



the TORNGATS

ITINERARY

TOUR THEME: EXPERIENCE THE NATURAL WONDERS AND THE CULTURE & HISTORY OF TORNGAT MOUNTAINS NATIONAL PARK, AN INUIT HOMELAND.

TOUR DESCRIPTION:

Until you've journeyed north, it is difficult to imagine the spectacular landscapes and Natural Wonders that define the Torngat Mountains. Until you've seen this landscape through the lens of your Inuit hosts – as the heartland of Inuit Culture – it is impossible to understand the deep connections between language, tradition and landscape that define the rhythm of this land. Until you've felt the special pulse of Base Camp Life through shared laughter, a traditional meal, or a bonfire gathering, it is hard to believe the effect of camaraderie in this special place. In the hushed solitude of this majestic, beautiful land, life thrives without reference to the noise and priorities of the modern world. This is the land of polar bear and caribou. The home of playful seals and great whales. Where the daylight illuminates sprawling crystalline landscapes of extraordinary beauty and where the night sky dances with colour. And perhaps most intriguing of all, it is the revered homeland of the proud and enigmatic Inuit. Inuit – literally “the people” in the Inuktitut language – have lived in rhythm with this land for over thousands of years. Our traditional way of life, our intricate understanding of, and love for, our environment is profound and abiding. Our customs, culture, attitudes, and art are utterly unique. And our welcoming spirit embraces those that venture into our unforgettable world.

* This itinerary serves as a sample and may be subject to changes based on factors such as weather conditions, group size, and other unforeseen circumstances.



YOUR EXPERIENCE MAY INCLUDE ANY OF THE FOLLOWING:

GUIDED TOUR TO HEBRON, which was first settled by Moravian Missionaries, in 1830. Now a National Historic Site, this once thriving and beloved Inuit community has a richly storied past of both triumph and tragedy, that will touch your heart.

Duration: 3.5 - 4hrs long liner, 1.5 - 2hrs zodiac, 20 - 25min helicopter

GUIDED TOUR TO NORTH ARM FJORD, known as Silluak locally, is considered one of the jewels of Torngat Mountains National Park. Your boat voyage will take you through majestic Saglek Fjord's 3,000 foot verticals. North Arm is a heavily documented archeological region, with tent rings, food caches, hunting blinds and graves. Visitors interested in an easy, scenic hike will delight in a secluded and pristine sandy beach with an incredible indigo-blue lake and waterfall.

Duration: 3.5 - 4hrs long liner, 1.5 - 2hrs zodiac, 20 - 25min helicopter

GUIDED TOUR TO ROSE ISLAND will provide an incredible learning experience and teach you all about the historically significant burial ground, sod house villages and hunting grounds, all taking place within the spectacular mountain backdrop.

Duration: 1 - 1.25hrs longliner, 20-30min zodiac, 5 min helicopter.

BIG ISLAND HIKE is an archeological site of paleo/Dorset long houses with beautiful scenery. Along with a multitude of examples worked chert flakes and you may even come across ancient arrowheads.

Duration: 2hrs trek, 30 min Zodiac



BRANNIGAN COVE OR NACHVAK BROOK HIKES: These are significantly longer than our other hikes.

Duration: approx 2hrs(excluding travel time 40min)

Other guided tours such as longliner tour for icebergs, whales, polar bears, waterfall hike, Inukshuk hike..

- Fishing for arctic char.
- Authentic beach-side dining experience.
- Run your hand across a historical rock of the few lucky adventurers who have grace this part of the world.
- Visit the flowing waterfall and walk behind the powerful water flow.
- Catch a glimpse of caribou, polar bears and many different wildlife.

Physical restrictions and fitness level required: This adventure does include a higher level of physical fitness. This trip includes hiking, getting in and out of boats and inflatable water crafts.

ADDITIONAL CONSIDERATIONS:

- Wi-Fi: Wifi: Starlink Wi-fi is accessible within Torngat Mountains National Park, Base Camp and Research Station.
- Cellular phone service: No cell service, wifi calling available in basecamp.
- Extensive travel: 2-hour flight from Halifax to Happy Valley-Goose Bay; 3-hour flight to Saglek Airstrip which includes a quick stop in Nain, the most northerly community in Nunatsiavut; and then onwards to Saglek Airstrip, where a 5 minute helicopter ride will transport you and your gear to the Torngat Mountains Base Camp and Research Station.
- Meals: Three meals per day are included with snacks available.
- Non-alcoholic beverages included with every meal.



TOUR ITINERARY:

Throughout your stay at Base Camp, cultural hosts will offer various activities and hands-on experiences. For those who enjoy stargazing, the Torngat Mountains Base Camp and Research Station is the perfect setting for aurora borealis viewing.

Don't forget your camera and extra batteries!

DAY 1:

- Happy Valley – Goose Bay, NL to Saglek Airstrip with a refueling stopover in Nain, Nunatsiavut. Nain is the most northern, and largest community located on the Labrador Coast.
- After refueling in Nain, the flight will continue to Saglek Airstrip where Parks Canada and Base Camp staff will greet you.
- At Saglek, there will be a safety brief and helicopter to transport you and your gear to basecamp.
- Once you are shown to your accommodations, a welcome lunch will be served in the dining room.
- After lunch there will be a mandatory visitor safety briefing and orientation in the Parks Canada Visitor Experience Tent.
- After the briefing, there will be a variety of hikes- Waterfall hike and Inukshuk hike offered to the Visitors around Base Camp, approximately 2-3 hours.
- In the evening, dinner will be served in the dining room followed by entertainment.

DAY 2

- Free time to explore Basecamp and enjoy leisure activities in the morning
- Full day tour to Silluak (North Arm Fjord). After breakfast at Base Camp the longliner will cruise to North Arm Fjord (3.5-hour steam one way) while we search for wildlife along the shoreline.
- At North Arm Fjord, you have the option of taking a short easy interpreted hike to a waterfall. There is an option to continue to a turquoise colour lake where you have the chance to try a polar dip if you dare! (Make sure to bring towel and spare clothes if you choose)
- Total hike time: around 1.5 hour Back on the shoreline of North Arm Fjord, there will be a traditional lunch prepared with Arctic Char and Bannock. Test your skills to catch your own lunch.
- Get to know the bear guards; listen to stories of Inuit homeland, culture, and traditions.
- In the evening, dinner will be served in the dining room with entertainment to follow.



DAY 3:

- Full day tour to Sallikuluk (Rose Island) and a wildlife tour. The group will take a zodiac to Sallikuluk, a place that is very spiritual to Inuit. Lunch will be served back on board while we sail to find polar bears, whales & sea birds.
- Feel free to enjoy some leisure time at the Base Camp beach and take in the majestic scenery of the Torngat mountains.
- In the evening, dinner will be served in the dining room followed by entertainment.

DAY 4:

- Full day tour to Hebron. After an early breakfast the group will board the longliner or take a zodiac for a ride to the National Historic site of Hebron, a once thriving community hub for the Inuit, they were then forced to resettled in 1959 to southern Nunatsiavut communities.
- Enjoy your free time exploring and enjoying Basecamp's natural surroundings.
- In the evening, enjoy entertainment after dinner.

DAY 5:

Pack your bags and check-out of your accommodation at Base Camp, then get ready for a full day excursion. From your excursion point, you will be taken straight back to the Saglek Airstrip for your charter back to Happy Valley – Goose Bay. Flight back to Happy Valley – Goose Bay Overnight in Happy Valley – Goose Bay.

Note: All proposed activities and experiences are weather depending, and are subject to change and/or cancellation



SUGGESTED PACKING LIST

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
- ☐ Pair of outdoor shoes
- ☐ Sneakers or light shoes for in-camp use *(please note that outdoor footwear is not permitted in the dining area)*

OTHER GEAR

- ☐ Smaller backpack for day excursions
- ☐ Swimsuit *(various swimming opportunities during the hikes and at Base Camp)*
- ☐ Sunscreen, sunglasses and a hat
- ☐ Camera, batteries and charger
- ☐ Headlamp/flashlight
- ☐ Pen knife, binoculars
- ☐ Reusable water bottle
- ☐ Reusable lunch bag
- ☐ Toiletries, easy-dry towel
- ☐ Personal medication