NUNATSIAVUT

Visitor Guide 2026

DID YOU KNOW?

Nunatsiavut is home to some of the oldest rocks ever found on Earth. Researchers found one of the rocks dated back 3.92 billion years!
The planet itself is only 4.5 billion years!

Cover photo: Becken Photography. Inside cover photo: Rogier Gruys.

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NUNATSIAVUT

UKausiligijet, IlukKusiligijet Niuggutuligijellu

Language, Culture and Tourism

Welcome to **Nunatsiavut**

Nunatsiavut in Inuttitut means "Our Beautiful Land" and refers to an established land claim region on the north coast of Labrador–the ancestral home of the Labrador Inuit.

The region is 72,520 square kilometres of coastlines, mountains, tundra, and forest. Despite its vastness, the population of Nunatsiavut is just over 2,500 people who reside in the five Inuit communities: Rigolet, Postville, Makkovik, Hopedale and Nain.

Nunatsiavut is far from an empty land. Inuit travel, hunt, fish and gather across the entire region just as their ancestors did for thousands of years. The only thing more memorable than the breathtaking landscapes and seascapes is the welcoming warmth of the people.

Due to its location and its proximity to the Eastern Seaboard and to Europe, Nunatsiavut is no stranger to welcoming visitors from around the world. While it may be seeing more and more visitors each year, the southernmost Inuit homeland remains largely a secret to the outside world. The hidden treasures of its natural beauty and rich cultural life are certain to leave an unforgettable impression on everyone who is fortunate enough to visit.

DID YOU KNOW?
Nakummek (nah-koo-mek) means thank you in Labrador Inuttitut.

Planning **Your Trip**

While not connected by road networks, communities within Nunatsiavut are easily accessible, with regular year-round Twin Otter flights from Happy Valley-Goose Bay in central Labrador, seasonal marine services during the summer and fall, and winter snowmobile access along hundreds of kilometres of groomed trails.

Flying

The fastest way to reach one of Nunatsiavut's five communities is by air from the Town of Happy Valley-Goose Bay. If you're used to flying by jumbo jet to resort destinations, prepare for a surprise as you board a Twin Otter, operated by Air Borealis,destined for a gravel runway. While the seating may be tight, the view out the windows as you fly over Nunatsiavut is unforgettable.

Air Borealis is the only airline operating in Nunatsiavut, but Happy Valley-Goose Bay is home to Labrador's largest airport.

Driving to Happy Valley-Goose Bay

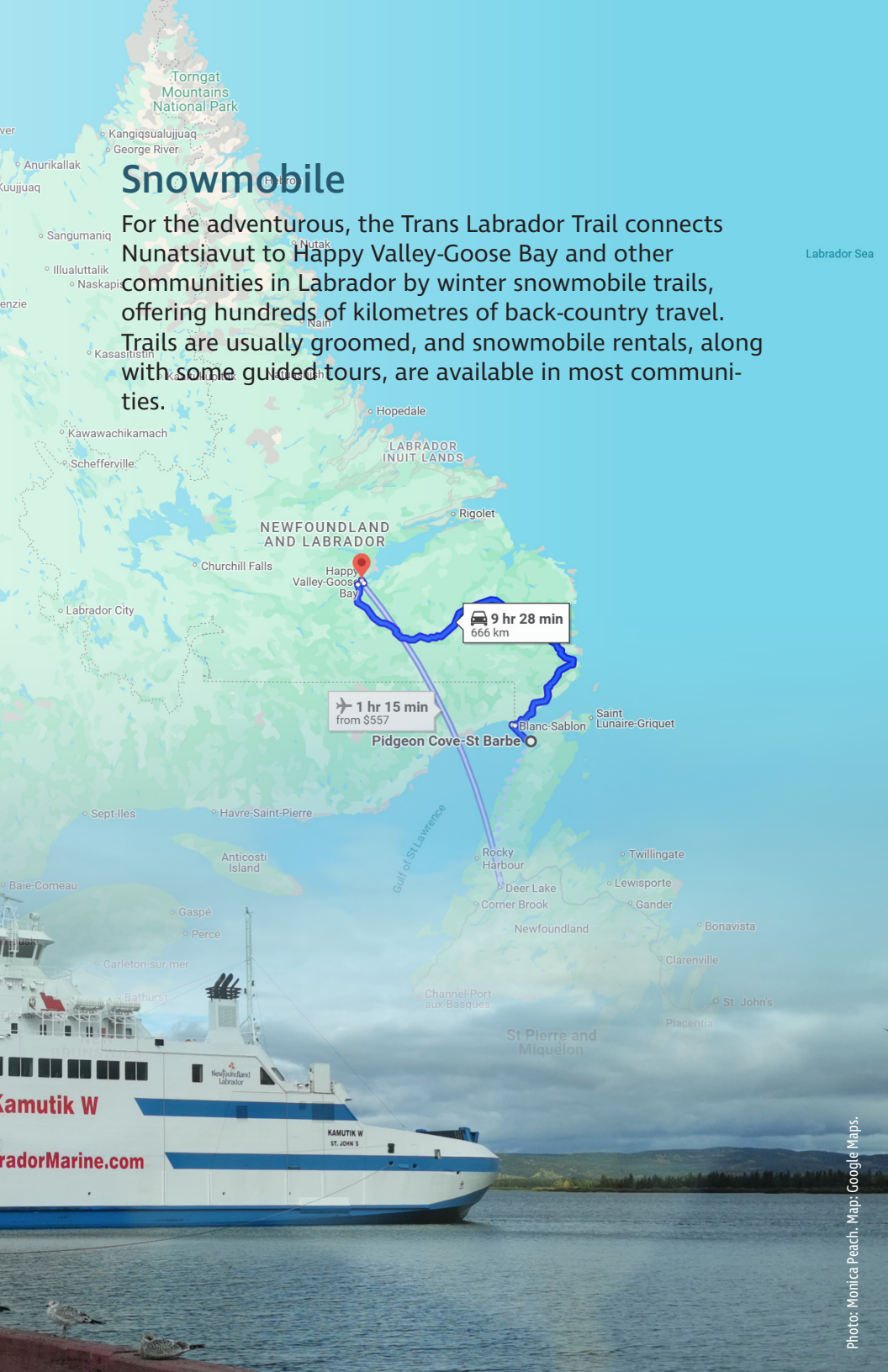
Connecting with Route 389 at the Quebec border, the Trans Labrador Highway stretches 543 km to Happy Valley-Goose Bay in central Labrador. Route 510, also known as the Labrador Coastal Drive, connects Happy Valley-Goose Bay with communities in southern Labrador and the Island of Newfoundland.

Please check weather conditions before you begin your journey over the Trans Labrador Highway. For information on local road conditions visit 511nl.ca.

Ferry

From late-spring until late-autumn each year, Labrador Marine operates a ferry and freight service from Happy Valley-Goose Bay to all Labrador Inuit communities. It takes several days to travel up the coast stopping in all ports, including the Innu First Nation community of Natuaushish, but the views and friendly passengers travelling make memories that will last a life time.

Stop times between communities will vary. Please visit the Labrador Marine website for more information.



Snowmobile

For the adventurous, the Trans Labrador Trail connects Nunatsiavut to Happy Valley-Goose Bay and other communities in Labrador by winter snowmobile trails, offering hundreds of kilometres of back-country travel. Trails are usually groomed, and snowmobile rentals, along with some guided tours, are available in most communities.

Photo: Monica Peach. Map: Google Maps.

What to **Expect**

It can be incredible coming to Nunatsiavut for the first time. Whether arriving via thousands of kilometres of rugged terrain, or by cold waters, tiny settlements become visible along the coastal hills and grow upon approach. Straddling the tree line, some communities are found in lush forest that stretches beyond the horizon, while some are nestled into rocky shores littered with a few brave spruce trees that have struck their claim in patches. It's not the same type of flat rocky terrain found in the high Arctic, nor is it the gentle rolling green hills found further south in the Maritime provinces. Instead it is a landscape that is unique. It is where the forests and the barrens meet, where north meets east.

Photo: Rogier Gruys.

While Nunatsiavut may be located on the edge of the cold, harsh North Atlantic, the communities are warm and welcoming. There's a distinctive Inuit flair that runs through everything in life: from the language, to the food, to the music, to the beautiful arts and crafts. Inuit culture is a point of pride for everyone in Nunatsiavut.

All of Nunatsiavut's communities are traversable by foot, but don't be surprised if someone stops and offers you a ride in their car, snowmobile or all-terrain vehicle. The gravel roads in towns are not normally plowed in winter, and everyone switches from cars, trucks and ATVs to snowmobiles.

Culture

Populations here vary from a couple hundred residents in Postville, to just over 1,062 living in Nain. Most people in Nunatsiavut speak English as a first language, but efforts are being made to revitalize Inuttitut throughout the region. The English spoken here is unique to itself, peppered with Inuttitut words and a hint of East Coast flavour.

As you explore the communities, expect to see Labrador Inuit in their daily lives, preparing firewood, hanging laundry, drying fish, and more. Turn a corner and see sled dogs tied up outside of homes waiting for their next run. Down the street you'll encounter hunters returning with food to share with the community. Or perhaps you will see a massive hide laced in a frame leaning up against a house to dry in the sun.

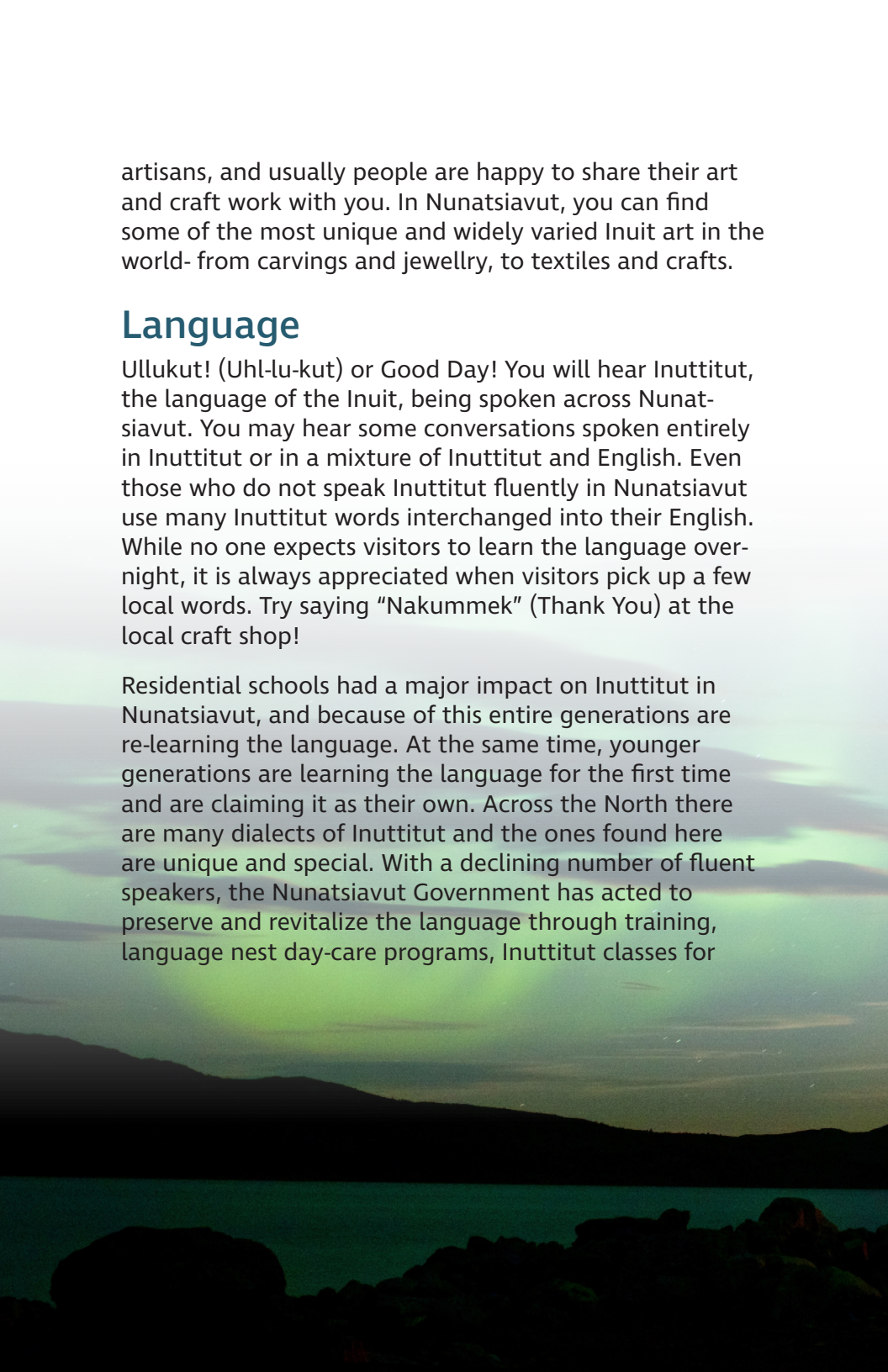
Communities with roots deeper than the forests are the core of Nunatsiavut. Each community is home to many

artisans, and usually people are happy to share their art and craft work with you. In Nunatsiavut, you can find some of the most unique and widely varied Inuit art in the world- from carvings and jewellry, to textiles and crafts.

Language

Ullukut! (Uhl-lu-kut) or Good Day! You will hear Inuttitut, the language of the Inuit, being spoken across Nunatsiavut. You may hear some conversations spoken entirely in Inuttitut or in a mixture of Inuttitut and English. Even those who do not speak Inuttitut fluently in Nunatsiavut use many Inuttitut words interchanged into their English. While no one expects visitors to learn the language overnight, it is always appreciated when visitors pick up a few local words. Try saying “Nakummek” (Thank You) at the local craft shop!

Residential schools had a major impact on Inuttitut in Nunatsiavut, and because of this entire generations are re-learning the language. At the same time, younger generations are learning the language for the first time and are claiming it as their own. Across the North there are many dialects of Inuttitut and the ones found here are unique and special. With a declining number of fluent speakers, the Nunatsiavut Government has acted to preserve and revitalize the language through training, language nest day-care programs, Inuttitut classes for



grade school, Labrador Inuit, and other programs. One of the leading forces in maintaining the presence of Labrador Inuttitut is the OKâlaKatiget Society, which broadcasts daily news and events in Inuttitut and English.

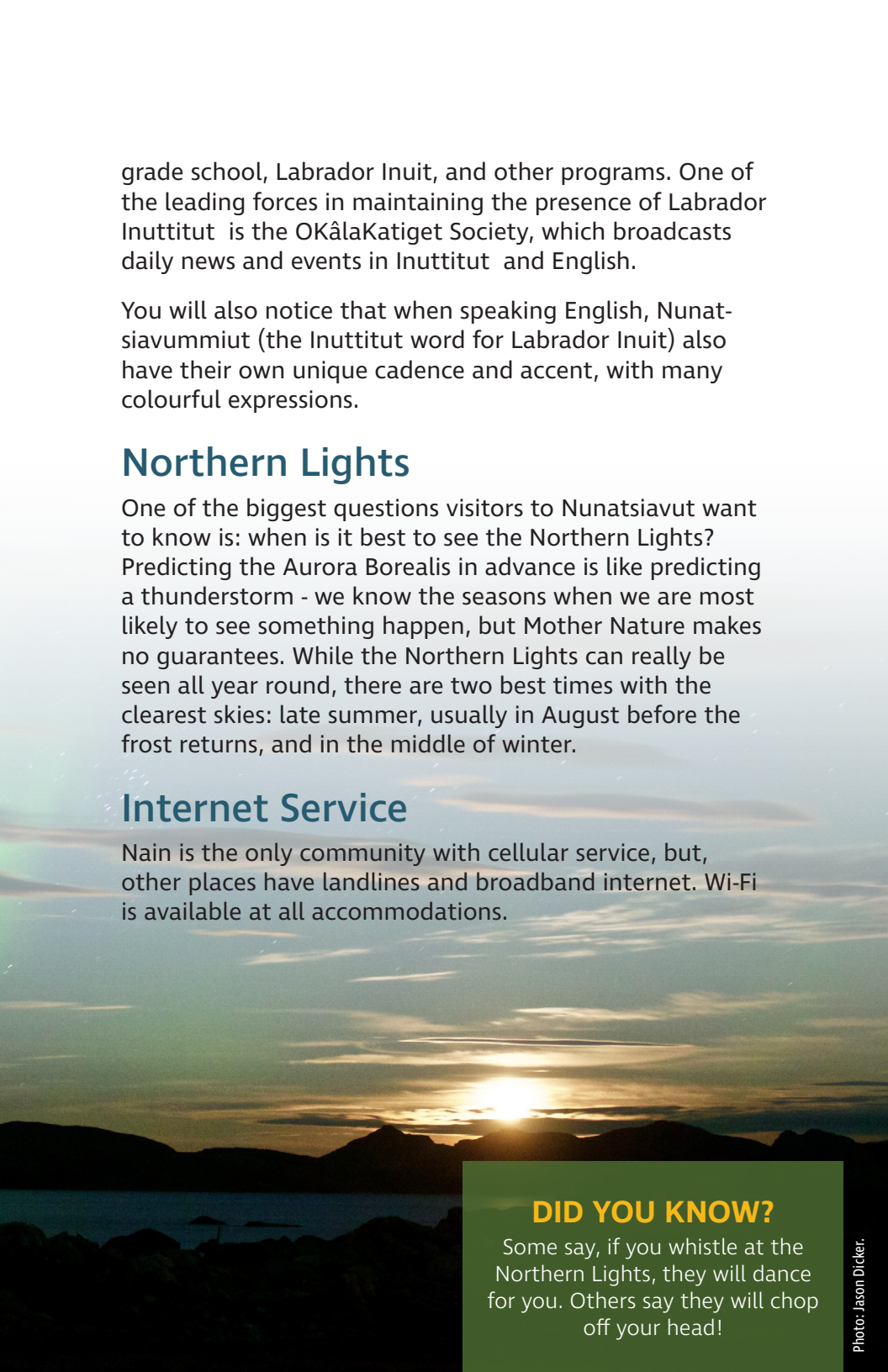
You will also notice that when speaking English, Nunatsiavummiut (the Inuttitut word for Labrador Inuit) also have their own unique cadence and accent, with many colourful expressions.

Northern Lights

One of the biggest questions visitors to Nunatsiavut want to know is: when is it best to see the Northern Lights? Predicting the Aurora Borealis in advance is like predicting a thunderstorm - we know the seasons when we are most likely to see something happen, but Mother Nature makes no guarantees. While the Northern Lights can really be seen all year round, there are two best times with the clearest skies: late summer, usually in August before the frost returns, and in the middle of winter.

Internet Service

Nain is the only community with cellular service, but, other places have landlines and broadband internet. Wi-Fi is available at all accommodations.



DID YOU KNOW?

Some say, if you whistle at the Northern Lights, they will dance for you. Others say they will chop off your head!

Photo: Jason Dicker.

Most communities have ATM machines, and all have a store where you can take out cash through debit. Many communities have craft shops that sell local clothing, carvings, and jewellry; and most have a restaurant or take-out, a hotel and/or bed and breakfasts.

Clothing

If you look in the closet of the average home in Nunatsiavut you will see clothing for all kinds of weather. People here don't let a little wind chill slow them down. Among the lovingly hand-crafted pualok (mitts), nasait (hats), parkas, boots and more, you will see a multitude of coats and jackets: for rain, snow, deep cold, wind breakers, and yes, even mesh bug jackets. This makes sense as temperatures range from low to mid-20 degrees Celsius in the summer into the minus 40s and 50s with the windchill in winter. Labrador Inuit communities cling to the North Atlantic Ocean which means weather can change quickly and without warning. Be prepared for a variety of weather patterns during your visit, no matter the season.

Photo: Rita Ann

Seasons

Winter is a time for snowmobiling, dogsledding, ice fishing, snowshoeing, skiing, and other sporting and outdoor activities. Temperatures can drop as low as -50 °C with the windchill, so always dress accordingly or stay indoors if it's too cold. When it's not at its coldest, expect either lots of snow or intense sunshine with giant blue skies. With all the possibilities opened up by travel over snow and ice, there is no shortage of things to do and places to see!

Spring brings with it what we call "Large Labrador Days" as the majestic blue sky seems to dwarf the landscape below. Temperatures become more hospitable, around -5 to -10 °C, sometimes even peaking above zero in the sun. It can take months for all the snow and ice to melt as the temperature begins to climb above freezing again with greater frequency. You can tell who in town has come back from hunting and fishing because of the imprinted tan lines of sunglasses on their faces. This is the best time of year to ice fish.

In the summer, be prepared for day-time temperatures comfortably between 15 and 25 °C. Be sure to bring insect repellent or mesh insect netting if you plan on walking inland or away from the communities. The days are long and the nights are short, with close to 18 hours of sunlight in the summer, but less than seven hours of daylight in the winter. Most communities host summer festivals during this time when the ferry begins to run again, usually around early July, after months of sea ice giving way to warmer temperatures.

Fall brings with it changing colours. In southern Nunatsiavut, birch and tamarack trees turn a vibrant yellow contrasting with the forests of spruce and pine. Across Nunatsiavut marshlands and mosses turn deep reds, browns and oranges. Temperatures tend to hover around the freezing point, dipping below at night, and sometimes reaching up to 10 degrees or the low-teens during the daylight hours. An abundance of berries are harvested for cakes, pies, and jams to enjoy throughout the year. Gun shots can be heard in the distance as hunters participate in the annual duck and goose harvests. The ferries have their last run in late November to early December as the ice along the coast begins to form once again.

Photo: Geoff Goodyear.

Out on the Land and Water

Ptarmigan, grouse, Arctic hare, duck, goose, seal, salmon, smelts, cod, Arctic char, and more! Food is the thread that holds together the fabric of Nunatsiavut communities. Traditional skills of hunting, fishing and gathering are passed down through families, generation after generation, as people of all ages spend time together on the land. The areas surrounding communities are full of stories about hunting, fishing, berry picking, and "going off". Inuit values of community, sharing, and taking care of one another are solidified as hunters and harvesters share in their hauls with Elders and others back in the community. It is always heartwarming to see young children with some of their first catches, eager to share with relatives and demonstrate their skills as hunters.

Traditionally, most Inuit had multiple homesteads to access the food and resources available each season. Many families in Nunatsiavut today still maintain cabins and lodges at long-held summer or spring fishing camps, from locations whose use stretch back since time immemorial. Most communities in Nunatsiavut are located near patches of water that remain open year round. These areas of open water were often rich with fish and animal life. It was these popular hunting spots that missionaries and traders sought out when choosing the location of their outposts. It was these popular locations which would go on to become the five Inuit communities of Nunatsiavut.

If you are interested in fishing within Nunatsiavut be sure to have your provincial fishing license before visiting and reach out to a Conservation Officer or Community Liaison Officer at one of the Nunatsiavut Government buildings to maintain an access permit.

Grocery prices in Nunatsiavut tend to be more expensive than stores in the Canadian South, but it's not as drastic a difference as some places in the Arctic. Expect to be able to find all of your basic staples.

DID YOU KNOW?

The fish plants in Nain and Makkovik are only open during the summer and early Fall. You can purchase freshly caught Arctic Char and Snow Crab.

Photo: Stepping Stones.

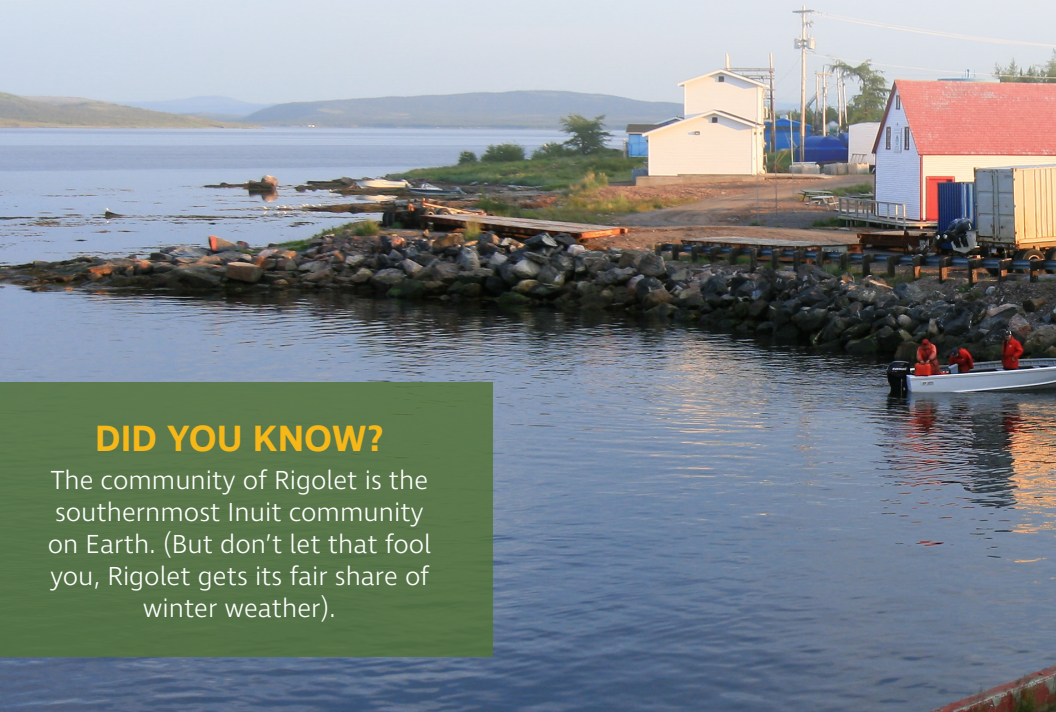
Photo: Samantha J.

Communities

Rigolet

Tucked away in a sheltered cove at the mouth of Lake Melville where cold inland waters meet with the North Atlantic, you will find Rigolet - the southernmost Inuit community on the planet. Surrounded by high mountains and dense forest, it is not the typical location most people think of Inuit inhabiting. Still, when you reach Rigolet, you will immediately see that Inuit culture is alive and well.

Rigolet has always been an area rich with animal life, first attracting Inuit hunters and then European trappers, traders and explorers.



DID YOU KNOW?

The community of Rigolet is the southernmost Inuit community on Earth. (But don't let that fool you, Rigolet gets its fair share of winter weather).

Today, the community is bustling with ambition and creativity. With a population of about 300, residents of Rigolet completed one of North America's longest wooden boardwalks. Spanning over 8 kilometres, it links the community with an archaeological dig site of three Inuit sod houses. Along your walk be sure to keep your eye out for flocks of sea birds or minke whales (known locally as a grumpus).

Lord Strathcona, who drove the final spike into the Canadian Pacific Railway, was once a Hudson's Bay manager in Rigolet. He was said to have had the finest house in all of Labrador. The Strathcona House is an expertly recreated replica of his home where you will find the history and life of Rigolet on display. To learn more about Rigolet's history, particularly its role in the fishing and trapping trades, be sure to stop by the Net Loft Museum.

Photo: Stepping Stones

Things to See and Do

- Explore Rigolet's history and its storied military contributions with a visit to the **Net Loft Museum** and **Strathcona House**.
- Hike alongside forests and the sea on **one of the longest boardwalks** (8 kilometers) in the world.
- Discover the unique tradition of **grass weaving**, and purchase a souvenir of your journey.
- Visit in the spring during the **Tikkiaksaugusik Festival** for days of fun and games.
- Experience Rigolet in the summertime during the annual **Salmon Festival**, which ends off with a community feast of fish.

Photo: Samantha Jacque.

Sinittavik Bed & Breakfast

Rooms are equipped with:
full bathrooms
satellite TV
telephone and;
Wi-Fi
Pick up/drop off service is offered from the airport.
Rooms start at $125 per night.

(709) 947-3459
sandibest@hotmail.com

Makkovik

Inuit lived a nomadic lifestyle for years. When Moravian Missionaries arrived, they established year-round settlements. The missionaries originally tried to settle near Makkovik in 1752, but they were not successful. The town flourished throughout the 1800 however, due to rich fishing and trapping grounds nearby.

Today, Makkovik is home to a remarkable number of artists, craftspeople and musicians. Stop in at the local craft shop to see clothing, crafts, and jewellry made by local artisans, or to purchase a local book or CD. Many community members make and sell clothing, crafts and other items from their homes, so be sure to ask around.

Like all communities in Nunatsiavut, Makkovik is surrounded on all sides by natural beauty. A boardwalk running across the barren above the community offers stunning views of icebergs, sea life, and the Atlantic Ocean.

If you're looking to be inspired, take a stroll along Poet's Path which has been adorned with expressions, poems, hymns and inspirational sayings. The While Elephant Museum, constructed in 1915 as a boarding school, is a registered heritage building. The museum is home to a number of artifacts, writings and recordings that detail the history of Makkovik. However, many will tell you that the most interesting stories from the White Elephant come from the interpreters through the memories and stories they share.

Makkovik is home to the Hotel Makkovik, which also contains a restaurant. There are two grocery stores here, as well as a craft shop.

Photo: Stepping Stones.

Things to See and Do

- Pick up the local community cookbook at the **craft store** and try out some Labrador Inuit dishes!
- Witness community pride, along with all the fun and games at the annual **Makkovik Trout Festival**, held annually in mid-late summer.
- Learn about Makkovik's history and culture at the **White Elephant Museum**.
- Get inspired as you go for a walk along **Poet's Path** or take a stroll on the boardwalk to try and spot icebergs.
- If you're feeling brave arrange a hike up **Makkovik Hill** and enjoy the view.
- Stroll along the water front along **Moravian Street**. During the summer months chances are you will run into a fisherman cleaning fish or making pitsik.
- Celebrate the coming of Spring with an evening of music, food, and laughter at the **Makkovik Jamboree**.

Photo: Stepping Stones.

Hotel Makkovik

Rooms are equipped with:

satellite TV

telephone and;

Wi-Fi.

Restaurant and laundry services on site.
Pick up/drop off service offered from the airport.

Rooms start at $175 per night.

(709) 923-2389

hotelmakkovik@hotmail.com

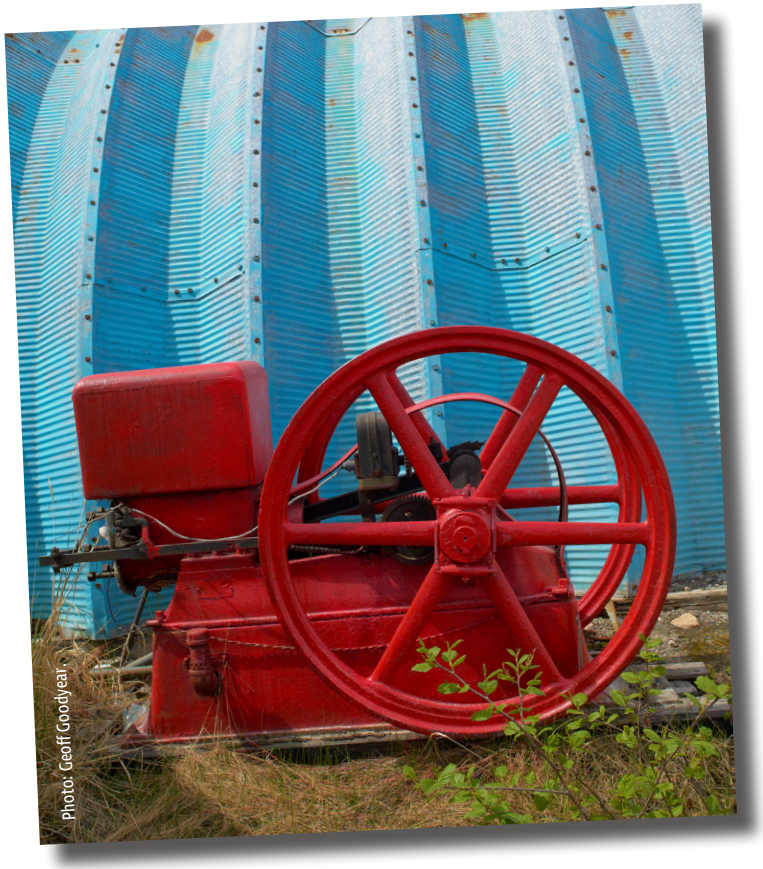
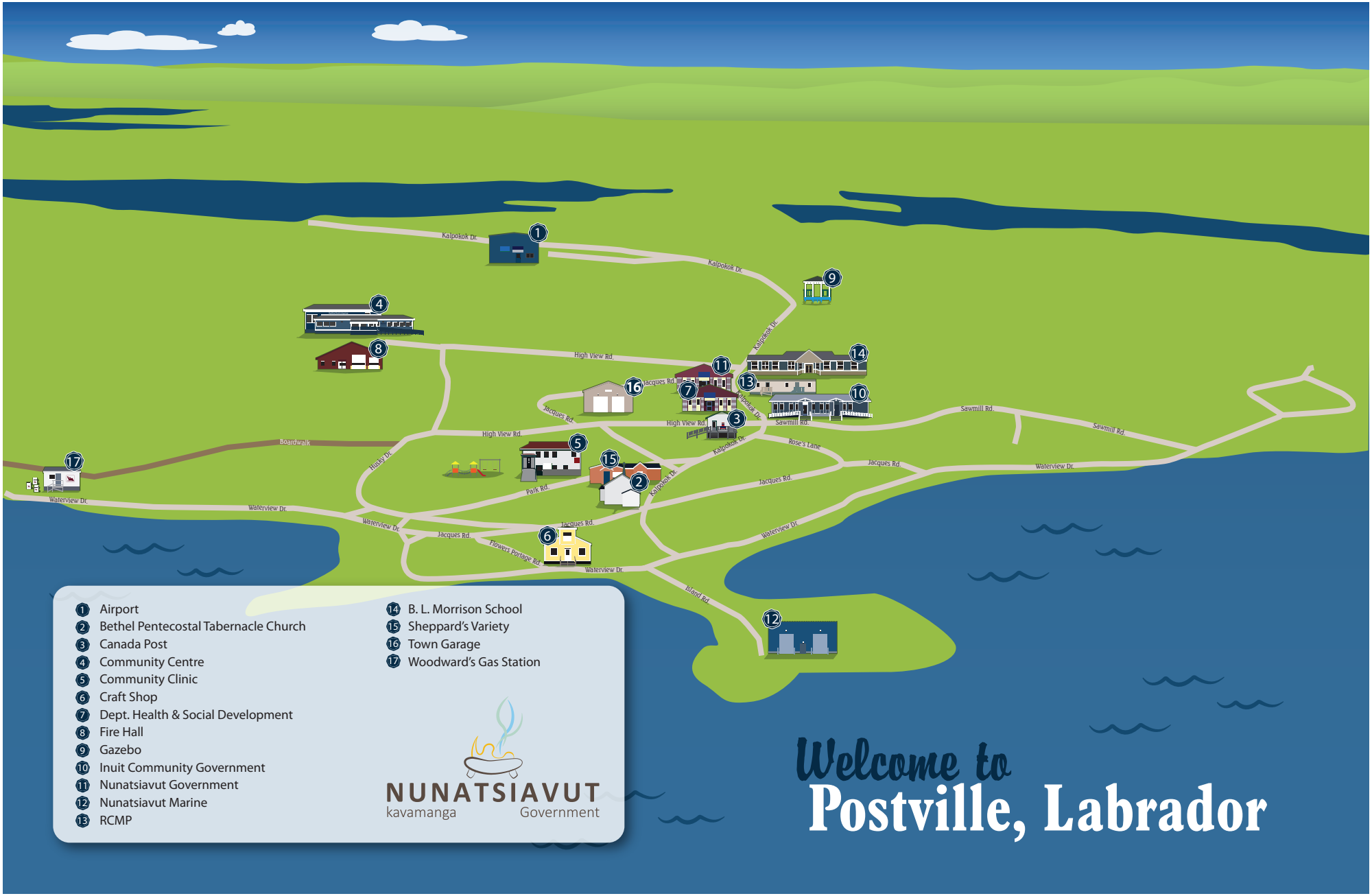


Photo: Geoff Goodyear

Photo: Stepping Stones

Community Maps

Welcome to
Makkovik, Labrador
Ellen's View Line
Ranger Bight Rd.
Bayview Cres.
Hillview Cres.
Spruce Ave.
Seaview Cres.
Laura's Ln.
Andersen St.
Hertasch Rd.
Harmony Rd.
Middle Ln.
Jupp Ln.
Moravian St.
Torstens Lp.
Mink Trap Rd.
1 A&K Variety
2 Airport
3 Arena
4 Canada Post
5 Church
6 Community Clinic
7 Community Hall
8 Craft Shop
9 Motel
10 Fire hall
11 Fish Plant
12 Franks
13 Dept. Health & Social Development
14 Inuit Community Government
15 Nunatsiavut Government
16 RCMP
17 School
18 White Elephant Museum
19 Woodwards Gas Station
20 Youth Centre
NUNATSIAVUT
kavamanga
Government


Kalpokok Dr.
High View Rd.
Jacques Rd.
Sawmill Rd.
Rose's Lane
Waterview Dr.
Boardwalk
Husky Dr.
Park Rd.
Flowers Portage Rd.
Island Rd.
1 Airport
2 Bethel Pentecostal Tabernacle Church
3 Canada Post
4 Community Centre
5 Community Clinic
6 Craft Shop
7 Dept. Health & Social Development
8 Fire Hall
9 Gazebo
10 Inuit Community Government
11 Nunatsiavut Government
12 Nunatsiavut Marine
13 RCMP
14 B. L. Morrison School
15 Sheppard's Variety
16 Town Garage
17 Woodward's Gas Station
NUNATSIAVUT
kavamanga Government
Welcome to
Postville, Labrador

Welcome to
Hopedale, Labrador
1 Airport
2 Amaguk Inn
3 Amos Comenius Memorial School
4 Nunatsiavut Assembly Building
5 Children Seniors and Social Development
6 Community Clinic
7 Dept. Health & Social Development
8 DJ's Store
9 Emergency Shelter
10 Fire Hall
11 Frank's Store
12 Gas Station
13 Inuit Community Government
14 Inotsiavik
15 Moravian Complex
16 Nanuk Community Centre
17 Canada Post
18 RCMP
19 Selma Onalik Women's Shelter
NUNATSIAVUT
kavamanga Government
American Rd.
Amaguk Rd.
Nanuk Rd.
Carpenter Lp.
Carpenter Dr.
Harbour Dr.
Berry St.
Airstrip Rd.
Winters Ln.
Grenfell Rd.
Grenfell Ln.
Centre Ave.
Government Rd.
Water St.

Welcome to
Nain, Labrador
1 Airport
2 Atsanik Hotel
3 Canada Post
4 Community Clinic
5 Community Shed
6 Daycare & Language Nest
7 Dept. Health & Social Development
8 Fire Hall
9 Frank's General Store
10 Husky Arena
11 Illusuak Cultural Centre
12 Inuit Community Government
13 Jeremias Sillit Community Centre
14 Moravian Church
15 Nunatsiavut Government
16 Northern Store
17 Ok Society
18 Quick Stop
19 RCMP
20 Research Centre
21 Smart Ice
22 The Artist Studio
23 Women's Centre
24 Woodward's Gas Station
25 Youth Centre
26 Jens Haven
27 Jens Haven Primary
NUNATSIAVUT
kavamanga Government
Brook Rd.
Sandbank's Rd.
School St.
Middle Path
Ikajuktauvik Rd.
Anaktalak St.
Ferry Terminal
Ukalik St.
Pinguavik St.
Tuktuk St.
Ikpialuk St.
Harmony Pl.
Okpik Rd.
Paungasi Pl.
Amaguk St.
Sivsik Rd.
Morhardt Rd.
Bridge Rd.
Akpik Rd.
Vanze Ct.
Uniry Rd.

Postville

Postville, also known as Kaipokok, is a town steeped in trapping and trading history. It was originally known simply as "The Post" due to a popular Hudson's Bay Company trading post which operated there in the 1800s. The Post attracted Inuit and settler families who would come to trade throughout the fall, winter and spring before returning to coastal summer fishing camps.

The Post officially became known as Postville in the 1940s as a community began to spring up when a Pentecostal pastor, William Gillett, helped establish the town by building a school, church, and sawmill.

Photo: Stepping Stones.

The present church building is the site of an archaeological dig which took place in 1977 unearthing nearly 2,000 artifacts from the Dorset period of occupation. Most of these artifacts, the most significant find of its type anywhere in Labrador, can be viewed at The Rooms in St. John's by requesting to see the "Postville Pentecostal Collection".

Postville is home to some of Nunatsiavut's most well recognized carvers, jewellry artisans, photographers, crafters and other artists. There is a newly opened craft and interpretation centre near the provincial dock.

There is one grocery store and a craft shop in Postville.

DID YOU KNOW?

Traditional grass baskets and mats made by Inuit are actually sewn into tight coils, instead of knotting or weaving.

Photo: Stepping Stones.

Things to See and Do

- Walk along the boardwalk and have a picnic at **Sandy Point**.
- Hike the 1,500 feet from sea level up **Post Hill** for an unforgettable view!
- Take in the breathtaking view of the **Bay** from the gazebo.
- Take part in the annual **Fun in the Sun** event during the summer
- Get your picture taken with the iconic **Postville inukshuk**!

Photo: Stepping Stones.

Photo: Stepping Stones.

Photo: Stepping Stones.

NUNATSIAVUT

Photo: Geoff Goodyear.

Photo: Stepping Stones.

Hopedale

Located in the heart of Nunatsiavut, Hopedale is the legislative capital of the Nunatsiavut Government. The Nunatsiavut Assembly Building resembles an igloo and inside you will find it adorned with Labradorite, Inuit art, sealskin furniture and other important symbols of Labrador Inuit identity. The Nunatsiavut Assembly is the only one of its kind within Canadian Inuit homelands, and the building embodies that ambition and pride.

History is at the heart of Hopedale where Inuit have been gathering for hundreds of years. It was called Arvertok "place of the whales" where, to this day, you can see whales jumping and splashing in the nearby waters. The community that is now Hopedale was occupied by Inuit seasonally and didn't turn into a permanent settlement until 1782 by Moravian Missionaries. The view from the water of the Moravian Mission Complex, amongst the oldest standing wooden buildings in Canada, has not changed much in the last 200 years.

Today, the Mission complex is home to a local museum and interpretation centre filled with both Inuit and Moravian artifacts left behind by hundreds of years of mission

work. Local interpreters here are well-versed in their community's history and love to share their passion with one and all. While the Moravians left their mark on Nunatsiavut, their history here still has a unique Inuit twist.

Adding to the rich and varied history of Hopedale was the presence of the United States Air Force during the height of the Cold War. The Americans set up early warning stations across the North in case of a trans-polar attack by the former Soviet Union. A fair-sized, fully-functioning military base crowned with large radar dishes could be seen for a great distance from atop the hills behind Hopedale. The USAF pulled out long before the Cold War ended and the radar dishes were removed, but the concrete skeleton of the base remains to this day.

Amenities in Hopedale include the Amaguk Inn, which includes a restaurant. There is a grocery store, and a small convenience store. There is also the newly- formed organization- called Inotisavik, meaning "The place to live well" – a youth-led initiative dedicated to language and culture revitalization in Nunatsiavut.

Things to See and Do

- Learn about **Inuit traditions** such as drying fish in the summer to buildings igloos in the winter.
- Step back in time at the **Moravian Mission Complex**, a National Historic Site.
- Hike up to the old **American Base** site and enjoy the spectacular view.
- Meet the dynamic **community sewing group** and purchase unique hand-made gifts.
- Take in the sights and sounds of the **Rhubarb Festival** that takes place every July.
- Experience Hopedale in the Spring spring at the **Ethel Pijogge Memorial Festival**.
- Drop by and visit the new **Inotsiavik Language and Culture Centre**.
- Book a **seaside view picnic**, or enjoy **Taste of Labrador: Tea and Berries show** with Amaguk Inn.

Photo: Stepping Stones.

Amaguk Inn

Rooms are equipped with:

satellite TV

telephone and;

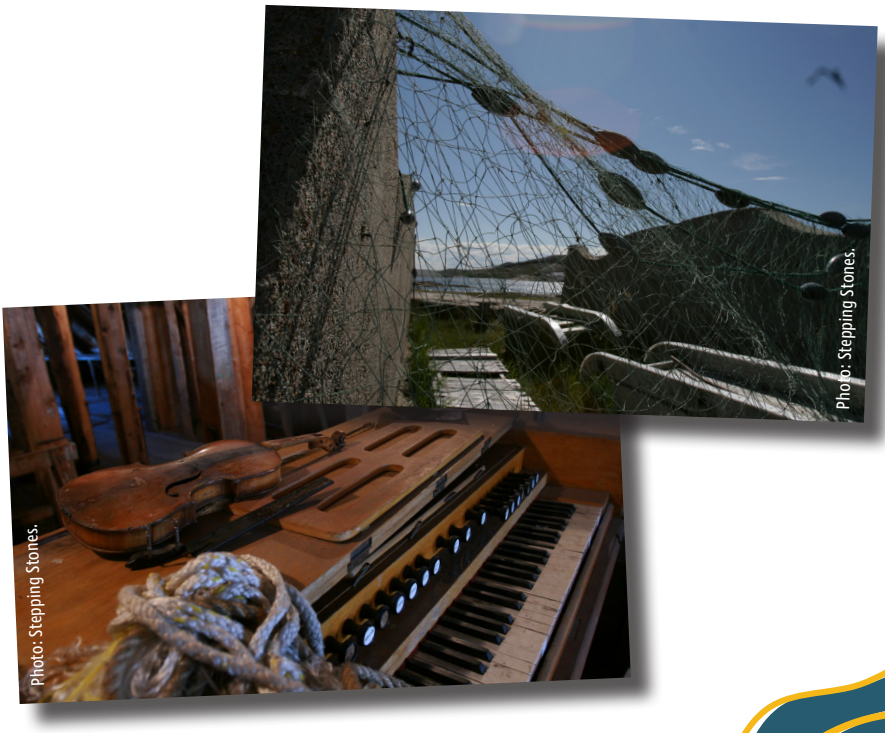
Wi-Fi

Dining room/Pub/restaurant available on site.
Fax and photocopying services are also available.
Pick up/drop off service is offered from the airport for a $10 fee.

Rooms start at $229 per night.

(709) 933-3750

amagukhotel@djgrouplabrador.com



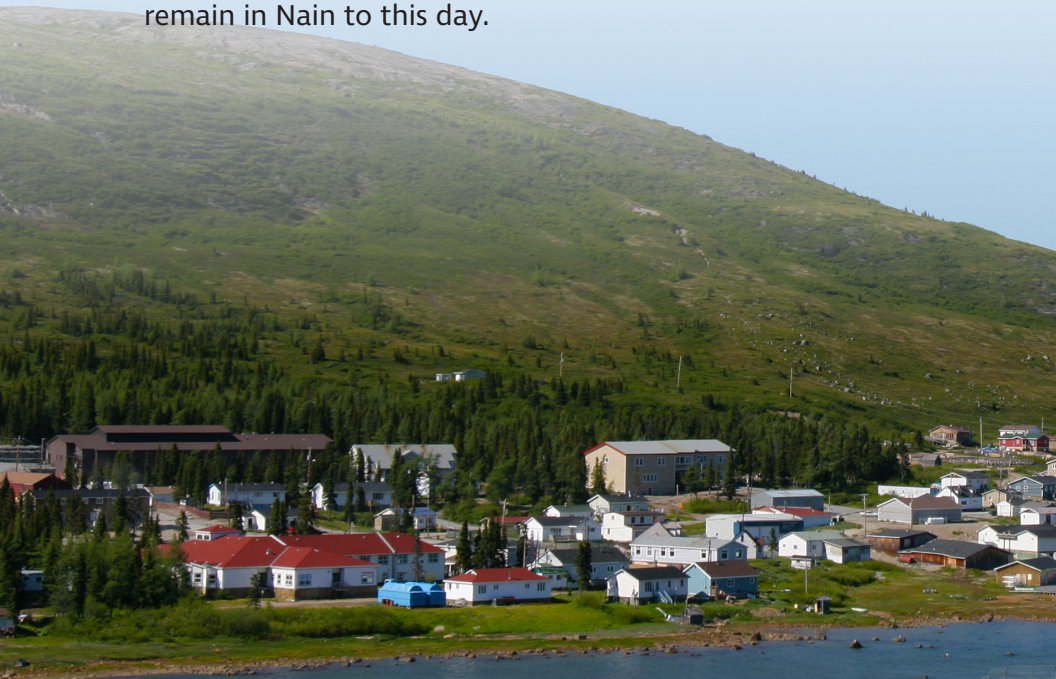
The Illusuak Cultural Centre has been temporary closed and will re-open the summer of 2026.

Nain

Nain is the northernmost and largest community in Nunatsiavut and is the administrative capital of the Nunatsiavut Government. The community has become the launching place for many visitors to the Torngat Mountains National Park, and National Historic sites at Hebron, Okak, and Ramah Bay - all to the North.

Inuit identity can be felt everywhere you go. Stroll down the street and you may see families smoking fish, fishermen cleaning their nets, carvers working on their front steps, and hides from recent hunts drying in the sun. You will hear Inuttitut being spoken, and no doubt see a friendly smile as someone wishes you “Ullâkut” or “good morning” in Inuttitut.

Inuit were living in Nain when Moravian Missionaries arrived in 1771. It was an important centre for trade and mission activities in the region. The architectural, cultural, spiritual, and even musical influence of the Moravians remain in Nain to this day.



Much of this history can be discovered at the Illusuak Cultural Centre which serves as a launching point for those first coming to Nunatsiavut; a place to learn more and ask questions. Proudly displaying Labrador Inuit culture, knowledge, and history through interactive permanent exhibits, walking though Illusuak is like walking through a piece of local history. Scattered throughout the exhibition are photographs from Nunatsiavut's distant and not so distant past. The building also houses a Parks Canada Office for the Torngat Mountains National Park and is an invaluable source of information for travelers.

Along with the cultural and educational components, Illusuak includes a café and a craft store. Other amenities in Nain include the Atsanik Inn, which includes a restaurant and bar. Nain is home to two grocery stores and one convenience store. You can find a number of ATMs in Nain, and many places accept debit and most major credit cards.

DID YOU KNOW?

The capital "K" in Labrador Inuttitut is pronounced like an "H" like in the word Kamutik (sled).

Photo: Stepping stones

Things to See and Do

- Catch a performance at the **Illusuak Cultural Centre**.
- Hike to the top of **Mount Sophie, Nain Hill, or Morhardt** for a stunning view of the community and surrounding land and waters.
- Learn to make **pitsik** (dried fish) with a local fisherman.
- Watch one of the many local carvers work on their latest item (and maybe bring back something special to remember your time here). You can see them hard at work at the **Artist Studio**.
- Stop in at the **OKâlaKatiget Society** and learn a few Inuttitut words with one of the local radio hosts.
- Investigate the historic **Moravian Church** and catch a performance by the local brass band (sometimes on the roof!)
- Purchase fresh-caught Arctic char caught locally from the Nain **fish plant** during the summer season.

Atsanik Inn

Rooms are equipped with:
satellite TV
telephone and
Wi-Fi.
Dining room/restaurant on site, as well as room service.
Pick up/drop off service is offered from the airport.
Rooms start at $229 per night.

atsanikhotel@djgrouplabrador.com
(709) 922-2910

Photo: Stepping Stones.

Photo: Stepping Stones.

National Parks

The Torngat Mountains National Park is, located at the northern tip of Nunatsiavut, and was created in 2005 with the signing of the Labrador Inuit Land Claims Agreement. The Mealy Mountains National Park Reserve is located at the southern end of Nunatsiavut and is one of Canada's newest national parks. Neither of these parks, like any of the communities in Nunatsiavut, are connected by road, but can be accessed by plane or helicopter, by boat, or snowmobile. .

Torngat Mountains National Park

The Torngat Mountains National Park is an area of stunning natural beauty and a place of great reverence for Labrador Inuit. Many families trace their roots within the park's vast expanses and although this is a national park, Inuit continue to hunt and fish and gather, living on the land the way they always have. For first time visitors, or even those familiar with the place, the landscape inspires awe. It feels ancient and unimaginably huge. Year after year, visitors and researchers from around the world come here to learn about its rich history and experience the majesty of the land.

Some of the oldest rock formations on the planet are found here! One rock was recorded to be about 3.92 billion years old, making it the second oldest rock ever found!

Photo: Geoff Goodyear.

This is a place of great spiritual significance for Labrador Inuit. Before the arrival of Moravian Missionaries in the 18th Century, the Torngat Mountains were a place where Inuit shamans would travel to communicate with spirit helpers. Shamans would invoke the spirits to assist with initiations, or to acquire a certain power that was needed. The mountains represent a very strong connection to the Inuit spirit world.

To this day, the Torngat Mountains remain a place of power. The landscape makes you feel small, yet somehow connected. Labrador Inuit and visitors alike often express discovering new insights and perspectives upon visiting such a majestic place.

Enjoy staying at the Torngat Mountains Base Camp and Research Station, which operates a remote camp for accessing the park. It is the safest and easiest way to experience the Torngat Mountains National Park. The Base Camp is a hub of activity for visitors, here. Here you'll meet Inuit Elders, and youth, along with international researchers. You'll soon discover that much of the park's staff, interpreters, and people operating the camp are Inuit.

Sheltered between barren stone-grey hills and along the cove of a long deep harbour, the Base Camp is designed to create an intimate familiarity with the surrounding area; it also features modern amenities. Enjoy hot showers, a dining hall, and comfortable accommodations before long days of hiking and discovery. In the evenings, there are usually programming or presentations from the park staff or researchers.

Safety is the number one priority, and encounters with local wildlife are to be taken seriously. The camp is protected by an electric fence to prevent damage and injuries caused by curious wild animals. When leaving the protected area to explore the surrounding hills, visitors are always led by a bear guide. The Base Camp is the perfect place to learn about Nunatsiavut from both the researchers and park staff, but also from local Inuit. It is an enriching and unforgettable place.

The park is accessible year round, and Base Camp is open from late July to late August.

For more information about visiting Base Camp please visit the website:

www.thetorngats.com

For more information about the park please contact park staff:

Torngat National Park Office in Nain:
Telephone: 709-922-1290

General Information:
EN 709-458-2417 FR Toll-free: 1-888-922-1290
Email: torngats.info@pc.gc.ca
infopntorngats-torngatsnpinfo@pc.gc.ca

Mealy Mountains National Park Reserve

Akami-Uapishku-KakKasuak-Mealy Mountains National Park Reserve is Canada's 46th National Park and one of its newest. Akami-Uapishku means White Mountains in Innu-Aimun and KakKasuak is a Labrador Inuttitut word for mountain.

The idea to establish the Mealy Mountains into a national park began in the 1970s. It is 10,700 square kilometres (roughly the size of Jamaica) and consists of both tundra and forest. These varying ecological zones make it an ideal home to a large variety of animals such as wolves, foxes, black bears, and marten. While visiting the Mealy Mountains National Park Reserve be sure to make a stop at Rigolet, the southernmost Inuit community in the world.

If you visit this park be prepared to be completely self-reliant or hire a local guide. Make sure that you have the appropriate gear, and will be able to handle any medical or wildlife emergency. Guide or no guide, always bring insect protection in the summer, and be prepared for bears and other wildlife.

Mealy Mountains National Park Goose Bay Office:
Telephone: (709) 896-2394
Email: mealymountains.gmp@pc.gc.ca

Hebron

For Labrador Inuit, Hebron is one of the most culturally significant locations in all of Nunatsiavut. Once home to a thriving Inuit community, the Moravian Missionaries established a mission here in the 1830s because so many people called this area home. Over time, the mission and the trading post became the central pillars of the community.

The community was split up and relocated in 1959 when the mission closed and all services to the community were cut. Inuit lived in homesteads spread across the surrounding bays and harbours, but returned seasonally to participate in community life. The mission station was a hub providing for local Inuit religious facilities, a school, a store, and medical centre. Christmas, Easter, and other special events were always a big draw and the community

DID YOU KNOW?

The church at Hebron is one of the oldest wooden structures still standing in Canada. Because it was above the tree line, all of the lumber had to be shipped in and assembled on site.

Photo: NG tourism department collection.

celebrated all as one. Local Inuit had no say in the relocations, and it traumatically affected families, often causing intergenerational harm to their descendants. Adequate housing was not provided to those relocated and many found it difficult to integrate into areas unfamiliar to them and provide for their families.

The architecture used at the Hebron station is particularly representative of the Moravian architectural design style — a Germanic flavour with a steep, elongated roof, punctuated by small dormer windows. Hebron is located above the tree line, so the complex would have stood out quite prominently from the surrounding landscape. Today, the unique wooden structures of the Hebron Mission Station are being lovingly and expertly restored by local Inuit who consider this place their home using the techniques and materials of the times when the building was erected in the 1800s.

Visitors are welcome in Hebron during the summer months. Local Inuit ambassadors live there during the summers to greet visitors and explain to them the Inuit way of life. Feel free to take a peek at the restoration work that's under way.

DID YOU KNOW?

Labradorite is a semi-precious stone that comes from northern Nunatsiavut. The stone itself is iridescent and is valued by collectors and jewellry makers around the world.

Photo: Geoff Goodyear.

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Language, Culture and Tourism
Photo: Geoff Goodyear.