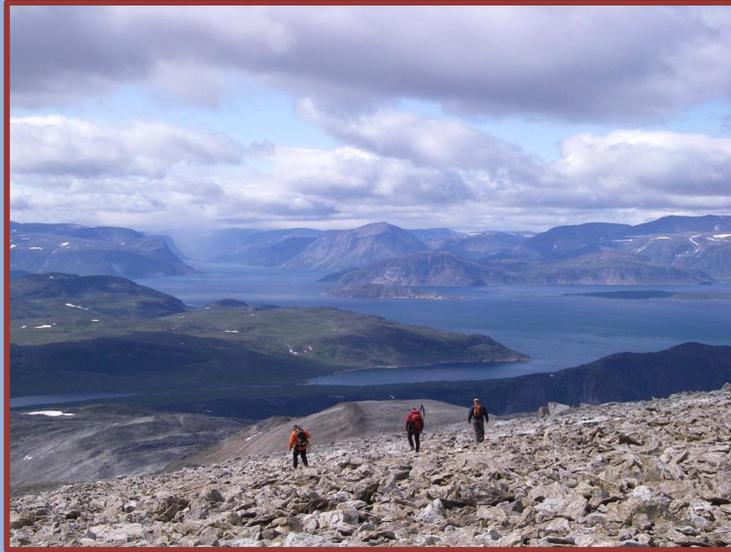


DAY HIKE:

Base Camp to the Domes summit



ROUTE OVERVIEW

This very challenging day hike takes you from the lush green fields around base camp at sea level to rocky alpine upland terrain at the top of the Domes where you will enjoy panoramic views of Saglek Bay and the Labrador Sea. Allow a full day for this hike.

ROUTE SUMMARY

Difficulty level	Strenuous day hike
Distance	13.4km / 8.4 miles return
Time required	6-8 hours return
Elevation gain	0 to 823 m / 0 ft. to 2700 ft.
Point of departure	Torngat Mountains Base Camp & Research Station

DESCRIPTION OF ROUTE

Starting from Base Camp, this hike follows “the road to nowhere” for approximately 2 kilometres in a south-easterly direction. Once you reach UTM # 2 (refer to opposite side of pamphlet), you should leave the road and begin hiking to the northeast towards the summit of the Domes. Hiking in a “switchback” pattern is recommended to avoid slipping on steep terrain.

After leaving the road, aim for the south side of a small lake (UTM #3) where you should fill up your water bottle. From here you will travel east up a steep section for about 800 metres to reach a small plateau (UTM #4), which is a good spot for a short break.



The next section of the hike (see photo above) is the toughest portion of the hike and also the steepest so take your time and make sure that your group stays close enough together to see and hear each other in poor visibility or windy conditions. This 2.6km section will require some patience because the route to the summit climbs over a series of three steep rolling ridges and although each one of them looks like the top, you will only reach the actual summit of the Domes after climbing over the third ridge.

At the summit, you will find a repeater tower that is used for radio communications in the area as well as a large rock cairn (UTM #5) near the southern end of the summit. Be extremely careful on the summit due to the steep cliffs and rocky terrain, especially in windy or wet weather conditions.

VISITOR SAFETY INFORMATION

This hike is rated as a strenuous day hike that is entirely uphill on the way to the summit and proves to be even more treacherous on the way down because of fatigue. The terrain is a combination of large and loose boulders that become extremely slippery when wet. It is very important to stick together on this hike as the visibility can quickly diminish and make it difficult to locate other members of your group in the mountainous terrain. This hike is only advised for seasoned hikers with solid navigation and route selection skills. It is recommended that you bring a GPS and satellite phone or 2-way radio with you on this hike. Hiking poles and iodine tablets (or a water filter) are also recommended. Weather variability and its ability to change within in a matter of minutes may force you to abandon your hike at any time. **Remember that you are responsible for your own safety – Help is a very long way away!**



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IMPORTANT UTM COORDINATES

Point of interest	KM marking (from start of hike)	UTM coordinate (NAD 83)
#1 - Base Camp	KM 0 (start)	20V 511720 E 6478784 N
#2 - Leave road & head for summit	KM 2.1	20V 513242 E 6478184 N
#3 - Small lake	KM 3.0	20V 514104 E 6478503 N
#4 - Small plateau before steep climb	KM 4.1	20V 515009 E 6478341 N
#5 - Domes Summit/ Rock Cairns	KM 6.7	20V 516853 E 6479622 N

*The numbers shown next to each point of interest are referenced on the map shown below.

EMERGENCY CONTACT INFORMATION

- Torngat Mountains Base Camp and Research Station: 1-600-700-4838 or contact by 2-way radio
 - Jasper Dispatch (24hr dispatch services) 1-780-852-3100

*Make sure that you are familiar with how to use your satellite phone or two-way radio before attempting to use it in an emergency situation in the field.

LINKS

- [Torngat Mountains National Park website](#)
- [Torngat Mountains National Park General Hiking Information](#)
- [Torngat Mountains Base Camp and Research Station website](#)



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