

Long Range Traverse ROUTE PLAN

PARTICIPANTS

Leader : Katie Broadhurst

Other hiker(s) : Kate and Ashlee

TRANSPORT

The group will drive up from Corner Brook in 2 vehicles, dropping of 1 at GM trailhead and taking the other to WBP trail head.

Trailhead (Western Brook Pond Trailhead):

- Kate & Ashlee's Car

Trail end (Gros Morne Mountain Trailhead):

- Katie's Car

ITINERARY

Activity: Trekking (trails and route finding)

Maps

- Wilderness routes: 12H12 (Gros Morne)
- Gros Morne National Park trails: Gros Morne Mountain/ James Callaghan, Long Range Traverse

Long Range Wilderness routes and maps can be accessed from here:

<http://www.pc.gc.ca/en/pn-np/nl/grosmorne/activ/experiences/backcountry>

Prep Day - July 20, 2018

- 2:30pm at Visitors center for trek orientation.
- Confirmation number is 218

Start - July 21, 2018

- Departing Western Brook Pond via Bonne Tours Boat at 10am and expected to be dropped off at trail head by 11am.

End - July 23, 2018 (late in the day or by midday July 24)

- Gros Morne Mountain/ James Callaghan trail is expected.

Foreseen risks: Hypothermia, river crossings, snow storm, fog, blizzard, lightning, bear/ coyote attack, injuries related to the entire body, lost

Planned Itinerary: There is no base camp.

Day 1 - July 21

Western Brook Pond boat and hike up to LR 5 Little Island Pond Campsite (about 8 km)

Back up plan: if group is too tired to make LR 5 Little Island Pond, the group will wild camp.

Day 2 - July 22

LR 5 Little Island Pond to LR 12 Green Island Pond Lower Campsite (about 14 km)

Back up plan: if group is unable to hike to LR 12, we will camp at Hardings Pond Campsite.

Day 3 (July 23) : LR 12 Green Island Pond Lower Campsite to Gros Morne Mountain trail head (about 12km)

Back up plan: if group is unable to hike out, we will camp at LR 16 Ferry Gulch Campsite

Day 4 (July 24): Spare Day in case of bad weather or slower hiking than expected. Hike out from LR 16.

Kate and Ashlee may wish to hike Gros Morne Mountain on this day.

The group is aware of the emergency plan as well as Will Bennett.

Alternate plan: In case of a major injury or exhaustion;

1. Before Harding Pond, we will walk back towards Western Brook Pond and catch the boat back out.
2. If south of Harding's Pond, we will hike out to the Gros Morne Mountain parking lot

Designated person to close the route plan upon arrival: Katie Broadhurst by calling Will Bennett as well as the group returning to GMNP Visitor's centre to check in and return Personal Locator Beacon.

EMERGENCY PLAN

Health Info

Katie Broadhurst

No allergies. No medical conditions. No Medications.

Kate Nugent

No allergies. No medical conditions. No Medications.

Ashlee Fazio

No allergies. No medical conditions. No Medications.

Emergency exits/evacuation points:

Day 1: Western Brook Pond Trailhead

Day 2: Western Brook Pond Trailhead

Day 3: Gros Morne Mountain / James Callaghan Trailhead Day 4: Gros Morne Mountain / James Callaghan Trailhead	
Gear: <ul style="list-style-type: none"> • Tents: MSR Hubba Hubba (grey and red) and Big Agnus (grey and lime green) • Pack: Osprey Purple with orange raincover 	Food for 4 days + 1 emergency day 1 First aid kit/ aqua tabs Repair kit/ fire starter Fishing line GPS Bear Spray MSR Whisperlite stove
Communication devices: <ul style="list-style-type: none"> • Katie's Cellphone (Koodo) 709-660-0454 • IATNL Satellite phone 	

CONTACT NUMBERS IN CASE OF EMERGENCY

NAME & RELATIONSHIP	PHONE NUMBER
1 - Will Bennett (Katie's Boyfriend)	
2 - Peri (friend of Kate & Ashlee)	
3 - Lisa Bennett (Friend of Katie)	

OTHER EMERGENCY SERVICES (NL area code 709)

Police/ Emergency/ Fire: 911	GMNP Emergency: 1-877-852-3100
Coast Guard - Channel 16 on VHF Radio. Distress and safety calls to Canadian Coast Guard	Corner Brook Hospital: 637-5000
Weather: 637-4570 or Channel 21B, 83B Continuous Marine Broadcast (CMB) service (in English)	Bonne Bay Hospital Norris Point: 458-2211
Search and Rescue Bonne Bay: 458-3089/ 458-7553	NL Health Line: 1-888-709-2929
GMNP Info: 458-2417	Poison Center : 722-1110