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Heiko Wittenborn

WELCOME TO THE TORNGAT MOUNTAINS NATIONAL PARK OF CANADA

Parks Canada Parcs Canada

Canada

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1.0 WELCOME

Welcome to the Torngat Mountains National Park – Canada's 42nd national park.

The spectacular landscape of the Torngat Mountains National Park protects 9,700 km^2 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; and from the provincial boundary with Quebec in the west, to the waters of the Labrador Sea in the east.

Saglek Fjord
Photo: Heiko Wittenborn

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. The 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.

Polar Bears are an Extreme Hazard

2.0 ESTABLISHMENT OF TORNGAT MOUNTAINS NATIONAL PARK

Canada's 42nd National Park

The Torngat Mountains National Park was the 42nd national park to be established in Canada. According to Parks Canada's National Parks System Plan, this fairly new park is representative of Canada's natural region 24 – the Northern Labrador Mountains.

The system plan was devised in the early 1970s to provide a framework for a systematic approach to identifying and establishing new national parks. To create the plan, scientists divided the country into 39 distinct natural regions based on landscape and vegetation.

Inuit at Ramah Bay
Photo: Heiko Wittenborn

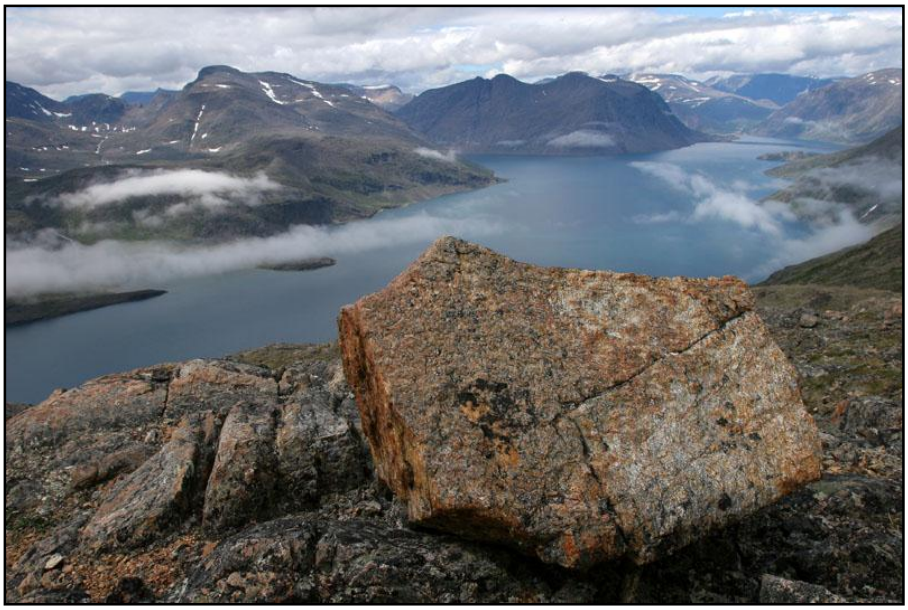
The goal of the plan is to create at least one national park in each natural region, ensuring that a representative sample of each region is given protection for current and future generations. Parks Canada continues to work towards ensuring that all 39 regions will eventually be represented by least one national park.

The Context for Park Establishment

The Torngat Mountains National Park Reserve was formally established when the legislation giving effect to the *Labrador Inuit Land Claims Agreement* was enacted on December 1, 2005. The park became the Torngat Mountains National Park on July 10th 2008 when the *Nunavik Inuit Land Claims Agreement* came into legal effect.

This magnificent landscape is now protected for the benefit of all Canadians - in large measure due to the vision and generosity of both the Labrador and Nunavik Inuit. The creation of the Torngat Mountains as Canada's 42nd national park was the culmination of a long park establishment process – one that lasted almost five decades.

Research to identify a potential national park area in northern Labrador began in 1969, but as the Labrador Inuit Association (LIA) indicated its intention to file a land claim with the Government of Canada, plans to establish a national park were held until discussions could be included as part of the land claim negotiation process.



View from above Nachvak Fjord
Photo: Heiko Wittenborn

The land claim was filed by the LIA in 1977 and accepted by Canada for negotiation the following year. The Government of Newfoundland and Labrador agreed to participate in 1980, with active negotiation beginning in 1984.

By 1990, key developments opened the door to resume discussions on the possibility of a national park in the Torngat Mountains. First, Parks Canada's relationship with aboriginal people had evolved into a new and positive one, highlighting collaboration and partnership. This prompted LIA to reconsider the value of creating a national park to protect Inuit rights and interests while at the same time protecting the ecological integrity of the area. Second, the LIA land claim was under active negotiation. This allowed LIA to address park establishment issues in this context. Third, the federal government announced its new *Green Plan*, which provided impetus for completing the national park system by 2000. In 1992, Parks Canada, the LIA, and the Government of Newfoundland and Labrador announced a joint study to assess the feasibility of a national park in the Torngat Mountains of Northern Labrador.

The *Labrador Inuit Land Claims Agreement* was signed by the Labrador Inuit Association (LIA) and the governments of Canada, and Newfoundland and Labrador on January 22, 2005 and came into effect on December 1, 2005. The comprehensive agreement constitutes a final settlement of the Aboriginal rights of the Labrador Inuit in Canada. It is a modern treaty – the first comprehensive land claims agreement in Atlantic Canada – that provides the Labrador Inuit with clearly defined land, resources and self-government rights. The vast area of self-government that has been created in northern Labrador as a result of the agreement is called Nunatsiavut.

Settlement of the LIA's land claim has contributed to the self-sufficiency and the economic, social, cultural and political development of the Labrador Inuit.

On the same day the LIA and the federal and provincial governments signed the land claims agreement, they also signed two other documents that set the stage for the establishment of the park:

the *Memorandum of Agreement for a National Park Reserve in the Torngat Mountains* and the *Park Impacts and Benefits Agreement* (PIBA).

The *Memorandum* sets out the terms and conditions by which the Government of Newfoundland and Labrador agreed to transfer to Canada the administration and control of lands set aside for the park. The *PIBA* formalizes the ongoing relationship between Parks Canada and the Labrador Inuit, and ensures that the national park will highlight Labrador Inuit's unique relationship with the land and ecosystems, including provisions that allow Inuit to continue traditional activities within the park. It also establishes a framework for the co-operative management of the park.

Signing the Labrador Inuit Land Claims Agreement
Photo: Nunatsiavut Government

From a Reserve to a Park

A national park reserve is quite like a national park. Both operate in the same way in that the *Canada National Parks Act* applies within their boundaries. The difference is that a reserve remains subject to an outstanding land claim by a group of Aboriginal people.

Both Labrador Inuit and Nunavik Inuit (from northern Quebec) have traditionally used the lands and waters of the Torngat Mountains. The Nunavik Inuit filed a claim to northern Labrador that was accepted for negotiation, by Canada only, in 1993. Because they had been excluded from park consultations, the Nunavik Inuit, represented by Makivik Corporation, launched a challenge to the park establishment process in the Federal Court of Canada in 1997.

This challenge was heard in Federal Court. In 1998, the court ordered that Canada had a duty to consult with Makivik Corporation prior to establishing a national park reserve in northern Labrador. So although the Labrador Inuit had signed all the necessary agreements establishing the park as a reserve in 2005, the area of the park remained a reserve until resolution of the land claims agreement with Makivik.

In 2005, Makivik Corporation and the Labrador Inuit Association signed the *Agreement Relating to the Nunavik Inuit/Labrador Inuit Overlap Area* which set out the mutual commitment of both parties to share equally in the resources, benefits and management of the Torngat Mountains National Park Reserve.

This Overlap Agreement allowed negotiations to commence between Parks Canada and Makivik Corporation for the *Nunavik Inuit Park Impacts and Benefits Agreement for the Torngat Mountains National Park of Canada*, which was signed on December 1, 2006.

When the *Nunavik Inuit Land Claims Agreement* came into effect on July 10th 2008, the Torngat Mountains National Park Reserve automatically became the Torngat Mountains National Park.

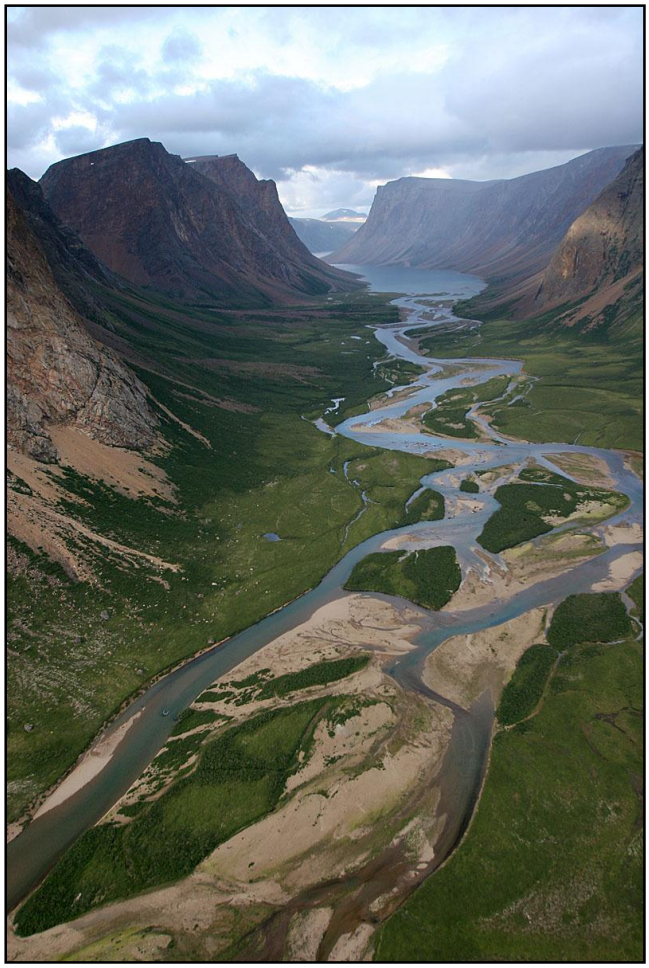
Co-operative Management: A Defining Feature

The story of the creation of this national park includes lessons learned about the importance of working with Inuit as equal partners, and about the significance of achieving mutual respect and trust through cooperation.

Inuit point out traditional travelling routes
Photo: Heiko Wittenborn

One of the most important details in the Park Impact and Benefit Agreements (PIBA) with the Labrador Inuit and Nunavik Inuit is the commitment that the national park be established, operated and managed through a co-operative management regime that recognizes Inuit as equal partners.

A seven-member co-operative management board advises the federal Minister of Environment on all matters related to park management. Parks Canada, Makivik Corporation and the Nunatsiavut Government each appoint two members, and there is an independent chair jointly appointed by all three parties. Recognizing and honouring Inuit knowledge and the special historical and cultural relationship between Inuit and the land is already a part of the living legacy of this national park.



Southwest Arm, Saglek Fjord
Photo: Heiko Wittenborn

For the Record

"… for relationships between Aboriginal groups, corporate interests and governments to work, they have to be real and meaningful. They have to be allowed to develop over time. Agendas cannot be rushed, and no one agenda must dominate others. This park will be a lasting legacy for Canadians. And it is a testament to ... a relationship based on mutual respect, willingness to listen, and patience.
William Andersen III, President, Labrador Inuit Association.
Keynote Address to *Redefining Relationships: Learning from a Decade of Land Claims Implementation Conference*, Ottawa.
November 13, 2003.

"The park will help us protect our land and our memories and our stories. I want to go back to my homeland. Maybe I can go back and help tell our stories to the visitors."
John Jararuse, Inuk from Saglek, Labrador.

"The Torngat Mountains National Park Reserve is the Inuit gift to the people of Canada."
Toby Andersen, Chief Negotiator, Labrador Inuit Association.
Address to the *Standing Committee on Aboriginal Affairs and Northern Development*, Ottawa. June 9, 2005.

"I recognize the photograph on the cover of your newsletter. I was born there. Many have died there. I will never be able to go back there, but that is where my dreams are."
Nunavik Inuit Resident of Kangiqsualujjuaq, Quebec, at a public meeting with Parks Canada, October 8, 1996.

"*This place of rugged beauty, sweeping wild coastlines and jagged peaks rising sharply from frigid seas. Encompassing mystic fjords, gentle river valleys, precipitous river falls and icebergs. With*

polar bears roaming the coast and caribou ranging through the homeland of the Inuit, just as it has been for thousands of years. Hundreds of archaeological sites stand witness to that extraordinary heritage. It is no wonder that the Inuit call Labrador, 'Nunatsiavut - Our Beautiful Land."
The Honourable Stephane Dion, at the signing of the park establishment agreement.

3.0 NATURAL AND CULTURAL HISTORY

Artefact from a Thule sod hut, Nachvak Fjord
Photo: Heiko Wittenborn

A Cultural Landscape

The Torngats have been home to Inuit and their predecessors for thousands of years. There are hundreds of archaeological sites in the park, some dating back almost 7,000 years. There is evidence of occupation by the Maritime Archaic Indians, Pre-Dorset and Dorset Paleo-eskimos, and the Thule culture that merged into modern day Inuit. These sites, which include tent rings, stone caribou fences, food caches, and burial sites, tell the story of the people and cultures that have made this special part of Canada their home over the millennia. The Ramah chert quarry was a source of glass-like tool material for thousands of years, and was used by many indigenous peoples and traded as far south as Maine.

Ramah chert
Photo: Heiko Wittenborn

Before contact with Europeans, Inuit in this area had a religion and set of spiritual beliefs of their own. This religion centred around *Torngarsoak*, the most powerful of the Inuit spirits. AngajukKât and shamans would communicate with *Torngarsoak* on behalf of Inuit to grant good weather and bountiful hunting. Like many other religions, there were rules to follow and if the rules were not followed then there were consequences, usually storms, winds, or periods of unsuccessful hunting. Today most Inuit in this area have been converted to Christianity and there are no active AngajukKât to collectively invoke the powers of *Torngarsoak*. However, Inuit still have a

strong spiritual connection to these ancient beliefs and to *Torngait* - the Torngat Mountains – as the place where spirits dwell.

Evidence of more recent history in the area include the remains of Moravian Mission sites, Hudson Bay Company trading posts in Saglek and Nachvak fjords, a World War II German remote meteorological station, secretly installed by the crew of a German submarine in October 1943, and two early warning system radar sites from the Cold War.

In spite of its extensive history of human use and occupation, the land retains the feel of pristine wilderness. Inuit continue to use this area for hunting, fishing, and travelling throughout the year, but there is no year-round human occupation within the boundaries of the national park today.

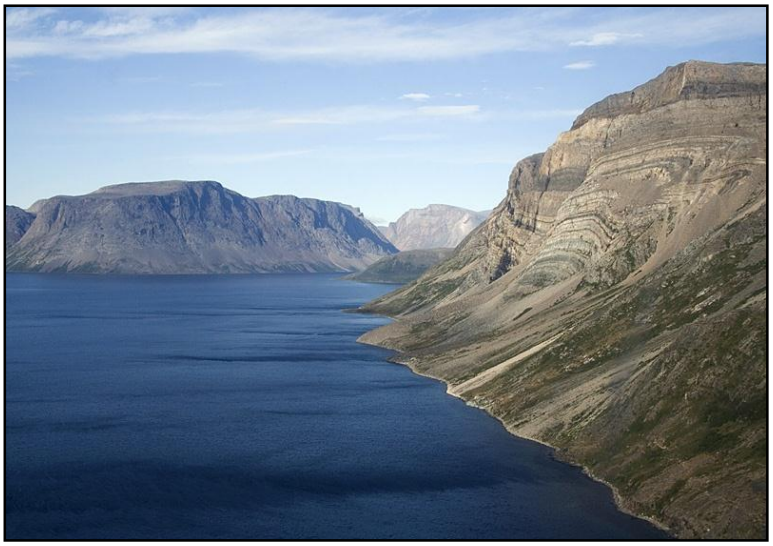
The Physical Landscape
This region contains two distinct, contrasting landscapes: the George Plateau and the spectacular Torngat Mountains.

The George Plateau is a level bedrock plain cut by deep river valleys sloping gently to Ungava Bay. The effects of glaciation are everywhere: drumlin fields, kame terraces (ridges of water-born sediments deposited by melting glaciers), erratics and eskers that snake over the plateau. The Torngat Mountains, among the highest, most rugged mountains in eastern North America, and one of the world's most beautiful wild coastlines, provide a spectacular counterpoint to the gentle George Plateau.

North Arm, Saglek Fjord
Photo: Heiko Wittenborn

Geology of the Torngat Mountains - Where "the rocks revel in their freedom"
(Oscar M. Lieber, geologist, 1860.)

There are few places on earth where such an array of geological features and processes can be observed in a single landscape. The limited vegetation cover, high mountains, coastal cliffs, deeply incised fjords, and sheer cliffs that cut perpendicular to the rock fabric provide some of the best exposures of the earth's geologic history.



The age of the Torngats encompasses eighty percent of the earth's geologic history. The rocks of the park have preserved, in their fabric and minerals, textbook examples of the cycles of mountain building events. Over the past 3.9 billion years (3.9 Ga) there have been at least 5 major events – three in the Archean (before 2.5 Ga), one in the early Proterozoic (1.6 – 2.5 Ga) and one as recently as the late Jurassic to Tertiary (after 200 Ma). These events represent a synopsis of plate tectonics from initial continental rifting, ocean formation and spreading, through ocean closure and destruction, erosion, and deposition before rifting begins again, culminating in the formation of the Labrador Sea and the Atlantic Ocean. This slow repetition of tectonic events is called the Wilson Cycle, and there are few places where it can be seen as clearly in the rock record as in the Torngat Mountains.

The Nanok gneiss in Saglek Bay has been dated at 3.9 Ga. Only two places in the world have claimed rocks older than those in the Torngats; the Northwest Territories in Canada, and Australia. There are also remarkably well-preserved sedimentary rocks known as the Ramah Group (1.9 Ga) with primary sedimentary features, such as ripple marks and cross bedding, that look the same as the day they were formed. Contemporary examples can be found in shallow marine environments such as estuaries.

Along the outer coastline, cliffs rise straight from the sea, sometimes reaching 600 m. Their wind and wave-scoured faces reveal the intricate patterns of geologic processes long completed. Cutting through these ancient rocks, the black tentacles of younger dykes were injected into the surrounding rocks during the last mountain building event.
These mountains also provide natural resources that humans have relied upon for thousands of years. Starting with the Maritime Archaic people, chert was gathered for tools and exported to others as far south as Maine. Soapstone was quarried to make oil lamps. Quartzite, pyrite, slate, steatite, nephrite, mica and graphite were used for a variety of purposes, and a mineral called labradorite was used for adornment. Stone is still quarried for carving, jewellery and other uses that previous generations could not have imagined.

A Glaciated Landscape

The highest mountains in Canada east of the Rockies can be found within this beautiful land. Some of the peaks reach to over 1538 metres (5000 ft). The highest is Mt Caubvick/D'Iberville at 1652 m. Classic U-shaped glacier-carved valleys, hanging valleys, nunataks, horns and arêtes surround the mountains. Over 40 small glaciers, nestled in the cirque valleys of these mountains, cling to their very existence in the face of a warming climate. These remnants of the last ice age are the only glaciers left in eastern continental North America. The detritus of modern glaciation blankets valley bottoms and lower slopes. Landforms such as moraines, drumlins, eskers, kames, kettle lakes and outwash plains are stark reminders of the erosional power of glaciers.

Photo: Heiko Wittenborn

Numerous bays and fjords slice through the outer coast and extend great distances into the interior mountain ranges. These fjords provide some of the most breathtaking views in the park. Deep within Nachvak and Saglek fjords, cliffs rise abruptly out of the sea. Some cliffs are more than 900 m high.

Nachvak Fjord, looking into Tallek Arm
Photo: Heiko Wittenborn

At the head of the fjords, huge deposits of marine sediments and gravels stretch many kilometres inland and tell the story of a time when the sea reached even deeper into these valleys. Raised beaches and outwash plains far inland attest that the effects of glaciation are still being felt through isostatic rebound of the land.

Climate
There are four climatic regions in the park:

Mountain alpine climate: The highest points of land separating Labrador and Quebec define the boundary in the southern half of the park – between Seven Islands Bay and Saglek Bay. The peaks along this portion of the park boundary are dominated by mountain alpine weather. The terrain is rock controlled, exposed, cool and windy with little vegetation. Snow, low cloud, and extremely high winds can be expected in any month of the year, and sudden fluctuations in local weather can create dangerous challenges for visitors on the mountains. Sudden wind shifts can produce "ghost winds" that barrel down from the peaks at high velocity and from any direction, catching visitors unaware. These winds have blown people off their feet. However, on calm sunny days in mid-summer, temperatures can reach into the high twenties (Celsius) and travelling can be very warm.

Coastal fjords and headlands climate: The south-eastern portion of the park is dominated by high rugged coastline and deeply cut fjords. The presence of the cold Labrador Current provides a cooling effect that brings cold air and moisture on to the land throughout the summer. Pack ice may persist along the coast well into July, and icebergs dot the ocean all summer long. Temperatures near sea level can often be 10^0C cooler than over the inland valleys and meadows. During storm cycles, east and northeast winds bring the cold maritime air into the park, creating prolonged periods of fog, low cloud, rain, drizzle and possibly snow. These weather conditions can persist for days.

Islands at mouth of Saglek Bay
Photo: Heiko Wittenborn

Southern interior valleys climate: Between the coast and the western park boundary (southern half of the park) the landscape is influenced by both the mountain and coastal climates. This landscape is characterized by high peaks (up to 1500 m *asl*) and mountains, deeply carved U-shaped glacial valleys, extensive ridgelines, numerous small remnant cirque glaciers in north and east facing cirques, and lush rolling meadows on the mountain slopes and valley bottoms. During stable weather events temperatures can exceed 20^0C under a hot summer sun. However, winds from the mountain snowcaps and glaciers in the west or from the coast in the east can drop the temperature by more than 10^0C within minutes.

Northern Torngat Mountains climate

The northern half of the park above Seven Islands Bay is characterized by mountainous terrain (300-900 m *asl*), wide river valleys, numerous smaller fjords and bays, and abundant rocky offshore islands. Vegetation is sparse compared to the south and the climate is noticeably cooler. The main influence on the climate comes from the cold water that surrounds this part of the park on three sides– Labrador Sea to the east, Ungava Bay to the west and Hudson Strait to the north. Cold winds and fog can persist for extended periods of time.

Vegetation

For millennia, the Inuit and their predecessors knew and used the plants of the Torngat Mountains, and scientists started to study the plants here in the late 1700s. About 330 species of vascular plants (including ferns and flowering plants) and 220 species of mosses and liverworts are known to grow in the park area. Almost nothing is known yet about lichens and fungi, but there are probably hundreds of species.

Hikers in the Stecker Valley
Photo: Sheldon Stone

There is no real forest in the park, except for dwarf spruce close to the Quebec border, but wildflowers are one of the spectacular attractions of the Torngats. At the heads of fjords, raised beaches and terraces are covered in sedge and grass meadows, often showing signs of long human habitation. Coastal species such as lyme (or basket) grass, oysterleaf, roseroot, and seabeach sandwort spread along the upper beach. Low-growing arctic tundra shrubs hug rocky headlands and valleys. Wiry green alder and willow thickets line stream sides and the gravelly floodplains of rivers are bright with the flowers of harebell, river beauty and yellow mountain-saxifrage. During the short summer, plants here must grow, flower, and produce seeds fast. Most are short, taking advantage of the warmth and wind shelter that they find close to the ground.

Michael Burzynski

viak

River Beauty near Kangalaksiorvik Lake
Photo: Angus Simpson

The richest vegetation is found along streams that flow through limestone, in coastal meadows, and on old raised beaches. The poorest is on boulder fields and dry rock knobs. An ankle-deep turf of tundra shrubs covers rolling highlands, looking like a well-mowed lawn. Many of the shrubs are berry plants, such as low bilberry, mountain cranberry, bearberry, and crowberry, and bears graze on these in late summer. Mushrooms of different sizes and colours grow wherever there is organic soil, and on the shrub turf they often tower over the surrounding vegetation.

Mountain cranberry (Redberry)
Photo: Sheldon Stone

Mountaintops sprout patches and circles of tiny plants that survive at the edges of stone rings and other kinds of frost-churned patterned ground. Even the highest summits, such as Mount Caubvik (1,652 metres high), have some vegetation; a crust of lichens coats rock surfaces, and small patches of moss struggle to live where there is moist soil. Spiders and small insects inhabit these tiny high-altitude “forests”.

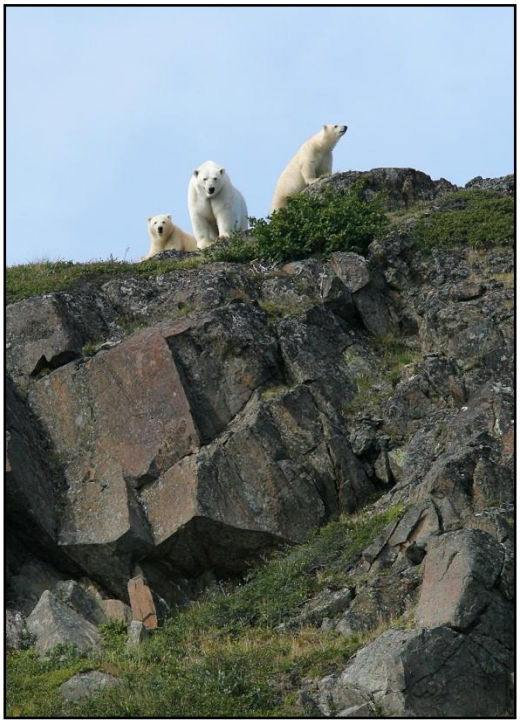
As one travels farther north in the park, vegetation becomes shorter and less diverse. Because wood takes so much energy to produce, almost all of the shrubs disappear along the coast in the northern quarter of the park, leaving only grasses, sedges, herbs, lichens, and mosses.
Even here, however, the bright yellow flowers of arctic poppy rise above the surrounding vegetation, hardy survivors in the struggle for life.

Photo: Heiko Wittenborn

Wildlife

With its rugged barren mountains, rocky tundra valleys, deep cold fjords and stormy maritime climate, the Torngat Mountains National Park provides a serious challenge for wildlife. Despite these challenges, the park has a variety of boreal and arctic species.

Many southern boreal species seek out patches of suitable habitat as they move northward to take advantage of the brief summer season. Some boreal species reach their northern limit in the park. Arctic species are similarly able to find habitats that suit their needs, particularly when winter arrives, bringing with it the sea ice that the animals depend on. For many arctic species, the park lies along their annual migration route to or from the Arctic. As spring arrives a pulse of wildlife surges north by land, sea and air, only to reverse itself in the fall. Some species stop and take up temporary residence; others are merely transients.
Thus, as the seasons change, boreal and arctic species alike engage in a variety of movements that more than anything characterize the changing nature of wildlife in the Torngat Mountains. The Inuit have long understood those movements, and built a semi-nomadic culture based on the seasonal appearance of the animals that were their livelihood. Today, knowledge of those seasonal movements can give you an idea of what to expect to see when you visit the national park.



Polar bear and cubs
Photo: Heiko Wittenborn

Spring brings on a rich period of plant and animal productivity, both on land and in the sea, and many species arrive to exploit the bounty. Barren-ground black bears emerge from their dens after a six-month hibernation. Torngat Mountain caribou return from their wintering grounds along Ungava Bay to calve in the upper mountain barrens. Bands of George River caribou may wander into the park after calving to the south in June. Wolves follow the caribou. Voles and lemmings emerge from a winter under the snow. Red foxes and Arctic foxes, which have eked out a living over winter, now pursue the summer bounty of rodents.

Caribou
Photo: Heiko Wittenborn

Dozens of bird species arrive to breed. In the bays and fjords, seals and whales move northward along the coast, chasing the summer flush of food as it moves north. Ringed and hooded seals follow the retreating ice northward. Harp seals follow a month or so later, but harbour seals may linger along the coast. Minke whales also tend to linger in bays and fjords, but larger fin and humpback whales may stay offshore. Arctic char move into the more productive coastal saltwater from their freshwater spawning grounds where they spend the first years of their life. Summer ends all too quickly, and soon the migrations reverse themselves. By the time winter arrives and the land is deep under snow, most summer residents are gone or are hibernating. But Arctic hares and rock ptarmigan remain, and the ice-bound coast now hosts a new set of residents. Polar bears hunt ringed seals along the ice edge, and Arctic foxes scavenge a safe distance behind.

Arctic Hare
Photo: Heiko Wittenborn

Black bear
Photo: Sheldon Stone

Among the park's resident species are several species at risk. Harlequin ducks nest along rivers in the southern part of the park, and the northern coast is an important moulting area. Peregrine falcons also nest within the park. Barrow's goldeneye and short-eared owls are also found within the park.

No matter how long you stay, encounters with wildlife are sure to be part of your experience in the Torngat Mountains National Park.

Polar Bears are an Extreme Hazard

4.0 PLANNING YOUR TRIP

Get in touch with us before you leave home
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 remote experience of the national park, and talk about the realities of travelling in it and being safe. The information you receive may help you to plan your trip, or even to determine if a visit to the park is right for you.

How to Contact Us
The Torngat Mountains National Park is part of Parks Canada's Western Newfoundland and Labrador Field Unit. The 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
Fax:	709-922-1294
Mailing address:	Parks Canada Torngat Mountains National Park Box 471 Nain, NL A0P 1L0
Street address:	17 Sandbanks Road Nain, NL

Nunavik Office

Telephone:	819-337-5491 (English and Inuktitut))
Toll Free:	1 888 922 1290 709 458 2417 (French)
E-Mail:	torngats.info@pc.gc.ca
Fax:	819-337-5408
Mailing address:	Parks Canada Torngat Mountains National Park Box 179 Kangiqsualujjuaq, Nunavik, QC J0M 1N0
Street address:	Building 567 Kangiqsualujjuaq, Nunavik QC
Emergency	**Jasper Dispatch 1-877-852-3100 or 1-780-852-3100** **24 hour service** ***(Note: The 877 number may not work from a satellite phone so use the 1-780 number)***

Inform Yourself
The Torngat Mountains National Park is a remote and challenging region, and you should familiarise yourself with the risks of visiting the park. Weather, terrain and remoteness represent the greatest and most consistent hazards you will face as a visitor. Wildlife encounters are also likely. Learn more about risks associated with a park visit in the *Safety and Hazards* section.

Are you prepared for a visit to the Torngat Mountains National Park?

- Are you completely self reliant and prepared to be responsible for your own safety? Your preparedness must be commensurate with the degree of difficulty of the activities you plan to undertake.

- Are you properly provisioned and equipped, and have the level of knowledge, skill and physical fitness required for the activities you plan to undertake?

- Are you prepared to extend your stay in the park if weather conditions change and a transport provider cannot pick you up when expected?

- Have you sought further information and advice from appropriate park staff if you are uncertain about your level of preparedness, or about the nature of hazards and risks inherent in the activities you are planning?

- Are you prepared to consider and act upon the advice you receive, and observe any regulations that are in place to help you stay safe?

You are responsible for your own safety.
Polar bears are an extreme hazard.

Preparing for Your Trip
Knowledge is the key to a safe and enjoyable trip. Park visitors are advised to carefully map their route, and to be very thorough in preparing their equipment and provision list. Here are some recommendations for preparing your trip. Please note that this list is not exhaustive.

- Carry a satellite phone, and be familiar with its proper use. (Satellite phones are not available for rent or purchase in Nain or Kuujuaq, but can be rented in Goose Bay)
- Carry effective, polar bear deterrents and know how to use them. Visitors are reminded of the added safety of engaging the services of an Inuit Bear Guard who has a permit to carry a firearm in the park. Visitors are not allowed to carry firearms in the park.
- 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. All locations must be recorded with the park office.
- The choice of clothing can make or break a trip in the north. Be prepared for variable weather, and be prepared for cold and snow even in summer.
- Ensure adequate provisions. Count on what you determine you need plus an allowance for being delayed by weather.

- Let a trusted friend or family member know your trip plan, and leave emergency contact numbers behind. You should prepare a back-up plan that allows for delays due to weather.

Weather

The climate of the park is generally harsh and is influenced by both altitude and 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. For more information on the risk posed by weather, see *Safety and Hazards*.

Due to the distance to the park from Nain or Kangiqsualujjuaq, the local community weather is rarely representative of what is to be found in the park, so it is not wise to extrapolate weather conditions from these communities. You will have to be well prepared for all types of weather when travelling to the park and to expect the worst.

Hikers approaching low clouds
Photo: Sheldon Stone

Hiking Maps

For a reliable hiking map of the Torngat Mountains National Park, we recommend 1:50,000 scale NTS topographic maps. There are twenty-seven map sheets that cover the park:

14L/10	**24I/09**	**24P/01**	**14M/03**	**25A/01**
14L/11	**24I/15**	**24P/02**	**14M/04**	**25A/02**
14L/12	**24I/16**	**24P/07**	**14M/05**	**25A/07**
14L/13		**24P/08**	**14M/06**	**25A/08**
14L/14		**24P/09**	**14M/12**	
14L/15		**24P/10**	**14M/13**	
		24P/15		
		24P/16		

Also available are 1: 250,000 scale topographical maps. These maps are good for general route planning. There are five sheets that cover the park:

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

Use the excellent ***Canada Map Office*** on-line search tools for finding topographical map coverage. The map office does not sell maps but can provide a list of map distributors and further information about maps.

Centre for Topographic Information, Natural Resources Canada
615 Booth Street, Room 180
Ottawa, Ontario, CANADA, K1A 0E9
Telephone: 1-800-465-6277
Fax: (613) 947-7948
Email: topo.maps@NRCan.gc.ca
Web Site: http://maps.NRCan.gc.ca

Nautical Charts
Nautical charts are also available from Canadian Hydrographic Services.
Web site: http://www.fedpubs.com/charts/hudson_strait.htm

Getting Here
To get to the Torngat Mountains National Park by air, you will need to travel through either *Happy Valley-Goose Bay* or *Nain* in Labrador, or *Kuujjuaq* or *Kangiqsualujjuaq* in Nunavik (northern Québec).

Getting to Nain
Nain is located approximately 200 km south of the Torngat Mountains National Park. It is also the location of the park office.

Nain is accessible through Goose Bay, which is the hub for air traffic in Labrador.

There is regular air service by Twin Otter to Nain
Photo: Michael Burzynski

Both Air Canada and Provincial Airlines fly to Goose Bay daily from St. John's, NL and Deer Lake, NL and on selected days from Montreal (check with the airline for up to date information). Air Canada also flies direct to Goose Bay from Halifax, NS daily.

Monday through Friday, Air Labrador and Innu Mikun each operate two twin otter flights to Nain from Goose Bay daily. Air Labrador has one scheduled flight on Saturday. On Sundays, both airlines operate one flight daily.

Nain is also accessible between June and November from Goose Bay via coastal boat service operated by the Government of Newfoundland and Labrador. For the schedule of the MV Northern Ranger call 1-866-535-2567, or consult www.tw.gov.nl.ca/ferryservices/schedules. The information you need can be found under the "H" section that will appear on the route map.

Getting to Kangiqsualujjuaq

Kangiqsualujjuaq in Nunavik, Quebec is located about 100 km west of the national park and is accessible through Kuujjuaq, the hub for air traffic in Nunavik.

First Air and Air Inuit fly daily to Kuujjuaq from Montréal. Air Inuit offers a daily twin otter flight from Kuujjuaq to Kangiqsualujjuaq.

Access to the Torngat Mountains National Park by charter

From your access point of either Nain in Labrador, or Kangiqsualujjuaq in Québec, you will need to arrange a form of charter transportation. Aircraft charter services are also available out of Goose Bay, Labrador and Kuujjuaq in Nunavik. Boat charters with Inuit guides may be arranged in Nain, NL. Call the national park office direct at 709-922-1290 for more information (pour le service en français composez 709-458-2417). Staff can help put you in contact with local operators.

One method of reaching the park is by long-liner
Photo: Heiko Wittenborn

Fixed wing charter companies

Provincial Airlines/Innu Mikun Airlines
Happy Valley/ Goose Bay
1-800-563-2800
www.innumikunairlines.com

Air Labrador
Happy Valley/ Goose Bay
1-800-563-3042
www.airlabrador.com

Air Inuit
Montreal
1-800-361-2965
www.airinuit.com

Helicopter charter companies

Nunavik Rotors
819-964-1185
www.nunavikrotors.com

Canadian Helicopters
Happy Valley/ Goose Bay
709-896-5259
www.canadianhelicopters.ca

Universal Helicopters Newfoundland Ltd.
Happy Valley/ Goose Bay
709-896-2444
www.uhnl.nf.ca

Landing permits are required for any aircraft or helicopter landing in the national park and can be applied for as part of the registration process.

Access to the Torngat Mountains National Park via cruise ship

Some expedition cruise ships include the park in their itinerary of Labrador destinations. Consult www.cruisenewfoundland.com for more information, including a schedule. Also, see www.adventurecanada.com.

Community Services

There are general products and services available at Nain and Kangiqsualujjuaq. These include medical clinics, RCMP detachment in Nain or Kativik Regional Police detachment in Kangiqsualujjuaq, limited grocery supplies, accommodations and limited equipment rental.

For more detailed information on what is or is not available, visitors may contact:

Nain

Nain Inuit Community Government	709-922-2842
Nunatsiavut Government	709-922-2942

Kangiqsualujjuaq

Municipal council	819 -337-5271

For information about the evolving tourism industry in Nunatsiavut visit Tourism Nunatsiavut at: www.nunatsiavut.com

For information about tourism in Nunavik, consult the Nunavik Tourism Association website at: www.nunavik-tourism.com

For information about the Inuit of Nunavik, consult the Makivik Corporation: www.makivik.org

Information for visitors to the province

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

Telephone:	1-800-563-NFLD
E-mail:	Tourisminfo@gov.nl.ca
Fax:	709-729-0057
Website:	www.newfoundlandlabrador.com
Mail:	P.O. Box 8730, St. John's, NL A1B 4K2

Torngat Mountains Basecamp and Research Station

The Nunatsiavut Group of Companies (NGC), an Inuit Business, operates the Torngat Mountains Base Camp and Research Station from mid-July to late August. The camp is at St. John's Harbour (kANGIDLUASUk), which is in Saglek Bay, adjacent to the southern boundary of the park. This base camp supports Parks Canada visitor reception, and registration, orientation service, visitor activities and scientific research. The base camp offers tent accommodations and can organise speedboats, longliners, polar bear guards, helicopter and fixed wing charters out of Goose Bay on a weekly basis to bring visitors to and from base camp Please contact NGC by phone (1-709-896-8505 ext. 30) or email at basecamp@ngc-ng.cafor inquiries or visit their website: www.torngatbasecamp.com.

5.0 VISITING THE TORNGAT MOUNTAINS NATIONAL PARK

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

- Pick up and pack out all of your litter. If you smoke, that includes your cigarette butts. On your way out - when your pack is lighter - try to pick up any litter left by others. Report any large accumulations or large items, such as empty fuel drums, to park staff.

Disturbing wildlife is illegal in a national park. Respect the need of the wildlife for undisturbed territory. We are the visitors here.

Caribou
Photo: Heiko Wittenborn

- Do not touch, feed or entice wildlife by leaving or offering food.
- Don't approach wildlife, even for photographs.
- Avoid known nesting, calving and denning areas.
- Watch out for bird nests and chicks so as not to step on them; many arctic birds are ground nesters.
- Keep a safe distance from all wildlife and change your route if needed.

- Visitors are not allowed to carry firearms in the park. Parks Canada strongly recommends that visitors hire the services of an Inuit bear guard who has experience and training in polar bear safety and has a permit from Parks Canada to carry a firearm for protection of visitors. For more information on Inuit bear guards please contact the Parks Canada office in Nain or contact the Torngat Mountains Base Camp and Research Station.

Caribou antlers
Photo: Sheldon Stone

- Leave rocks, plants, and other natural objects such as bones and caribou antlers, as you found them. Allow others a sense of discovery! Also, these items are integral to the ecosystem as a food source for rodents, insects and other species. As they break down in the soil, they provide valuable nutrients to plants. Removing, damaging or destroying plants and natural objects is prohibited within national parks.

- Although formal archaeological exploration has been focussed primarily on coastal areas, there is evidence of Inuit and pre-Inuit occupation and use throughout the park that has not yet been formally documented. Do not remove any artefacts or disturb any 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. Archaeological sites are important cultural resources that tell us about life in the park area up to 7,000 years ago.

Stone tent ring
Photo: Sheldon Stone

- Do not build cairns, other markers, or leave messages in the dirt. Such markers detract from other visitors' sense of discovery and wilderness experience. They can also be misleading and potentially dangerous. Do not disturb or destroy any cairns that you do find. Some are of historical and cultural significance.

Special Management Areas
There are currently two special management areas in the Torngat Mountains National Park that have unique guidelines for visitation. One is Sallikuluk (Rose Island), and the other is Siluak (North Arm). If you wish to visit either of these special places, you must contact the office of the Torngat Mountains National Park in Nain before doing so to obtain the visitation guidelines.

Sallikuluk (Rose Island)
Sallikuluk is an island located in Saglek Bay at the southern boundary of the Park. The island is special in that it has numerous traditional Inuit graves and two areas that have a number of historic Inuit sod house foundations. Access is limited to a small area of the southern section of the island

for purposes of interpretation. Please contact the office of the Torngat Mountains National Park office in Nain if you would like to visit Sallikuluk.

Siluak (North Arm)
Siluak is a beautiful fjord at the western extent of Saglek Bay that offers breath-taking day hiking opportunities and also allows for excellent interpretation of Inuit living and food gathering, as it has been used for thousands of years by aboriginal people. Parks Canada is completing an archaeological inventory at Siluak, and visitation here is currently restricted – if you wish to visit Siluak, you must be guided by Parks staff on predetermined routes.

Hiking and Backpacking
A number of route descriptions have been prepared for multi-day and shorter single-day hikes in and around the park. These can be viewed on the Torngat Mountains website and downloaded as convenient PDF files. http://www.pc.gc.ca/eng/pn-np/nl/torngats/activ/randonee-hiking1.aspx

Everyone Needs to Register
All visitors must register before entering the Torngat Mountains National Park. Registration provides us with information about you that we may need in an emergency situation. It 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. You may register by phone, fax, in-person at the Nain office, or at Torngat Mountains Base Camp and Research Station.

Blue tarn and glacier
Photo: Heiko Wittenborn

If travelling on a guided tour,
ensure that your operator has registered you as one of his/her clients with the park office. If using the services of a guide, you should take responsibility for your own registration and ensure that the guide is registered as well.

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.
- List of your major identifiable equipment like tents and backpacks (number, colour, etc.)
- Type of communication equipment
- Type of activities you will undertake
- Detailed itinerary. Start and end locations and intended routes (Include a map).
- Date you are planning on leaving the park
- Description of polar bear deterrents
- Means of access to the park (which charter company, outfitter company you are with)
- If you are arriving at the park by plane, have you obtained a landing permit from the park office at Nain?

Fees and permits

Park entry permits

There is currently no fee to access Torngat Mountains National Park. A fee will be charged for an entry permit in the future at a cost to be determined through consultation.

Business license

You do not require a permit to operate a business in the park at this time. Parks Canada is in the process of establishing a business license system for operators who wish to operate in the park. This system will be developed with stakeholder consultation, with notification for all operators in advance of its implementation.

Any business operator intending to take clients into the park must contact the Parks Canada office in Nain to register his/her business and their clients with the park. Some activities may be prohibited in National Parks. The park office can advise you regarding appropriate activities.

Landing permits

Landing permits are required for any aircraft or helicopter landing in the park and can be applied for as part of the registration process.

- Currently, landings are limited to commercial aircraft companies and commercially guided trips and are for dropping off and picking up clients. Commercially guided float plane landings are restricted to the following lakes: Odell Lake, Tetragona Lake, Komaktorvik Lake, Nachvak Lake, Adams Lake, and Nachvak Brook Lake.
- Contact the office in Nain if you would like more information on permits for landing in the park.

Access to Labrador Inuit lands

Access to or across Labrador Inuit Lands requires the consent of the Nunatsiavut Government. There is a small parcel of land, of approximately 9 km^2, located on the coast at Iron Strand Beach that is not part of the park. Before entering this area, visitors are required to obtain permission by calling a representative of the Nunatsiavut Government at 709-922-2942.

Boating safety

All vessels, including kayaks, must meet the minimum safety standards contained in the Canadian Small Vessel Regulations. Current regulations are located in the *Safe Boating Guide* and the *Sea Kayaking Safety Guide* available from Transport Canada.

Photo: Sheldon Stone

Camping

The national park has no designated campsites or facilities. With the exception of archaeological sites, visitors may camp anywhere. In order to protect the integrity of this pristine wilderness, we ask that you practise "No Trace Camping." All garbage must be packed out. Please consult with the park office in Nain for more advice on low-impact camping techniques.

Cooking

Use a reliable cookstove. Availability of wood is limited to driftwood along the coast, and slow-growing shrubs in the inland and valleys. You should not plan on using wood for cooking and we recommend that you only burn wood as a last resort in an emergency. The weather can make building a fire challenging.

If a fire is necessary, ensure that it is small enough to burn to ash before you leave the site. Be extremely careful. Never build a fire on moss or tundra where it can spread underground. A tundra fire can destroy vast tracks of wilderness and there are no people or resources this far north to stop it. Double check that your fire is out before leaving: if you can place your hand in the ashes, it is safe to leave. Be especially careful with cigarettes (and pack out your butts).

Dish and excess cooking water should be poured into a shallow sump hole away from campsite and bodies of water. Filter food scraps and pack them out with other litter.

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

Photo: Sheldon Stone

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 biodegradable soap when necessary. 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. At the same time, dangerous pathogens present in human feces can survive even Arctic conditions. 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. Burn it as completely as possible and pack it out. Tampons should be packed out in a zip-lock bag along with other garbage. 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 traffic routes, campsites, and bodies of water. 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.

Environmentally conscious backpackers and mountaineers now pack out their own waste. We challenge you to do the same. A way of dealing with human waste away from outhouses is to deposit waste in a paper bag, and put the paper bag in a plastic bag. When you get to an outhouse, put the paper bag containing the waste into the outhouse. Pack the plastic bag out.

Check out

It is mandatory to deregister

Once you have finished your trip, contact park staff 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 during office hours. You can also call Jasper Dispatch at 1-780-852-3100 and advise them. They operate 24 hours a day.

6.0 SAFETY AND HAZARDS

A Safety Briefing is Obligatory

Before you depart for your visit in the park, Parks Canada staff will provide a safety briefing and a general orientation about any special conditions in the park, including area closures and park regulations. The briefing will cover potential hazards in the park and the risks associated with any of the activities you plan to do. A polar bear safety video is also required viewing. If you do not register in person, please contact the park for a copy of the video. Park staff can also identify areas that might be of interest to visitors.

Terrain

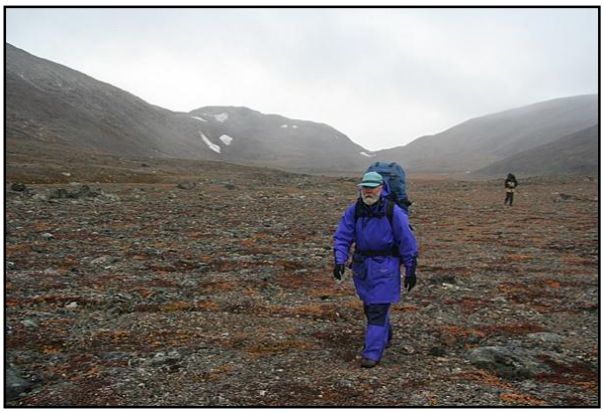
The terrain in the park ranges from fjord valleys, high rugged mountains, long rolling ridges, glaciers, fast-flowing rivers, waterfalls, cliffs, steep slopes, rugged coastline and areas of flat and somewhat featureless tundra and tussocks. All of these areas have their inherent hazards. Many of the 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.

Backpacker crossing river
Photo: Sheldon Stone

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 can injure or kill you.

Weather and Hypothermia

Hypothermia as well as frostbite are possible risks in the park area throughout the year. Hypothermia is the extreme loss of body heat. Body core temperature drops, which can result in unconsciousness and death. Hypothermia is caused by cold, but it is aggravated by wet, wind, and exhaustion. Kayakers are particularly susceptible. To prevent hypothermia, wear a warm hat in cool, damp or



Backpacker dressed for cold weather
Photo: Sheldon Stone

windy weather; dress in layers, take frequent rest stops; and eat frequent, nutritional snacks and drinks. Pay attention to your body.

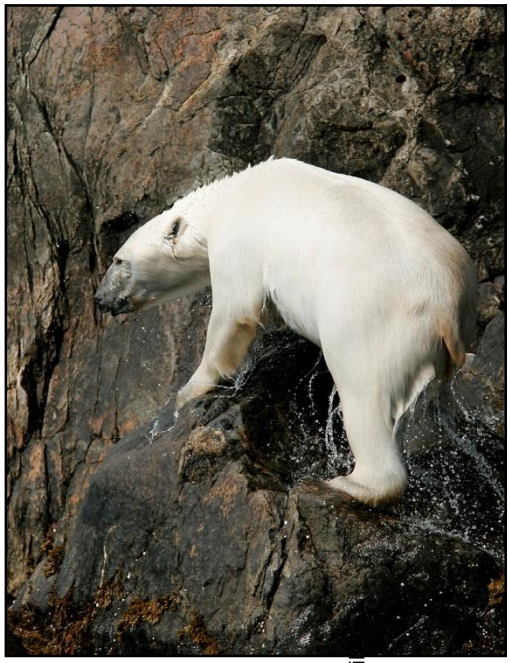
Remember, there is no natural protection in the open tundra. The weather in the park is variable and changes quickly. It can be extremely hostile with long spells of rain, ice-cold winds and occasional snowstorms in midsummer. Sudden and heavy fog can appear at any time during the summer and early fall, especially in coastal areas. The risk of exposure exists even during the summer.

During the winter months temperatures can fall below –25°C for prolonged periods. The combination of these temperatures with strong winds and reduced daylight can create a severe winter environment.

Wildlife Encounters

Polar Bears are an Extreme Hazard

Wildlife can be dangerous under certain conditions. You will probably encounter polar bears, and black bears, and may see wolves, fox, and muskoxen. When you register to enter the Torngat Mountains, we will show you a safety video about polar bears, or we can mail it to you if you register through another means. We will also provide a copy of Parks Canada's *Safety in Polar Bear Country* pamphlet. This pamphlet can be viewed online at www.pc.gc.ca. (enter "polar bear safety" in the search engine and the pamphlet will appear on the web sites of a number of northern parks).



Polar bear
Photo: Heiko Wittenborn

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. So even though polar bears are generally found along the coast, you should remain vigilant, even when far inland.

Black bear
Photo: Sheldon Stone

Black 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. The black bear population in the area of the park is the only known population to live entirely above tree line. Black bears are opportunistic animals and can be aggressive towards humans under certain circumstances. Black bear sows may become defensive cubs if you are too close or inadvertently get between the sow and her cubs.

Foxes and wolves can carry rabies, which may cause them to be uncharacteristically aggressive. You should always maintain distance from wildlife.

Muskoxen have found their way into the park from a captive herd that was released in Northern Quebec in the 1970-80's. Muskoxen can be extremely dangerous and should not be approached. This is especially true of rutting bulls.

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.

Protection against Wildlife
Visitors should note that it is illegal to carry a firearm in the national park. You are required to be familiar with the use of bear deterrents, and to bring approved deterrents with you. Alternatively, you are also advised to engage the services of an Inuit guide since they may use a gun. Proper trip planning and camp management can reduce the likelihood of problems with bear encounters. Contact the Park staff for advice on deterrents and appropriate campsite management practices.

7.0 IN AN EMERGENCY

Help is a Long Way Away
You need to be aware that should an emergency arise during your trip, emergency response could take days. Factors such as the weather conditions, your location within the park, and the availability of boats, helicopters or aircraft will determine the response time of any available assistance.

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.

Looking towards Cirque Mountain from Mount Caubvick
Photo: Heiko Wittenborn

Emergency Numbers

In case of an emergency, 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

8.0 PARK MAPS

Caution: Do not use the visitor map provided with this trip planner for navigation purposes. The scale of the map does not provide the level of detail you will need. See *Hiking maps* in the Planning Your Trip section.

Tell us about your visit

We would love to hear about your visit so that future visitors can learn from your trip to the Torngats. Why not share a brief account of your experiences with us? The information that you provide will help us to better understand how people are enjoying the park.

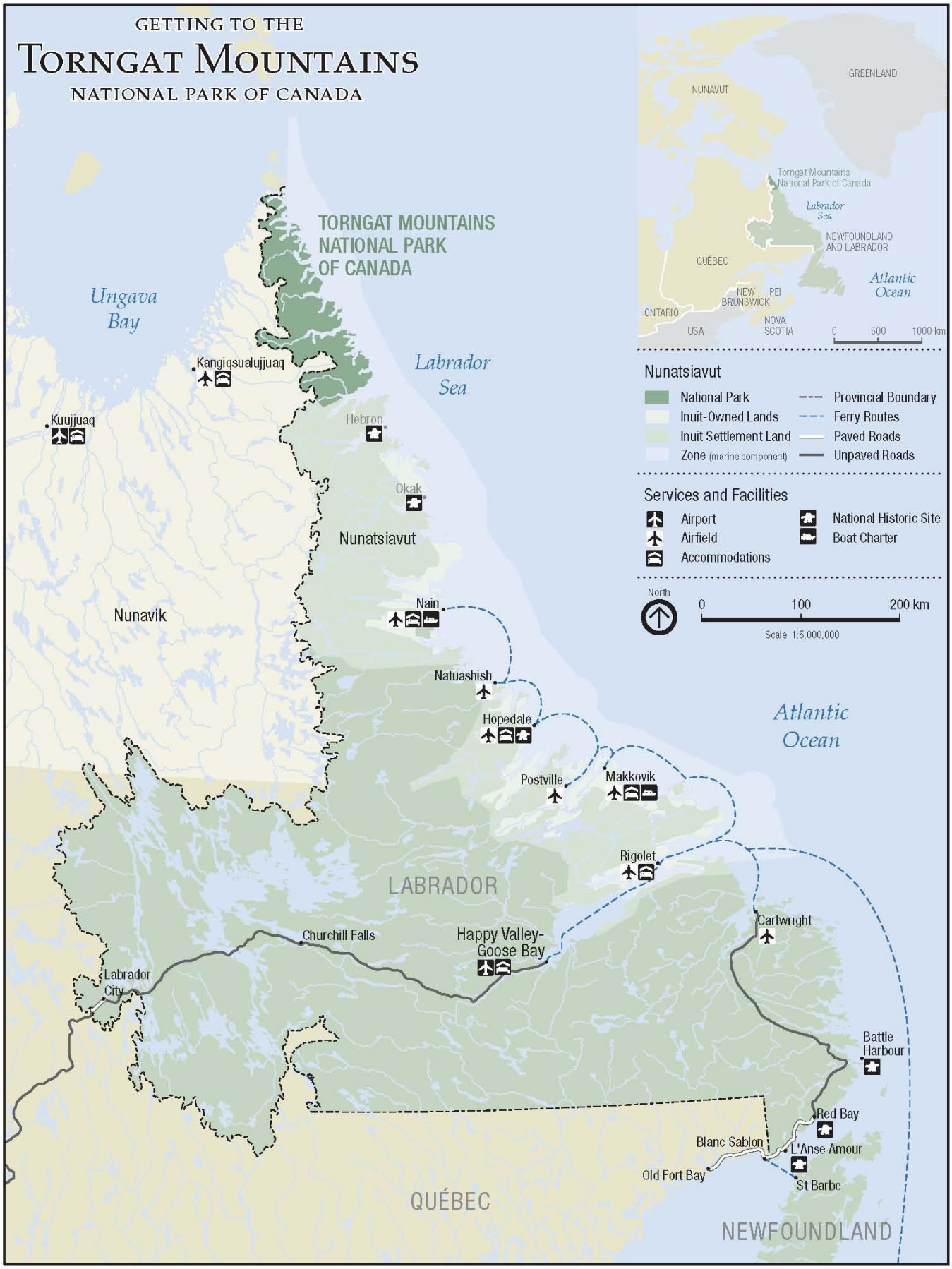
Parks Canada is developing a database of wildlife sightings, and we hope that you will contribute. Copies of our bird checklists and wildlife observation cards are available from the Parks Canada office in Nain and at the Torngat Mountains Base Camp and Research Station. You may pick them up in person 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.

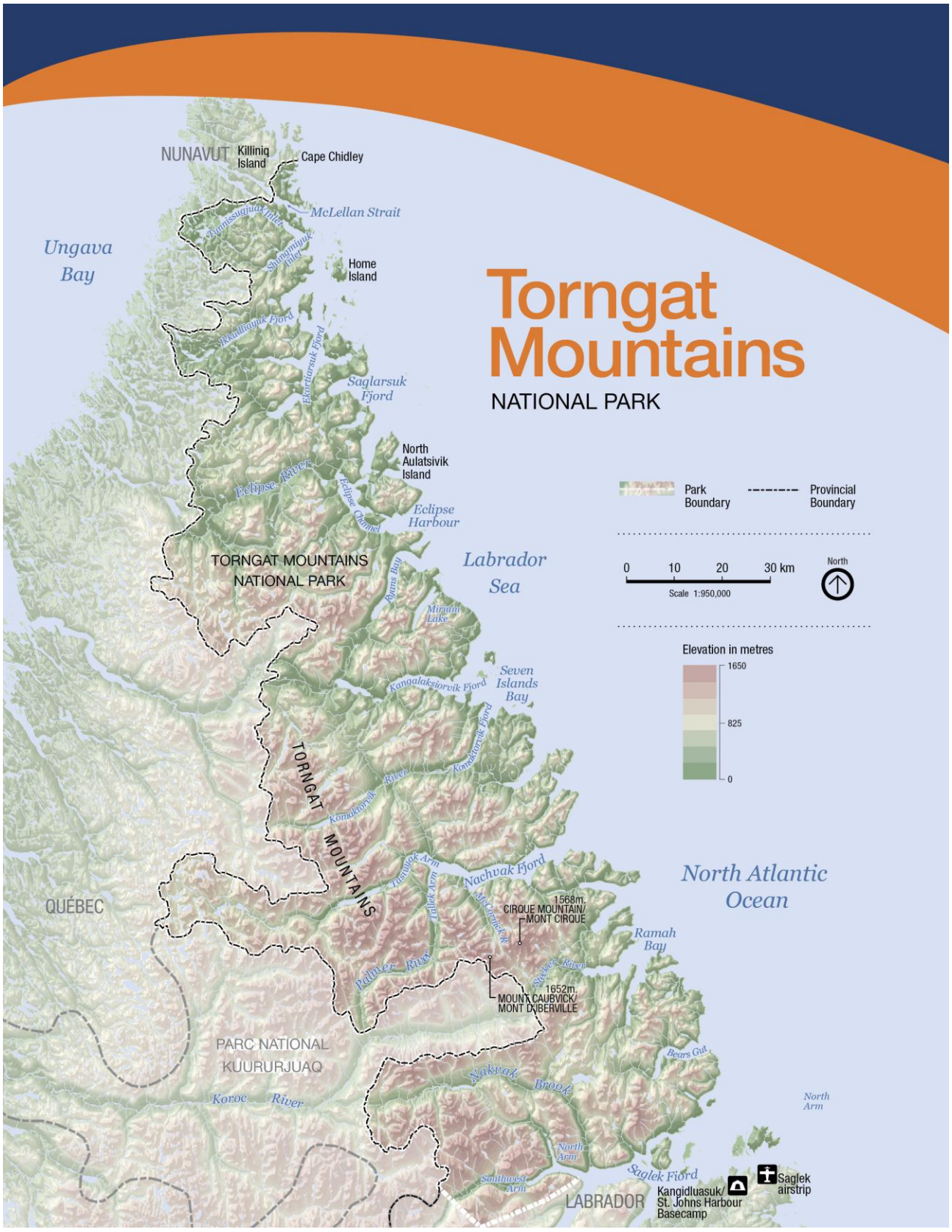
Stay in touch!

We would also like to ensure that you have an opportunity in the future to help us determine management direction for this park. Please indicate if we may contact you for your input during management planning consultations.

You can reach us by email at torngats.info@pc.gc.ca

Or send us a letter at: Torngat Mountains National Park
P.O. Box 471
Nain, Newfoundland and Labrador
A0P 1L0


GETTING TO THE
TORNGAT MOUNTAINS
NATIONAL PARK OF CANADA
TORNGAT MOUNTAINS NATIONAL PARK OF CANADA
Ungava Bay
Labrador Sea
Atlantic Ocean
Kangiqsualujjuaq
Kuujjuaq
Hebron
Okak
Nunatsiavut
Nunavik
Nain
Natuashish
Hopedale
Postville
Makkovik
Rigolet
LABRADOR
Cartwright
Churchill Falls
Happy Valley-Goose Bay
Labrador City
Battle Harbour
Red Bay
Blanc Sablon
L'Anse Amour
Old Fort Bay
St Barbe
QUÉBEC
NEWFOUNDLAND
GREENLAND
NUNAVUT
Torngat Mountains National Park of Canada
Labrador Sea
NEWFOUNDLAND AND LABRADOR
QUÉBEC
Atlantic Ocean
NEW BRUNSWICK
PEI
ONTARIO
NOVA SCOTIA
USA
0 500 1000 km
Nunatsiavut
National Park
Inuit-Owned Lands
Inuit Settlement Land
Zone (marine component)
Provincial Boundary
Ferry Routes
Paved Roads
Unpaved Roads
Services and Facilities
Airport
Airfield
Accommodations
National Historic Site
Boat Charter
North
0 100 200 km
Scale 1:5,000,000


Torngat Mountains
NATIONAL PARK
NUNAVUT
Killiniq Island
Cape Chidley
McLellan Strait
Ungava Bay
Home Island
Saglarsuk Fjord
North Aulatsivik Island
Eclipse River
Eclipse Harbour
Labrador Sea
TORNGAT MOUNTAINS NATIONAL PARK
Seven Islands Bay
TORNGAT MOUNTAINS
Nachvak Fjord
North Atlantic Ocean
QUÉBEC
1568m. CIRQUE MOUNTAIN/ MONT CIRQUE
Ramah Bay
1652m. MOUNT CAUBVICK/ MONT D'IBERVILLE
PARC NATIONAL KUURURJUAQ
Koroc River
Nakvak Brook
Bears Gut
North Arm
Saglek Fiord
LABRADOR
Kangidluasuk/ St. Johns Harbour Basecamp
Saglek airstrip
Park Boundary
Provincial Boundary
0 10 20 30 km
Scale 1:950,000
North
Elevation in metres
1650
825
0