



Torngat Mountains  
National Park

# Visitor Guide



Parks  
Canada

Parcs  
Canada

Canada



Pat Morow

Bear's Gut

## Contact Us

Torngat Mountains National Park has two offices: the main Administration office is in Nain, Labrador (open all year), and a satellite office is located in Kangiqsualujjuaq in Nunavik (open from May to the end of October). Business hours are Monday-Friday 8 a.m. – 4:30 p.m.

### Nain Office

Telephone: 709-922-1290 (English)  
709-458-2417 (French)  
Toll Free: 1 888 922 1290  
E-Mail: [torngats.info@pc.gc.ca](mailto:torngats.info@pc.gc.ca)  
Fax: 709-922-1294

Mailing address:  
Torngat Mountains National Park  
Box 471, Nain, NL  
AOP 1L0

Street address:  
17 Sandbanks Road, Nain, NL

### Nunavik Office

Telephone: 819-337-5491  
(English and Inuttitut)  
Toll Free: 1 888 922 1290 (English)  
709 458 2417 (French)  
E-Mail: [torngats.info@pc.gc.ca](mailto:torngats.info@pc.gc.ca)  
Fax: 819-337-5408

Mailing address:  
Torngat Mountains National Park,  
Box 179 Kangiqsualujjuaq, Nunavik, QC  
JOM 1N0

Street address:  
Building 567, Kangiqsualujjuaq, Nunavik, QC

## In Case Of Emergency

**In case of an emergency in the park, assistance will be provided through the following 24 hour emergency numbers at Jasper Dispatch:**

**1-877-852-3100 or 1-780-852-3100.**

**NOTE: The 1-877 number may not work with some satellite phones so use**

**1-780-852-3100.**

**Be prepared to tell the dispatcher:**

- The name of the park
- Your name
- Your sat phone number
- The nature of the incident
- Your location - name and Lat/Long or UTM
- The current weather – wind, precipitation, cloud cover, temperature, and visibility



# Welcome to Torngat Mountains National Park

The spectacular landscape of Torngat Mountains National Park protects 9,700 km<sup>2</sup> of the Northern Labrador Mountains natural region. The park extends from Saglek Fjord in the south, including all islands and islets, to the very northern tip of Labrador, from the provincial boundary with Quebec in the west to the waters of the Labrador Sea in the east.

The story of the establishment of this park is a story of working with Inuit as equal partners. Parks Canada recognizes and honours their special historical and cultural relationship with the land, and Inuit knowledge is incorporated in all aspects of park management. In fact, co-operative management is a defining feature of our park, and one that we view as a shared accomplishment.

Torngat Mountains National Park is a special place. We hope you will enjoy its magnificent natural heritage and discover its rich cultural history during your visit.

## We want to help you plan your visit!

If you have any questions about Torngat Mountains National Park, we invite you to contact us, and if you are planning a trip here, we encourage you to talk to us about your plans. We can discuss the exceptional experience of the national park, and talk about the realities of travelling in it and being safe. We want to help make sure your trip exceeds all your expectations!

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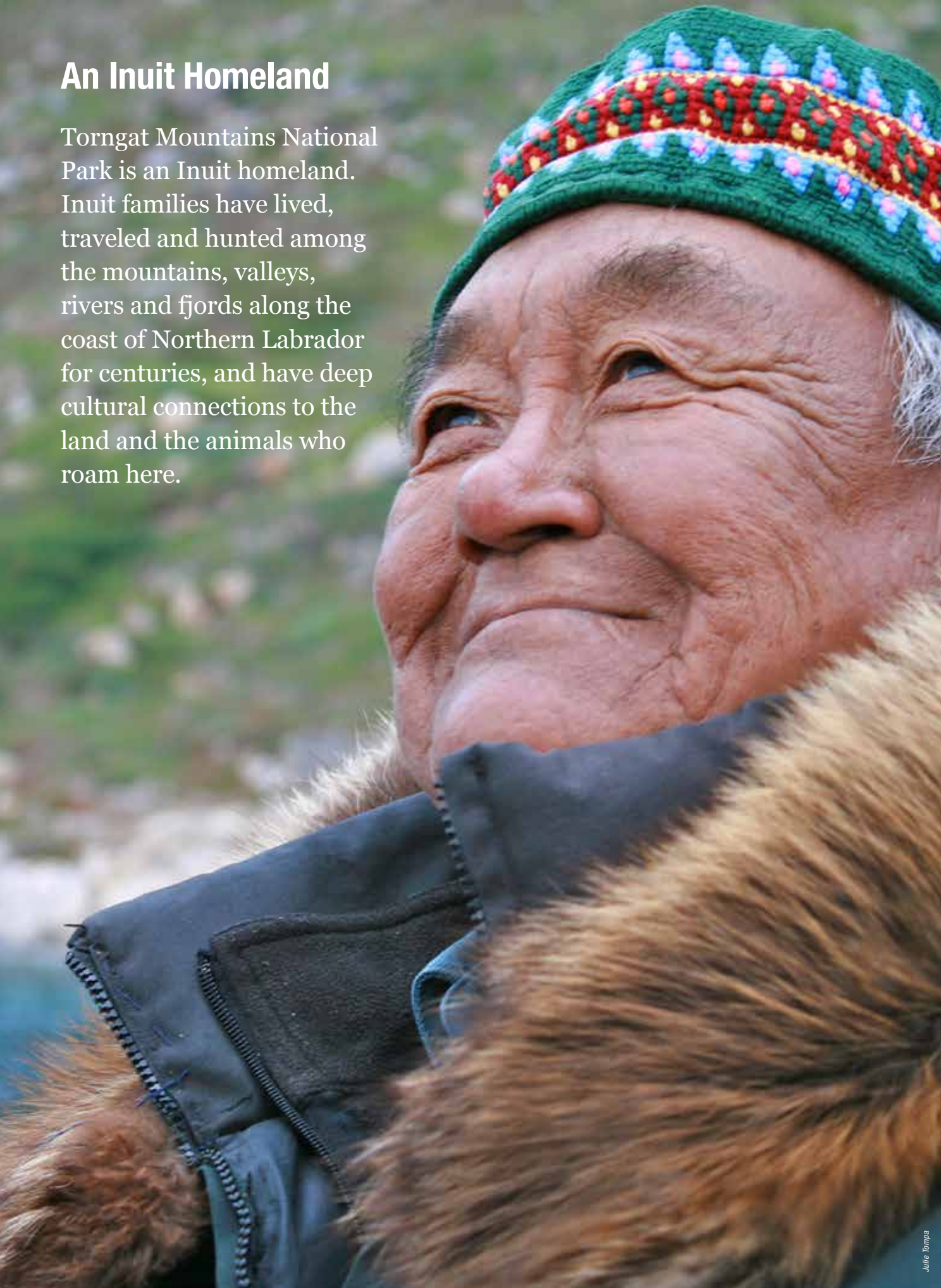
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## An Inuit Homeland

Torngat Mountains National Park is an Inuit homeland. Inuit families have lived, traveled and hunted among the mountains, valleys, rivers and fjords along the coast of Northern Labrador for centuries, and have deep cultural connections to the land and the animals who roam here.







Ramah Bay



Sallikuluk, (Rose Island)



Base Camp



Established as Torngat Mountains National Park Reserve in 2005 with the signing of the Labrador Inuit Land Claims Agreement, the park reserve transitioned to a national park in 2008 when the Nunavik Inuit Land Claim Agreement was signed. Erected with the consent of Inuit of the region, Torngat Mountains National Park has been described as “an Inuit gift to the people of Canada.”

Inuit lived a semi-nomadic lifestyle on the land now encompassed by the park, travelling on foot, by boat, and with dog sleds from place to place. Stretching from Saglek Bay in the southern region of the park, west to Ungava Bay, and to Cape Chidley in the north, Inuit travelled and lived throughout this landscape, following migratory animals on their seasonal hunt. Archaeological resources that help tell the stories of the lives of early Inuit and their predecessors are found throughout the park in the form of food caches, tent rings, burial sites, hunting blinds and ancient inuksuit.

European missionaries settled in Northern Labrador in the 1700’s, establishing a number of missions along the coast that impacted the traditional travel routes and patterns of Inuit. Some Inuit families began living in the small communities that were established around these missions, but most continued to live “with the land,” keeping rhythm with the seasons and the animals. In the 1800’s, foreign fishing interests and Hudson Bay Company trading posts joined the mission stations along the coast. Although settlements attracted some families, Inuit continued to travel to their traditional hunting and fishing grounds, and until the 1950s, many families lived as their ancestors had: on the land.

After Newfoundland and Labrador joined Confederate Canada in 1949, Inuit living in smaller or more northerly settlements were forcibly moved into permanent communities further south. Some families moved to northern Quebec (Nunavik) and some moved to communities along the coast in Labrador (Nunatsiavut).

Many Inuit living in Nunavik and Nunatsiavut today are related and maintain close connections with one another and their ancestral homeland. The rights of Inuit Beneficiaries of both the Labrador Inuit Land Claims Agreement and Nunavik Inuit Land Claims Agreement to hunt, fish and harvest within the boundaries of Torngat Mountains National Park are protected, and Inuit continue to travel to the park throughout the year to harvest as they have in the past. The elders that have lived on this land like to share their stories with the younger generation of Inuit. Their life experiences of survival, traditional living, hunting, the changing climate and weather, the animals, and the land help to inspire younger Inuit to maintain a sense of connection to their culture and their land.

Many of these important stories are not just for Inuit ears – they are meant to be shared and passed on freely to visitors to this special place and carried into the world beyond. At Torngat Mountains National Park, we invite you to see this place through Inuit eyes, share in the stories of this Inuit homeland, and grow to understand the rich cultural relevance of the beautiful landscape that surrounds you.

# Planning your trip



Pat Morrow



*Inuit Tent, Torngat Basecamp*

J.C. Boy



Pat Morrow



Parks Canada

## Your Gateway to Torngat Mountains National Park

Each summer, on the banks of a beach where a river meets a sea, a small community is established on the edge of the park. This is **Torngat Mountains Base Camp and Research Station**, operated by the Nunatsiavut Group of Companies, an Inuit business. Here, Inuit elders and youth from Nunatsiavut and Nunavik stay together with visitors, researchers and Parks Canada staff.

Parks Canada manages a visitor reception and orientation centre and has an administrative office here during the summer months. In addition to the daily excursions to the park and programming offered by Torngat Mountains Base Camp and Research Station, Parks Canada facilitates opportunities for shared experiences between all guests, inspiring profound personal experiences that move far beyond taking pictures of beautiful scenery.

Torngat Mountains Base Camp and Research Station is a Destination Canada Signature Experience and was awarded the Hospitality Newfoundland and Labrador Sustainable Tourism Award in 2013. In 2014, the international association Educational Travel Community honoured the business as a Responsible Tourism Showcase.



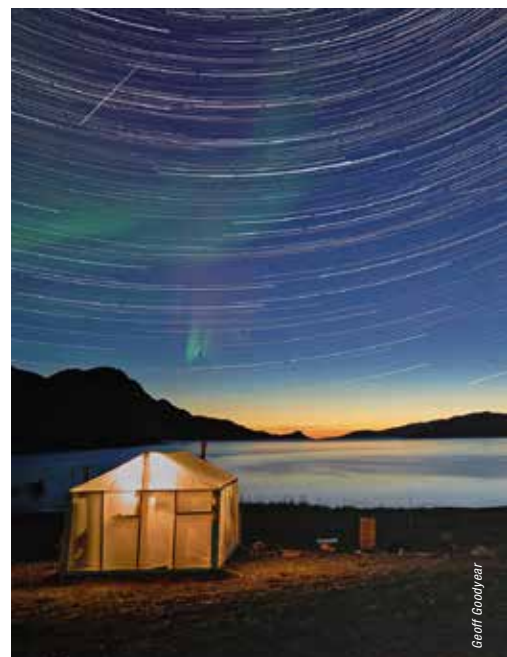




Rodd Laing



Gary Bankie



Geoff Goodyear



Rodd Laing

## Torngat Mountains Base Camp and Research Station

Labrador Inuit owned-and-operated, Torngat Mountains Base Camp and Research Station is generally open for visitors from late July to late August and is located in beautiful Kangidluasuk (St. John's Harbour), a bay in Saglek Fjord adjacent to the southern boundary of the park.

Visitors who have purchased packages through Torngat Mountains Base Camp and Research Station use this base camp as their "home away from home" during their stay, and independent travellers can use the base camp and its services as a starting point for their travels in the park.

Surrounded by an electric bear fence, Torngat Mountains Base Camp and Research Station offers a range of accommodations - from furnished

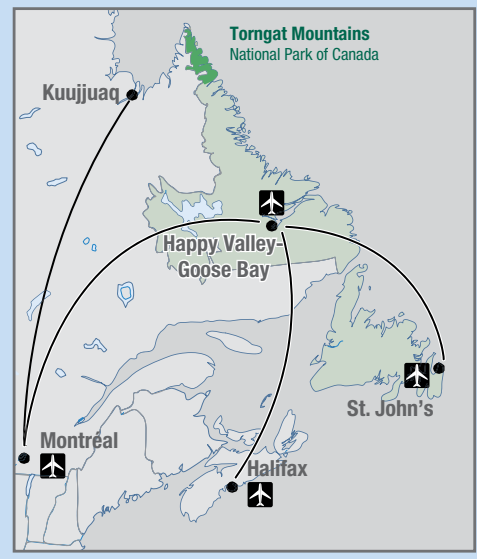
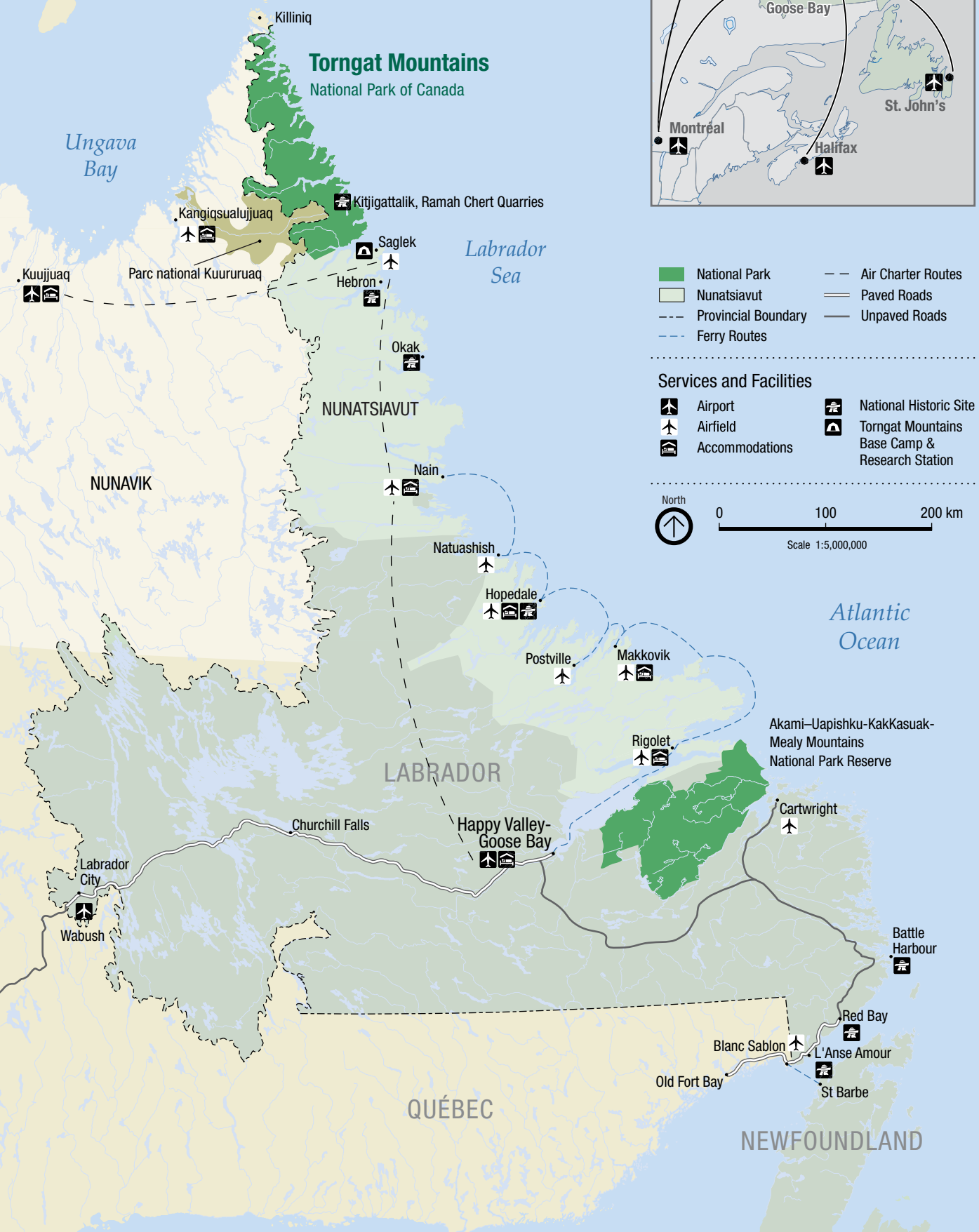
heated domes and canvas shelters to standard mountaineering tents. Visitors also have the option of pitching their own tents. There is a full-serve kitchen and dining area that provides breakfast, lunch, supper, and snacks. Torngat Base Camp staff are on-hand to assist visitors in planning excursions, organising transportation to and from the park via boat or helicopter, as well as arranging the services of Inuit bear guards.

To find out more about the exclusive offers available through Torngat Mountains Base Camp and Research station, please call

1.709.896.8505 ext. 30, or send an email to Base Camp staff at [basecamp@ngc-ng.ca](mailto:basecamp@ngc-ng.ca)

Visit the Torngat Mountains Base Camp website at [www.thetorngats.com](http://www.thetorngats.com)

# Map 1



Killiniq

Ungava Bay

Kangiqsualujjuaq

Parc national Kuururuaq

Kitjigattalik, Ramah Chert Quarries

Kuujuuaq

Labrador Sea

Saglek

Hebron

Okak

NUNATSIAVUT

NUNAVIK

Nain

Natuashish

Hopedale

Postville

Makkovik

Atlantic Ocean

LABRADOR

Akami-Uapishku-KakKasuak-Mealy Mountains National Park Reserve

Churchill Falls

Happy Valley-Goose Bay

Labrador City

Wabush

Rigolet

Cartwright

Battle Harbour

QUÉBEC

Blanc Sablon

Old Fort Bay

L'Anse Amour

St Barbe

NEWFOUNDLAND





Saglek Air Strip



Beach at Saglek Air Strip



En route to basecamp via longliner



En route to basecamp via speedboat

# Getting to the Park

There are a number of logistical options to consider when planning your journey to the park. This section of the guide focuses on getting to the park in the summer months – if you are planning to visit the park outside the regular visitor season of late July to late August, please contact Parks Canada staff.

The easiest way to get to Torngat Mountains National Park is to book a trip through Torngat Mountains Base Camp and Research Station.



Saglek air strip

Malve Petersmann

## BASE CAMP CHARTERS

During the visitor season, Torngat Mountains Base Camp and Research Station offers a weekly air charter service to the air strip at the Saglek radar site, which is located adjacent to the southern boundary of Torngat Mountains National Park.

Visitors make their own way to Happy Valley-Goose Bay, Labrador. From there they connect with this charter service. Flights north depart early in the morning from

Happy Valley-Goose Bay, stop in Nain to refuel, and then continue onto Saglek. Flights from Happy Valley-Goose Bay to Nain are 1.5 hours and the Nain to Saglek usually takes 45 mins.

Once at the Saglek airstrip, visitors are greeted by Torngat Mountains Base Camp and Research Station staff and are brought to the base camp in Kangidluasuk by boat, a journey that lasts between 30-60 mins.

### NORTH COAST STOPOVERS

Visitors travelling to Torngat Mountains National Park through Labrador have the option of taking a ferry service (the MV Northern Ranger) from Happy Valley-Goose Bay to Nain and, with prior arrangements with Torngat Mountains Base Camp and Research Station staff, can catch the charter flight to Saglek in Nain when it stops to refuel. This option may require a 3-night stay in Nain.

The MV Northern Ranger runs in the ice-free months (generally July – October) from Happy Valley-Goose Bay to the coastal communities of Rigolet, Postville, Makkovik, Hopedale, Natuashish and Nain. It takes about 3 days to get to Nain with a short

stopover in each community to deliver freight and pick up passengers.

Visitors also have the option of booking their own flight to Nain with one of the local airlines, overnighing, and then catching the charter flight to Saglek when it stops in Nain.

The reverse of either of these options is also available if you would like to connect with the MV Northern Ranger after your visit to the park when you're homeward-bound.

**We highly recommend contacting Torngat Mountains Base Camp and Research Station staff prior to making arrangements.**

### CRUISE SHIP

Cruise ships that visit Torngat Mountains National Park are generally en route between southern and Arctic destinations and pass alongside the park. Currently, cruise lines

stop to give passengers opportunities for day hikes and interpretive visits at 2-3 different locations in the park.

### ON YOUR OWN

If you are planning to come to the park on your own via air, land, sea, or ice, you should contact Parks Canada staff at the office in Nain.

Aircraft landings in fresh water in the park are strictly prohibited and any other landings are only permitted under exceptional circumstances.

Visitors intending to pass alongside the park by way of personal watercraft are strongly

advised to check in with Torngat Mountains Park staff prior to setting sail. Although any water beyond the salt water low tide mark is out of the park's boundary, if you need to go ashore for any reason and haven't registered, you are considered to be in the park illegally.

No matter what your means of travel, we strongly advise you to contact Torngat Mountains Park staff to discuss your plans and seek advice.

### COMING THROUGH QUEBEC/NUNAVIK

Visitors wishing to come to Torngat Mountains National Park through Nunavik (northern Quebec) will have to arrange their own charter to the Saglek airstrip from Kuujuaq.

Visitors can also come into Torngat Mountains National Park via the Parc national Kuururjuaq.



MV Northern Ranger

Maive Petersmann

### NORTH COAST STOPOVERS

#### MV Northern Ranger

[www.labradorferry.ca](http://www.labradorferry.ca)  
1.855.896.2262

#### Air Labrador

[www.airlabrador.com](http://www.airlabrador.com)  
1.709.896.6730

#### Innu Mikkun

(Provincial Airlines)  
[www.innumikun.com](http://www.innumikun.com)  
1.800.563.2800



Ocean Endeavour

Tom Knight

### CRUISE SHIP

[www.adventurecanada.com](http://www.adventurecanada.com)  
1.800.363.7566

### HELICOPTER CHARTER COMPANIES

#### Universal Helicopters

[www.uhnl.nf.ca](http://www.uhnl.nf.ca)  
1.709.896.2444

#### Nunavik Rotors

[www.nunavikrotors.com](http://www.nunavikrotors.com)  
1.819.964.1185

#### Canadian Helicopters

[www.canadianhelicopters.com](http://www.canadianhelicopters.com)  
1.709.896.5259

### PARC NATIONAL KUURURJUAQ

[www.nunavikparks.ca/en/parks/kuururjuaq](http://www.nunavikparks.ca/en/parks/kuururjuaq)  
1.819.337.5454

#### Air Inuit

[www.airinuit.com](http://www.airinuit.com)  
1.800.361.2965



## Local Resources and Services

When travelling to Torngat Mountains National Park, unexpected delays due to weather are always a possibility. This listing of local resources and services in communities closest to the park will be helpful if you find yourself unexpectedly “laid-over.” We encourage you to take advantage of unforeseen itinerary changes by exploring the communities close to the park!





Nain, Nunatsiavut



## Happy Valley-Goose Bay

Happy Valley-Goose Bay (HVGB) is located about 600 kilometres south of Torngat Mountains National Park. For most visitors flying to the park, HVGB is the first stopover in Labrador and usually involves an overnight stay, as the charter flight to Saglek generally leaves early in the morning.

The ferry service (MV Northern Ranger) to the north coast communities of Nunatsiavut leaves from the dock in HVGB which is about a 10-15 minute drive from the airport.

Happy Valley-Goose Bay has a number of hotels, restaurants, outfitting stores, grocery stores, pharmacies, craft and souvenir shops, as well as a hospital and an RCMP station.

HVGB is also the operational base for the Nunatsiavut Group of Companies who run Torngat Mountains Base Camp and Research Station, air charters to base camp, as well as the MV Northern Ranger ferry service.

For more information please use these contacts:  
[www.happyvalley-goosebay.com](http://www.happyvalley-goosebay.com)  
[www.labradorferry.ca](http://www.labradorferry.ca)

Labrador Lake Melville  
 Tourism Association  
 365 Hamilton River Road  
 (709) 896-3489





## Nain

Nain is the administrative capital of the Nunatsiavut Government and is located approximately 200 kilometres south of Torngat Mountains National Park.

Nain is accessible by air through Goose Bay or by coastal boat service in the ice-free months.

There are a number of convenience stores and grocery stores that sell some outdoor gear and supplies. There is also a hotel, restaurant, a craft shop, a fish plant, a medical clinic, an RCMP station, a local

volunteer fire department, and local search and rescue group. The primary administrative offices for Torngat Mountains National Park are also located in Nain.

Visitors that plan to stay in Nain can experience local art and life by visiting the Torngats Arts & Crafts shop or by inquiring at the Nunatsiavut Government Administrative building.

### For more information please use these contacts:

Torngat Mountains National Park office:  
**1.709.922.1290 / 1.888.922.1290**  
 Nunatsiavut Tourism:  
[www.tourismnunatsiavut.com](http://www.tourismnunatsiavut.com)  
**1.709.922.2942**

Atsanik Lodge (hotel): **1.709.922.2910**  
 Torngats Arts & Crafts: **1.709.922.1135**  
 Nain Inuit Community Government:  
**1.709.922.2842**



## Kangiqsualujjuaq (George River)

Kangiqsualujjuaq in Nunavik, Quebec is located about 100 kilometres west of the national park and is accessible through Kuujjuaq, the hub for air traffic in Nunavik. First Air flies daily to Kuujjuaq from Montréal and Ottawa, and Air Inuit offers daily flights from Montreal to Kuujjuaq, with a connecting flight to Kangiqsualujjuaq.

Kangiqsualujjuaq has a medical clinic, a regional police detachment, two grocery stores which sell outdoor supplies, and hotel accommodation. The headquarters for the Parc national Kuururjuaq also operate out of Kangiqsualujjuaq.

Torngat Mountains National Park runs an office here seasonally so visitors coming through Quebec can get information about the park here.

### For more information please use these contacts:

Torngat Mountains National Park office:  
**1.819.337.5491**  
 George River Co-Op Hotel: **1.819.337.5404**  
 Municipal Council: **1.819.337.5271**

Nunavik Tourism: [www.nunavik-tourism.com/Kangiqsualujjuaq](http://www.nunavik-tourism.com/Kangiqsualujjuaq)  
 Parc national Kuururjuaq:  
[www.nunavikparks.ca](http://www.nunavikparks.ca)  
**1.819.337.5454**

# Experiences

Torngat Mountains Base Camp and Research Station offers visitors daily excursions from base camp into the park and the surrounding landscape. Parks Canada staff provide interpretive programming on all trips in the park, and with

logistical support from Torngat Mountains Base Camp, we are able to offer visitors a wide range of experiences. In this section of the guide you will find descriptions of some of the day trips many visitors will have an opportunity to experience.



Marie Petersmann

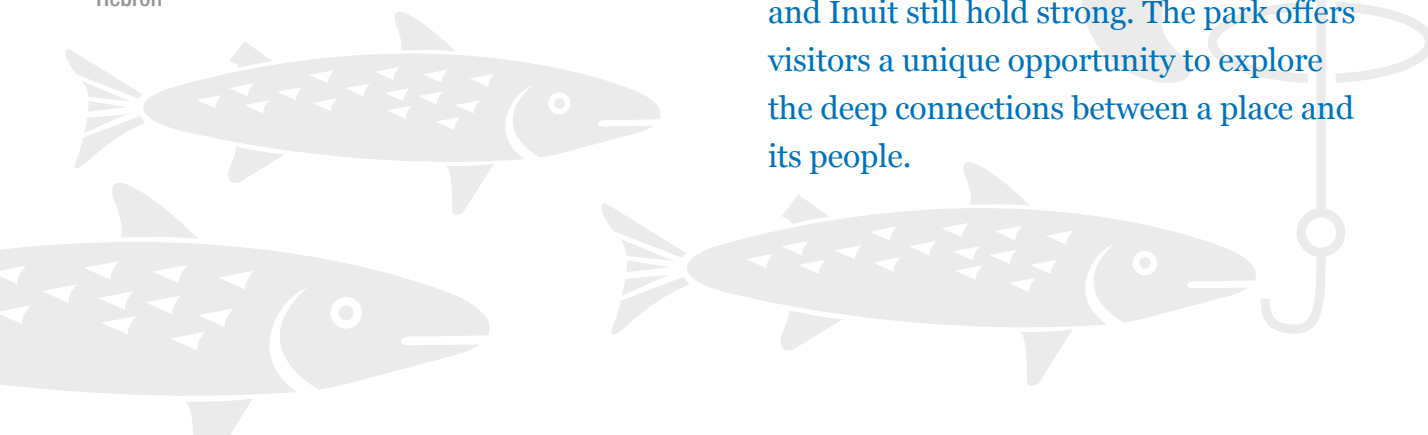
Saglek Bay



Hebron

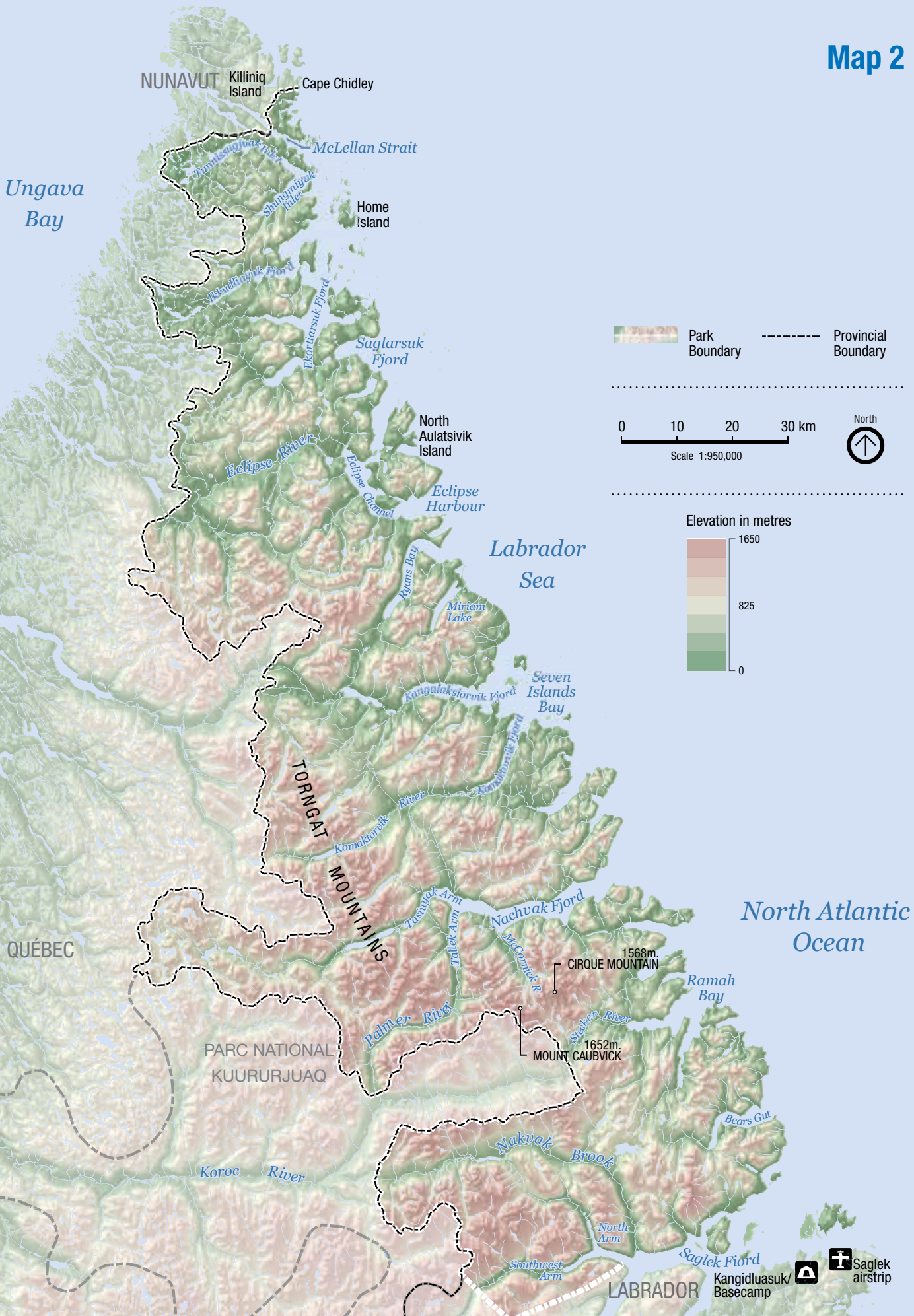
## The Inuit Story

The remote and wild landscape of Torngat Mountains National Park is an Inuit homeland. Inuit have thrived here for centuries, travelling and hunting with their families along the shores of the Labrador Sea. Today, as evidenced by the mythology of Inuit and a deep sense of spirituality, the relationships between the land, animals, and Inuit still hold strong. The park offers visitors a unique opportunity to explore the deep connections between a place and its people.





# Map 2



Ungava Bay

QUÉBEC

NUNAVUT

Killiniq Island

Cape Chidley

McLellan Strait

Home Island

Saglarsuk Fjord

North Aulatsivik Island

Eclipse Harbour

Labrador Sea

Miriam Lake

Seven Islands Bay

TORNGAT MOUNTAINS

North Atlantic Ocean

PARC NATIONAL KUURURJUAQ

1568m. CIRQUE MOUNTAIN

1652m. MOUNT CAUBVICK

Ramah Bay

Bears Gut

Koroc River

Nachvak Brook

North Arm

Southwest Arm

LABRADOR

Saglek Fjord  
Kangidluasuk/  
Basecamp



Saglek airstrip





## The Spirits of Sallikuluk (Rose Island)

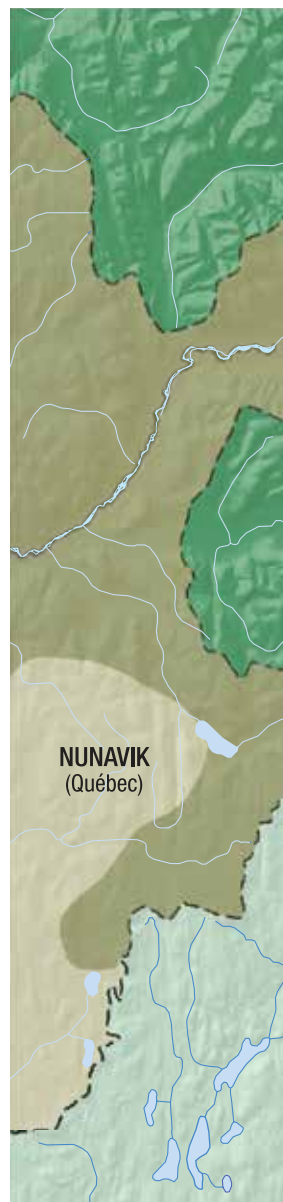
Travel across the waters of Saglek Bay to Sallikuluk, an island which has been a cultural epicentre for the region's Inuit for centuries and is home to over 600 traditional Inuit graves, cairns and burial mounds. On this full-day excursion from Torngat Mountains Base Camp, you will visit the remains of tent rings and sod houses where Inuit once lived, hear stories about this important landscape from Inuit and watch the shorelines for meandering polar bears together.



## Picnic, Hike, and Swim at Silluak (North Arm)

Watch for whales, seals and icebergs and travel between 900-metre- (3,000-foot) high soaring fjord walls on a full-day boat excursion to Silluak (North Arm). Come ashore and spend time with Inuit as they prepare freshly caught Arctic char, seared the traditional way on a flat rock over an open fire. Take an

easy hike to waterfalls nearby and learn about the many archeological features along the way - ancient food caches and hunting blinds made from stone where Inuit once waited for passing caribou. Then, at a clear indigo mountain lake with a sandy beach, take a dip in crisp waters for a refreshing experience!

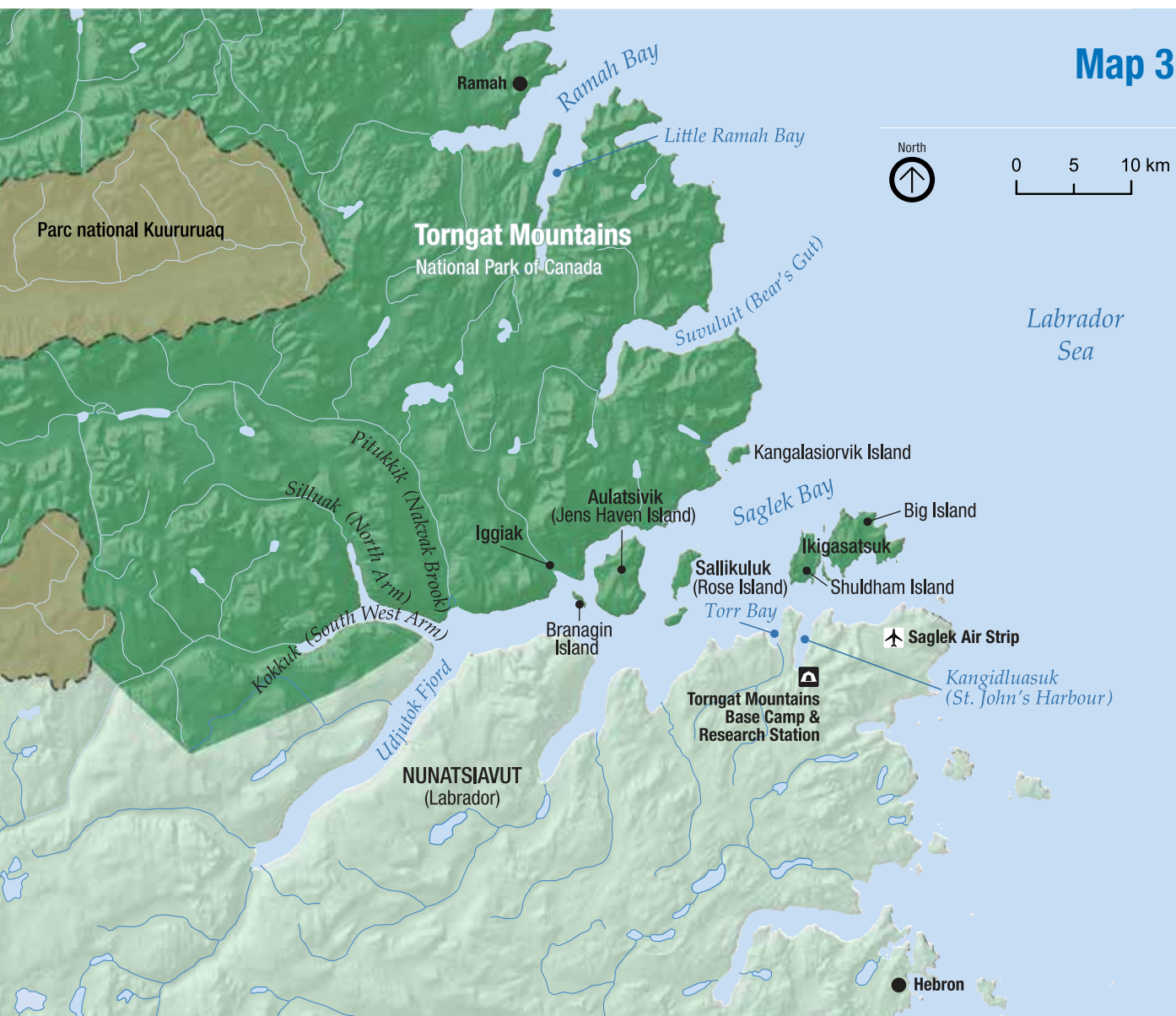






## Tea at the Old Village in Ramah

Stroll along the shore in Ramah Bay among the remnants of early European and Inuit lifestyles. These two cultures lived side-by-side in the middle of the Torngat Mountains wilderness at a small mission run by the Moravian Church from 1871 until 1908. Then walk to a stunning waterfall and settle down in this scenic spot to enjoy a cup of tea around a fire.

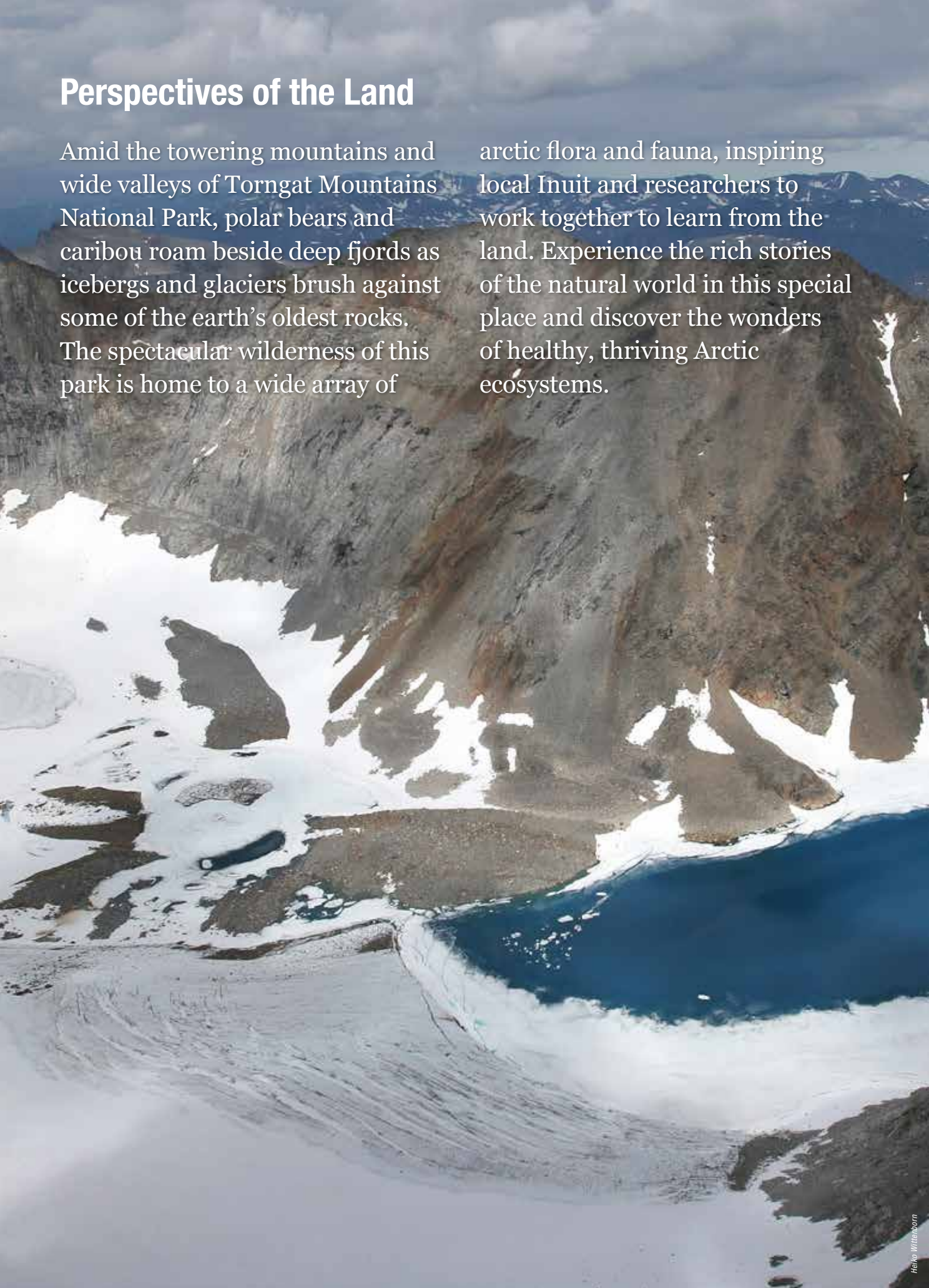




## Perspectives of the Land

Amid the towering mountains and wide valleys of Torngat Mountains National Park, polar bears and caribou roam beside deep fjords as icebergs and glaciers brush against some of the earth's oldest rocks. The spectacular wilderness of this park is home to a wide array of

arctic flora and fauna, inspiring local Inuit and researchers to work together to learn from the land. Experience the rich stories of the natural world in this special place and discover the wonders of healthy, thriving Arctic ecosystems.





## Bears and Bergs by Boat

Enjoy a half-day zodiac tour of up-close visits with majestic icebergs and learn where they came from and where they are going. Accompanied by Parks Canada staff and an Inuit Bear Guard, spot polar bears roaming the rocky shores of the outlying islands of the park on their hunt for food. Along the journey, expect to see seabirds, seals and whales, learn all the local Inuttitut names, and their importance to Inuit culture.



Shuldham Island



Saglek Fjord

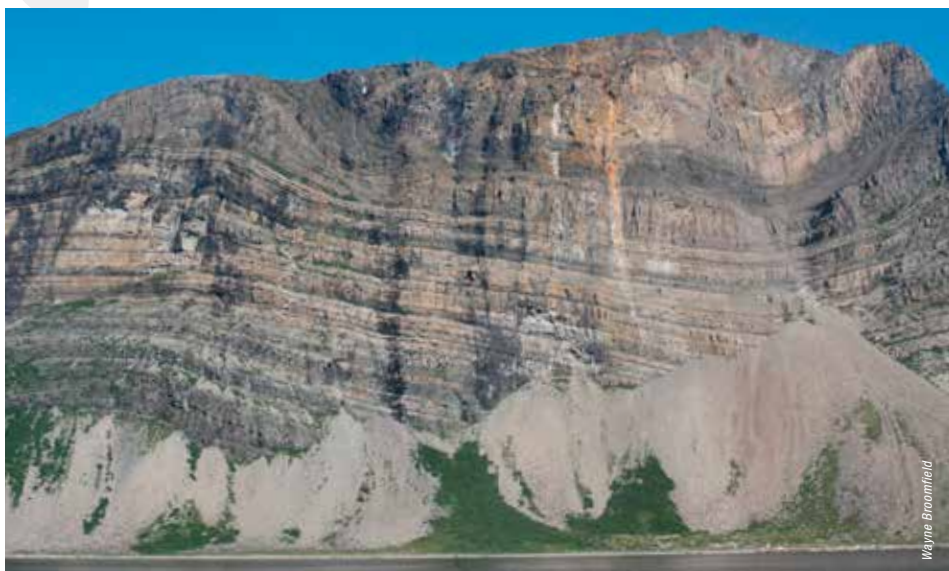
## “Micro” Torngats - Plants and Insects Hike

Rain or shine, join staff on a half-day moderate hike near the Torngat Mountains Base Camp and Research station to appreciate the northern flora. Get close to the small arctic flowers, plants and insects of this tundra climate and discover how they have adapted their amazing survival techniques to this northern landscape. Identify key plants of the region – in English and Inuttitut – and learn about their traditional Inuit uses.



## Some of the Oldest Rocks in the World

The towering mountains and sweeping fjords of the park represent a rich and unique geological history. Discover the hidden stories beneath your feet on a half-day excursion by zodiac that will allow you to walk on ancient pieces of the Earth's Mantle. Geologists are on a search to find the oldest rocks in the world here in the Torngat Mountains, and some areas have been recorded as being over 3.9 billion years old! Along with a light interpretive hike, staff and visitors will savour a traditional Inuit shore lunch of freshly caught Arctic Char.



Saglek Fjord





Silluak (North Arm)

## Walk in the Footsteps of Inuit Ancestors

The spectacular landscape of Torngat Mountains National Park holds centuries of Inuit cultural history in its fjords, valleys, and mountains. A variety of hiking experiences give visitors of every skill level opportunities to explore this special landscape and discover its hidden histories in the company of Inuit: light interpretive day hikes foster a deeper connection to the region; and multi-day backpacking excursions follow ancient paths marked by inuksuit.



PittukKik

### I Am From PitukKik: a Nakvak Brook Journey

Stand alongside a commemorative inuksuk built to mark one end of a historic travel route that even today connects Inuit of Ungava Bay to Inuit on the Labrador Coast. This inuksuk was erected by the Cooperative Management Board for the Torngat Mountains National Park to celebrate and honour the connection between Inuit of Nunavik and Nunatsiavut. It is the highlight of a full-day boat trip to the north side of Saglek Fjord at the delta of PitukKik. Watch for black bears fishing the shallows for Arctic char. Amid wildflowers and grand views, walk the beginning of the traditional Inuit travel route in the company of Inuit who have personal connections to this place.



Palmer River

### Multi-Day Backcountry Adventure

Choose your own adventure – bring your family and friends to an ancient land and select a hiking route that matches your skill level and interests. Travel with an Inuk who will share stories of the land and of the people who have walked here before you. Follow paths marked by inuksuit and river valleys, and discover the archeological traces along the way. Sleep under the stars... or under the Northern lights!



# Kitjigattalik, Ramah Chert Quarries National Historic Site



Heike Wittenborn

Ramah Quarry Bowl



Gary Barkle

In 2015, Kitjigattalik, the Ramah Chert Quarries, was designated a national historic site. This federal recognition honours the national significance of this special place and celebrates the important role of Ramah chert in Canadian history. Kitjigattalik is the first national historic site to be designated in Torngat Mountains National Park.

## Ramah Chert

Found mainly in Ramah, Ramah chert is a unique, translucent, ice-like stone that was first quarried over 5000 years ago by the earliest settlers of northern Labrador, known as the Maritime Archaic. It continued to be used by a succession of cultures up to 500 years ago, including the Pre-Dorset, the Groswater, and the Dorset, followed by Late Pre-contact Amerindian peoples.

Items made of Ramah chert reflect the different cultural traditions and activities of Labrador's ancient

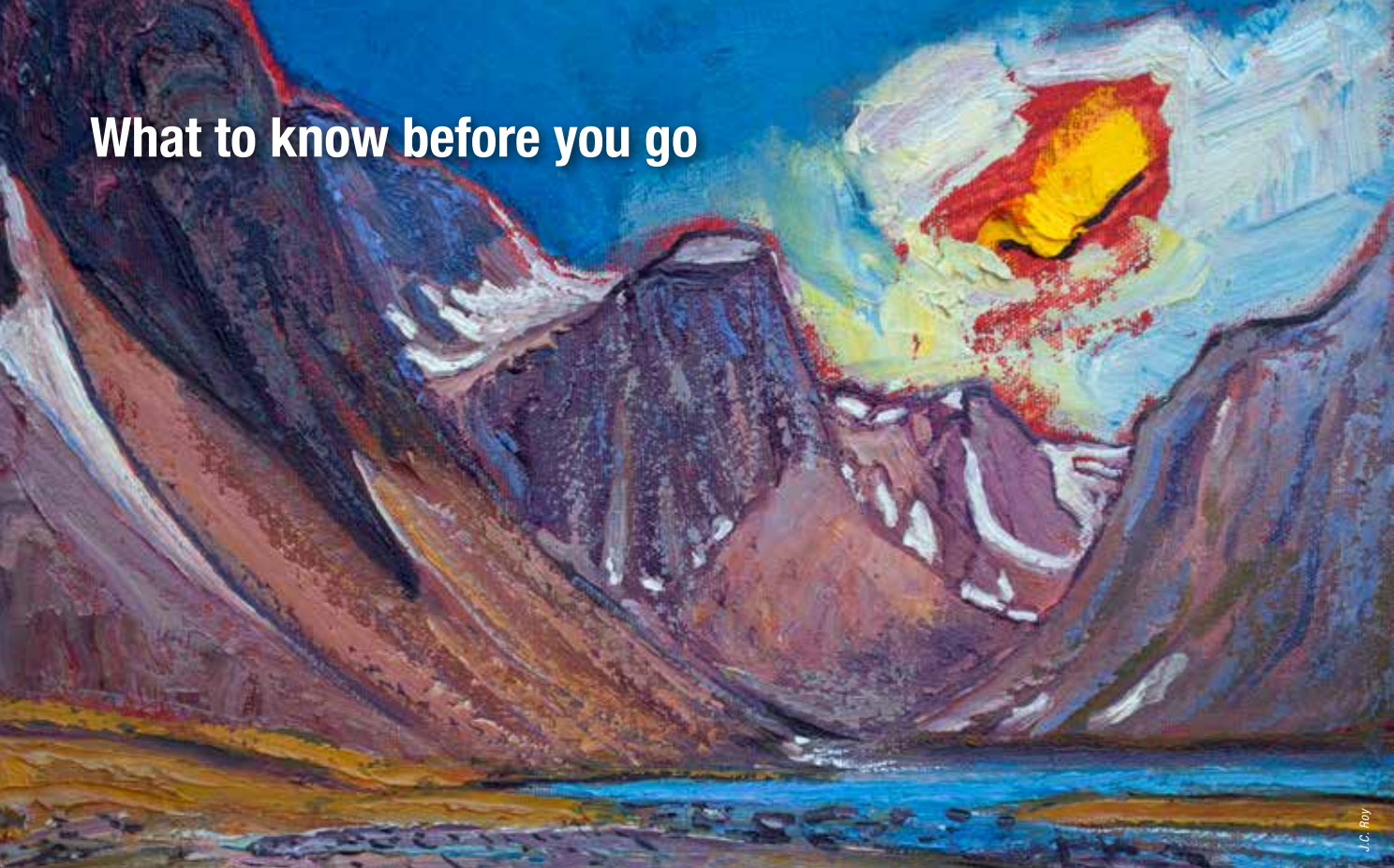
Aboriginal peoples, and the exceptional skills of their toolmakers, who understood the qualities of this special stone. It was used to make ceremonial and everyday items, and at certain periods, it was the only stone chosen for tools despite the availability of other high-quality local stone in Labrador. Tied to cultural identity, early belief systems are reflected in Ramah chert discoveries in burial sites, and it is quite likely that the quarries themselves held symbolic meaning. Chert from Kitjigattalik has been found at

archaeological sites throughout easternmost Canada and into New England, providing evidence of widespread trade and social networks between early peoples.

Parks Canada is committed to protecting this natural and cultural resource for all Canadians, and you can help. If you find an interesting object, please leave it in place, note where you found it (take a photo or record GPS coordinates), and tell Parks Canada staff.



# What to know before you go



Lake at Kangalasiorvik

J.C. Roy

## Everyone MUST Register

All visitors must register before entering the Torngat Mountains National Park. Registration gives us a chance to assist you with your trip planning, and it also helps us in our efforts to better understand visitor use of the park for management purposes. Registration also provides us with information about you that we may need in case of emergency. You may register by phone, fax, email, in-person at the Nain office, or at Torngat Mountains Base Camp and Research Station.

## You MUST deregister

Once you have finished your trip, contact park staff in Nain - or phone the office and leave a detailed message - to indicate that your party has successfully completed its trip. You can also call Jasper Dispatch at 1-780-852-3100 and advise them. They operate 24 hours a day.

**If you do not deregister Parks Canada staff may assume you are still in the park and begin search and rescue operations.**

## Park Entry Fees

There are currently no fees to access Torngat Mountains National Park, but there will be in the near future.

## Safety Briefing

Before you visit Torngat Mountains National Park, you must have a mandatory safety briefing with Parks Canada staff, who will provide you with general orientation about any special conditions in the park. The briefing will also cover potential hazards in the park and the risks associated with any of the activities you plan to do. You must also watch a polar bear safety video. These briefings are offered at the park office in Nain and at Torngat Mountains Base Camp and Research Station. If you are not registering in person, please contact the Parks Canada office.





Alain Boudreau

Saglek Fjord

## Understanding the Risks

Whether you're planning a guided or independent trip to Torngat Mountains National Park, you should familiarise yourself with the dangers and risks associated with travelling in such a remote and challenging region. Weather, terrain, and remoteness represent the greatest and most consistent hazards you will face as a visitor, regardless of your itinerary. Any wildlife encounters should be approached with caution. **Polar bears are an extreme hazard.** In this section, we identify the risks you should be aware of as you plan your trip, and offer recommendations to help you prepare and plan ahead.

### WEATHER

The climate of the park is influenced by altitude, latitude and the nearby Labrador Sea. The best weather typically occurs from mid-July to mid-August, with storms bringing new snow to higher peaks by late August/early September. The Torngat Mountains are especially famous for intense winds, which can roar down unexpectedly from the mountains along river valleys and ravines, creating hazardous conditions within minutes. Strong winds, heavy precipitation and fog often impede travel in the park and might force you to extend your stay beyond what you had planned or provisioned for.

Climate has a dramatic effect on the degree and severity of natural hazards found within the Torngat Mountains. Hypothermia, hyperthermia, as well as frostbite and sunburn are possible risks in the park area at various times throughout the year.

There is no natural protection in the open tundra. The weather in the park is variable and changes quickly. It can be extremely hostile with long spells of rain, ice-cold winds and occasional snowstorms in midsummer. Temperatures can change quickly – from +30 Celsius to below zero in only a few days. Sudden and heavy

fog can appear at any time during the summer and early fall, especially in coastal areas. The risk of exposure exists all year round.

Due to the distance to the park from Nain or Kangiqsualujuaq, it is not wise to rely on weather reports from these communities – local weather is rarely representative of conditions in the park. You must be well-prepared for all types of weather when travelling to the park and always travel prepared for the worst.



Richard Pither

## WILDLIFE

Torngat Mountains National Park is home to many species of wildlife. You should always maintain your distance from all animals – foxes and wolves can be unexpectedly aggressive, and bears pose a special threat.

**Polar bears are true carnivores and can be a significant risk to human beings.** Visitors travelling and camping in the park are in polar bear country and are at high risk of encounters. Polar bears are almost always present along the north Labrador coast. In the winter and spring, they drift south on the pack

ice and roam the floe edge hunting for seals. As the ice breaks up, they head to shore and begin to work their way north again. In recent years, Inuit have seen an increase in the number of polar bears within the boundaries of the park, especially along the coast. Some polar bears have been seen far inland and at high elevations. Historic satellite collar data indicate that bears will cross the Ungava Peninsula by travelling west through the southern part of the park. You must always remain vigilant, even when far inland.

The **black bears** of Torngat Mountains National Park are the only known population of this species to live entirely above the tree line. These bears are most common in the inland southern portions of the park, and are especially abundant along the more vegetated valley bottoms and mountain slopes. Black bears are opportunistic animals and can be aggressive towards humans under certain circumstances.

**To learn more about bear safety, please refer to page 32.**

## TERRAIN

There is a vast range of different terrains in the park that each have their inherent hazards. Many of the risks associated with topographical hazards are heightened when combined with bad weather, including wind, snow and ice. Most risks related to topographical hazards involve either slipping/falling or becoming endangered by sliding materials such as rocks, mud, or snow. Navigation can be difficult in the labyrinth of valleys

and ridges that stretch over a large area, and the risk of becoming disoriented or lost is high.

Glaciers can present a potential hazard to the inexperienced visitor. Though small by most standards, the numerous glaciers in the Torngat Mountains are still dangerous. Crevasses, moats, and potential avalanche or rock fall events are all dangerous hazards.



Pat Moroch





Richard Patten



Tom Knight

### SMALL BUT MIGHTY

Biting insects such as mosquitoes, black flies, and horse flies have increased significantly in recent years. Your experience can be affected by these insects if you do not take precautions. Remember to bring a fly net and/or fly repellent.



Alain Boudreau

Hidden Glacier

### REMOTENESS

While you are in Torngat Mountains National Park, you will be far away from any emergency services. Should an emergency arise during your trip, response could take days. Factors such as weather conditions, your location in the park, and the availability of boats, helicopters or other aircraft will determine the response time of any available assistance.

In the event of an emergency, Parks Canada staff will do their best to assist you. **In an emergency, you should call the Parks Canada Emergency number** on the inside cover of this guide. Delays are common due to weather and you need to be prepared to take care of yourself until rescue arrives.

If you are hiking and camping independently in the park, you should be prepared and capable of dealing with any emergencies that might occur, including medical emergencies. Having someone in your party with advanced skills and experience in wilderness first aid and self-rescue training is strongly recommended. You must carry an advanced first aid kit.

Basic first aid is available at Torngat Mountains Base Camp and Research Station at Kangidluasuk. Full emergency medical services are available in the hospitals of Goose Bay, Labrador and Kuujuaq, Quebec.





## What Should I Bring?

### A basic checklist for everyone

What you pack in your bags when you prepare for a trip to the Torngats depends largely on your itinerary and your planned activities. If you're traveling with a group and staying at Torngat Mountains Base Camp, you'll need less gear than someone who is planning a multi-day trek across the tundra. We've prepared this list as a starting point to help ensure that all visitors to the park arrive with the basic clothing and equipment needed to keep you warm, dry, and happy.

#### ITEMS FOR EASY ACCESS UPON ARRIVAL AT THE SAGLEK AIRSTRIP

- Breathable waterproof jacket
- Waterproof/ wind resistant pants
- Warm fleece top
- Warm hat and gloves, neck warmer
- Rubber boots, if possible
- Bug jacket/ insect repellent
- Waterproof Bag

#### CLOTHING

- Thick and thin fleece and/ or wool sweaters
- T-shirts and long-sleeved shirts
- Comfortable/ casual warm pants
- Synthetic thermal layers and underwear
- Warm wool/ polypropylene socks (extras)
- Sturdy pair of hiking boots
- Sneakers or light shoes for in-camp use

#### OTHER GEAR

- Smaller backpack for day excursions
- Sunscreen, sunglasses and a hat
- Camera, batteries and charger
- Headlamp/ flashlight
- Pen knife, binoculars
- Reusable water bottle
- Reusable lunch bag
- Toiletries, easy-dry towel
- Medications, corrective lenses and any other personal items



# Out on the Land





# Hiking in the Park



There are no roads, trails, or signs in Torngat Mountains National Park. There are, however, unmarked hiking routes and traditional Inuit travel routes marked by inuksuit.

Palmer River

With help and logistical support from Torngat Mountains Base Camp and Research Station, Parks Canada offers a range of day trips and overnight hiking opportunities

in Torngat Mountains National Park. These are tailored for different skill and fitness levels, and there is something for everyone!



## Multi-Day Backpacking

There are many opportunities for backpacking in the vast and diverse terrain of Torngat Mountains National Park. Visitors have the option of exploring pre-established hiking routes or mapping out their own adventure through different areas.

Parks Canada has prepared a number of multi-day and shorter single-day hiking route descriptions for visitors. These outline known routes and offer some interpretation of the area. Parks Canada staff have hiked these areas with visitor safety in mind and have selected the best routes possible.





Nachvak Brook

These route descriptions are reliable for describing the area that you are hiking in, but you must carry your own map, compass, and GPS. Do not use the route description as your only means of navigation.

View and download our hiking route descriptions on the Torngat Mountains website.

Parks Canada also sets up satellite camps each summer to provide support for visitors that are looking for an overnight hiking experience. These satellite camps are big enough to hold 5-6 pup tents enclosed by a temporary bear fence. Visitors can do day hikes to and from these camps to areas of interest, ideally in the company of an Inuit bear guard.

**For more information about hiking opportunities in the park, and the level of skill required for different routes, please contact Torngat Mountains National Park or Torngats Base Camp and Research Station.**





Shuldham Island Base Camp

Heiko Wittenborn

## Topographical Maps

For reliable hiking maps of the Torngat Mountains National Park, we recommend 1:50,000 scale NTS topographic maps.



Palmer River

Alan Bourdeau

Also available are 1:250,000 scale topographical maps. These maps are good for general route planning:

- 14L - Hebron**
- 24I - George River**
- 24P - Pointe Le Droit**
- 14M - Cape White Handkerchief**
- 25A - Grenfell Sound**

There are a number of useful map dealers online as well as the **Canada Map Office** on-line search tool.

To buy 1:50,000 and 1:250,000 topographical maps go to:  
<http://www.canmaps.com/topo/browse-topo-maps/014.html>  
 and select the map area you want coverage for.

You can also visit the Canada Map Office at:  
<http://www.nrcan.gc.ca/earth-sciences/geography/topographic-information/maps/9771>





Palmer River

## Preparing for an Independent Trip

Visitors travelling unguided in Torngat Mountains National Park are expected to be self-reliant and are responsible for their own safety. Your preparedness, knowledge, skill and physical fitness must align with the degree of difficulty of the activities you plan to undertake. You are expected to be very good at using a map, compass, and GPS, and you must be prepared for bears.

Knowledge is the key to a safe and enjoyable trip. Independent travellers are advised to carefully map their route, develop a safety plan, and to be very thorough in preparing their equipment and provisions. Here are some recommendations for preparing your trip. Please note that this list is not exhaustive.



- Carry a satellite phone, compass, and GPS and be familiar with their proper use.
- Carry effective, polar bear deterrents and know how to use them. **Visitors are not allowed to carry firearms in the park.** Engaging the services of an Inuit Bear Guard is strongly recommended.
- If you plan on placing food caches within

the park, you must contact park staff for permission and advice on approved storage containers and locations.

- The choice of clothing and equipment can make or break a trip in the Torngats. Be prepared for variable weather, including cold and snow at any time of year. You must submit a detailed gear list to Parks Canada.

- Ensure adequate provisions. Pack what you determine you need plus an allowance for weather delay.
- Develop and submit a detailed itinerary and safety plan, including a bear encounter prevention/protection plan. This must be discussed with Parks Canada staff.

## Information required for registration:

- Group member information (names and addresses of everyone in the group, including guides)
- Name, address and phone number of an emergency contact for each member of the group.
- Means of access to the park – how are you getting here? (i.e. which operator you are with)

- Previous experience in remote arctic wilderness
- Previous experience with polar bears and northern black bears
- **A safety plan, which must include:**
  - List of your major identifiable equipment like tents and backpacks (number of units, colour, etc.)
  - Type of communication equipment (Sat Phone, InReach, Spot, radio, etc.)
  - Type of activities you plan to undertake
  - A detailed itinerary, including intended

- start/ end dates and locations, intended routes, and any alternate routes you may take (include a map)
- Date you are planning on leaving the park
- Bear safety methods – equipment you plan to use
- Leave-No-Trace methods you plan to use
- Any pertinent medical information about your group
- Any formal training or certification relevant to your activity (first aid, guide certification, boat operator certification etc.)



Nachvak Brook

## Leave No Trace

Together, Parks Canada and Inuit work hard to protect the natural and cultural integrity of Torngat Mountains National Park. We ask that all visitors respect this pristine landscape by practising “Leave No Trace” camping and remaining mindful about the impact their activities may have on the cultural and natural resources of the park.

The landscape carries tangible evidence of Inuit and their predecessors in the stone cultural remains found throughout the park. Please leave all stones untouched so they can continue to tell their stories for others. Err on the side of caution when you encounter an archaeological resource – take pictures and take note of your coordinates, but do not pick up or remove anything you see.

Parks Canada staff can provide you with recommendations that will help you make good decisions about how to travel and sleep out on the land without making an impact.





Palmer River Valley

## COOKING

Cooking a meal in the Torngat Mountains can be tricky at times. Lack of shelter, weather, and bears all impact how, when, and where to cook your food.

Firewood is scarce, and you should only build a fire from wood in an emergency situation. Do not build your fire on dry bush or tundra. Make sure the fire is completely out before leaving as any embers left behind can cause a tundra fire. There are no resources this far north to control fires, which can destroy vast areas of wilderness. Double-check that your fire is out before leaving: if you can place your hand in the ashes, it is safe to leave.

## MANAGING FOOD

Preparing food, caching food, and disposing of food waste are all important aspects of eating while travelling in the park.

Litter and food scraps can be minimized with careful planning and preparation. Food can be packaged in plastic bags instead of cans, bottles, or tin foil. Carefully measured meals should minimize leftovers. Pack your food in smell-proof containers. When preparing your food to eat, do so away from your campsite to avoid leaving food smell around your tents.

NEVER cook in your tent, as this can attract bears to your camp. Use a reliable and familiar cook stove. When disposing of your food waste, wash your dishes and containers in a fast-moving body of water using biodegradable soap. Dish and excess cooking water should be poured into a shallow hole away from your campsite. Filter food scraps and pack them out with other litter.

If you are temporarily caching your food, make sure any garbage and containers have been washed and are free of smell. When caching your food do so a fair distance away from your camp. Try to find a shallow crevice or place underneath a rock that can be covered over with bigger rocks to discourage bears from raiding your cache.

## DRINKING WATER

Fresh water is available from countless streams and ponds in the Torngat Mountains. Visitors are advised to fine filter (<0.5 microns), treat (iodine or chlorine in warm water), or boil their drinking water.

## HYGIENE

Minimize the use of soaps and use only biodegradable soap. Residual soap should not be dumped in lakes or streams. Sponge or "bird" bath

using a pot of water well away from water bodies. This procedure allows the biodegradable soap to break down and filter through the soil before reaching any body of water.

## MANAGING HUMAN WASTE

Feces decompose very slowly in the Arctic environment and dangerous pathogens can survive for long periods of time. Visitors are encouraged to pack their own feces out of the park whenever possible or bury it under rocks away from trails, campsites and fresh water sources. If travelling along a body of salt water (i.e. one of the coastal areas of the park) it is acceptable to deposit your feces in a shallow pit below the high water mark.

Minimize the use of toilet paper and pack it out along with other garbage. Tampons and pads should be packed out in a zip-lock bag. If you are travelling with a large group or using a base camp, dig a shallow communal latrine (15 cm deep) at least 50 metres away from trails, campsites, and fresh water sources. Make sure the latrine hole is properly covered after use to hide its presence from those that follow and to discourage animals from digging it up.

# Bear Safety



Heiko Wittenborn

## POLAR BEARS ARE AN EXTREME HAZARD

Nanuk, the great white bear, is found in many of Canada's northern national parks. Whenever bears and people occupy the same area, conflict can arise. Polar bears and people have coexisted for thousands of years, but contact between the two must be minimised to continue this legacy. Successful polar bear conservation requires your co-operation.

By choosing to travel in polar bear country, you not only accept the associated risks, but also the responsibility to alter your plans, actions, and attitudes to accommodate these magnificent animals.

Each encounter with a polar bear is unique. Good judgement, common sense, and familiarity with polar bear behaviour are required in all situations.

**Polar bear behaviour is very different from that of grizzly and black bears.**

Polar bears are predators, primarily hunting seals, while grizzlies and black bears mostly eat plants. As

predators, polar bears will investigate people and their camps and may even consider humans as a food source.

All independent travellers to Torngat Mountains National Park must be prepared to protect and defend themselves from bears. You must pack a sufficient supply of approved deterrents and be familiar with their use. Contact Park staff for advice on deterrents and to discuss appropriate campsite management practices.

Parks Canada **strongly recommends** engaging the services of an Inuit Bear Guard, who has a permit to carry a firearm in the park for protection. For more information, see page 38.





Wayne Broomfield

## Preventing an encounter

Proper trip planning and camp management can reduce the likelihood of problems with bear encounters. Prevention is just as important as protection.



Heiko Wittenborn

**Ask Parks Canada staff about current bear activity.** Some areas may be closed due to bear activity; obey written and oral warnings.

**Be alert and aware of your surroundings.** Take a good look around regularly with binoculars, even if you're with a guided group, to ensure there aren't bears in the area. Be vigilant! Watch for signs such as tracks, droppings, diggings, wildlife carcasses and polar bear dens.

**Travel in daylight and avoid areas of restricted visibility.** Avoid walking through thick shrubbery as bears have been known to lurk and wait for hunting opportunities there. Avoid walking along the shore for extended periods of time and watch the water for swimming polar bears. Be especially careful in all coastal areas!

**Travel in groups and stay together to increase your safety.** The larger the group, the greater the chances of deterring a bear.

**Never approach a bear for any reason.** Every bear defends a "critical space," which varies with each bear and each situation: it may be a few metres or a hundred metres. Intrusion within this space is considered a threat and may provoke an attack.

**Never approach a fresh kill or carcass as polar bears will defend their food.** Adult polar bears will often only eat the fat of beached whales, seals and other kills, but other bears may scavenge from these carcasses.

**Never feed bears.** A bear that finds food from a human source begins to associate humans with food. This can result in the bear losing its natural tendency to avoid people and becoming persistent in its search for human food. The consequences for you and the bear can be serious. A bear that associates food with humans is more likely to injure people.

**Use sealed bags and containers or bear-proof canisters to store food and garbage. Pack out all garbage.**

**Eliminate or reduce odours from yourself and your camp.** Avoid using scented soaps and cosmetics and avoid bringing strong smelling foods.





## Choosing a safe campsite

**Camp inland on a butte or bluff with a good view of surrounding terrain.**

**Camping at least 8-10 kilometres inland, away from the coast, will greatly reduce your chances of encounters with polar bears.** Avoid areas where bears might hide, such as blind corners, snow banks, pressure ridges and other places with visual impediments.

**Avoid bear feeding areas.**

A polar bear's primary food source is seal so these species are often found in the same places.

During the ice-free summer season, when polar bears are forced ashore, they can be found anywhere, but they generally hunt and scavenge along coastlines, beaches, and rocky islands. Keep an eye on the ocean – polar bears are often well hidden when swimming.

**Stay away from polar bear den sites.**

Unlike other bears, there is no time when all polar bears are inactive in dens.

Summer retreat dens are excavated during the open water season in the remaining snow banks or into the permafrost. These can also be at higher elevations on snowfields and glaciers or the valleys leading up to them. Male and female bears of all age groups use them to keep cool and avoid insect harassment.

**Avoid camping on beaches, islands, along coastlines, and on obvious movement corridors.**

- Before making camp, look around for tracks or other signs of bear activity.
- Polar bears often travel along coastlines using points of land and rocky islets near the coast to navigate.
- In the summer, blowing sea ice may transport polar bears into coastal areas. Avoid areas where the pack ice is blowing in to shore.



- Valleys and passes are often used to cross peninsulas or islands and to move from one area to another.
- Polar bears travel and hunt along the edges of ice floes.

**Set up tents in a line rather than a circle and maintain at least 5 metres between them.**

If a bear comes into camp, it will not feel surrounded and will have an avenue of escape without feeling

threatened. Keep watch 24 hours per day. Take turns keeping watch during sleeping periods. Do not sleep in the open without a tent. You may look like a seal, and polar bears are very curious. People sleeping in the open have been attacked.

**Cook at least 50 metres from your sleeping area in a place visible from your tent.**

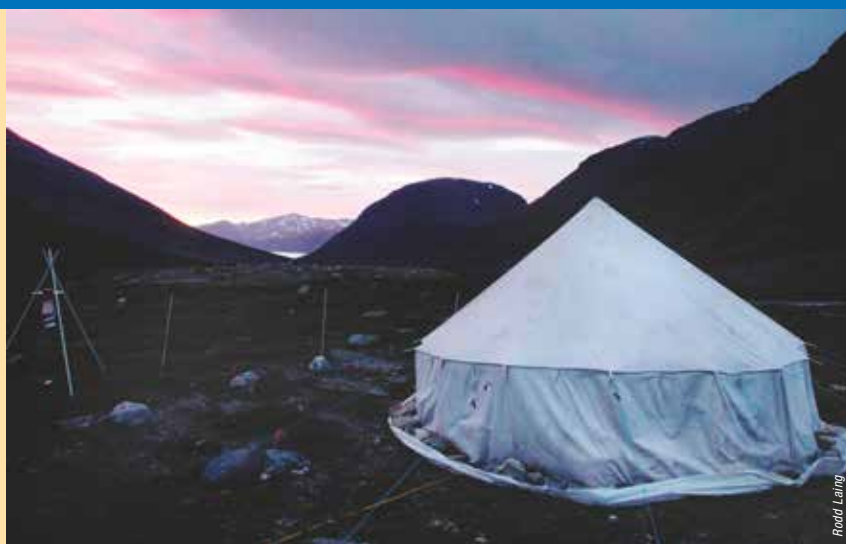
Strain food particles from dishwater

and store with garbage. Dump dishwater at least 50 metres from your sleeping area, rivers, streams and lakes. Store food and garbage in bear-proof containers or sealed bags and containers secured under rocks within view of your tent. Placing pots on top may serve as an alarm. If you have a warning system, store your food within its perimeter. **DO NOT** store food inside your tent.

## WARNING SYSTEMS

**Set up a portable trip-wire or motion detector alarm system around your tent to alert you if a polar bear approaches your camp.** Before leaving home, contact Parks Canada for more information.

**Designate someone to keep watch if a polar bear might be nearby.** Consider moving your camp if there is a bear in the area.



Rodol Loring

Ivatak

**Polar bears are the largest land carnivore in North America.** An adult male typically weighs 300-450 kg, stretching 3 metres from nose to tail. They are strong, fast, agile on land or ice, and are expert swimmers and divers. Their sense of smell is exceptional, their eyesight comparable to a human's. Polar bears are naturally curious, but not always fearless. They are shy and prefer to avoid confrontations with humans and other polar bears. Their primary prey is seal but they will also prey on birds, eggs, small mammals, and even humans. They also scavenge anything from beached whales to human garbage. In the heat of summer, polar bears may appear slow and docile, but they are capable of moving swiftly and with purpose.



Gary Barkle

Saglek Fjord



Hako Wittenborn



Hako Wittenborn

## DETERRENTS

Noisemakers such as bear bangers, screamers, flare guns, and air horns are acceptable forms of deterrents that usually work to scare bears away to a safe distance. However, they have been known to fail at scaring bears and can be dangerous if not used correctly.

Throwing rocks has sometimes been effective. However, this method should only be used on curious bears that are approaching from a distance to let them know they are not welcome. Throwing rocks at a bear minding its own business may entice the bear to approach. If a bear is attacking, throwing rocks at its face and snout might work to drive it away.

Setting up a fence around the perimeter of your camp at night adds protection for when you are sleeping. There are many varieties of fences to choose from that mainly consist of electric and/or alarmed fences. Setting up a pots and pans perimeter with your hiking poles and some rope may work too. We recommend using a fence with some sort of alarm as this may frighten the bear away but it will wake you up as well.

Stay together as a group. This can be a deterrent and actions, such as making noise, jumping, waving arms, and throwing things may help to drive a polar bear away.



## Handling an encounter

**Before your trip, discuss possible plans of action for dealing with bears in a variety of circumstances and be sure everyone understands.** The actions of each individual either contribute to or detract from the safety of everyone else.

### EVERY ATTACK OR ENCOUNTER IS DIFFERENT.

**Stay calm, notify everyone in the group, be aware of your surroundings and assess the situation.** What is the bear doing? What is the bear's behaviour?

#### If a bear does not know you are there:

- **Quietly back away and leave the area** either in the direction you came or make a wide detour around the bear. Do not run, move quickly or make motions that might attract the bear's attention.
- **Stay downwind**, so the bear cannot smell you and detect your presence.
- **Keep an eye on the bear.**

#### If a bear knows you are there and shows signs of being curious, such as:

- Moving slowly with frequent stops,
- Standing on hind legs and sniffing the air,
- Holding its head high with ears forward or to the side,
- Moving its head from side to side, or
- Trying to catch your scent by circling downwind and approaching from behind,

#### THEN:

- **Help it to identify you as a human,**
- **Wave your arms over your head and talk in low tones,**
- **Move slowly upwind** of the bear so it can get your scent

#### If the bear has been surprised at close range or shows signs of being agitated or threatened, such as:

- Huffing, panting, hissing, growling or jaw-snapping,
- Stamping its feet,
- Staring directly at a person, or
- Lowering its head with ears laid back.

#### THEN:

- **Act non-threatening. Do not shout or make sudden movements**, which might provoke the bear. **Never huff or hiss** as this can cause a polar bear to charge.
- **Avoid direct eye contact.**
- **Back away slowly. DO NOT RUN.**
- Be prepared to use deterrents.

#### If the bear shows signs of stalking or hunting you, such as:

- Following you or circling you,
- Approaching directly, intently and unafraid,
- Returning after being scared away, or
- Appears wounded, old or thin,

#### THEN:

- **Fight back!** Use any potential weapon, group together and make loud noises.
- **DO NOT RUN.**
- **Be prepared to use deterrents.**

#### If a bear charges:

**Stand your ground and be prepared to fight!** Focus on hitting the bear in sensitive areas, especially the face and nose if possible. Bluff charges are rare. In case of attack, any potential weapon must be considered, such as skis, poles, rocks, blocks of ice or even knives.

#### Never get between a bear and her cubs.

If a female with cubs is surprised at close range or separated from her cubs she will likely attack to defend her cubs.

- Leave the area immediately.
- Stay in a group.
- Fight back if she attacks.

**Always leave an escape route for the bear.**



Alan Bourreau

Bear's Gut

## Inuit Bear Guards in Torngat Mountains National Park

Parks Canada **strongly recommends** you hire an Inuit Bear Guard to accompany you on your trip to the park.

### Who are the Inuit Bear Guards?

Only Inuit Beneficiaries from Nunatsiavut and Nunavik can be bear guards. Other than law enforcement officers, these individuals are the only people that are permitted by Parks Canada to carry a firearm in the park for the protection of visitors.

### What experience and/or formal training do Inuit Bear Guards have?

All Inuit Bear Guards have traditional experience on the land hunting and knowledge of polar bears and polar bear behaviour. They also require Bear Guard training certification, a firearms possession and acquisition license, and first aid certification.



Wayne Broomfield





Kangidluasuk (St. John's Harbour)



Sallikuluk (Rose Island)



Big Island

### What is the role of Inuit Bear Guards?

Inuit Bear Guards are hired to protect both the visitor and the bear and will make important decisions when it comes to bear safety. They know how to avoid bears, deter bears, and, if lives are in danger, they know how to put a bear down. Inuit Bear Guards are not considered guides. They are not expected to prepare or serve meals, carry your packs, climb technical cliffs, or even lead the way (although they can and will, if required to do so). They are the authority when it comes to making decisions about keeping people safe and their recommendations must be followed.

### What can I expect when being accompanied by an Inuit bear Guard?

An Inuit Bear Guard carries a gun for protection, but most importantly, they know the land. Most bear guards have personal connections to the Torngat Mountains, with family members born and raised in the area. Bear guards have stories to share about their experience growing up in Northern Labrador, hunting and

fishing, and can share what they've learned from their parents and their grandparents. With a bear guard in your group, you can expect to laugh, to feel safe, and to learn to see and understand the land and culture of the Torngats from a uniquely Inuit perspective.

### Why does Parks Canada strongly recommend I hire an Inuit Bear Guard?

Parks Canada recommends you hire an Inuit Bear Guard for your safety. There is a high concentration of polar bears and black bears in the park and Inuit who travel this land and know these bears are best-suited to handle these potentially dangerous animals.

# Protecting Torngat Mountains National Park

National parks protect the ecological and cultural integrity of landscapes and wildlife representative of Canada's vastness and diversity. By respecting the following regulations and conservation practices, you will be helping to ensure the continued protection of Torngat Mountains National Park's natural and cultural heritage for future generations. Please tread lightly on the land as you explore the wonders and beauty of this special place.



Kangidluasuk (St. John's Harbour)

## Important to know

### All Aircraft Landing is Strictly Regulated

Aircraft landings in the park are only permitted under exceptional circumstances. If you are seeking air access to the park, you must apply for a permit from Parks Canada staff at the office in Nain or discuss your requirements with parks staff at Torngat Mountains Base Camp and Research Station.

### Firearms Are Prohibited

Visitors are prohibited from carrying firearms in the park.

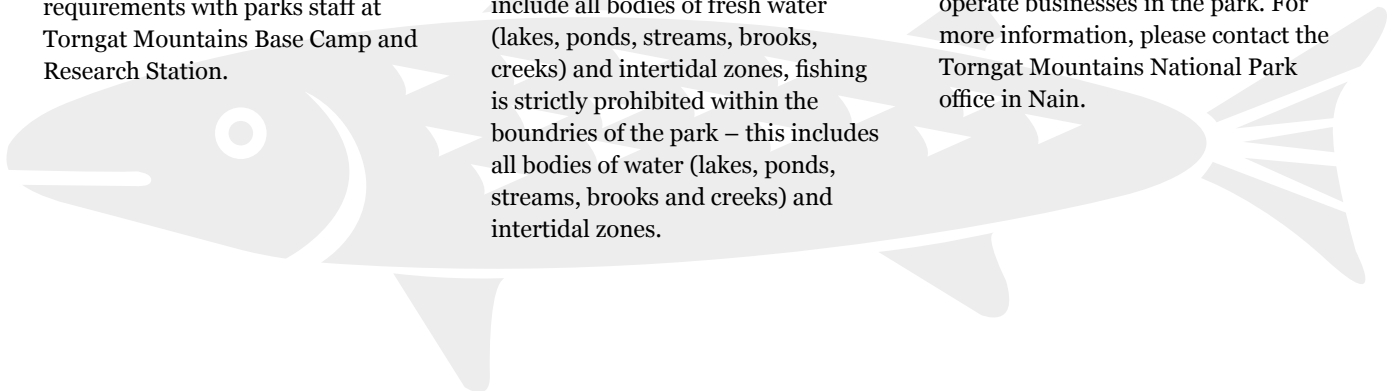
### Fishing is Prohibited

Within the boundaries of the Torngat Mountains National Park, which include all bodies of fresh water (lakes, ponds, streams, brooks, creeks) and intertidal zones, fishing is strictly prohibited within the boundaries of the park – this includes all bodies of water (lakes, ponds, streams, brooks and creeks) and intertidal zones.

You can fish for Arctic Char from the shore and you are required to follow DFO regulations.

### Business operation

Parks Canada has a list of individuals who have obtained licenses to operate businesses in the park. For more information, please contact the Torngat Mountains National Park office in Nain.







Geoff Goodyear

## Conservation and Protection Regulations

### HANDS OFF!

There is evidence of Inuit and pre-Inuit occupation and use throughout the park. Do not remove any artefacts or disturb any features that look - even remotely - like an archaeological site. These sites include tent rings, traditional stone graves, hunting blinds, fox traps and food caches and can be almost indiscernible to the untrained eye. Once you touch, move or remove an artefact, it loses all archaeological and traditional significance.

### RESPECT TRADITION!

Never build inuksuit, permanent food caches, or any other structure in the park. Such markers detract from other visitors' sense of discovery and wilderness experience. They can also be misleading and potentially dangerous to Inuit who use these structures to travel the land. Also, do not disturb, change, or destroy any cairns that you do find as they are of historical and cultural significance.

### DO NOT DISTURB NATURE!

This means no feeding, approaching, or enticing wildlife of any sort. If you find an animal den or bird nest, avoid the area. Photograph wildlife from a distance in their natural state. Many arctic birds are ground nesters – watch your step!

Leave all rocks, plants, and other natural objects such as bones and caribou antlers alone. Removing, damaging or destroying plants and natural objects is prohibited within national parks.

### PACK IN AND PACK OUT!

Do not leave anything behind. This includes cigarette butts, chewing gum, orange peels, etc...

Report any unexpected waste you encounter, such as empty fuel drums, to park staff.

**It is a federal offence to alter or remove ANYTHING in the park – natural or cultural.**





Sallikuluk (Rose Island)

## Special Management Areas

In consultation with the Torngat Mountains National Park Cooperative Management Board, Parks Canada has identified several areas in Torngat Mountains National Park that require special management. To protect the natural and cultural significance of these places, access is regulated and managed by Parks Canada staff.

**If you wish to visit any of these special places, you must contact the office of the Torngat Mountains National Park in Nain.**



### Sallikuluk (Rose Island)

Sallikuluk is an island located in Saglek Bay at the southern boundary of the Park. The island is special in that there are over 600 known traditional Inuit graves and two areas that have a number of traditional

Inuit sod house foundations. Access is limited to a small area of the southern section of the island for purposes of interpretation, and excursions are offered from Torngat Base Camp and Research Station.

### Upingivik

Located in the northerly reaches of the park, Upingivik is a traditional whale hunting area. Inuit that once lived on Killiniq Island travelled to Upingivik during the spring and fall migration to hunt whale, walrus, and eider ducks. Today, their

descendants, who now mostly live in Nunavik, continue to travel to the area to hunt whale and other animals for sustenance. Upingivik is seen as an important area for Nunavik and Nunatsiavut Inuit to meet and share as they did in the past.





## Ramah

Ramah is rich in both natural and cultural resources and is located in the southern region of the park, about 50 kilometres from the southern boundary. Inuit have identified areas in Ramah that require special management, including a chert quarry site (now designated as Kitjigattalik, Ramah Chert Quarries National Historic Site) and an abandoned Moravian mission.

## Silluak (North Arm)

Silluak is a beautiful fjord at the western end of Saglek Bay that has been used for thousands of years by Inuit and their predecessors. Parks Canada is completing an

archaeological inventory here, and visitation is currently restricted. If you wish to visit Silluak, you must respect the access guidelines provided by Parks Canada.



## PitukKik (Nakvak Brook)

PitukKik, a small cove inside Saglek Fjord, is in the southern region of the Torngat Mountains National Park, where Nakvak Brook flows into the sea. This area marks the traditional travel route between the Labrador Sea and Ungava Bay used by Inuit and their ancestors. An Inukshuk erected by the Cooperative

Management Board commemorates the importance of the area and celebrates the continued usage of the route and modern day connections between Nunavik and Nunatsiavut. Visitation to PitukKik is limited and visitors must be guided on routes prescribed by Parks Canada staff.





Silluak (North Arm)

## Words We Live By A Torngat Mountains Glossary

**Nunatsiavut** is the name of the Labrador Inuit Settlement Area established through the Labrador Inuit Land Claims Agreement. Nunatsiavut means “our beautiful land” in Inuttitut and the Inuit who live here call themselves Nunatsiavummiut.

**Nunavik** comprises the northern third of Quebec, Canada, and is the homeland of the Inuit of Quebec. Nunavik means “great land” in the local dialect of Inuttitut and Inuit of the region call themselves Nunavimmiut.

**Inuttitut** is one of the principal Inuit languages of Canada. The Canadian Census reports that there are roughly 35,000 Inuttitut speakers in Canada.

**Inuk and Inuit** are singular and plural nouns, always capitalized, used to identify persons or people having Inuit heritage. Inuit means “the people” in Inuttitut, and can also be used as a descriptive adjective (i.e. “Storytelling is an Inuit tradition.”)





Heiko Wittmann

**Inukshuk and Inuksuit** are monuments made of unworked stones that are used by Inuit for communication, wayfinding, and survival. The traditional meaning of the inukshuk is “someone was here” or “you are on the right path.” Inukshuk, the singular form of inuksuit, means “in the likeness of a human” in Inuttitut.

**Cooperative Management Board** A seven-member all-Inuit co-operative management board advises the federal Minister of Environment on all matters related to the management of Torngat Mountains National Park. Parks Canada, the Makivik Corporation of Nunavik and the Nunatsiavut Government each appoint two members, and there is an independent chair jointly appointed by all three parties.

**Labrador Inuit and Nunavik Land Claims Agreements** are agreements negotiated with the Government of Canada, Newfoundland and Labrador, and Quebec that set out rights and benefits for Inuit. These agreements are constitutionally protected treaties.

**Beneficiary** refers to Inuit who are eligible to receive benefits under the Labrador Inuit or Nunavik Inuit Land Claims Agreements.

## All About Inuttitut

Inuttitut is the language of Inuit, spoken in all areas north of the tree line – including Nunatsiavut and Nunavik. In Canada, there are eight main Inuit groups that speak five predominant dialects of Inuttitut. There are many dialects and differences between regions and even between communities.

There are two forms of written Inuttitut – one using Roman Orthography and another using syllabics – or symbols – to represent sounds. Both were created by missionaries looking to capture the oral Inuttitut language on paper and are used in different areas of the world depending which missionaries were involved.

### Nunatsiavut

- Dialect is known as Nunatsiavummiutut or Labradorimiuut
- Language is called Inuttut or Inuttitut (alternately spelled Inuktitut)
- Once spoken all across Labrador, but now mainly in the communities of Nain and Hopedale
- Written language is Roman Orthography

### Nunavik

- Dialect is known as Nunavimmiutit - similar to the South Baffin dialect
- Language is called Inuttitut and is spoken widely
- Written language is Syllabics

Speaking Inuttitut takes practice and courage – we invite you to dive in!

Hello	A I	▽	
Goodbye	Atsunai	◁ ° ʹ ʷ	At-soo-nai
Thank you	Nakummek	◡ ʳ ° ʹ ʷ	Na-kum-mek/Na-kurm-ik
You are welcome	Ilâli	△ ˘ ˘	Ilâ-li
Good Morning	Ulâkut	▷ ˘ ˘ ʳ ˘	Ulâ-kut
Good Afternoon	Ullukut	▷ ˘ ʷ ʳ ʳ ʳ ˘ ˘	Ull-ukut
Good Evening	Unukut	▷ ˘ ʷ ʳ ˘	Unu-kut
It's a beautiful day	SilakKisuak / Silatsiaq		
Torngat Mountains National Park	Tongait KakKasuangita SilakKijapvinga		
Polar Bear	Nanuk	◡ ʷ ʳ ʳ	Nan-uk
Seal	Puijik	◡ ˘ ʳ ʳ ʳ	Poo-yik
Caribou	Tuktuk	▷ ʳ ʳ	Tuk-tuk
Arctic Char	IKaluk / Iqaluppik	△ ʳ ʳ ˘ ˘ ʳ ʳ	Ika-luk/Ick-ka-look-pik
Wolf	Amaguk	◁ ʳ ʳ ʳ ʳ	Ama-guk
Fish	Ogak	△ ʳ ʳ ˘ ʳ	





Jenna Anderson



Angus Simpson





*North Sun, Southwest Arm, Saglek Bay*

## **ADDITIONAL INFORMATION ABOUT THE REGION**

For more information about Nunatsiavut, visit:

**[www.tourismnunatsiavut.com](http://www.tourismnunatsiavut.com)**

For more information about Nunavik, visit:

**[www.nunavik-tourism.com](http://www.nunavik-tourism.com)**

**[www.makivik.org](http://www.makivik.org)**

For more information about travelling to Newfoundland and Labrador, request a current copy of the Newfoundland and Labrador Travel Guide from the provincial Department of Tourism, Culture and Recreation, by:

**Telephone: 1-800-563-NFLD**

**E-mail: [tourisminfo@gov.nl.ca](mailto:tourisminfo@gov.nl.ca)**

**Website: [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com)**

**Mail: P.O. Box 8730,  
St. John's, NL A1B 4K2**



## Tell us about your visit!

We would love to hear about your visit! Share your pictures, stories, experiences and impressions so that future visitors can learn from your trip to the Torngats. The information that you provide will also help us to better understand how people are enjoying the park.



Parks Canada  
[www.facebook.com/ParksCanada/](http://www.facebook.com/ParksCanada/)



@parkscanadaNL  
 #Torngats  
 #TimeToConnect  
 #ShareTheChair  
 #ExploreTorngats



## Contribute to our research!

Parks Canada is developing a database of wildlife sightings, and we hope that you will contribute. Copies of our bird checklists and wildlife observation cards are available from the Parks Canada office in Nain and at Torngat Mountains Base Camp and Research Station. You may pick them up in person or have them mailed to you. By sharing your observations with us, you add to our knowledge of the park and help us to understand the distribution and abundance of various species.

## Share your perspective!

Parks Canada would like to give visitors an opportunity to help us determine management direction for this park. Please let Parks Canada staff know if you are interested in taking part during management planning consultations in the future.

# WHERE YOUR JOURNEY TO THE TORNGATS BEGINS

Until you've journeyed north, it is difficult to imagine the spectacular landscapes that define the Torngat Mountains.

Until you've experienced these surroundings in the company of your Inuit hosts, it is impossible to understand the deep connections between language, tradition, and land that define the rhythm of this place.

Until you've felt the special pulse of shared laughter, a communal meal, or a bonfire gathering, it is hard to envision the experiences that await you at **Torngat Mountains Base Camp and Research Station**.



## Torngat Mountains Base Camp and Research Station

### Torngat Mountains Base Camp and Research Station

Tel: 1-855-TORNGAT (867-6428) ext. 30

Fax: 709-896-5834

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