



parks canada.gc.ca

General Hiking Information for

Torngat Mountains

NATIONAL PARK



Parks
Canada

Parcs
Canada

Canada 

WHAT DO I NEED TO KNOW TO HIKE IN TORNGAT MOUNTAINS NATIONAL PARK?

NOTE: The general information provided in this document represents a summary of key things to consider when hiking, or planning for a hiking trip in the Torngat Mountains National Park (TMNP). It is important for hikers to be fully prepared for their trip to this remote park, which includes accessing all the information provided on the [park website](#) and in the [Visitor Information guide](#) provided by Parks Canada staff through the Torngat Mountains National Park office in Nain, Labrador.

Unnamed lake in the Palmer River Valley

WELCOME! – ATELIHAI!

Parks Canada welcomes visitors to explore the Torngat Mountains, experience this special place, and discover the rich cultural history and magnificent natural landscape that it has to offer.

We would like your visit to the Torngat Mountains to be memorable and above all to be safe. This document and the associated Hiking Route Descriptions have been prepared to provide you with information about some hiking routes that will take you into the heart of this park where you will encounter cultural and natural features that belong to a story thousands of years old. Consult the park map on the last page of this document to see the location of the Hiking Route Descriptions that are currently available.

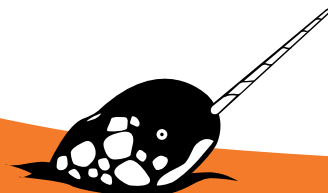
GENERAL INFORMATION

Weather, terrain, remoteness and wildlife encounters present the greatest and most consistent hazards that you will encounter as a visitor and hiker in the TMNP. It is important to be prepared for the particular challenges of hiking in a remote

northern park and to remember that: **You are responsible for your own safety – Help is a very long way away!**

PREPARATION INVOLVES:

- ☐ Making early contact with Parks Canada staff to discuss your trip well in advance and carefully reviewing the visitor information and polar bear safety information and DVD provided by Parks Canada.
- ☐ Understanding where you are planning to go and the challenges associated with that particular route and area of the park.
- ☐ Being properly provisioned and equipped for the trip with the knowledge, skill and physical fitness required for the activities that you plan to undertake.



REGISTRATION AND DE-REGISTRATION

All visitors must register before entering the Torngat Mountains National Park. Doing so provides park staff with information about you that may be needed in an emergency situation. It gives them a chance to assist you with your trip planning and it also helps them in their efforts to better understand visitor use of the park for management purposes. You may register by phone (709-922-1290), fax (709-922-1294) or in person at the Torngat Mountains National Park office in Nain, Labrador.

Once you have finished your trip, please contact the park office in Nain, or phone the office and leave a message to indicate that your party has successfully completed its trip. If you wish to speak to a Parks Canada staff person, please call 1-709-922-1290 during office hours. You can also call Parks Canada Emergency Dispatch at 1-800-852-3100 to de-register. They operate 24 hours a day.

SAFETY

Polar Bears & Black Bears

When you are in the Torngat Mountains, you are in polar bear and black bear country with high likelihood of encountering a polar or black bear during your hike. *You must review a safety video on travelling in polar bear country before you begin your trip.* The best way to enhance your group's safety is to travel with an experienced Inuit polar bear guard who is permitted to carry a firearm in the national park. Carry effective and approved bear deterrents (crackers, screamers, air horns) and know how to use them. A lightweight electric, alarmed fence is also recommended for enclosing your campsite at night.

Carry a satellite phone and be familiar with its proper use. The Iridium satellite phones are the most reliable for use in the Torngat Mountains National Park area at the moment.

Emergency phone numbers:

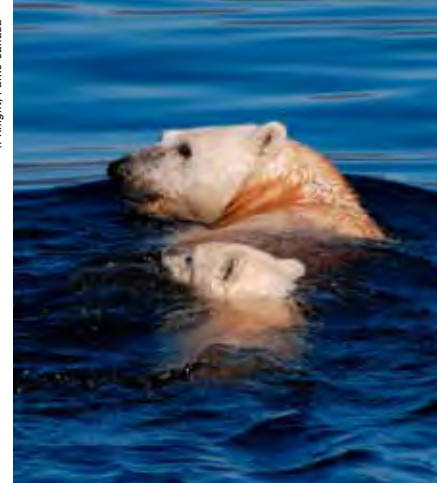
- ☐ 24 hour emergency number at Park Canada Emergency Dispatch: 1-877-852-3100 or 1-780-852-3100 (Note: the 1-877-852-3100 number may not work with satellite phones)
- ☐ Royal Canadian Mounted Police (RCMP) detachment in Nain, Labrador: 1-709-922-2862

Be prepared to tell the dispatcher:

- ☐ The name of the park you are in;
- ☐ Your name and the names of others in your travel party;
- ☐ Your satellite phone number;
- ☐ The nature of the incident;
- ☐ Your location – name of area (e.g. Saglek Fjord) and latitude/longitude or UTM coordinates;
- ☐ Current weather conditions – wind, precipitation, cloud cover, temperature and visibility.

Carrying a Spot Satellite Messenger device is also recommended.

T. Knight, Parks Canada



A number of hiking route descriptions for the Torngat Mountains National Park have been developed by Parks Canada staff. These route descriptions are based on what has been successfully completed by Parks Canada staff and others working in cooperation with Parks Canada. They are suggested routes – not a detailed hiking guide. Variations on these routes are possible depending on your group's physical capabilities, weather conditions, time constraints, etc.

To explore these hiking routes in Google Earth please visit the www.kangidluasuk.com website and look for the Google Earth tab within the 'Visitor Info' section of the website.



CAMPING

There are no designated campsites or facilities in the TMNP. Visitors may camp anywhere except at archaeological sites. Visitors should practice “no trace camping” practices. Please tread lightly on the land as you explore the Torngat Mountains and leave the park’s natural and cultural treasures unimpaired for future generations. This includes:

- Leaving rocks, plants, and other natural objects such as bones and caribou antlers as you find them.
- Leaving undisturbed any artefacts or features that look – even remotely – like an archaeological site. These sites include tent rings, graves, blinds, fox traps and food caches and can be almost indiscernible to the untrained eye.
- You may come across stone cairns or inuksuks on the landscape. These should not be disturbed or destroyed as they may be of historical or cultural significance. It is important that you do not build cairns, or other markers on the landscape.



Such markers detract from other visitors’ sense of discovery and wilderness experience. They can also be misleading and potentially dangerous to others.

COOKING

Use a reliable cook stove and be prepared to cook in windy conditions. The availability of wood is limited to scarce driftwood along the shoreline and slow growing shrubs in valleys. Do not build fires on moss or tundra to avoid the risk of an underground fire.

MANAGING WASTE

Pick up and pack out all your litter or burn it when possible. Minimize the use of soaps and, when necessary, use biodegradable soap. Residual soap should not be dumped in lakes or streams.

Visitors are encouraged to pack out their human waste whenever possible or bury it under rocks away from main travel routes and water sources. If travelling near the coastal areas of the park, it is acceptable to deposit your waste in a shallow pit below the high water mark.

DRINKING WATER

Fresh water is available from countless streams and ponds in the Torngat Mountains. While we are not aware of any contamination with water sources, visitors are advised to fine filter (<0.5 microns), treat (iodine or chlorine in warm water) or boil all drinking water.

FISHING

Fishing for arctic char in the rivers and in salt water within park boundaries and adjacent to the park boundaries is permitted with proper licenses. Currently, the required licenses are the Newfoundland inland fishing licenses for non-residents who wish to fish in inland waters. Any non-resident is required to have a guide while fishing in inland waters in northern Labrador. No licenses are required for non-residents fishing in the ocean. Residents of NL do not require a license for arctic char in freshwater or the ocean. Bag limits are 2 per person per day. You are only allowed to have 2 days total catch in your possession.



WE LEARN THROUGH YOUR EXPERIENCE:

Parks Canada is developing a database of wildlife sightings, and we would like you to contribute to it by providing us with your observations of birds and wildlife on observation cards available from Parks Canada. You can also record your own observations and share them with park staff after your visit. Those who visit the park will also have the opportunity to provide feedback on their visit by participating in the annual on-line visitor survey.

D. Whittaker, Parks Canada



TORNGAT MOUNTAINS BASE CAMP AND RESEARCH STATION

From mid-July to the end of August there is a base camp established at St. John’s Harbour, which is adjacent to the southern boundary of the park. This base camp ([visit website](#)) is operated by the Nunatsiavut Group of Companies and supports a Parks Canada visitor reception and orientation service, visitor activities and scientific research. Please call 1-855-Torngat ext. 26 or email basecamp@ngc-ng.ca for inquiries about the Torngat Mountains Base Camp and Research Station.



Torngat Mountains

NATIONAL PARK

