



Long Range Traverse

Route description

Revised January 28, 2026

The Long Range Traverse is an unmarked and rugged backcountry route. It starts from Western Brook Pond, leads onto the Long Range Mountains and south towards Gros Morne Mountain before descending into Ferry Gulch and returning to highway 430 by way of the Gros Morne Mountain trail. Along the way a series of six campsites provide waypoints that help define the route. The route is 36 kilometres long and usually takes 3-4 nights to complete.

The **Long Range Traverse** is accessed by the Western Brook Pond trail and the gorge at the east end of Western Brook Pond. To reach the gorge, hikers must take the Western Brook Pond boat tour. Hikers need to contact Bontours at bontours.ca or 1-888-458-2016 for reservations and ticket purchases.

This route finishes 36 kilometres from the starting point. You will need to arrange return transportation. We recommend leaving your car at the finish and arranging for a taxi to take you to the start of the route. Taxis should be arranged 1-2 days prior to your departure.

Note: Coordinates are provided as Universal Transverse Mercator UTM Zone U21, North American Datum 1983 (NAD 83).

Leg	Start	to End	Distance (approx.)	Elevation Gain/Loss	Description
1	<p>Western Brook Pond</p> <p>Waypoint LR-1</p> <p>21U 452380m E / 5507076m N</p>	<p>New campsite</p> <p>Waypoint LR-4a</p> <p>21U 455620m E / 5505331m N</p>	5.3 km	665 m/-110 m	<p>The ascent onto the Long Range mountains through Western Brook Pond gorge is the most strenuous and possibly the most spectacular part of the entire route. The ascent up the gorge is rugged with thick vegetation in places and climbs over 600 m in elevation over 4 km. Do not underestimate the difficulty of this section of the route and give yourself plenty of time to complete it before dark. We recommend you start this no later than noon to ensure you have sufficient daylight to reach the new campsite just past the top of the gorge.</p> <p>From the dock at the back of Western Brook Pond (Waypoint LR-1) head east towards the back of the gorge. In this area a beaten path from previous hikers will lead you past a small pond in a meadow and to the brook draining down the gorge. After heavy rains this pond may flood making it necessary to skirt around the pond through the woods on the north side.</p> <p>Stay close to the brook and continue heading east towards the back of the gorge. Depending on the water level, you will likely cross the brook several times. In this area, frequent flooding and occasional rock falls can obscure or alter the route. Watch for pathways from previous hikers and remember there is no need to go very far from the brook. After about 2.5 km you will reach a large waterfall at UTM 454800m E / 5506121m N (Waypoint LR-2). On the slope to the right of the waterfall is a large rockslide that you will need to cross.</p> <p>Do not pass below the rockslide or climb onto it from the bottom where it may be unstable. Follow the cleared path up the slope and to the right of rockslide. This will lead to a location where it is safer to cross. The distance across the rockslide is about 200 metres. Once across, stay to the right of the waterfall and work your way up through the steep wooded slope. Look for a well-trodden path from previous hikers.</p>

Leg	Start	End	Distance (approx.)	Elevation Gain/Loss	Description
					<p>As the slope lessens and when you are above the waterfall, head left back towards the brook until you reach the exposed rock slab at UTM 455059m E/5506050m N (Waypoint LR-3). Follow the rock slab east and find your way to the top of the gorge at UTM 455782m E / 5506005m N (Waypoint LR-4).</p> <p>From the top of the gorge (Waypoint LR-4) follow the ridge south for 1 km to the new campsite (Waypoint LR-4a) or cross the ridge and follow the valley south for 1 km to the new campsite.</p> <p>The new campsite is equipped with 4 tent pads, pit toilet, bear box, and designated cooking area.</p>
2	<p>New campsite</p> <p>Waypoint LR-4a</p> <p>21U 455620m E / 5505331m N</p>	<p>to Campsite: Little Island Pond</p> <p>Waypoint LR-5</p> <p>21U 455426m E / 5503813m N</p>	1.5 km	55 m/-100 m	<p>From the new campsite follow the valley south for 1.5 kilometres to the campsite at Little Island Pond. Stay on the west side of the ponds where there is a well-trodden path.</p> <p>Note: There is only one tent pad at the Little Island Pad campsite.</p>
3	<p>Campsite: Little Island Pond</p> <p>Waypoint LR-5</p> <p>21U 455426m E / 5503813m N</p>	<p>to Campsite: Marks Pond</p> <p>Waypoint LR-6</p> <p>21U 454721m E / 5501255m N</p>	3.5 km	90 m/-115 m	<p>From Little Island Pond, continue following the valley south until you reach the river draining Marks Pond and flowing into Glanders Gulch. Take a westerly route around Marks Pond to get to the campsite. If you do not plan to camp at Marks Pond, you have the option to take a shorter route along the east side of the pond. Caution: Do not head southeast into Glanders Gulch.</p> <p>Note: The campsite at Marks Pond has no tent pads and is subject to flooding during heavy rains.</p>

Leg	Start	End	Distance (approx.)	Elevation Gain/Loss	Description
4	Campsite: Marks Pond Waypoint LR-6 21U 454721m E / 5501255m N	to Campsite: Hardings Pond Waypoint LR-8 21U 453863m E / 5497462m N	4.5 km	160 m/-190 m	<p>Continue south from Marks Pond. Do not follow the many game paths through the valley to the southeast towards Candlestick Pond. To put you on track for Hardings Pond, keep heading south and aim for the notch at UTM 454722m E / 5499601m N (Waypoint LR-7). When you reach Hardings Pond, the campsite is at the southwest corner of the pond where you will find several tent pads (3 pads near the pond and 2 on the rock outcrops 200m to the southwest at UTM 453817m E / 5497379).</p>
5	Campsite: Hardings Pond Waypoint LR-8 21U 453863m E / 5497462m N	to Campsite: Upper Green Island Pond Waypoint LR-12 21U 448772m E / 5494646m N	7.5 km	445 m/-330 m	<p>This section of the route is an open landscape with few landmarks and is challenging to navigate when visibility is poor.</p> <p>Continue 1.7 kilometres in a southwest direction up through a valley to the top of the ridge at UTM 452723m E / 5496465m N (Waypoint LR-9). Continue along the ridge in a westerly direction for 1.7 kilometres before descending a steep slope towards the narrows between the two small ponds at UTM 451291m E / 5496460m N (Waypoint LR-10). Continue 2.5 kilometres on a southwest track towards a large pond at to UTM 449588m E / 5495493m N (Waypoint LR-10a). From the pond, head northwest 60 m along a beaten path to UTM 449545m E / 5495553m N (Waypoint LR-10b) where the path turns to southwest. Continue 1.25 km southwest to the campsite near Green Island Pond. Do not take the well-trodden path along the shoreline, this route leads to a cliff that is not safe to descend.</p> <p>There are 2 campsites around Green Island Pond. The first or lower campsite at UTM 449043m E / 5494708m N (Waypoint LR-11) is more sheltered from the wind but blackflies can be numerous. It is equipped with 3 tent pads, bear box, and pit toilet. The upper campsite is across the brook approximately 280 metres to the west on a rock outcrop at UTM 448772m E / 5494646m N (Waypoint LR-12). This campsite is more exposed and equipped with 3 tent pads, bear box, and pit toilet.</p>

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					Caution: the brook crossing can be difficult when the water level is high and the current fast.
6	Campsite: Upper Green Island Pond Waypoint LR-12 21U 448772m E / 5494646m N	to Campsite: Ferry Gulch Waypoint LR-16 21U 444338m E / 5493808m N	6.0 km	350 m/-380 m	<p>Head west 2.5 kilometres towards the south rim of Ten Mile Pond's valley. At Bakeapple Pond (UTM 446937m E / 5494497m N) (Waypoint LR-13) you will be rewarded with a spectacular view over Ten Mile Pond. Continue west 2 kilometres to a small pond. Follow the beaten path to the west past the pond at UTM 445122m E / 5493862m N (Waypoint LR-14a).</p> <p>At this point, leave the path and head north towards UTM 444992m E / 5494026m N (Waypoint LR-14b) where you will begin your descent into Ferry Gulch along a series of game paths. (Note: This is a newly recommended route to descend off the Long Range. It is less steep and considered safer.)</p> <p>After the descent, continue following the game paths west for 500 metres towards a small pond where you will join the Gros Morne Mountain trail at UTM 444483m E / 5493956m N (Waypoint LR-15) and find the Ferry Gulch campsite at UTM 444338m E / 5493808m N (Waypoint LR-16).</p>
7	Campsite: Ferry Gulch Waypoint LR-16 21U 444338m E / 5493808m N	to Gros Morne Mountain Trailhead 21U 439821m E / 5490687m N	7.7 km	140 m/-680 m	From Ferry Gulch follow the Gros Morne Mountain Trail west to highway 430. Expect a 2-4 hour hike out.
Total			36.0 km	1905 m/-1905 m	