NUNATSIAVUT

Regional Profile

2025



NUNATSIAVUT
Ilinnianikmik amma kenaujaliugutaugunnatunik Pivalliatiksinikmik
Education and Economic Development

2,679
Total Population

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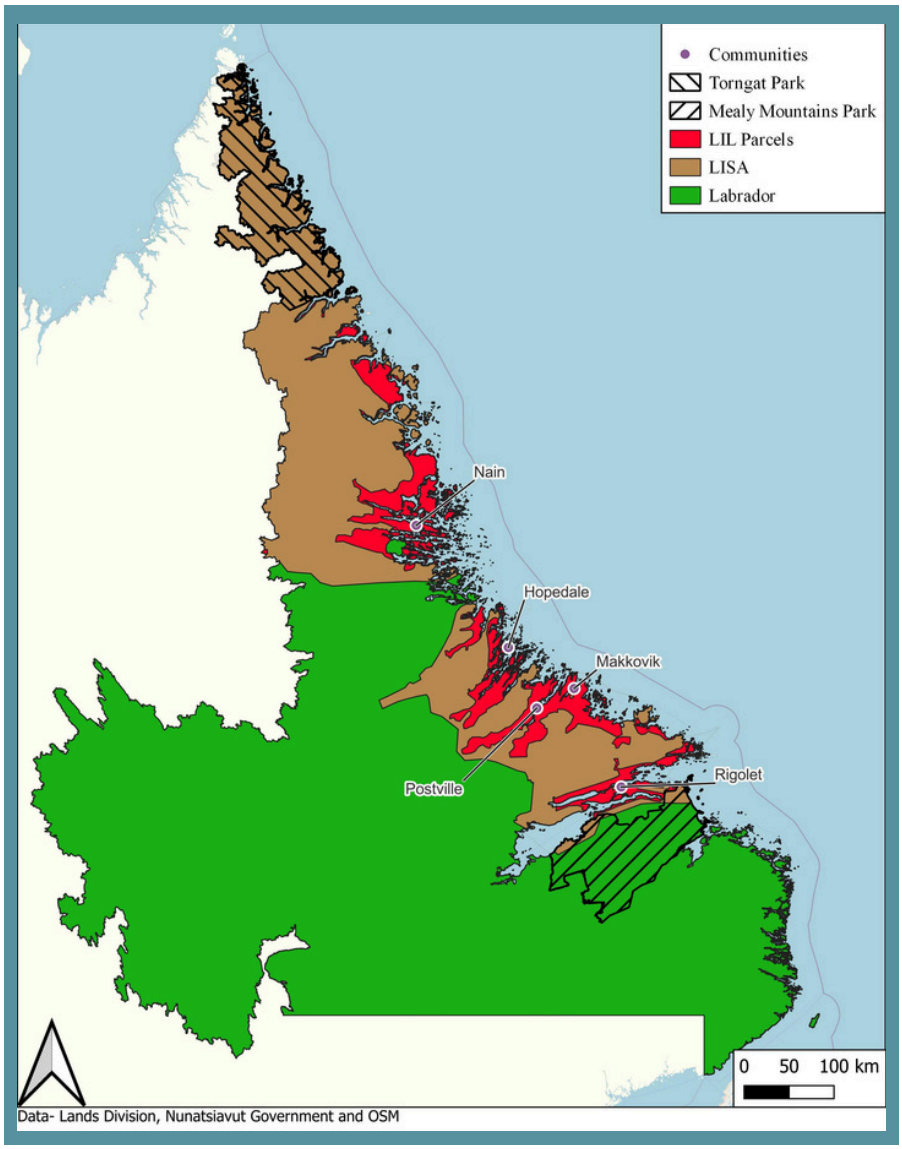
CONTACT INFORMATION

Nunatsiavut Government

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Introduction

Nunatsiavut is an autonomous Inuit region in the province of Newfoundland and Labrador, Canada. Nunatsiavut was established in 2005, giving the Inuit people of Labrador self-government over their land and resources. The region covers a vast area of northern Labrador, consisting of the communities of Nain, Hopedale, Makkovik, Postville, and Rigolet. Nunatsiavut is rich in Inuit culture, traditions, and language, with a strong emphasis on preserving their way of life and connection to the land and sea. The Inuit of Nunatsiavut are actively involved in economic development, fisheries, conservation, education, language, culture and tourism, community programs, lands and natural resources.



Inuktitut name

Nunatsiavut

Translation

our beautiful land

Nunatsiavut communities

Nain

Nunainguk – the place where they first landed

Nain is the administrative capital of Nunatsiavut and is the largest and most northern Nunatsiavut community.

Hopedale

Apvitok – place of whales

Located in the heart of Nunatsiavut, Hopedale is the legislative capital of the Nunatsiavut Government.

Rigolet

kikiak – nail

Rigolet is the gateway community for the Mealy Mountain National Park.

Postville

KipukKak – frothy waters

Postville serves as a scenic, accessible hub in Nunatsiavut, providing access to coastal trails; a gateway for traveling through the bay.

Makkovik

Maggovik – place of two

The most easterly community in Nunatsiavut. Known for it's active fishing industry and, specifically, it's fish processing plant.

Local Opportunities and Attractions

Nunatsiavut Parks

Torngat National Park
Tongait KakKasuangita SilakKijapvinga

A 9,700 km² wilderness area, located 200 kms north of the community of Nain. The Park is an area that includes mountains, polar bears, small glaciers, and caribou and is where the Inuit hunt, fish, and travel. The park also includes the Torngat Base camp and research Station.

Mealy Mountain National Park
Akami-Uapishkᵁ-KakKasuak

The largest National Park in eastern Canada, the Mealy Mountain Park is a 10,700 km² park area with a landscape of mountain tundra, marine coasts, boreal forests, islands and rivers that have been traditional hunting, trapping and fishing areas for Indigenous people of Labrador.

Community Attractions

Nain
- Illusuak Cultural Centre
- Illusuak Cafe
- Moravian Church
- Mount Sophie

Hopedale
- Moravian Mission Complex and Museum
- American Radar Station
- Assembly Building

Rigolet
- Lord Strathcona House
- Boardwalk
- Net Loft Museum
- Craft Shop

Makkovik
- Makkovik Craft Centre
- White Elephant Museum
- Northwest Board Walk
- Poet's Path

Postville
- Boardwalk to Sandy Point
- Gazebo to view Kaipokok Bay
- Postville Craft Shop

Nunatsiavut also has many skilled artisans who provide a variety of crafts that are exclusive to the region.

Developing Cruise Ship Market

Nunatsiavut communities welcomed 1,741 cruise ship passengers during the 2022-2024 seasons.

In 2022, approximately 4% of NL residents travelling within the province visited Labrador. Residents tended to stay longer in Labrador (11 nights) than in other parts of the province (overall average of 3.4 nights). Labrador was the primary destination of approximately 7% non-residents visiting NL.

Sources: Newfoundland and Labrador Resident Travel Survey, December 2022; Survey of Non-resident Visitors to Newfoundland and Labrador (Peak Season May to October 2022), November 2022

Nature and Geography

Nunatsiavut's lands and sea are the foundations of our communities. Our ancestors have always found everything they need to survive on the land and in the sea around them, including food, medicine, shelter, clothing, and tools.

Labrador Inuit Lands are defined within the Labrador Inuit Land Claims Agreement. Within Nunatsiavut, Inuit own approximately 15,800 km² of land.

Within Labrador Inuit Lands, 3,950 km² are further defined as Specified Material Land, which means that Inuit have the exclusive right to ownership of quarry materials and a 25 percent ownership interest in subsurface resources in this area.

Total Land Area
72,520 km²

Plants and Animals

There is an abundance of wild animals and plants that live on the lands and in the seas of Nunatsiavut. These plants and animals have always sustained our communities. This intimate knowledge of wildlife provides a great opportunity to take visitors out to view the region.

Animals: caribou, polar bears, black bears, seals, porcupine, hares, lynx, salmon, arctic char, trout, capelin, snow crab, eagles, hawks, geese, ducks, grouse, ptarmigan

Plants: blueberry, partridgeberry, cloudberry, raspberry, wild orchids, moss, lichens

Geography

Nunatsiavut is home to some breathtaking wild spaces. Comprising 72,520 km² (roughly the same size as the entire province of New Brunswick), the majority of Nunatsiavut is pristine, wild space. Rivers are fed by glaciers and animals and plant life can be found in abundance. Mainland Canada's highest mountains east of the Rockies are found in the Torngat National Park, in the northern section of Nunatsiavut.

There are a variety of distinct ecological areas in Nunatsiavut

Arctic Alpine Tundra

Found in the northern areas of Nunatsiavut, this ecological zone is dominated by rock and open ground with patches of moss, lichens, and meadows. No tall shrubs or trees grow here. Very mountainous with dramatic fjords.

Subarctic Tundra

Found in the majority of Nunatsiavut, especially in the Nain area, this zone is mountainous and dominated by rock and open ground, with black spruce forests in the valleys.

Coastal Barrens

Found along the Nunatsiavut coastline, this zone is characterized by long, sheltered coastal inlets featuring spruce forests in the valleys and shrub barrens on the higher ground.

Boreal and Subarctic Forest

Found in the southern ranges of Nunatsiavut, this area supports productive forests of black spruce and balsam fir, with some hardwoods.

All the ecological zones of Nunatsiavut are very sensitive due to thin soils, limited vegetation, and a harsh climate.

Local Business/Industry

Nunatsiavut is home to a growing business community with retail operators, accommodations, contractors, and specialized service providers. This list provides an overview of the business/industry environment and may not be reflective of all business activities in the area.

For more information, view the Nunatsiavut Business Directory online: nunatsiavut.com/business-directory/

Nain	
Retail/Food	
Franks General Store	Franks carry a wide selection of goods including: fresh produce, dry goods, home furnishings, appliances and household items, apparel, hardware and commercial supplies
Quickstop	Quickstop is a convenience store carrying food and general merchandise
Northern Store	Northern Stores carry food and general merchandise
Contractors	
D & J Construction Ltd.	D & J Construction Ltd. own and operate heavy equipment, construction involving water and sewer, excavating, back filling, landscaping, building construction, load and offload barges, planes, helicopters, containers and boats. In addition, they offer truck and ski-doo rentals
SSHR Company	SSHR Company offers plumbing, plastering/painting, sheet metal, carpentry, construction services
Northern Peaks Ltd.	Northern Peaks provides general construction including maintenance and small engine repair
Specialized Services	
Echo Studio	A creative Inuit Art business that sells original art-based products such as mugs, t-shirts, magnets, original paintings, postcards, books, etc. Services include publishing consulting
Fox Enterprise	Fox Enterprise provides boat charter services including fishing trips and customized tours
Inukshuk First Aid Inc.	Red Cross First Aid training services, including standard and emergency first aid
Mitsuvik	An Inuit woman owned business that sells atigik, pualok, kamet and other homemade traditional clothing. Mitsuvik also sells craft material for local seamstresses and offers workshops
Sapilittailigit	Works to improve mental health services for Nunatsiavut and reduce stigma. Offers training and events, client liaison, and retail merchandise
Sikuliatsiuk Operations Ltd.	Environmental Monitoring services, including sea ice and marine shipping routes
SmartIce Sea Ice Monitoring & Information Inc. (Northern Production Centre)	Community based social enterprise offering climate change adaptation tools and services that integrate Indigenous knowledge of sea ice with monitoring
Torngat Fish Producers Co-op Society	A processing facility for Snow Crab, Greenland Halibut (Turbot) and Arctic Char

Local Business/Industry (continued)

JakoMinnie Boat Charters	Offers boat chartering and culture experiences.
Nain CARE Inc.	Is a funding and volunteer-based non-profit organization that aims to support Nainimiut who are experiencing poverty, tragedy and hardships through our programs , services.
Nain	
Accommodations	
Atsanik Hotel	The Atsanik is a fully serviced 26 room hotel with dining and lounge
JAB Enterprises	Offering accommodation/rental units in the community of Nain
Hopedale	
Retail/Food	
Franks General Store	Franks carry a wide selection of goods including: fresh produce, dry goods, home furnishings, appliances and household items, apparel, hardware and commercial supplies
DJ's Convenience	DJ's Convenience provides a wide variety of grocery, convenience, electronics, lottery and gift items
Accommodations	
Amaguk Hotel	The Amaguk Hotel is a fully serviced 22 room hotel with restaurant on site
Specialized Services	
Avani Adventures	Transportation and charter service, including boat chartering, catering to tourists, local passengers, and cargo
Inotsiavik Language Culture Inc.	Language and culture programming for Inuit in Nunatsiavut in person and online. This includes languages lessons, sewing circles and courses, elders gatherings, and land based activities and culture skills workshops such as animal skinning and cleaning and traditional tool making
Makkovik	
Retail/Food	
Franks General Store	Franks carry a wide selection of goods including: fresh produce, dry goods, home furnishings, appliances and household items, apparel, hardware and commercial supplies
A & K Variety Ltd.	A retail shop providing food, beverage & grocery services
Pop B's Takeout	Provides take-out foods and home cooked meals

Local Business/Industry (continued)

Accommodations	
Gemma's Rentals	Gemma's Rentals provides a fully furnished 3 bedroom, 1 bathroom mini home for nightly, weekly, and monthly stays
Hope View Stay	A cozy retreat where guests can relax and unwind while enjoying scenic views
Hotel Makkovik	Hotel Makkovik offers 5 double occupancy rooms with internet, satellite TV, and a dining room
McNeill's Rentals Makkovik	A 2 bedroom house rental on nightly rate
Contractors	
Suliatsuk Contracting Ltd	Residential and commercial construction, new builds and renovations
Makkovik	
Specialized Services	
Suguset Indigenous Education	Suguset Indigenous Education creates Indigenous curriculum, which considers Indigenous histories, perspectives, worldview and approaches to learning
Torngat Fish Producers Co-op Society	The co-op operates a processing facility in Makkovik for Snow Crab, Greenland Halibut (Turbot) and Arctic Char
Makkovik Craft Centre	Offers a large selection of handcrafted and locally made inventory
Postville	
Retail/Food	
Sheppard's Variety Shop	Sheppard's is a retail business with groceries and dry goods and building materials
Accommodations	
Kaipokok Bay View Bed & Breakfast	Kaipokok Bay View Bed and Breakfast provides three bedrooms in a house for out of town guests/businesses/companies
Belle Haven Suites	Offers accommodations to those travelling to Postville. Featuring 3 elegant studio suites; includes a kitchen area, living area and bed area, as well as a bathroom with a washer and dryer.
Specialized Services	
CG Simple Books & Consulting	CG Simple Books & Consulting provides full-cycle bookkeeping, tax preparation & business consulting
Edmunds Fisheries Ltd.	Edmunds Fisheries is a seasonal fishing enterprise
Postville Interpretation Centre and Craft Shop	Interpretive centre offering handcrafted and locally made inventory

Local Business/Industry (continued)

Rigolet	
Retail/Food	
Northern Store	Northern Stores carry food and general merchandise.
Accommodations	
Michelin's Efficiency Units Inc.	Michelin's Units offers 4 full-equipped units with kitchenette and living room space.
Sinittavik Inn	Sinittavik Inn provides 5 rooms that have access to a fully equipped kitchen, dining room, living room, laundry services, and internet access.
Rigolet	
Specialized Services	
Bird's Eye Inc.	Unmanned Aerial Vehicle (UAV)/Drone service provider for commercial video/photography/ photogrammetry needs related to media, monitoring, research, inspection, etc..
Levert Personnel Resources (Eastern) Inc.	Industry-ready personnel resources, executive recruitment, staffing & employment opportunities within the mining, oil & gas, marine & industrial sectors.
Rigolet Craft Shop	The shop highlights the various crafts such as grass work, moosehide boots, slippers and mitts which Rigolet is so well known for.
Guido & Sherri Rich Fishing Company Inc.	Fishing enterprise, harvesting crab/turbot & shrimp.

Governance

Nunatsiavut Government

Each department manages key elements, forming the structure for the self-governing region's success.

Departments of the Nunatsiavut Government

- Education and Economic Development
- Finance, Human Resources and Information Technology
- Health and Social Development
- Lands and Natural Resources
- Language, Culture and Tourism
- Nunatsiavut Affairs
- Nunatsiavut Secretariat

Governance Structure

Municipal
Inuit Community Government

Regional
Nunatsiavut Government

Provincial
Government of Newfoundland and Labrador

Provincial Electoral District
Torngat Mountains

Federal Electoral District
Labrador

Public Services

Nain		
Type of Service	**Name of Service**	**Phone Number**
Health	Nain Community Clinic	709-922-2912
Fire	Nain Volunteer Fire Department	709-922-2951
Police	Nain RCMP Detachment	709-922-2862
Postal	Canada Post	709-922-2217
Community Centre	Jeremias Sillitt Community Centre	709-922-2690
Radio	OKâlaKatiget Society	709-922-2187
Regional Government	Nunatsiavut Government	709-922-2942 (ext: 222)
Provincial Government	Department of Children, Seniors and Social Development	709-922-2858
Hopedale		
Type of Service	**Name of Service**	**Phone Number**
Health	Hopedale Community Clinic	709-933-3857
Fire	Hopedale Fire Department	709-933-3701
Police	Hopedale RCMP Detachment	709-933-3820
Postal	Canada Post	709-933-3710
Community Centre	The Sukie Aggek Memorial Centre	709-933-3387
Radio	Hopedale Radio Station	709-933-3808
Regional Government	Nunatsiavut Government	709-933-3894
Provincial Government	Department of Children, Seniors and Social Development	709-933-3389

Public Services (continued)

Makkovik		
Type of Service	**Name of Service**	**Phone Number**
Health	Makkovik Community Clinic	709-923-2229
Fire	Makkovik Fire Department	709-923-2444
Police	Makkovik RCMP Detachment	709-923-2317
Postal	Canada Post	709-923-2396
Community Centre	Makkovik Community Hall	709-923-2221
Radio	CIML Radio Station	709-923-2327
Regional Government	Nunatsiavut Government	709-923-2365 (ext: 201)
Provincial Government	Department of Children, Seniors and Social Development (Provincial Government)	709-923-2129

Postville		
Type of Service	**Name of Service**	**Phone Number**
Health	Postville Community Clinic	709-479-9851
Fire	Postville Fire Department	709-479-9899
Postal	Canada Post	709-479-9739
Community Centre	Kaipokok Community Centre	709-479-9775
Radio	CJPL Radio Station	
Regional Government	Nunatsiavut Government	709-479-9880 (ext: 221)

Public Services (continued)

Rigolet		
Type of Service	**Name of Service**	**Phone Number**
Health	Rigolet Community Clinic	709-947-3386
Fire	The Rigolet Fire Brigade	709-947-3377
Police	Rigolet RCMP Detachment	709-947-3400
Postal	Canada Post	709-947-3355
Community Centre	Kuvianattuvik Centre	709-947-3256/3382
Radio	Rigolet Radio Station	709-947-3553
Regional Government	Nunatsiavut Government	709-947-3383 (ext: 206)
Provincial Government	Department of Children, Seniors and Social Development (Provincial Government)	709-947-3519

Remoteness

Nunatsiavut has five remote communities. There is currently no road access so residents travel by air or marine transport to commute to neighboring communities or to travel outside the region. Remoteness impacts many aspects of the region including food security, energy infrastructure, and telecommunications.

Food Security

According to a 2014 Household Survey, 61.1% of households in Nunatsiavut were found to be food insecure—experiencing worry about or difficulty in accessing food on a regular basis.

Source: Nunatsiavut Government

Internet Services

High-speed internet is available through two service providers.

Bell Aliant

Download speed: 1.5 mbps
Upload speed: 0.54 mbps

Starlink

Download speed: 133+ mbps
Upload speed: 133+ mbps

Remoteness (continued)

Energy Infrastructure

Communities in the Nunatsiavut region rely on NL Hydro Fossil-Diesel plants to generate electricity. Plant capacity and user demand vary throughout the region and fuel is transported by ship. Most households rely on wood and oil for heat.

Additionally, solar panels are now among the available energy options and have been successfully implemented in multiple communities.

Transportation

Air Travel

Scheduled air services are available year-round through Air Borealis (operating out of Happy Valley-Goose Bay). Each Nunatsiavut community has its own gravel airstrip.

Flight Lengths and Rates (as of Sept 2025)

From \ To	Nain	Hopedale	Makkovik	Postville	Rigolet	HV-GB
Nain		50* mins $246.18	105* mins $307.76	80* mins $301.07	145* mins $422.89	80 mins $598.37
Hopedale	50* mins $246.18		45* mins $215.38	20 mins $215.38	85* mins $278.31	60 mins $474.17
Makkovik	105* mins $307.76	45* mins $215.38		15 mins $215.38	25 mins $239.49	75* mins $455.42
Postville	80* mins $301.07	20 mins $215.38	15 mins $215.38		55* mins $239.49	105* mins $424.63
Rigolet	145* mins $422.89	85* mins $278.31	25 mins $239.49	55* mins $239.49		40 mins $413.92
HV-GB	80 mins $642.37	135* mins $517.87	75* mins $499.12	105* mins $468.33	40 mins $457.62	

*includes stop(s)

Remoteness (continued)

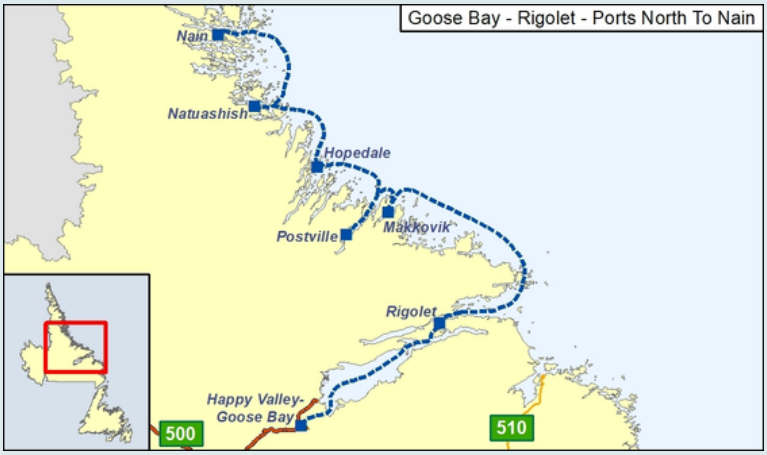
Ferry Travel

Labrador Marine Inc. operates the MV Kamutik W to provide ferry transportation between Nunatsiavut communities and Happy Valley-Goose Bay.

Ferry Rates (as of Sept 2025)		To					
		Nain	**Hopedale**	**Makkovik**	**Postville**	**Rigolet**	**HV-GB**
From	**Nain**		$25.50	$36.00	$40.50	$73.50	$99.00
	Hopedale	$25.50		$15.00	$19.50	$52.50	$78.00
	Makkovik	$36.00	$15.00		$10.50	$40.50	$66.00
	Postville	$40.50	$19.50	$10.50		$49.50	$73.50
	Rigolet	$73.50	$52.50	$40.50	$49.50		$25.50
	HV-GB	$99.00	$78.00	$66.00	$73.50	$25.50	

*includes stop(s)

Adult rates are shown above. Senior, student, and child rates are available. Cabins and vehicles are extra. Visit labradormarine.com for more detail.



Crossing Times

Goose Bay to Rigolet (167 km): 6.5 hours
Rigolet to Makkovik (274 km): 11.5 hours
Makkovik to Postville (69 km): 3 hours
Postville to Hopedale (132 km): 5 hours
Hopedale to Natuashish (102 km): 4.5 hours
Natuashish to Nain (133 km): 5.5 hours

Population Overview

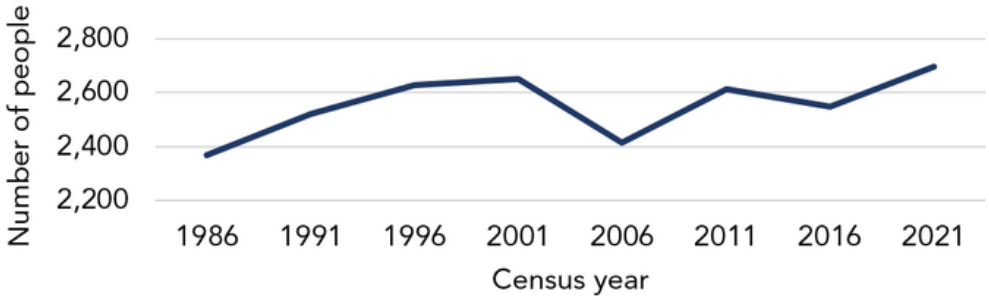
Source: Statistics Canada (unless otherwise noted)
Adjustments made by RAnLab according to amendments published by Statistics Canada.

↑4.7%
Population Change 2016-2021

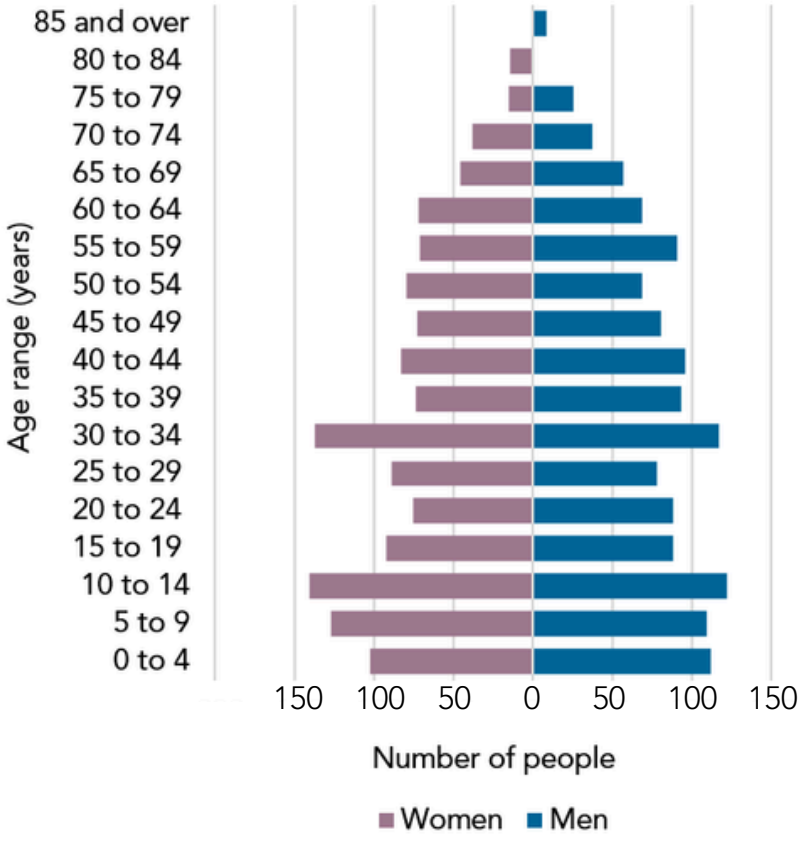
2,679
Total Population

959
Total Private Dwellings

Population of Nunatsiavut (1986-2021)
Source: Newfoundland & Labrador Statistics Agency

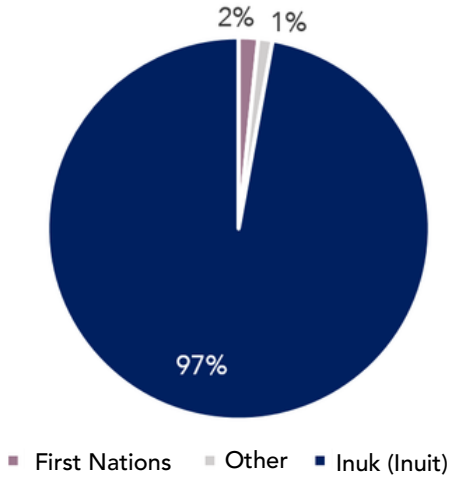


Population Structure (2021)



Indigenous Identity (2021)

94% of Nunatsiavut's population identifies as Indigenous.

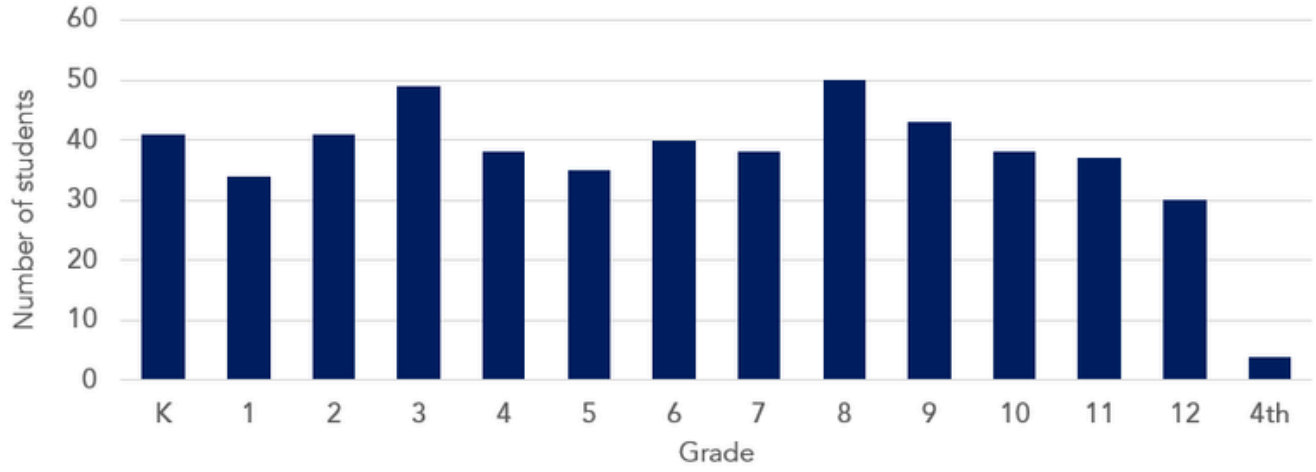


Education

Community School Enrollment (2024-2025)

Source: Government of Newfoundland and Labrador

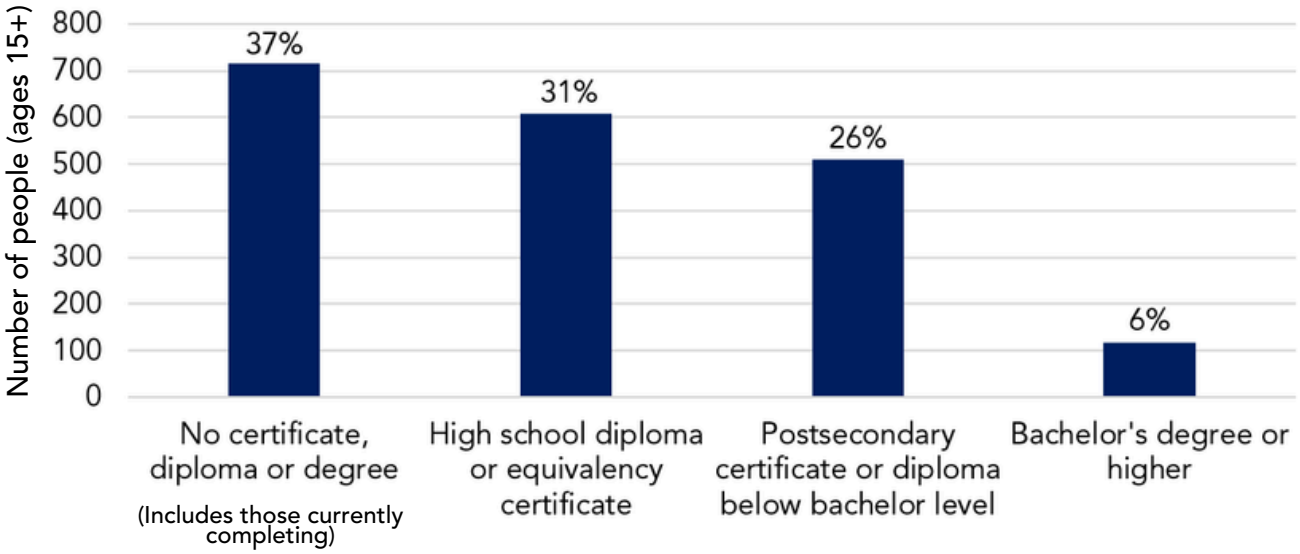
The Nunatsiavut region has five K-12 Newfoundland and Labrador English School District (NLESD) schools. Total enrollment is 518 students.



Highest Level of Education, Ages 15+ (2021)

Source: Statistics Canada

Adjustments made by RAnLab according to amendments published by Statistics Canada.



Employment, Income, and Labour Force

Source: Statistics Canada
Adjustments made by RAnLab according to amendments published by Statistics Canada.

Work Activity (2021)

In 2021, 53% of Nunatsiavut's employed population were full-time, year-round. 47% of the employed population were part-time and/or part year (for example, seasonal employment).

Participation Rate

55%

In 2021, 55% of Nunatsiavut's population (aged 15+) participated in the workforce.

Women: 57% **Men: 52%**

The participation rate for the province in 2021 was 56%.

Unemployment Rate

19%

In 2021, 19% of Nunatsiavut's labour force was unemployed.

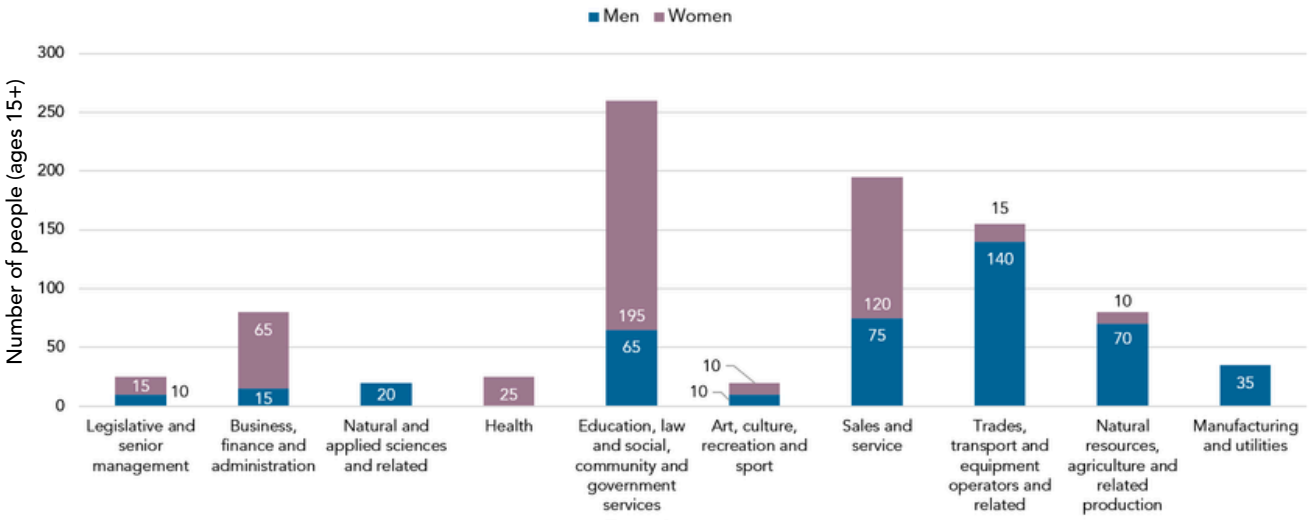
Women: 15% **Men: 26%**

The unemployment rate for the province in 2021 was 15%.

Participating in the labour force means a person is employed or looking for work. The unemployment rate indicates the proportion of individuals participating in the labour force that are currently unemployed and looking for work (often collecting Employment Insurance).

Occupations (2021)

All occupations of those living in Nunatsiavut (aged 15+) have been categorized using the National Occupational Classification system.



Employment, Income, and Labour Force (continued)

Source: Statistics Canada

Median Income (2019)

In 2019, the median income in Nunatsiavut was $30,200. Approximately half of the population received less and half of the population received more than this amount.

	Total	Men	Women
Nunatsiavut	$30,200	$31,000	$29,400
Newfoundland and Labrador	$35,200	$42,400	$29,600

Employment Insurance (2019)

505 individuals (aged 15 years and over) in Nunatsiavut collected employment insurance benefits in 2019. Approximately 56% of recipients were men and 44% were women.

Note: The most recent data available for median income and employment insurance are from Statistic Canada's 2021 Census of Population for the year 2019.

NUNATSIAVUT
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Education and Economic Development

MEMORIAL UNIVERSITY
REGIONAL ANALYTICS LAB

This Nunatsiavut Regional Profile has been created to bring together important information and data on various aspects of the region for use in regional and community planning, business development, community promotion, and local decision making.

This project is a partnership with Nunatsiavut's Department of Education and Economic Development and Memorial University's Regional Analytics Lab (RAnLab). Information contained within this profile has been collected from the most current data sources and will be updated as needed. If you have any questions or concerns about the data presented in this profile, please contact Heather Sheppard, business development officer, at Nunatsiavut's Economic Development Division: heather.sheppard@nunatsiavut.com

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Education and Economic Development

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