



Quttinirpaq
National Park

2022 Visitor Information Package



Photo: Ryan Bray



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Canada

Canada

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Photo: Ryan Bray

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Coronavirus (COVID-19):

Parks Canada is recommending visitors begin making travel arrangements well in-advance of their planned travel dates and continue to monitor that the services and facilities they require are available and that their party complies with all

federal (www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html) and Government of Nunavut Department of Health COVID-19 guidelines and restrictions (www.gov.nu.ca/health/information/nunavuts-path).



Photo: Ryan Bray

Contact Information

Contact Quttinirpaaq National Park staff by email or phone, or visit our website: www.pc.gc.ca/quttinirpaaq

Iqaluit Office

Phone: (867) 975-4673

Fax: (867) 975-4674

Email: nunavut.info@pc.gc.ca

Hours of Operation

Year Round

Monday to Friday

8:30 am – 12:00 pm

1:00 pm – 5:00 pm

Closed on weekends

Follow us on social media:

 @ParksCanadaNunavut

 @ParksCanNunavut



National Parks in Nunavut

There are four other national parks in Nunavut representing various examples of Canada's 39 natural regions – Auyuittuq National Park (Northern Davis), Sirmilik National Park (Eastern Arctic Lowlands), Ukkusiksalik National Park (Central Tundra) and Qausuittuq National Park (Western High Arctic).

Auyuittuq National Park

www.pc.gc.ca/ayuittuq

Sirmilik National Park

www.pc.gc.ca/sirmilik

Ukkusiksalik National Park

www.pc.gc.ca/ukkusiksalik

Qausuittuq National Park

www.pc.gc.ca/qausuittuq

Welcome



Photo: Barb Brittain

Quttinirpaaq, Inuktitut for “Land at the Top of the World”, is a vast, ancient, sprawling landscape in the extreme High Arctic that has the expected: ice caps enclosing mountains, kilometres-thick glaciers, worn mountains, and sparse tundra. But it also has the unexpected: the highest mountain in eastern North America (Barbeau Peak) and a thermal oasis in the Tasialuk (Lake Hazen) area. Tasialuk (Lake Hazen), one of the largest and deepest lakes in the world above the Arctic Circle, has remarkably lush vegetation and supports higher densities of wildlife than the rest of the national park. Wildlife are so unaccustomed to humans that they do not react in fear.

Quttinirpaaq is the largest national park in Nunavut and is 800 kilometres north of Resolute by Twin Otter charter aircraft. The park extends to the last edge of North America; beyond this lies the expanse of the Arctic Ocean.

Be among the intrepid explorers who are venturing into one of the most remote places in the world. Join the ranks of people who have strode this land in the past, from when it drew Independence I hunters along the Muskox Way to North Pole adventurers who over-wintered in the late nineteenth and early twentieth centuries and scientists in the 1950s who studied the High Arctic during the International Geophysical Year.

See nesting birds that fly from pole to pole or visit from Africa and Europe. Watch muskoxen, and the rare Peary caribou feed on lichens, avens and sedges. Take in profusions of wildflowers and lichen as far as the eye can see. Cross glaciers or glacier-fed icy rivers. Bask under high-in-the-sky intense sunlight at midnight. Catch sight of arctic wolves searching for lemmings and watch in amazement as droves of huge arctic hare sprint on their hind legs, brilliant white against the brown tundra.



Photo: ©Scott Forsyth/Adventure Canada

Human History

Surprisingly, people have a long history in the extreme northern climate on Ellesmere Island. Archaeologists estimate the first people, Palaeo-Eskimos or Palaeo-Inuit, arrived approximately 4000 years ago. After them came the Thule, ancestors of Inuit.

You may encounter Inuit while travelling in Quttinirpaaq National Park. Please respect Inuit subsistence hunting, fishing and trapping rights by giving Inuit their privacy and refrain from approaching unless invited. Nunavut Inuit may travel throughout the national park by motorized vehicle for the purposes of harvesting, but anyone transporting a visitor in the national park for commercial gain requires a business licence.

Activities



Photo: Ryan Bray

Backpacking

Hikers can explore the national park from Tanquary Fiord Station. Visits to historic Fort Conger are possible but permissions must be arranged with Quttinirpaaq National Park staff well in advance. All visitors to Fort Conger must be accompanied by a Parks Canada staff person.

The most popular and iconic hiking route is a 9–10 day loop from Tanquary Fiord around the Ad Astra and Viking Ice Caps. However, there are also an assortment of other hikes leaving from Tanquary Fiord that range in length from day hikes to multiday excursions. Please contact Quttinirpaaq National Park staff for more information.

Travelling to the North Pole

Ellesmere Island has been a staging point for northern exploration and North Pole attempts since the late nineteenth century. It has also been the focus of various scientific studies over the years.

If you are planning to travel through any part of Quttinirpaaq National Park during a North Pole attempt, you must contact Parks Canada to arrange all registration and licencing/permitting well in advance of your departure. Please note this includes Ward Hunt Island, McClintock Inlet and Cape Columbia.

Please note that the maximum group size for any trip into Quttinirpaaq National Park is 9 people.

Top of the World Charter

Interested in walking part of the 4500-year-old Muskox Way under the midnight sun? At the top of the world, you will experience a polar desert and glaciers, and you may see muskoxen, wolves and arctic hare. You can purchase space on the Parks Canada charter into Quttinirpaaq National Park's Tanquary Fiord where your party can begin your independent backcountry adventure or base camp excursions. If you prefer to join a guided trip, you may want to consider the tour companies listed on page 7. Contact Quttinirpaaq National Park staff for more details.



Photo: Fred Lemire



Photo: Fred Lemire

Please contact Quttinirpaaq National Park staff well in advance of your trip to discuss expedition plans and submit applications for any caches or base camps.

Glacier Travel

Whether you are simply admiring Gull Glacier from Tanquary Fiord or hiking around the Ad Astra or Viking ice Caps, Quttinirpaaq National Park's glaciers are sure to amaze. Since much of the national park is glaciated, glaciers are bound to occupy your views throughout your trip. Glaciers must be treated with respect as they can be dangerous. Only those experienced in glacier travel and crevasse rescue and who have proper equipment should travel on glaciers.

Skiing

With thousands of square kilometres of glaciers and skiable terrain, the opportunities for ski touring in Quttinirpaaq National Park are almost endless. What Ellesmere Island lacks in powder, it more than makes up for in awe-inspiring routes and countless unclimbed peaks. Although not an appropriate destination for beginners, visitors with strong ski touring, glacier travel, and avalanche safety skills will appreciate the opportunity to be one of the few parties to reach the summit of Barbeau Peak or traverse one of the large ice caps in the national park.

Spring (April and May) is an excellent time to ski tour in the national park due to relatively stable weather, however any party travelling in the national park at this time should be totally self-sufficient and prepared to support themselves for several days in the event that a rescue is required.



Photo: Parks Canada

See page 16 for more information about terrain hazards relative to skiing, climbing and mountaineering.

When To Visit



Photo: Ryan Bray

Arctic Seasons and Your Trip

The following are approximate seasons for accessing the national park. Please note that area closures are possible any time.

Spring

April and May

Fjords are frozen; travel by ski or dog team. Visitors attempting to reach the North Pole by foot mostly start from Quttinirpaaq National Park in March or April, and occasionally as late as early May.

Break Up

Late May through mid-June

Rivers often break up between late May and mid-June making stream crossings very difficult and dangerous.

Summer

Mid-June through August

The rivers are normally ice-free. Hiking is possible. Parks Canada's Top of the World Charter is offered. High water and hazardous river conditions occur most often from mid to late July. See the River Safety section on page 12 for more information. Sea ice breaks up in July, making travel by boat and on the ice impossible for roughly four weeks.

Fall & Winter

September through March

Travel to Quttinirpaaq National Park is not advisable at this time. Cold temperatures, near-constant darkness and access difficulties make winter travel and camping unpleasant, dangerous, and often impossible. The period of 24-hour darkness, nearly five months without sunlight or even dusk, lasts from early October to early March. Freeze up of sea ice occurs at varying points between early September and mid November. During freeze up, travel by boat is unadvisable to impossible, and travel on the ice is unsafe until freeze up is complete.

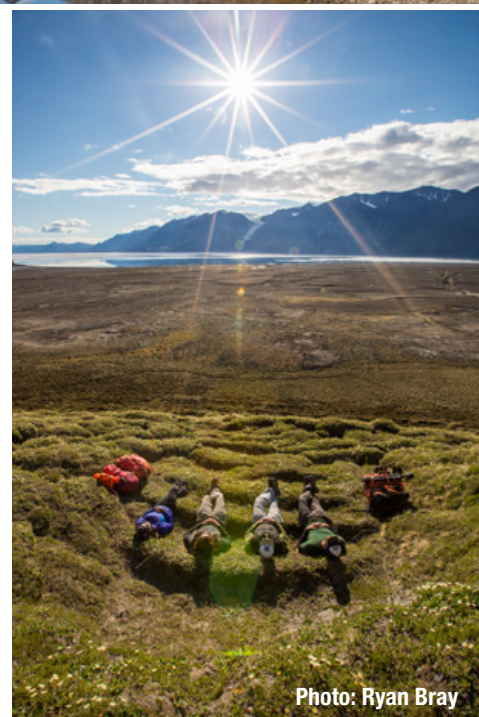


Photo: Ryan Bray



Photo: Leah Pengelly

Though high water and hazardous river conditions can occur at any time in the arctic summer, Quttinirpaaq National Park closures have occurred more frequently between mid to late July.



Travel to Quttinirpaaq National Park

Photo: Ryan Bray

If you are shipping supplies from an international location, please add an additional six weeks for items to clear customs in addition to shipping time.



Photo: Ryan Bray

Air Access to Nunavut

Canadian North offers scheduled flights to Resolute via Iqaluit from Ottawa, Montreal and Yellowknife.

Canadian North

Phone: 1-800-267-1247

Email: contact@canadiannorth.com

Website: www.canadiannorth.com

Weather conditions in the North may dictate your travel schedule. Allow for lengthy delays in your plans.

Travelling with Dangerous Goods

Transport Canada has several regulations regarding the transport of used stoves and fuel bottles. For details about how to treat your gear in order to transport it on a plane please go to the following link: tc.canada.ca/en/aviation/transportation-dangerous-goods-aircraft. If you have any questions about these regulations please contact the inspector from your region. A list of contacts can be found at: tc.canada.ca/en/dangerous-goods/transportation-dangerous-goods-canada.

We recommend bringing new empty fuel bottles and unused stoves with you to avoid difficulties when travelling. To make your travel easier, we recommend buying your stove fuel in the community where you begin your trip (Resolute or Grise Fiord) and leaving any unused fuel behind at the end of your trip. White gas is readily available in the communities, though it's a good idea to call ahead and confirm that it is available. Outfitters and the Hunters and Trappers Organizations in both communities often accept leftover white gas.

Bear deterrents including bear spray and many noisemaking devices are strictly prohibited from travel on scheduled airplanes. Parks Canada has a limited number of bear deterrents that visitors can borrow; check with staff for availability. Visitors can also check with outfitters or stores to see if bear deterrents are available for purchase locally. If nothing is available locally, you can discuss the option of shipping bear deterrents to yourself with Quttinirpaaq National Park staff.

Emergency Medical Travel & Nunavut Visitors

From the Government of Nunavut Department of Health:

If you are not a resident of Nunavut and you need medical travel during your time in the territory, you will be responsible for all medical travel costs. Visitors needing medevac will be invoiced for the full cost of the flight. No travel assistance is offered to visitors to return home. You will need to make your own travel arrangements if you wish to return to the community you were visiting. The Government of Nunavut Department of Health suggests that you buy travel insurance before visiting Nunavut. Health-care in Nunavut can be very expensive. Be prepared for emergencies.

Travel to Quttinirpaaq National Park

Photo: Ryan Bray

Before hiring a company to transport or guide your party, check with Quttinirpaaq National Park staff to ensure the company is currently licenced to operate in the national park.



Photo: Ryan Bray



Getting to Quttinirpaaq National Park from Resolute

Visitors can travel to Quttinirpaaq National Park by chartered aircraft on a Twin Otter from Resolute. Return flights between Resolute and Tanquary Fiord are approximately \$60,000, depending on fuel costs. The cost of flights to other locations in the national park are likely to be higher if the distance is further. Twin Otters can carry eight to nine people and up to 1200 kilograms, so it is most economical to coordinate flight shares with others.

Parks Canada coordinates a flight share each summer, where visitors can purchase a seat as part of our Top of the World experience. For information on this flight share, contact Quttinirpaaq National Park staff.

If you prefer to charter an aircraft for your party you can contact the charter company directly. Air charter companies are very busy during the summer. Make your travel arrangements well in advance.

Kenn Borek Air Ltd.

Website: www.borekair.com

Resolute Office

Phone: (867) 252-3845
Email: yrb@borekair.com

Iqaluit Office

Phone: (867) 979-0040
Email: yrb@borekair.com

Tour Companies

If you prefer to travel in a guided group, contact one of the tour companies listed below.

Black Feather Wilderness Adventure Company

Seguin, ON
Toll Free: 1-888-849-7668
Phone: (705) 746-1372
Fax: (705) 746-7048
Email: info@blackfeather.com
www.blackfeather.com

Northwinds Arctic Adventures

Iqaluit, NU
Phone: (867) 223-0551
Email: northwindsexpeditions@gmail.com
www.northwindsexpeditions.com

Community Information



Photo: Barb Brittain

Resolute

Local Stores

Tudjaat Co-op

Phone: (867) 252-3854

Visitor Information

Resolute Hamlet Office

Phone: (867) 252-3616

Fax: (867) 252-3749

Email: cedo@resolute.ca

Accommodations

South Camp Inn & North Camp at the Airport

Phone: (867) 252-3737

Fax: (867) 252-3205

Local Outfitters

Resolute and Grise Fiord are too far from Quttinirpaaq National Park for local outfitters to transport visitors to the national park. However, local outfitters may be available to take visitors out on the land near the community. Exceptional examples of high arctic wildlife, culture and history are easily reached within a day of the community. Please contact the hamlet office in Resolute or Grise Fiord for details about the local outfitters.

Grise Fiord

Local Stores

Grise Fiord Inuit Co-op Ltd.

Phone: (867) 980-9917

Visitor Information

Grise Fiord Hamlet Office

Phone: (867) 980-9917

Fax: (867) 980-9954

Email: gfsao@qiniq.com

Accommodations

Grise Fiord Lodge

Phone: (867) 980-9913

Email: manager@grisefiord.coop

Additional Resources

Mirnguiqsirviit – Nunavut Territorial Parks

www.nunavutparks.com

Destination Nunavut

www.destinationnunavut.ca

Travel Nunavut

www.travelnunavut.ca

Transport Canada

www.tc.canada.ca

Resolute Tide Charts

waterlevels.gc.ca/eng/station?sid=5560

Grise Fiord Tide Charts

waterlevels.gc.ca/eng/station?sid=6570

Resolute Weather Conditions

weather.gc.ca/city/pages/nu-27_metric_e.html

Grise Fiord Weather Conditions

weather.gc.ca/city/pages/nu-12_metric_e.html

Qikiqtani Inuit Association

Phone: 1-800-667-2742

Email: info@qia.ca

Website: www.qia.ca

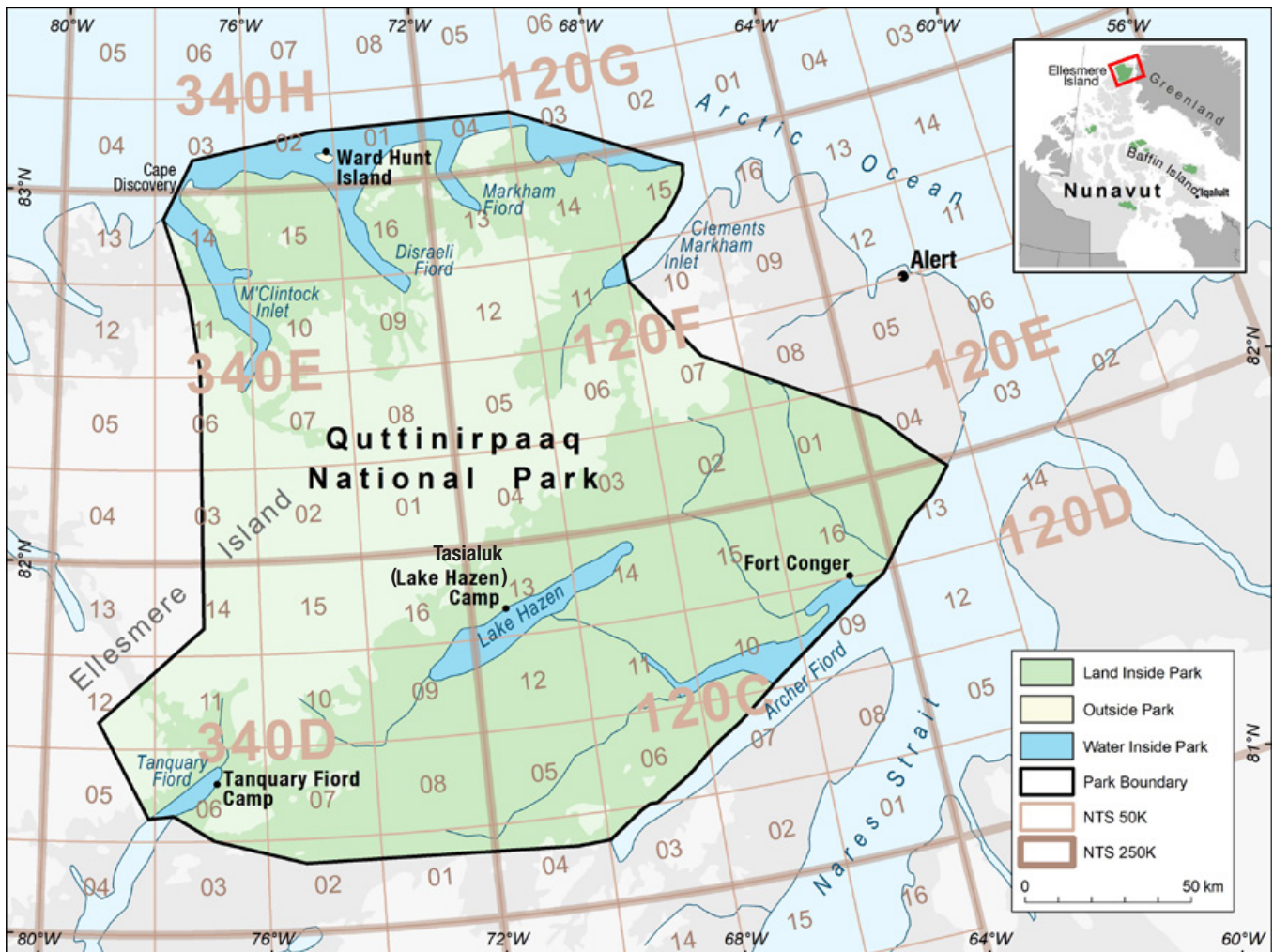
Topographic Maps & Navigation

Photo: Ryan Bray

Route planning is best done with 1:250,000 maps while navigation should be done with the appropriate 1:50,000 maps. The map below indicates which topographic maps cover the park. Information on where to purchase maps can be found on the Natural Resources Canada website: nrcan.gc.ca/maps-tools-and-publications/maps/topographic-maps/10995.

Maps that you receive are up-to-date only to the year indicated on the map.

Quttinirpaaq National Park lies within the area of compass unreliability. GPS receivers are recommended for navigation. Keep in mind that you should keep batteries warm and even the best unit can fail. Bring a backup unit, extra batteries and the right maps. Arctic weather is very changeable; you may be required to navigate during conditions of poor visibility at any time of year.





Permits & Fees

If you plan to travel on Inuit-owned land, contact the Qikiqtani Inuit Association at 1-800-667-2742 or email info@qia.ca for permission.

Permits

Permits for operating a business (guiding, outfitting), filming and commercial photography, research, landing an aircraft, establishing a cache or base camp, and for transporting a firearm through the national park must be acquired well in advance of your trip (some permits may take ninety days or more to be issued). Research permits are only issued in winter and spring. For information and applications, contact Quttinirpaaq National Park staff.

Fees

Park use fees are charged at most national parks. Most of the money raised through park use fees remains in the national park where it is collected. This means that every time you visit a national park you are investing in its future – and in a legacy for future generations.



Northern Backcountry Camping and Excursion Fees apply at national parks in Nunavut. Fees are paid during the mandatory registration and orientation session:

\$13.00	for day use/person (no overnight)
\$26.25	per night/person
\$157.00	for an annual backcountry pass/person (expires on March 31st)
FREE	Admission for youth 17 and under

The annual pass is a great option if you plan to stay a total of 6 or more nights in any combination of the following national parks prior to March 31st: Aulavik, Auyuittuq, Ivavik, Nahanni, Quttinirpaaq, Sirmilik, Tuktut Nogait, Vuntut, Qausuittuq and Ukkusiksalik National Parks.

The Parks Canada Discovery Pass is not applicable in any of the national parks in Nunavut.

Fees are scheduled to change on January 1st 2023. Please check the Parks Canada website for the most up to date fee information.

Registration & De-registration



Photo: Parks Canada

All national park visitors in Nunavut must participate in a mandatory orientation and registration session and pay their park use fees prior to entering the national park and de-register upon exiting the national park.

During the registration and orientation session you will be briefed on safety considerations, weather, water levels, area closures, park regulations, polar bear sightings, areas of interest, recommended routes and more.

Be prepared to provide the following information during registration:

- The name, address and phone number of each group member;
- Two emergency contacts for each group member;
- Your de-registration date (the date you plan to exit the national park);
- Your flight information;
- A list of your large identifiable equipment (e.g. 1 green two-person tent, 2 orange pulks, 1 blue and 1 red backpack). Include brand names if possible.
- The contact information for your communication device(s); and
- Your detailed trip plan including activities and routes.

Registration

- Contact Quttinirpaaq National Park staff well in advance of your arrival to arrange a time and location for your orientation and registration.
- Plan to spend about two hours at the Parks Canada office for your registration, orientation, and payment of park use fees. Ask your charter company for an estimated time of arrival and ensure you schedule plenty of time for your registration and orientation.

De-registration

- Within 24 hours of completing your trip, visit the Parks Canada station in Tanquary Fjord to complete de-registration. If you are unable to visit, phone the Parks Canada office in Iqaluit to de-register. Outside of regular business hours, you can leave a message to indicate that your party has successfully completed the trip.
- Failing to de-register within 24 hours of this date may initiate an investigation by Quttinirpaaq National Park staff.



Photo: Ryan Bray



Photo: Ryan Bray

River Safety



Photo: Michael H. Davies



Photo: Fred Lemire

River crossings are the most significant hazard facing summer visitors. Streams and rivers in Quttinirpaaq National Park are mostly glacial fed, so water volume and velocity are constantly changing throughout the day and from day to day. As the day progresses, glacial melt caused by warming temperatures increases the volume and velocity of rivers and streams. Rainfall can affect the volume and velocity of rivers and streams at any time of day. These factors make crossings unpredictable and susceptible to rapid change. Be prepared to wait out high water for hours or even days when temperatures are warm or rainfall is high.

Quttinirpaaq National Park closures have occurred between mid-July and August 1st. During the last decade, there have been visitor safety incidents in Quttinirpaaq National Park related to high water and hazardous river conditions. Warmer than average temperatures have led to higher river volume and velocity for long periods. Certain areas of the national park, including glacier toes and river crossings along hiking routes, have consequently become more dangerous.

Visitor safety is our main priority. We know that a trip to the High Arctic is an extremely expensive “trip of a lifetime” and want to help you avoid disappointment by minimizing the risk of injury and/or evacuation. Please contact Quttinirpaaq National Park staff with any questions.

Be prepared to wait out high water for hours or even days when temperatures are warm or rainfall is high.



Photo: Michael H. Davies

River Crossing Tips

Gear Considerations

Footwear

Neoprene boots in combination with a gripping sole thick enough to walk over rocks for long distances will protect your feet from the cold water and will allow you to keep your boots and socks dry.

Hiking Poles

Hiking poles are useful for testing water depth and supporting balance during river crossings.

Deciding to Cross

Group Abilities

Ensure that all group members are willing to take the risk. Consider the abilities of the weakest group member.

Timing

Be prepared to wait hours or days until water levels are low enough for your group to make a safe crossing. During warm periods, water levels are generally lowest between 2:00 a.m. and 7:00 a.m. Following heavy rain, water levels may continue to rise for several hours.

Location

Assess the safest location to cross, remembering that ideal crossing locations change regularly. Consider the following:

Water Depth: Braided areas tend to be shallower than single channels.

Water Speed: Flatter areas tend to have slower-moving water than steeper areas.

Hazards: Riverbanks: May be unstable and could collapse.

Underwater: Cloudy water can obscure deeper spots, rolling rocks and unstable footing.

Downstream: Be aware of waterfalls, deep pools, open sea, etc.

Safe Crossing Techniques

- Heavy packs make crossings more difficult; you may wish to test cross without a pack or have stronger members shuttle packs.
- When crossing with a pack, unfasten waist and chest straps so you can remove your pack easily if you become pinned underwater.
- Face upstream, move with the current and use hiking poles to maintain balance.
- Consider group crossing techniques, i.e., the leader is upstream with group members in single file behind to take advantage of the leader's downstream eddy and support.

All rivers and streams are dangerous. Some streams may be uncrossable for some members of your group. Be prepared to change your route or turn back. To learn more about river safety, consider taking a swift-water safety course before your trip.



Photo: Parks Canada

Report polar bear encounters, sightings, tracks and signs to Quttinirpaaq National Park staff as soon as possible by radio or satellite phone.

Polar Bears

The frequency of polar bear encounters in Quttinirpaaq National Park is low. However, the national park contains polar bear habitat and bears may be encountered at any time of the year and in any area of the park, even on glaciers. The more people in your party, the less likely you will be to encounter a bear. Groups of up to nine people are permitted.

For more information, you can speak with Quttinirpaaq National Park staff, read the *Safety in Polar Bear Country* pamphlet carefully and watch the *Polar Bears: A Guide to Safety* DVD at the Parks Canada office or distributed at www.kodiakcanada.com/collections/bear-safety-videos/products/polar-bears-a-guide-to-safety-dvd.

If you are nervous about polar bears, or uncertain of your ability to deal with them, consider joining a guided group. Guides are knowledgeable and experienced at travelling in polar bear country. When hiring a guide, ask about their experience, how they will avoid encountering polar bears and their plan of action should the party encounter a polar bear.

Other Wildlife

Wildlife in Quttinirpaaq National Park has little exposure to humans and may therefore not be afraid of you. Keep a safe distance from all wildlife and remember that it is illegal to touch, feed or entice wildlife in a national park. Be especially suspicious if wildlife appears “friendly” or “tame”.

Foxes and wolves can carry rabies. In Quttinirpaaq National Park, they are not used to people and may approach you because they are curious. Maintain a distance of at least 30 metres; do not let them get closer. Birds and wildlife are inquisitive and opportunistic. They will scavenge food left out and raid caches that are not securely stashed. Make sure wildlife attractants (e.g. food, toiletries, garbage) are securely stored. Muskoxen have been known to charge people when they feel threatened. Please keep at least 200 metres away from muskoxen and watch their behaviour.



Photo: Parks Canada



Photo: Parks Canada

Climate & Weather Safety

Quttinirpaaq National Park is a polar desert – it is a cold region with little precipitation. Winters are very cold with some of the lowest temperatures recorded in Canada. In contrast, summers, though short, can be surprisingly warm, particularly in the Tasialuk (Lake Hazen) area. Coastal areas of the national park are generally cooler and receive more precipitation than the interior. Winds throughout the national park tend to be light, except on the ice caps. There are 24 hours of daylight from May to August and 24 hours of darkness from November to February.

Weather in the Arctic is notoriously changeable and Quttinirpaaq National Park is no exception. Abrupt weather changes can affect temperature and visibility sometimes for several days. **Be prepared for snow and whiteout conditions anytime and anywhere in Quttinirpaaq National Park!**

Hypothermia & Frostbite

Hypothermia is a life-threatening condition. People with hypothermia can no longer keep themselves warm and cannot re-warm themselves without assistance. Know the signs and symptoms of hypothermia, know how to treat it and take precautions to prevent its onset.

Spring travellers must guard against frostbite when travelling in Quttinirpaaq National Park. Conditions of extreme cold are common and care should be taken to avoid exposing the skin.

Emergency Equipment & Facilities

- Basic rescue, first aid and survival equipment is located inside the park buildings at the Tanquary Fiord and Tasialuk (Lake Hazen) Operational Stations.
- Emergency radios are provided in the park buildings at Tanquary Fiord, Tasialuk (Lake Hazen) and Ward Hunt Island. Radio signals can be distorted and limited by weather, mountainous terrain and sunspot activity. In an emergency, continue transmitting your message even if there is no response. Someone may be able to receive your message.
- The nearest nursing station is in Resolute. The nearest hospitals are in Iqaluit, Nunavut and Yellowknife, Northwest Territories.
- Emergency cache barrels contain essential gear in the event that yours becomes lost or damaged. The contents are to be used only in an emergency to allow you to reach the nearest operational station. The location and contents of the barrels will be covered during your orientation session.

Your group should have advanced skills in wilderness first aid and be prepared to handle any medical, wildlife or weather related emergency. If someone in your group is uncertain about their skill level, consider travelling with an experienced guide.



Photo: Ryan Bray



Photo: Fred Lemire



Photo: Leah Pengelly



Photo: Alex Stubbing

Terrain Safety

Rockfall

Bare, freshly broken rock is a sign of active rockfall; these areas may extend well out from the rock walls and cliffs. In or around steep terrain, choose routes carefully, watch and listen for falling rock and avoid stopping for long breaks in potentially active or unprotected areas. Be particularly careful when it is raining and during periods of freeze-melt temperatures as these conditions loosen rock and increase rockfall. Choose campsites in protected areas, away from steep terrain.

Glacier Travel

Low temperatures combined with low annual snowfall means that glacial movement is very slow. Crevasses and icefalls are reduced compared to glaciers in more southerly regions of North America. However, glaciers must still be treated with respect as they can be dangerous. Only those experienced in glacier travel, crevasse rescue and who are properly equipped should consider travelling on glaciers.

All guides operating in glaciated and/or technical mountain terrain will require full IFMGA/IVBV/UIAGM/ACMG certification as an alpine, mountain, or ski guide. Contact Quttinirpaaq National Park staff for more information.

Avalanches

If there is snow and you will be travelling across or near slopes of more than a 25° angle, you need to consider the possibility of avalanches. You should be trained and experienced in assessing avalanche hazards, route-finding skills and self-rescue techniques if you plan to travel in avalanche areas. All members should carry an avalanche transceiver, shovel and probe.

Drinking Water & Human Waste Safety

We advise you to fine filter (<0.5microns), treat (iodine or chlorine), or boil your drinking water.

To prevent the spread of diseases, solid human waste should be disposed of in a responsible manner. Human waste decomposes slowly in arctic environments. If you are unable to use an outhouse, go at least 100 metres from lakes and streams and 50 metres from travel routes. Leave feces exposed to air to decompose faster. Used toilet paper can be burned or packed out.

Communications



Photo: Fred Lemire

Please be aware that all of these recommended modes of communication can be unreliable and at times you will be unable to make contact with anyone. If you are having difficulty receiving a signal, it may be possible to get to higher ground to improve signal strength. This can be very time consuming and in some cases dangerous; please use caution. As always with technology, ensure you know how to use your device and be aware of the weaknesses of your system.

Satellite Phones

Satellite phones are the preferred means of making contact. Your phone can put you in touch with emergency assistance 24 hours a day. We recommend obtaining a satellite phone prior to your trip as they are not available in the North. Phones that operate on the Iridium system currently provide the most reliable coverage over Quttinirpaaq National Park but other options are available. Make sure to bring extra batteries and keep your device dry and warm if possible. Portable solar chargers for batteries are also recommended. Be sure to program the emergency phone numbers into the phone and bring a written copy as back up.

Emergency Radios

Emergency radios are provided in the park buildings at Tanquary Fiord, Tasialuk (Lake Hazen) and Ward Hunt Island. Radio signals can be distorted and limited by weather, mountainous terrain and sunspot activity. In an emergency, continue transmitting your message even if there is no response. Someone may be able to receive your message.

Satellite Messenger Devices

Satellite messenger devices can be used to allow family and friends to track your trip progress as well as to initiate a distress signal (SOS). The SOS signal is non-reversible and is to be used in a life-threatening situation only. Like satellite phones, the Iridium satellite system provides more reliable coverage in Quttinirpaaq National Park. For this reason, InReach devices have proven effective and are currently recommended. SPOT devices are not effective at this latitude. Some models of InReach devices allow for two-way text messaging. Ensure you pre-load your contacts before beginning your trip. Make sure that you have advised your family and friends who may be tracking your “okay” messages that the absence of a message does not necessarily mean you are having problems; it may indicate poor coverage. SOS signals have inadvertently been sent (pocket dialed) without the user knowing it, resulting in unnecessary search and rescues in Nunavut national parks; please ensure you carefully handle and monitor your device. During your registration we will collect information about your device(s) in the event that there is a need to check the activity from it.

Personal Locator Beacons

Personal Locator Beacons (PLB) can also be carried into remote areas. When activated, they send a distress signal to the Canadian Forces in Trenton, Ontario who will initiate a rescue from there. Once activated, the signal is non-reversible; these are to be used in a life-threatening situation only. Make sure your PLB is properly registered by calling the Canadian Beacon Registry, CFB Trenton at **1-877-406-7671**, online at www.cbr-rcb.ca/cbr or by email at cbr@sarnet.dnd.ca. Only PLB's that transmit a distress signal at 406 MHz are permitted in Canada.

Search and Rescue



Photo: Barb Brittain

Quttinirpaaq National Park is one of the most remote parks in North America, and rescue services and facilities are very limited. Our public safety staff are trained in swift-water recovery, first aid, patient stabilization and evacuation in non-technical terrain. Parks Canada search and rescue operations may be delayed by poor weather conditions, geography, aircraft or staff availability. For high-angle technical evacuations, assistance from outside of Nunavut is required.

When will a search be initiated?

A search and rescue response will be initiated when a distress signal is reported or, if a group fails to de-register, by the date indicated on their registration forms or shortly thereafter. In the case of an overdue group, a physical search may not occur until at least 48 hours after the de-registration date has passed.

Remember to de-register!

You will likely exit the park at Tanquary Fiord and should de-register with Quttinirpaaq National Park staff there. If you do not see staff when you depart for Resolute, phone the Parks Canada office in Iqaluit to de-register. Outside of regular business hours, you can leave a message to indicate that your party has successfully completed the trip. Failing to do so can place rescue staff in danger and make the rescue team unavailable for a real emergency.

To help us and yourself, please:

- Be self-reliant and responsible for your own safety;
- Have the required equipment, knowledge, skills and physical fitness;
- Consider the public safety information and advice provided by Parks Canada;
- Seek out additional advice from Quttinirpaaq National Park staff if you are uncertain about what you may encounter;
- Register and de-register; and
- Be prepared for emergencies (medical, wildlife or weather).

In case of emergency, call the emergency dispatch line at (780) 852-3100.

This number is monitored 24 hours a day.



Photo: Fred Lemire



Photo: Barb Brittain



Photo: Fred Lemire

Park Regulations

The *Canada National Parks Act* and associated regulations, as well as other federal legislation, are in place to preserve and protect the natural and cultural resources of the national park. The following information provides a brief summary of some regulations. For a complete listing of park regulations, please contact Quttinirpaaq National Park staff.

- Registration and de-registration: You must register and attend the mandatory orientation before entering the national park and de-register upon exiting.
- Firearms: No person shall be in possession of a firearm in the national park (does not apply to Inuit beneficiaries carrying out traditional harvesting activities or persons authorized by the Superintendent).
- Pets and sled dogs are prohibited in Quttinirpaaq National Park (not applicable to Inuit).
- Fishing is prohibited in Quttinirpaaq National Park (not applicable to Inuit).
- Campfires are not permitted in the national park.
- In the national park, no person shall:
 - remove, deface, damage or destroy any flora, fauna or other natural objects;
 - hunt, disturb, hold in captivity or destroy any wildlife;
 - disturb or destroy a nest, lair or den;
 - touch, feed or entice wildlife; or
 - wilfully remove, deface, damage or destroy any cultural objects, features or artifacts.

Conservation Practices

- Do not move any rocks from features that look even remotely like an archaeological site (e.g. tent rings, fox traps and food caches, Inuksuk or cairns).
- Do not build Inuksuk, cairns etc. Replace all rocks used at your camp to exactly where you found them before leaving the site.
- Where possible, choose routes on durable terrain such as gravel, rock outcrops or snow.
- Select campsites in durable locations where signs of your occupation will be minimized. This is especially important for base camps and large group camps.
- Dish and excess cooking water should be strained for food particles and poured into a shallow sump hole away from your campsite and 50 metres away from water sources.
- All garbage must be packed out. This includes, strained food particles, food waste, packaging, unwanted food, clothing, unused toilet paper etc.
- Use biodegradable soap when needed and minimize the use of soap when possible.

Trip Checklist



Photo: Fred Lemire

Before Booking Your Travel

- Read the Quttinirpaaq National Park Visitor Information Package (this publication).
- Read the *Safety in Polar Bear Country* brochure.
- Contact Quttinirpaaq National Park staff to:
 - Ask trip planning questions that you were not able to answer from your readings;
 - Discuss your planned route; and
 - Schedule your mandatory orientation and registration session in Tanquary Fiord or Iqaluit. This process takes approximately two hours, so allow sufficient time before leaving the community for the national park for your orientation and remember flight and weather delays are common in the Arctic.
- Apply for any additional permits your party may require such as: air craft landing permits, cache or base camp permits, commercial film or photography permits, use of a DRONE permit, or for transporting a locked and unloaded fire arm permit.
- Contact a charter company to ensure transport between the national park and community is available.
- Contact the Qikiqtani Inuit Association for permission if your route takes you on Inuit Owned Land.
- Ensure your skills, experience, knowledge and equipment is equal to the trip.
- Ensure your party follows all **Government of Nunavut Department of Health guidelines** while in the territory.

Contact Information

Contact Quttinirpaaq National Park staff or visit our website:

www.pc.gc.ca/quttinirpaaq

Iqaluit Office

Phone: (867) 975-4673

Email: nunavut.info@pc.gc.ca

The Parks Canada registration and orientation time that I have booked is:

Date: _____

Time: _____

Location: _____

Remember to de-register! Within 24 hours of leaving the national park, visit or phone the Parks Canada office in Resolute or Iqaluit to complete de-registration.