

# Travel Canada by Sea SAMPLE

EXPEDITION GUIDE







Canada's sheer size is enough to impress—this is the world's second largest country by land mass and its longest coastline! When you add its natural beauty, friendly and welcoming cultures, intriguing history, and opportunity for adventure, you'll see why so many visitors never want to leave. Whatever you enjoy, travelling in Canada offers something for everyone.



# Teeming Wildlife Iconic polar bears. Blubbery walruses. Splashing whales. Galloping wild horses. Seabirds by the tens

of thousands. Canada

is a wildlife lover's paradise! The sights, sounds, and smells of the country's plentiful creatures will follow you everywhere you go, and travelling with expert guides will ensure you see and better understand the very best the country has to offer.



### Natural Adventures

Feel the soft bounce of your boots touching tundra. Listen to the quiet lap of your kayak paddle breaking

the ocean's surface. Laugh at a Zodiac's misty spray wetting your face. Whether you're a seasoned trekker or more of a rambler, looking for an epic bucket list trip or a family holiday, there's adventure to be had for everyone who travels here.



### **Complex History**

Canada's layers of human history go back to time immemorial. Ancient Dorset and Thule cultures left rich archaeological

remains. Settlers and explorers from all over made their marks here—even Vikings found their way to Canada! Meanwhile, the country's founding lay the groundwork for institutionalized discrimination against Indigenous peoples that carries forward into today. The best way to bring about much needed change is to learn about it first hand.



### Intermingling Cultures

Commonly referred to as one of the most multicultural countries in the world, you'll find that communities

across Canada are as diverse as they are down to earth. In the large cities, as many as 200 distinct ethnicities and 140 languages are represented. Cultural minorities, such as Québécois, Acadians, and Newfoundlanders, are fiercely proud. First Nations, Métis, and Inuit peoples each hold distinct, vibrant traditions.



### Delicious Flavours

Canadian delicacies go way beyond just maple syrup! Take the chance to savour the scrumptious tastes

and smells that waft through the regions' kitchens and fill locals' bellies. Sample Arctic char, fresh tundra berries, or seal tenderloin up north. Enjoy bakeapple tarts, meaty moose, rich French cheese, and plentiful seafood out east. *Bon appetit!* 



### **Inspiring Sights**

From sheer cliffs to icebergs and sand dunes to windswept coastlines, the beauty of Canada's landscape is unparalleled. Pho-

tograph cascading mountain ranges, wander colourful hamlets, soak up the old-world charm of historic cities, and get away from it all when you travel by sea.

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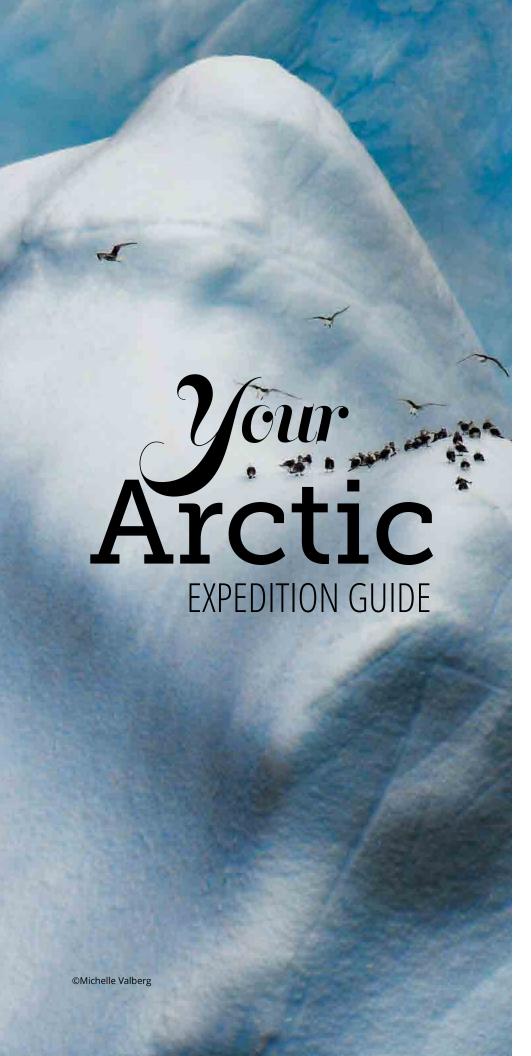
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# Nineteen **Must-Dos** and **Must-Sees** in the Arctic

At the top of the planet is a whole other world. Here, the sea is solid, the night is bright, glaciers grumble, and history is—quite literally—frozen in time. Welcome to the Arctic at its richest—a place teeming with culture, wildlife, and life-changing experiences.



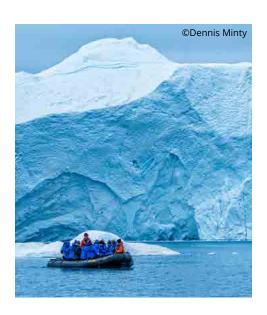


With shattered shale plains, eroding bluffs, and little greenery, Beechey Island appears utterly sterile. But to history buffs, it's hallowed ground. Here, three mariners with the lost Franklin expedition were interred. For 170 years—until the recent discovery of Franklin's ships—their graves were the prime monument to that tragic, mysterious voyage. Pay respects to the trio, explore artefacts left by Franklin searchers, and marvel at what it was like for Englishmen to live and die here, so distant from the only world they knew.



### Witness the crafting of Inuit art in famously creative Kinngait

Welcome to the epicentre of Inuit art! Long called Cape Dorset, this community recently renamed itself to an Inuktitut name, Kinngait, referring to the weathered mountains that dot the surrounding Baffin Island land-scape. That environment, and the creatures and traditions nurtured there, have inspired generations of local printmakers and carvers, many of whom have achieved global fame. Meet them in their studios, watch them work their magic, and have a chance to purchase their outstanding creations.



## See icebergs bigger than you ever imagined—all while sipping a latte

Ilulissat means "icebergs." The name says it all. Beside this renowned town of 4,700 people is Sermeq Kujalleq (Jakobshavn Glacier), the busiest glacier in the Northern Hemisphere, spewing 20 billion tonnes of ice per year into the local waterfront. Appropriately, this is a UNESCO World Heritage Site, not to mention Greenland's top tourist attraction. Tour amongst the skyscraping bergs by Zodiac (often accompanied by humpback whales!), peruse the local museums and shops (sealskin chic!), and dine on distinctive Greenlandic fare. (Muskox burgers anyone?).





The Sordid and Swashbuckling Journeys of Martin Frobisher, Pirate of the Arctic

By **Aaron Spitzer** 

early 450 years ago, English mariner Martin Frobisher vowed to discover the Northwest Passage, proclaiming it "still the only thing left undone whereby a notable mind might be made famous and remarkable."

Soon after, he pointed his bow north. He would indeed become famous—but also infamous. As the first European to explore in Canada's Arctic, Frobisher left behind a legacy of daring achievements, but also of killings and kidnappings, vanished crewmen, the first polar gold mine, entanglement in a notorious stock scam, and a failed attempt to establish the first English settlement in the New World.

This is the tale of the pirate of the Arctic.

### **Frobisher's First Expedition**

Frobisher didn't intend to become the pirate of the Arctic. He was trying to go straight. After a lifetime spent as a privateer, seizing French and Spanish ships and being repeatedly imprisoned, he finally had honourable work. Bankrolled by a consortium of merchants, including his principal backer, Michael Lok, he was commissioned to reach the riches of Asia by sailing over the top of North America.

In 1576, he set out with three tiny ships and thirty-four men. Other explorers had sought a passage via the Saint Lawrence and along the coast of Labrador. Frobisher would try farther north. One of his ships sank, the second turned back, but the third endured. In late summer, Frobisher spied a "greate gutte, bay, or passage," which he claimed was the gateway to the Orient. He sailed into it, naming it for himself— "Frobisher's Streytes." It is now, of course, Frobisher Bay on southern Baffin



Drawings of the people who Frobisher called Egnock and Nutioc (in the hood of the amauti, above) and Calichough (below), created by John White, circa 1585-1593







Iqaluit, Nunavut from above

Island, though the city which once shared this moniker was renamed *Iqaluit* ("place of many fish") in 1987.

He poked around, seeking a way through the maze of islands that choke the bay. Mementos were collected "in token of Christian possession," including a black stone "as great as a half-penny loaf." In late August, Inuit visited the ship. They were offered English food and wine, which they detested, but eagerly traded sealskin garments for bells and mirrors. A few days later, five crewmen took the ship's only landing craft to visit these Inuit on shore. The crewmen were never seen again. Frobisher presumed they'd been captured; according to Inuit oral history, the crewmen defected.

Frobisher waited for two days, unable to land, frantically blowing trumpets and firing cannons. When an Inuk kayaked to the ship, he was taken hostage. On August 25 Frobisher

headed back to England. There, the Inuk—whose name Frobisher never recorded—quickly sickened, died, and was buried at St. Olave's Church in London. The black rock was assayed and alleged to contain gold. Frobisher's key promoter, Lok, raised funds for a return journey—this time for mining; the Orient be damned.

### The Second Expedition

Frobisher's 1577 expedition numbered 120 men in three larger ships. By mid-July, he was back in his eponymous bay. He collected 200 tonnes of ore at a place he called Countess of Warwick's Island. (Ever since, Inuit have called the island *Kodlunarn*, meaning "white people.") He also searched for the missing crewmen from the year before. There was no sign of them, but Frobisher did find a dead narwhal, which, after testing its magical properties by

inserting spiders in the horn, he proclaimed a "sea unicorne."

Frobisher also engaged in confusing interactions with the locals. With some Inuit, he traded. To another group, he entrusted a letter to be delivered to his missing crewmen. With others still, he clashed.

In one skirmish, five or six Inuit were apparently shot dead, and Frobisher was wounded in the buttocks by an arrow. When crewmen encountered an old woman, they suspected her to be a witch, so removed her boots to check for cloven hooves. Three Inuit hostages were taken: a man, whose name they recorded as Calichough; an unrelated woman, Egnock (probably *Arnaq*, a name that also means "woman" in Inuktitut); and her child, Nutioc (presumably *nutaraq*, meaning "baby" or "infant"). Then Frobisher sailed home.

These imprisoned Inuit were the talk of England. Calichough displayed his kayaking and hunting skills, spearing ducks in Bristol Harbour. But unsurprisingly, he and Egnock were despondent, the latter often singing mournful dirges. Then, as with the anonymous Inuk the previous year, they sickened and died.

Meanwhile, the ore was deemed worthless. Lok convinced investors that Frobisher had simply mined in the wrong place. A third Arctic journey was organized.

### The Third and Final Expedition

Frobisher's expedition of 1578 was the biggest yet: fifteen vessels carrying 400 men, nearly 150 of whom were miners. He also carried prefabricated buildings, with the intention of leaving men in the Arctic to continue mining throughout the winter. He set sail on May 31. Landing briefly in Greenland, Frobisher claimed it for the Queen, naming it *West England*.

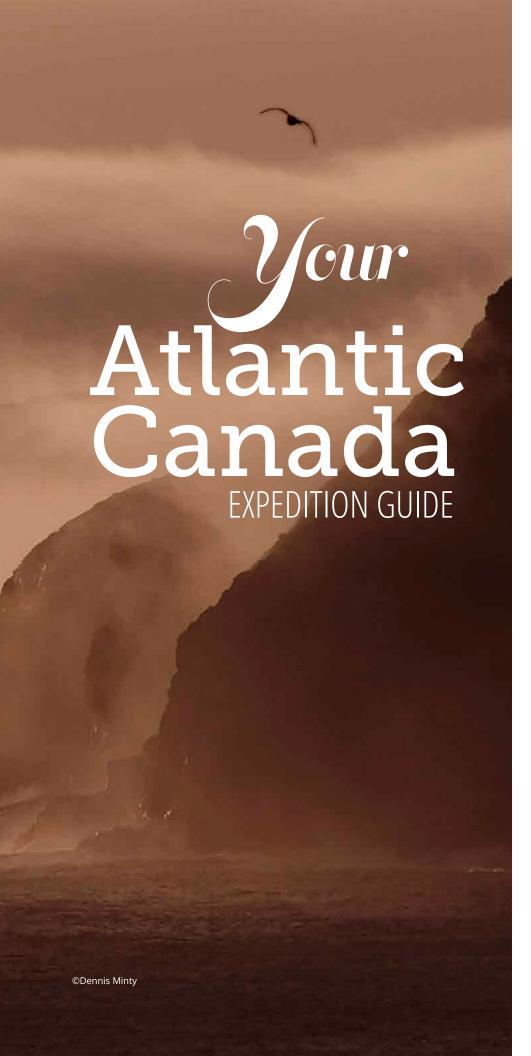
Then, along the south coast of Baffin, the



Frobisher Bay from above

flotilla spent weeks battling the ice. One ship was crushed and sank—the one carrying the prefabricated buildings. Mining did not commence until August. A great amount of ore was mined—1,100 tonnes, from several sites not far from Countess of Warwick Island. Frobisher sought to capture more Inuit, but by then the locals were understandably wary. To guard against them, Frobisher had a watchtower constructed—the first English building in the new world. When it was discovered that the expedition's beer had gone bad, Frobisher decided to return to England, setting off on the first of September.

It would be Frobisher's last Arctic journey. When he reached England, the ore was offloaded at a specially constructed smelter. Only the tiniest flecks of gold were extracted, a result deemed "verye evill." The stone was worthless hornblende. Michael Lok blamed Frobisher, publishing an account of the captain's "sclanderous clamors." Frobisher hit back and came out on top. Lok spent time in debtor's prison. Frobisher went on to further nautical work, including for Sir Francis Drake. In 1588, following Frobisher's role in repelling the Spanish Armada, the pirate of the Arctic was knighted. He died in 1594.





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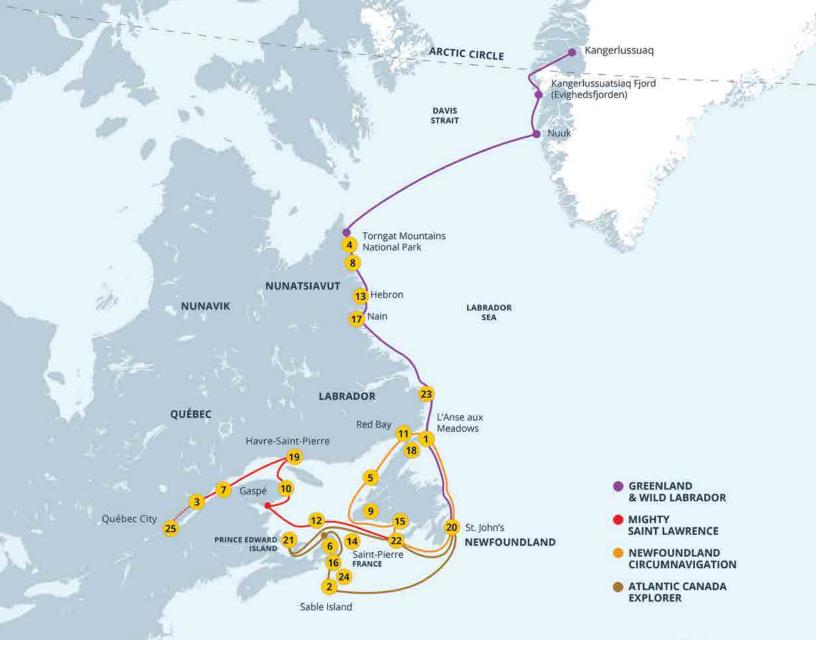
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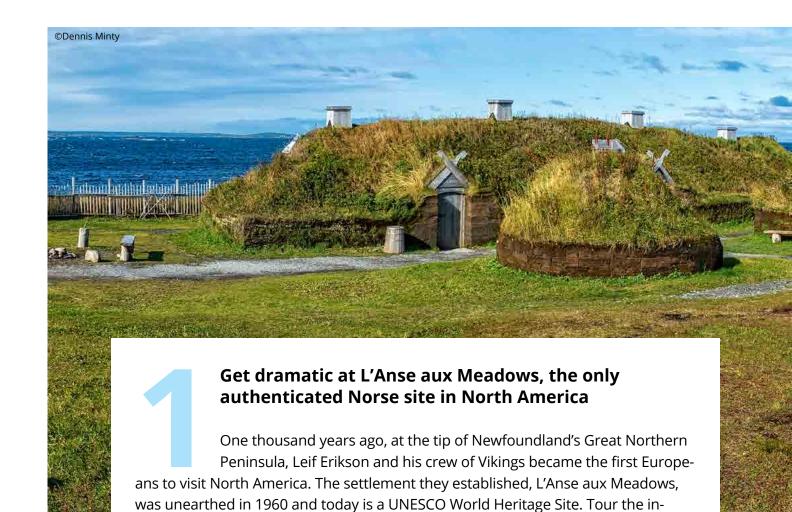
Recording the Stories of Nunatsiavut:
Archaeology, Traditional Knowledge, and the Future

LENA ONALIK



# Atlantic Canada's **Top Twenty** Experiences

Atlantic Canada is a crossroads of creatures, traditions, and stunning sights. Along these fabled waterways, humpbacks leap from the waves while gannets plunge into the sea, and icebergs from the Arctic glide past while wild horses dash over sand dunes. The rich music, art, cuisine, and heritage of Québécois, Mi'kmaq, Acadians, Inuit, and Newfoundlanders intermingle.



triguing interpretive centre and then visit the reconstructed Scandinavian-style sod buildings, where staff in period costume re-enact and explain what life here was like



for those pioneering Norsemen.

remote Sable Island

Endless beaches.
Eerie fog. The world's largest grey seal colony. And stallions gal-

Run wild on

seal colony. And stallions galloping the dunes. Sable Island, an isolated sandbar as long as Manhattan but barely a kilometre wide, is a marvel to explore. Cruise its coasts, stroll its saltmarshes, witness its rare animals, and learn about its lore, including five centuries of haunting shipwrecks.

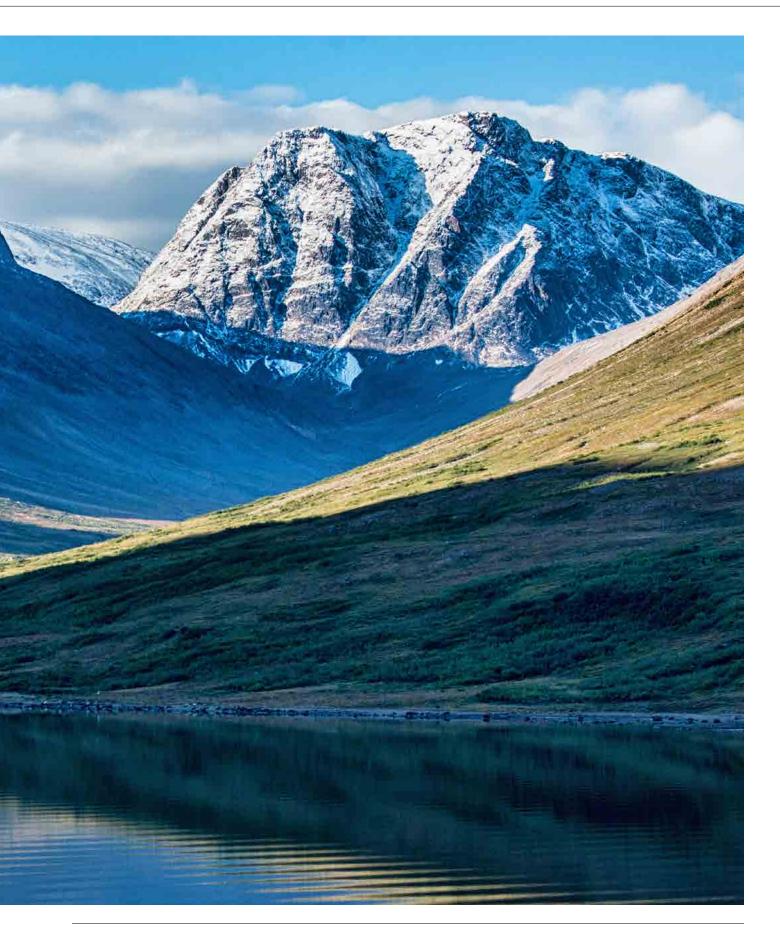
# Torngat Mountains National Park: A Treasured Gift to Canada

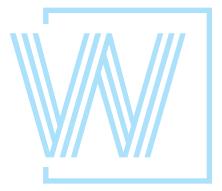
By **Dennis Minty** 

One of Canada's least-travelled coastlines, northern Labrador is more than just an adventurer's paradise. It is the Inuit homeland of Nunatsiavut, steeped in history, culture, geology, and wildlife. Learn why you should add the Torngats to your must-do travel list!



©Dennis Minty





e are deep inside Nachvak Fjord, a finger of the sea extending far inland, surrounded by sawtooth mountains veiled in snow. Whales and mountains, polar and black bears,

caribou and wolves, northern lights and icebergs—all converge here within the deeply sacred heart of the Labrador Inuit homeland. Although there are green valleys between the summits, there are no foothills here—the Torngat Mountains surge up from sea level to a height of over 1600 metres.

Armed Inuit bear guards in florescent orange vests stand sentry while we explore the glowing land and coastline. A radio message alerts the expedition team and the bear guards that a polar bear has been spotted swimming across the fjord towards us. In unison, the bear guards start closing the circle and herding people back to the landing site. There is no panic, just orderly movement, as two guards take up a position between the bear and the waiting Zodiacs.

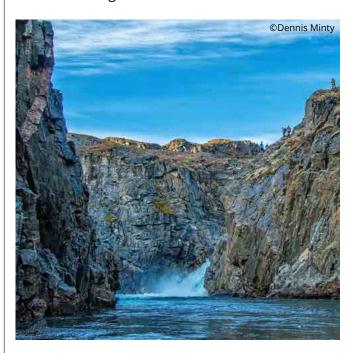
All is good—we are just giving way to the bear. After all, it belongs here. We are only transients. Everyone is safely back on the ship by the time the bear makes its landfall, and we get a chance to observe it from a safe distance. That's what expedition travel is about: immersion, respect, learning, sharing, excitement, and lifelong memories.

### A Gift to Canada

Torngat Mountains National Park came into being as part of the 2005 Labrador Inuit Land Claims Agreement, which established a 72,500 square kilometre region of Inuit land known as Nunatsiavut, an area roughly the size of New Brunswick. The 9,600 square kilometre national park is within this area.

The agreement, signed by William Anderson III on behalf of Inuit living in Labrador (who call themselves *Nunatsiavummiut* or *Labradormiut* in the Inuttut language), was an historic milestone resulting from twenty-eight years of negotiation. It provided Inuit with a level of self-government, clearly defined rights, as well as governance over land, waters, and sea ice in northern Labrador.

By establishing the park within their territory, Nunatsiavummiut essentially made a gift of the Torngats to the rest of Canada and the world. Many see it as a portal for the better understanding of Inuit culture.



### **Eclipse Channel**

A still morning in Eclipse Channel is paradise. Here at the northerly end of the park, the mountains are a bit more subdued, more rounded, and less jagged than further south, but they will no less impress you. Curious bearded seals break the surface of the glassy



water and investigate the hubbub of Zodiacs filling with people. Those with the keenest of eyes (or the best binoculars) can spot the nest of a peregrine falcon on the cliffs above.

A short ride into the sound brings you to a steep-sided incision through the rocks with a swift current flowing out, the mouth of the Eclipse River. It meanders down from higher ground near the border of Québec and Labrador to a sizeable lake on the last step above sea level. From there, the mountain river tumbles down a magnificent waterfall and into a narrow channel about one kilometre long and barely wide enough for two Zodiacs to pass by one another. In a careful convoy everyone gets a breathtaking view of the boisterous falls.

### **Nachvak Fjord**

Power. Serenity. Humility. The breath of the Torngat spirit. That's what you feel as you sail

up the long, glacially carved Nachvak Fjord. About two kilometres across and twenty kilometres long, it splits into two smaller fjords—Tasiuyak to the west and Tallek to the south. The highest peaks of the Torngats are in this area, including Mount Caubvick (1652 metres), the highest point in mainland Canada east of the Rockies.

These cathedrals of stone create a spirited place. In fact, the word Torngat is derived from the Inuttut word *tongait*, meaning "place of spirits," where Inuit shamans travelled to connect with higher powers. It is not hard, even for a visitor, to feel the power of the place.

Often, we find polar bears here—hanging out and catching seals. In fact, locals report a general increasing trend in polar bears spotted in the area. This is one of the few places in the world where both black bears and polar bears are found in the same region.

### **Ramah Bay**

To land in Ramah Bay on a fine September day, when the first snows powder the peaks, has got to be one of life's finest moments. The tundra colour is simply unbelievable—we find the velvety magenta of Arctic blueberry leaves, coppery orange of dwarf birch, golden yellows of willow and tamarack, and brilliant scarlet of bearberry and fireweed.

The greens of Labrador tea, willows, and mosses; the burgundy partridgeberries and dusty blue blueberries; and the soft swaying gold of dune grass on the flats are all punctuated by more subdued lichen-covered rock under a cerulean sky. On these colourful slopes and down through the valleys, caribou roam, black bears forage, and polar bears wait for the freeze-up. Above, gyrfalcons, peregrines, and snowy owls scout for Arctic hare, ptarmigan, and lemmings. If the subarctic can feel lush, it does so here.

In 1771 a group of Moravians based in London and led by Jens Haven, a missionary from Greenland, came to Labrador, with the sanction of the Governor of Newfoundland.

Hugh Pallister, to establish missions along the coast of Labrador. The remains of one of their missions, established in 1871, are found on the grassy flats of Ramah Bay near the shoreline.

### Saglek Fjord

The southern boundary of the park is at Saglek Fjord. Kangidluasuk (St. John's Harbour) on the south side of the bay outside the park is the site of Base Camp, a research station and hub for Parks Canada's visitor operations. Within the park there are no designated trails, roadways, signposts, or campsites. Most access, whether by boat, air, or foot, begins here and, if travelling under your own power, an Inuit bear guard is strongly recommended.

Five sizeable islands exist near the mouth of Saglek Bay, and each has important archaeological sites showing occupation as early as 4500 BCE, representing the Maritime Archaic tradition as well as later pre-Inuit cultures. Sallikuluk (Rose Island) had more than one hundred grave sites that were excavated by Memorial University archaeologists in the 1970s. The artefacts were removed and held by the pro-



vincial museum until 1995, when most were returned for reburial at the site. Some remains were overlooked until 2011; during a momentous and emotional ceremony, they were returned for reburial. Through the Labrador Inuit Land Claims Agreement, the Nunatsiavut Government is now the archaeological permitting authority in the region.

With its cliffs rising to 1100 metres, looks like the spectacular work of a geological artist. This magnificently layered rockface, folded by immense pressure, is

part of a geological zone known as the Ramah Group. These sedimentary rocks are about 1.9 billion years old and originally formed as clean quartz sands interbedded with muddy layers in an ancient shallow sea. During the folding, the sandstones became recrystallized into quartzites, now seen in the lighter coloured layers.

These very pure quartzite rocks were ideal for stone tools made by Indigenous peoples of the region, among the most distinctive stone artefacts found in archaeological sites throughout eastern North America. The rocks underlying and adjacent to the layers of the Ramah Group are mostly unstratified gneisses, some of which are dated at 3.9 billion years old—the oldest in Labrador and among the oldest rocks in North America.

### **Inuit Footprints**

Almost everywhere you can walk within the Torngats has been walked for millennia by Inuit and their ancestors. The place of spirits might feel like a vast, empty wilderness, but it has a peopled history. The marks left are light and require a keen eye to detect—tent



Maria Merkuratsuk and Charlotte Edmunds tend to a qulliq.

rings, stone fox traps and food caches, burial mounds, Thule house remains, and *inuksuit*. It may appear as one of the last untamed and unspoiled places on earth—but more than that, it is Inuit homeland, part of Nunatsiavut. And it is treasured.

Beyond the park, the northernmost community in Labrador is Nain, over two hundred kilometres to the south. From there, many locals travel north with the seasons back into the heart of the Torngats, where Inuit once lived year-round, harvesting the resources of the land and sea, and warming themselves in the evenings around the light of a *qulliq* (seal-oil lamp).

So important is the qulliq that it is the centrepiece of every Tunngasugitsi welcoming ceremony on Adventure Canada expeditions that travel within Inuit homelands, when Inuit expedition team members open their hearts, tell their stories, and embrace us—the visitors—in the hope that it will open our minds to who they are and what they value. We have so much to learn. Their gift is great.







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# How to Have a Splash (While Staying Safe and Dry!) on a Zodiac Excursion

Although life aboard is delightful—with amazing entertainment, meals, camaraderie, and learning—it's when we leave the ship that the true adventure begins. Here's a handy guide to get you excited and prepared for Zodiac travel. (Don't worry—we'll walk you through these procedures many more times on your journey!)



### Be Weather Wise

Almost everywhere along an expedition through Arctic or Atlantic Canada, conditions can be, well—invigorating! Before joining, you'll receive a list of recommended and required warm and wet-weather clothing to bring along. Once you're aboard the ship, we'll issue you appropriately sized rubber boots and a lifejacket. Then, before each daily excursion, we'll update you on the weather and suggest how you might want to dress.



### Get Geared Up

While you can certainly keep your outerwear in your cabin, most guests avoid the clutter by utilizing our warm, well-ventilated mudroom where you'll have your own locker. You can gear up there before each excursion, and afterwards you can hang your stuff to dry. To avoid crowding, we'll call you to the mudroom by your

pre-assigned colour group—yellows first today, greens first tomorrow, and so on. Don't forget your camera, binoculars, and cabin key card!



### Gangway!

Once you're booted and suited, head for the gangway to transfer into the waiting Zodiacs. At the

adjacent computer station, scan out with your cabin key card so we know you're off the ship (and be sure to scan in when you come back aboard!). Mind the friendly expedition team members at the gangway, who will check your lifejacket and let you know when you can safely board the Zodiac.



### **Zodiac Boarding**

Zodiacs are inflatable landing crafts powered by an outboard motor. Accommodating up to ten guests and piloted by a trained driver, the crafts are safe, durable, and maneuverable. But they do take some getting used to. The first step is getting from the ship into the Zodiac, which requires care, especially in wavy conditions. When instructed, descend the gangway, gripping the railings. Your Zodiac driver will extend a hand and the two of you

will do the "sailor's grip," locking wrist-to-wrist. When you get the OK, step into the Zodiac. Sit as quickly as possible on the pontoon. Finally, while still seated, slide to the position the driver suggests.



### Setting Off

When your Zodiac is fully loaded, your driver will cast off from the ship. A quick safety lecture will follow the first few times you disembark. You'll learn the whereabouts of the craft's safety equipment: the paddles, emergency beacon, spare fuel tank, and so forth. You'll be reminded to never stand up in the boat unless you have the driver's permission. It's best to keep your backpack at your feet, to be sure nothing is dangling over the side, and to keep any water-sensitive equipment safe from the waves and spray. You can always hang on to the ropes for extra comfort and security. Now you can enjoy the Zodiac adventure—exploring remarkable geology, scenery, and animal life!



## Play Nice with Ice

Ice cruising is among the coolest activities to do in a Zodiac.

When dazzling bergs float around Newfound-land's Iceberg Alley or when we're cruising past incredible Arctic glaciers, we'll often load up the Zodiacs and take you for a spin. Caution is essential. Your driver will keep a safe distance from the ice, just in case it decides to topple. (Remember that we only see 10% of an iceberg's true size above the surface!) They will also maintain an escape route by which to beat a hasty retreat. That way, if a big splash is approaching, you can focus on getting great video and not on preparing to swim.



### Have a Whale of a Time

If you've never seen seals play hide-and-seek in the pack ice, been startled by the eerie blow of a bowhead, or watched a humpback leap and frolic, you haven't fully lived. Marine mammal encounters are a highlight of Zodiac excursions. For the sake of these remarkable animals, we follow strict protocols. Your driver will never approach closer than one hundred metres from a whale, will make sure it never feels surrounded, and will leave the motor running so it can always hear where the Zodiacs are. If it approaches us, well, that's OK—you'll have the encounter of a lifetime!



### See Soaring Sights

Almost everywhere we travel, seabirds abound—gobbling fish in ecologically rich waters, circling above the ship, or gathering at breeding colonies by the hundreds of thousands. Many of these colonies occur at geologically fascinating caves, cliffs, and rock formations. We'll often have a chance to tour these by Zodiac, marvelling at the cacophony of sights, sounds, and smells. (Hey, it's all part of the experience!) As with whale encounters, we always follow the rules: keep a respectful distance, go slow, and stay as quiet as possible so as not to spook the parents off their nests.



### From Boat to Shore

There are two kinds of Zodiac landings: dry and wet. Dry landings are at a convenient jetty; wet means there's no dock available. On wet landings, your driver will nose the Zodiac

as near to shore as possible—but almost inevitably, you'll be disembarking into shallow water. Hence the rubber boots and waterproof pants! When instructed, slide forward to the Zodiac's bow, then rotate your feet back toward the motor and swing them out over the water. Next, having locked wrists with a member of the shore team, step through the surf to dry land. To re-board the Zodiac, you'll do the same procedure in reverse.



### Back to the Ship

Once our outdoor fun is done, we'll get you back aboard the ship—safe, smiling, and full of tales to tell. As your driver nudges the Zodiac up to the ship's gangway, be sure to keep your body and possessions well inside. Crew from the ship will catch the Zodiac. Stay seated there could be a bit of a bump. Once the Zodiac is tied off, your driver will begin unloading, slowly and steadily, one guest at a time. When your time comes, do the sailor's grip with the driver and crew members. At their order, step from the Zodiac to the gangway, then proceed carefully back inside. Be sure to scan back in with your key card! Then ditch your outerwear in the mudroom, grab a hot cocoa (or a Scotch), and celebrate a day well lived.



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#### TO BOOK DIRECTLY

Please call us at **+1 800 363 7566** or download and submit the registration form at our secure site **advcan.ca/book** 

### **BOOK VIA YOUR TRAVEL ADVISOR**

Call your Travel Advisor for more information on how to book a trip.

SPECIAL THANKS TO OUR PARTNERS





















































































