the lush boreal forests dominate shorelines and valleys and the treeless arctic slopes skirt inspiring mountain summits. Fascinating geological processes carved this landscape over thousands of years today revealing a mountain range formed of the Earth's mantle, deep fjord waters, rocky volcanic coastlines and wide river valleys. Nowhere else in North America can one encounter this combination of landscape, climate and ecological diversity.

This all-inclusive adventure vacation offers cozy cottage accommodations, great Newfoundland food, and experienced local guides.

DAY 1

Arrival & Orientation. A Langford & Company representative will meet you at Deer Lake Airport and drive you to Gros Morne National Park for an orientation and welcome dinner.

Cottage accommodation at Norris Point.

DAY 2

Hike to the highest point in the park, Gros Morne Mountain. This rigorous 16km 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, Rock Ptarmigan, and Arctic Hare are often seen. Enjoy spectacular views overlooking the glacier-carved fjords of Bonne Bay and Ten Mile Pond. Plan on a 7-8 hour hike with an elevation gain of 806m.

Cottage accommodation at Norris Point.

Langford & Company Ltd
www.langfordadventure.com • info@langfordadventure.com
Tel: (416) 712-3605 • Fax: (416) 486-3604
22 Belcourt Road, Toronto, Ontario M4S 2T9 Canada

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DAY 3

Cross Bonne Bay via water taxi to bike from Norris Point to Trout River. Cycle through the historic community of Woody Point, stopping at the Discovery Centre, the main information centre for Gros Morne National Park. Continue riding through Trout River Gulch, a mountain pass flanked by the rusty red peridotite rock of the Tablelands and end our journey at the fishing village of Trout River. The total distance is about 25km and is rated easy to moderate.

Cottage accommodation at Norris Point.

DAY 4

The Tablelands is an eerie, alien landscape that is a remnant of rock that once lay beneath the ancient Iapetus Ocean. A 6-7 hour off-trail hike 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 700 metre high plateau of the Tablelands gives way to steep sided glacial valleys and numerous waterfalls that feed the valley's meandering brooks. Don't be surprised to see snow – it can last all summer in the shaded valleys!

Cottage accommodation at Norris Point

DAY 5

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 we 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. We join a boat tour to explore its 16km length and to see the spectacular waterfalls that tumble from the alpine plateau.

Cottage accommodation at Norris Point

DAY 6

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.

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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.

Cottage accommodation at Norris Point

Day 7

Departure

Please note that weather may require a change in the scheduled itinerary. If we encounter high winds, fog and/or rain, we may alter the intended route and schedule to improve the tour and your experience.

2010 Departures:

- July 11-17
- August 1-4

Cost is \$1695 per person. Single Supplement \$275 CDN

Cost includes:

Six night's cottage accommodation, meals from lunch day 1 to lunch day 7, local ground transfers, park permits, and fully guided excursions by kayak, boat, hiking and biking

Cost does not include: GST or PST (combined 12 % tax).