



GROS MORNE
BASECAMP

LOCAL SERVICES & AMENITIES

Groceries and Supplies

Norris Point

Rumbolt's Store

This is the closest place to buy food and supplies. Some fresh produce available, also milk, eggs, beer, and delicious baked goods.

Location: Main street, 100m from Burnt Hill Cottages

Phone: 709 458 2122

Bonne Bay PharmaChoice

Pharmacy supplies and typical convenience store fare with some fresh produce.

Location: 1 Main St., Norris Point near top of hill

Phone: 709 458 2557

Rocky Harbour

Gros Morne Trading Post

Typical convenience store fare and some fresh produce.

Location: Ocean side of Main St., Rocky Harbour. Same building as Bank of Montreal.

Phone: 709 458 3186

Liquor Express

Wine, beer and spirits. Also an interesting range of souvenirs and knickknacks.

Location: Corner of Main St. and Harbour Dr., Rocky Harbour

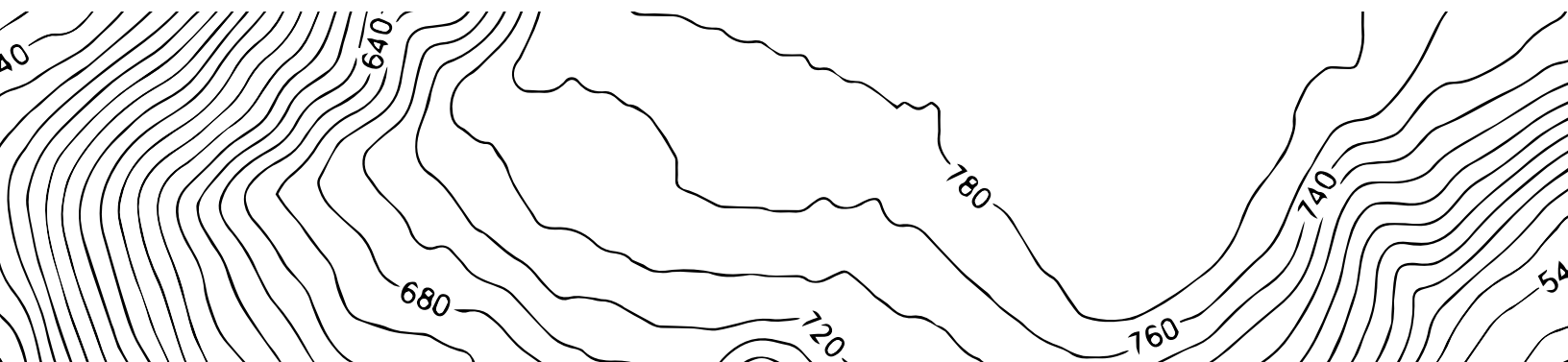
Phone: 709 458 2060

Harbour Seafoods Fish Plant

Delicious fresh, local and some imported seafood. Live local lobster in season.

Location: 120 Main St.

Phone: 709 458 7088



Bars/Pubs

Norris Point

The Cat Stop (our favourite)

Enjoy a pint on the wharf overlooking Bonne Bay. Live local music several times a week. Open Mic night every Thursday.

Location: Norris Point Wharf

Phone: 709 458 3343

Rudy's Pub & Grub

Convenience store, pub food, darts and music

Location: Norris Point, Main Street (by the gas station)

Phone: 709 458 1962

Rocky Harbour

Anchor Pub

Live shows nightly (see activities)

Located in Ocean View Motel, 38-42 Main Street, Rocky Harbour

Phone: 709 458 2841

Woody Point

The Merchant Warehouse

Waterfront restaurant and pub

Location: 16 Water Street, Woody Point. You can get the water taxi from Norris Point to Woody Point.

Phone: 709 453 2485

Restaurants & Cafés

Norris Point

Old Store Café

Great coffee, baked goods, sandwiches, salads and a daily hot special

Location: 216 Main Street, Norris Point

Phone: 709 458 3234

Cat Stop Lounge

Small selection of pub food. Awesome onion rings!

Location: Norris Point Wharf

Phone: 709 458 3343

Gros Morne Adventures Kayak Shop Café

Baked goods and coffee with an amazing view

Location: 9 Clarke's Road (waterfront), Norris Point

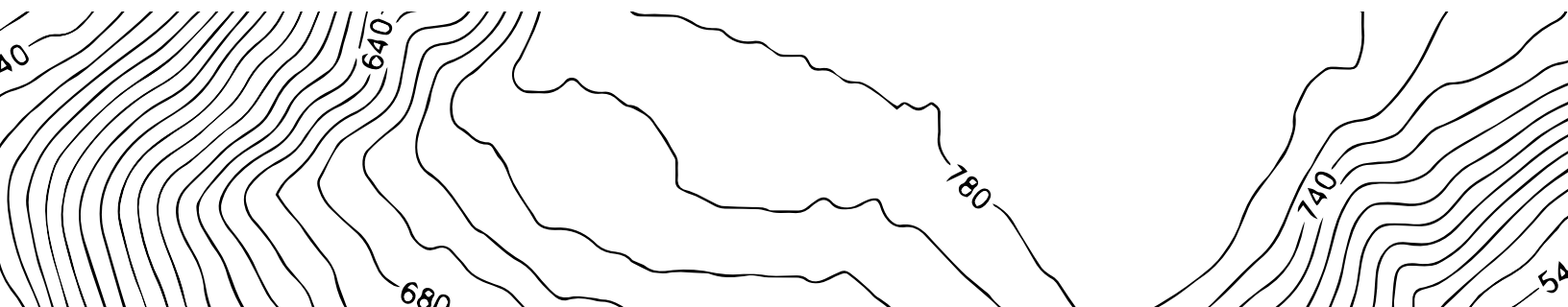
Phone: 709 458 2722

Chanterelle's Restaurant

Fine dining with an extensive wine selection - reservation recommended

Location: Located in Sugar Hill Inn, Main Street, Norris Point (across from the Pharmacy)

Phone: 709 458 2147



Black Spruce Restaurant

Fine dining with an extensive wine selection - reservation recommended

Location: Neddy's Harbour Inn (very close to Norris Point)

Phone: 709 458 3089

Rocky Harbour

Java Jacks

Casual dining, sandwiches, great coffee, small but delicious lunch and dinner menu.

Location: 88 Main Street, Rocky Harbour

Phone: 709 458 2710

Fisherman's Landing Restaurant

Traditional Newfoundland cuisine. Awesome turkey soup.

Location: 44 Main Street, Rocky Harbour (right near Liquor Express)

Phone: 709 458 2060

Jackie's Restaurant

A local favorite with traditional Newfoundland food

Location: Main Street, Rocky Harbour

Phone: 709 458 2649

Earle's Restaurant

Casual diner, moose pizza available

Location: 111 Main Street, Rocky Harbour

Phone: 709 458 3100

Treasure Box

Small cafe and gift shop. Great fish cakes!

Location: 72 Main Street, Rocky Harbour

Phone: 709 458 8264

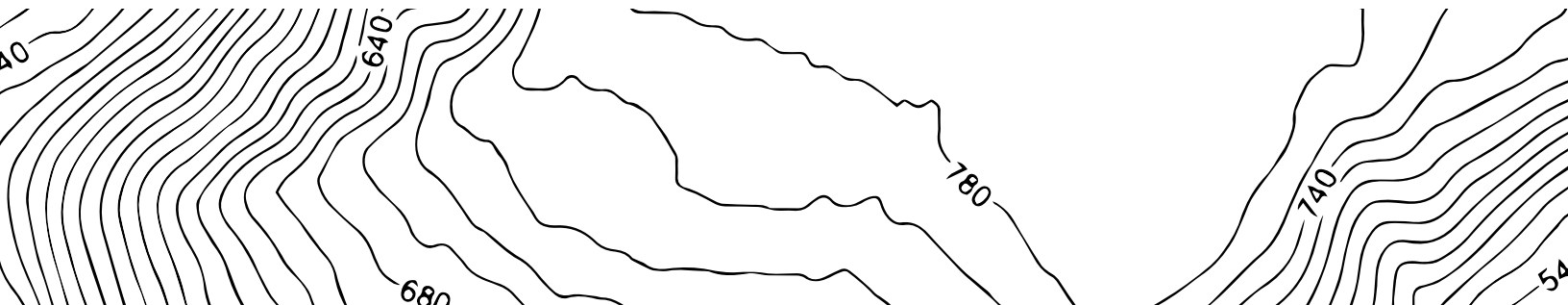
Woody Point

There are a selection of restaurants in Woody Point which can be accessed by the Water Taxi. These include the Blue Ocean Dining Room (Bonne Bay Inn), Merchant Warehouse, the Old Loft, Granite House Coffee, 3T's Limited, and Galliot Studios.

Shopping

Shopping in the area is mainly focused on crafts and souvenirs. In Rocky Harbour there's The Glass Gallery, Treasure Box, Liquor Store (they sell souvenirs) and a Wildlife Museum. If you need any outdoor gear, the Out East Trail Shop probably has what you need. There are also a few gift shops in Woody Point including Molly Made, The Old Loft and Galliot Studios.

Deer Lake (about an hour away) is a bigger centre with more available if you can't find what you need locally.



Activities

Norris Point

Gros Morne Adventures

Guided kayaking, hiking, stand-up paddle board, and zodiac tours. They also rent kayaks.

Location: 9 Clarkes Lane, Norris Point

Phone: 709 458 2722

Burnt Hill Trail

The best access point is near the Cat Stop lounge. There are three interconnecting trails. Great views. Medium difficulty.

Marine Station Aquarium

Touch tank and guided interpretation

Location: Norris Point Wharf

Phone: 709 458 2550

Live music at Cat Stop Lounge

Local musicians play at various times in the afternoons and evenings

Location: Norris Point Waterfront

Phone: 709 458 3343

Boat Tours

Our favorite local operator is BonTours

Location: Norris Point Waterfront

Phone: 1888 458 2016

Website: www.bontours.ca

Rocky Harbour

Anchors Aweigh. Music, wit and revelry at the Anchor Pub Monday, Wednesday, and Friday throughout the summer season. Book early!

Location: Ocean View Hotel

Phone: 709 458 2016

Kitchen Party. Sing along with a local musician and even grab your own traditional NL instrument to play along with the band. And don't forget to get Screeched in!

Location: Ocean View Hotel

Phone: 709 458 2016

Rocky Harbour Pond (Unsupervised)

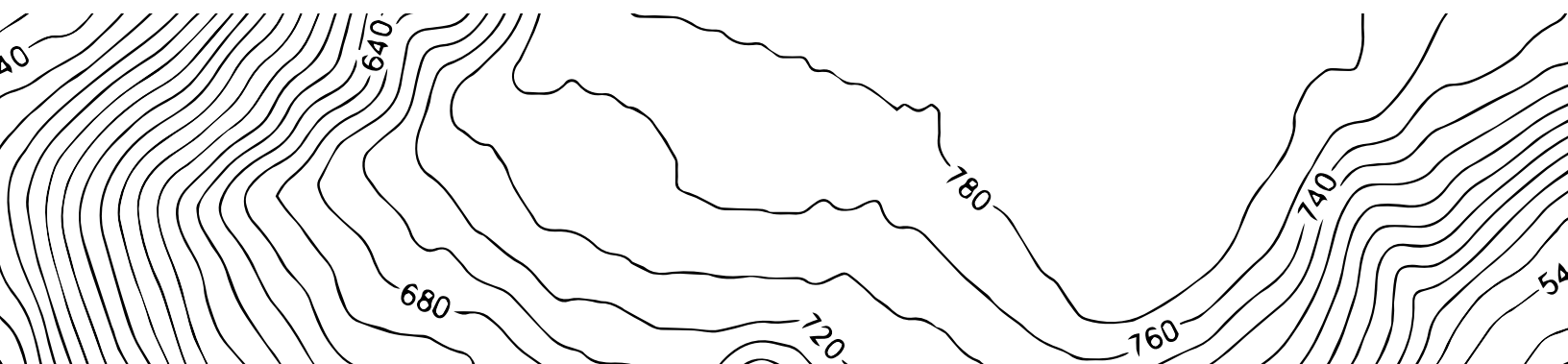
Swimming and beach

Location: On the road in between Norris Point and Rocky Harbor. Turn right after the old waterslide

Gros Morne Park Swimming Pool

Location: The Viking Trail (main highway near Rocky Harbor)

Phone: 709 458 2350



Lobster Cove Head Lighthouse
Interpretative centre and trail network
Location: Main Street, Rocky Harbour (at the end of Main Street)

Cow Head
Cow Head is a little further away, but there are a couple of great things to do up there which include the Lighthouse trail, Gros Morne Theatre Festival (709 243 2899) and Shallow Bay Beach (unsupervised.)

Gros Morne National Park
There are too many activities in the park to list here. We recommend visiting the Visitors Center (Route 430 Rocky Harbour, 709 458 2417) or the website <http://www.pc.gc.ca/en/pn-np/nl/grosmorne/index> for more information.

Transportation

Bonne Bay Water Taxi
Three services daily between Norris Point and Woody Point. Offer additional timings for special events. Head down to the Norris Point Wharf to check the departure times or call 1888 458 2016

Gros Morne Adventures
Private Zodiac shuttle between Norris Point and Woody Point
Phone: 709 458 2722

Tablelands Transportation
Offers a shuttle between the wharf in Woody Point and the Tablelands, Green Gardens, or Trout River.
Website: www.tablelandstransportation.com
Phone: 1-709-451-2178; 1-709-458-7337

Pittman's Taxi
Phone: 709 458 2486

Other Services

Library (Norris Point & Rocky Harbour)
Bank (Rocky Harbor)
Post Office (Norris Point)
Medical Clinic (Norris Point)
Rocky Harbour Laundromat
Granite House Laundromat (Woody Point)
Pharmacies: Pharmasave (Rocky Harbor) and Bonne Bay PharmaChoice (Norris Point) Phone: 709 458 2016

