ADVENTURE CANADA

Travel Canada *by Sea*

EXPEDITION GUIDE

WHY *You'll Love* EXPEDITION TRAVEL IN CANADA

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.

Photography on the cover: Dennis Minty and Martin Lipman

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. Photograph 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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Your Arctic

EXPEDITION GUIDE

©Michelle Valberg

Fourteen **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.


©Mark Edward Harris

1 Pay homage to adventurers past at historic, haunting Beechey Island

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.


©Lee Narraway

2 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 landscape. 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.


©Dennis Minty

3 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?).

4 Take it easy with local wildlife in Tallurutiup Imanga, a protected Inuit waterway

Sail and Zodiac through Tallurutiup Imanga, a landmark marine sanctuary established through a pact between Inuit and Canada. Witness abounding ecological wonders in this natural and cultural seascape. Here, the greatest Arctic whales, bus-sized bowheads, skim for plankton—while belugas and narwhal gobble cod in the fjords. On land, foxes watch us from the outcrops, muskoxen trample the tundra, and walruses patrol the bays. And on the drifting ice floes? Keep your binoculars ready for seals and the white bears that love to feed on them.

©Martin Lipman

©Dennis Minty

5 Gawk at the riotous bird cliffs of Akpatok Island, a mecca of thick-billed murres

Like a dark fortress rising up from Ungava Bay, Akpatok Island is both inspiring and fearsome. From a distance, its quarter-kilometre-high walls appear stately and brooding, but as you draw closer you realize: they're a riot of life. Wheeling, shrieking, diving for fish, and nesting in nooks on the limestone are seabirds that Inuit call *akpait*—thick-billed murres, a member of the auk family. The profusion of birds, chicks, and eggs attracts Arctic foxes and, yes, polar bears, making this a fine spot to seek the white lord of the North.


©Dennis Minty


©Michelle Valberg

6 Visit Mittimatalik, one of Nunavut's most scenically situated communities

The biggest town in the High Arctic of Canada is also—we would argue—one of its most beautifully located. Mittimatalik, also known as Pond Inlet, nestles along whale-laden Eclipse Sound, peering toward the peaks and glaciers of Sirmilik National Park. For its 1,500 or so Inuit residents, this community is a cultural haven. Tour around town with warm local guides, hear (and likely learn a bit of) the Inuktitut language, witness a cultural extravaganza of Inuit sports and song, and purchase unique local carvings and craftworks.

7 Trek the delicate, timeless tundra of the Ungava Peninsula

Arctic landscapes are humbling. They make you feel small and yet strangely imposing, dwarfing you even as your voice booms over the expanses. On the north shore of Nunavik, the Inuit region of Québec, stretch your legs—and your senses—on the eternal polar plains. Kneel down and notice the profusion of tiny flowers, forming a garden only thumb high. Trek to a far outcrop, ogling geology that's nearly a billion years old. And, of course, keep your eyes out for quivering hares, coy foxes, svelte caribou, and other animal friends.

8 Explore the west Greenland coast, where the Arctic is sublime

Everything about Greenland's geology owes its existence to ice. Inland is the greatest ice sheet in the Northern Hemisphere. Along the coast are a labyrinth of fjords, the product of eons of grinding ice—much of it still sparkling in the cirques. And at sea? If you're lucky you might spot bobbing bergs, sailing to who-knows-where. Explore this glittering land and seascape by ship, Zodiac, or on shore. Make sure your camera has a spare memory card, because you might just fill it up!


©Dennis Minty


©Andre Gallant

9 Cross the Arctic Circle in west Greenland's greatest fjord

Sailing up Kangerlussuaq Fjord (Søndre Strømfjord) is a true polar pleasure. A whopping 190 kilometres long but just two klicks wide, this remarkable seaway is flanked all along by frosted peaks and glaciers. En route you'll cross the Arctic Circle—an achievement few travellers can claim. And at the end of it all is humble-but-historic Kangerlussuaq. Once a United States air base key in fighting the Nazis, it's now Greenland's main international airport. Look for muskoxen, scruffy trees, and several fine souvenir shops around the airport terminal.


©Andrew Stewart

10 Experience rural Inuit culture in the quaint community of Kimmirut

In Inuktitut, Kimmirut means "the heel," a reference to the great marble knob that guards the local harbour. Thanks in part to its sheltered setting, this is among the oldest permanently inhabited spots on Baffin Island, with a storied legacy as a Hudson's Bay Company trading post, a producer of Inuit jewellery and ivory scrimshaw art—and, you'll find, as an easy-going place to get friendly with the locals. What's more, the surrounding countryside combines blooming tundra and stunning stone hills, making trekking a joy.


©Dennis Minty

11 Stay cool while exploring the face of some of Canada's greatest glaciers

Devon Island, the world's largest uninhabited island, makes up for what it lacks in people in its ice—4,000 gigatons of the stuff, forming an ice cap almost a kilometre deep and sending glaciers churning down to the sea. By ship and Zodiac, explore the face of these tidewater glaciers, while watching for the calving of house-sized icebergs and weaving amongst iridescent blue bergy bits.


©Dennis Minty

12 Shop (and sup) 'til you drop in Greenland's cosmopolitan capital, Nuuk

Greenland's capital, Nuuk, bridges old and new. The charming harbour pays homage to colonial Denmark (note the 170-year-old Our Saviour's Church and the towering statue of missionary Hans Egede) as well as to modern Greenland (catch the seaside Inuit sculptures and the amazing national museum). Downtown are chic boutiques and coffeeshops, but also the distinctively Indigenous parliament house and a market where hunters sell sea mammal meat. Shop, eat, stroll the streets, and enjoy big-city living on the world's coolest island.


©Dennis Minty

13 Experience a polar hardship posting

A century ago, the Arctic was disputed territory. Mounties and Inuit special constables were thus sent to Devon Island to fly Canada's flag, make sovereignty patrols, and staff a remote station at Dundas Harbour. After the Mounties left, this was the site of the first Arctic relocation, when Inuit families were infamously moved to bolster Canada's claims to the Far North. Tour the station's eerie structures, learn about the hardships here, and take in the beautiful tundra.

14 Sail historic Davis Strait, a crossroads of whalers, Inuit, and explorers

For at least a millennium, this shivering sea has united Europe and Arctic North America. Inuit travel here, as did Vikings, Scottish whalers, explorers like Franklin and Amundsen, and more. Stroll the outer decks, hot coffee and binoculars in hand, keeping watch for pilot and sperm whales, seabirds, and fantastical icebergs. Learn from friendly experts about the region's past and present—the Inuktitut language, polar politics, and the storied explorers who passed this way. ■


©Lee Narraway

By **Dennis Minty**

Polar Bears

When trying to spot bears on the sea ice, you'll notice they are few, far between, and often distant. But they are in their element—skilled predators perfectly at home on the ice and in the water, even in the winter when the sun sets in October and doesn't rise again until late February. The air temperature can plunge to minus fifty degrees Celsius and stay that low for weeks. A warm-blooded Arctic animal must maintain a temperature gradient of almost one hundred degrees between its body core and the outside air. So, how do they do it?

Cold-Hardy Specialists

Going from outside in, polar bears have two layers of fur: a layer of long guard hair and an inner layer of underfur. The guard hair sheds water and seals the underfur like a neoprene dry suit when the bear is immersed. Water does not reach the skin except in areas where the fur is thin or absent. Each guard hair is hollow with an insulating air chamber, which aids with both heat conservation and buoyancy. In contrast, the underfur is dense, soft, and air-filled like the very best home insulation. Beneath that is a thick layer of skin, followed by a much thicker layer of fat that varies throughout the year, but can be up to eleven centimetres thick. The fur maintains the body heat in air, while the fat layer works better in water.

Compared to other bears, polar bears have small ears and tails and a larger body, which gives them a surface area to body mass ratio

"THE AWE ONE FEELS IN AN ENCOUNTER WITH A POLAR BEAR IS, IN PART, SIMPLE ADMIRATION FOR THE MECHANISMS OF SURVIVAL IT ROUTINELY EMPLOYS TO GO ON LIVING IN AN ENVIRONMENT THAT WOULD DEFEAT US IN A FEW DAYS." — BARRY LOPEZ, AUTHOR OF *ARCTIC DREAMS*

that conserves heat. When they sleep in the cold, they will burrow into a snowbank and ball up, reducing their exposure and surface area even further.

However, they do have a long nose compared to other bears, which is densely packed with olfactory sensors to give them a highly tuned sense of smell. It also helps conserve heat. Inside the nasal area is a sophisticated heat exchange system that warms incoming air and cools outgoing, so cold air does not enter the lungs and reach the body core, while warm air and water vapour is not lost to the environment. They would have no trouble passing a home inspection heat-loss test.

But what about their feet? There is little insulation between their soles and the frigid snow and ice. Like many other cold climate mammals and birds, their bodies simply allow their feet to cool to near freezing, through another counter-current heat exchange system in the legs. Bears also use vasoconstriction to reduce the flow of blood to peripheral parts of the body in preference for keeping the core warm.

It must be said that polar bears are not unique in their cold coping capabilities. Many other Arctic animals have similar adaptions, but, in *nanuk* (Inuktitut for polar bear), these adaptations reach their pinnacle of perfection.

A High-Fat Diet

Staying warm requires fuel, and that comes from seal fat. While black and brown bears munch on berries, polar bears go straight for the high-octane stuff. An adult bear needs two kilograms of fat per day—18,000 calories, or the equivalent of seventy Big Mac burgers. An adult ringed seal, weighing in at about seventy kilograms of fat and protein, will provide a bear with sufficient food to maintain its weight for about eleven days. However, bears always face a lean fasting period during the summer on land, so they need to pack on the pounds whenever the hunting is good.

Bears are more efficient at processing fat (97% conversion) than protein (84% conversion), so if hunting is good, bears will feast on the blubber but then leave the rest


©Dennis Minty

of the seal carcasses behind, much to the delight of ravens, ivory gulls, and Arctic foxes. A bear can eat 10% of its bodyweight in a half hour, and its stomach can hold 20% of its bodyweight. Polar bears are fat-processing machines with no cholesterol problems.

The Nose Knows

A polar bear's visual acuity is about the same as ours, but their night vision is better. The real key to a polar bear's hunting success is its nose. It has the largest olfactory area of any land mammal. An ecology professor who studied polar bears told me once of following bear tracks over the snow-covered ice by helicopter, to a point where the bear suddenly made a ninety degree turn and proceeded another sixteen kilometres in a straight line to the ice edge and a seal carcass. Now that's a keen nose!

A bear uses its nose to find seals beneath the ice, especially in spring when ringed seals create lairs within the ice pack to deliver and raise their pups. A bear can smell the seal through the thick snow, break through the roof of the den with its powerful forepaws, and snatch the pup—a polar bear version of fast-food take-out. Similarly, it can smell a ringed seal's breathing hole in the ice and will wait silently until the seal rises headfirst to take a breath, only to be killed instantly by the bear's strike. On average the bear succeeds at this about once in every five attempts.

A Sleek Hunter

Polar bears are highly accomplished stalkers. A bear might see or smell a seal resting on an ice floe from some distance away. It uses whatever cover it can to stay hidden as it creeps closer to its potential prey. If it needs to enter the water, it takes note of the seal's position and slithers in silently. Submerged, or using floating ice pans as cover, it quietly paddles closer, raising its head from time to time to recheck the seal's location. When the bear is close enough to the seal, it explodes out of the water and onto the ice in one movement to grab the seal before it escapes. In the water, the bear does not have

much of a chance to catch a seal, because its prey is faster and more agile.

As marine mammals, polar bears are such competent swimmers that they have been found hundreds of kilometres out to sea. A bear in the Beaufort Sea set the record for a long-distance swim of 687 kilometres in nine days. This is indeed exceptional, but bears will routinely cross open bays and wide leads, probably for the same reasons that chickens cross the road. Each spring we get reports of polar bears on the northeast coast of Newfoundland having arrived on the drifting pack ice. This is the southern extent of their world-wide distribution. When the ice melts, they no doubt go north again, swimming and following the land.

A Changing World

So how are polar bears doing in these changing times? Truth is, we don't have good data from the entire Arctic to know for sure. Scientists divide the total polar bear population into nineteen subpopulations, some of which we know far more about than others. As of 2019, four of the subpopulations were declining,

five were stable, two were increasing, and, for the rest, there was insufficient data. The total estimate for all areas is between 22,000 to 31,000 bears, with Canada having between 60% to 80% of that population. The Committee

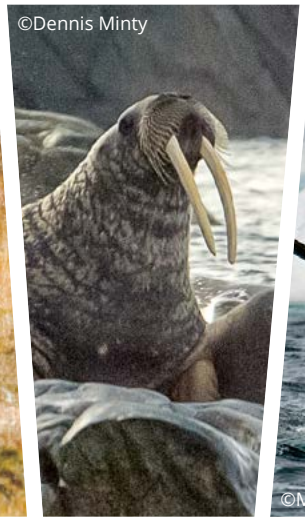
on the Status of Endangered Wildlife in Canada consider polar bears to be a species of special concern that face an uncertain future due to threats posed by climate change.

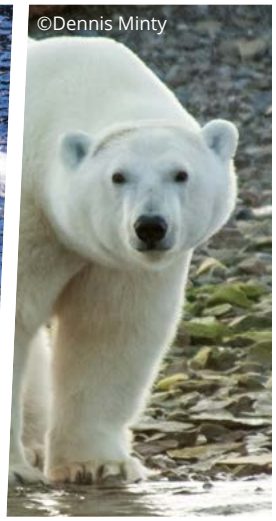
Nunavut, part of *Inuit Nunangat* (the Inuit homelands in Canada) and one of Canada's three northern territories, is home to twelve of the nineteen polar bear subpopulations. Nunavut's Polar Bear Management Plan states: "Harvesting polar bears for meat, tradition, and economic benefit is still very important, and the harvest of one's first bear is a significant milestone in a hunter's life." This management plan integrates Inuit societal values and traditional knowledge—collectively known as *Inuit Qaujimajatuqangit*—with ecological data. It acknowledges that bear distribution is shifting in response to changing ice conditions, which has forced bears to spend more time on land where they are more likely to interact with communities. Therefore, public safety is also an increasing concern.

Given what we know about how bears use the ice to hunt and live, and the rapid changes that are happening in the Arctic due to climate change, there is one thing I can say with some certainty about the future of polar bears: change is afoot. If you are planning a trip during which you hope to see polar bears, sooner is probably better than later. ■

Meet the Arctic's **Five Best Beasts**

By **Aaron Spitzer**





Wildlife spotting is one of our favourite team sports on an Arctic expedition. A few of our guests join us to add to their life lists of coveted sightings—after all, where else might you spot a prized ivory gull? Others are self-proclaimed "whale heads," keen to commune with bowheads and other leviathans of the polar deep. Some hope to see ghostly white wolves, mischievous Arctic foxes, and huge Arctic hares. Once, we even had a lady who was wild about lemmings: "Do they really stampede to the sea?"

To enrich your encounters in this Eden of fauna, you'll be guided by our team of top naturalists, renowned experts in their fields. Throughout our voyages, ornithologists, marine biologists, and conservation specialists will teach you about these diverse topics. You'll have the chance to attend compelling and fun presentations and workshops like "Why Whales Are Really Superheroes" or "Tips and Tricks for Spotting Tundra Critters."

These specialists will be at your side, too, on the top deck of the ship, as you peer through the scopes at rare Peary's caribou; or when you trek along the shore, trying to discern whether the flippered critter spy-hopping nearby is a ringed seal or a bearded seal; or on Zodiac cruises alongside cliffs thronging with thick-billed murres.

So, what are the prime sightings you can expect on an Arctic expedition? Let's talk about the Big Five—the quintet of our most coveted polar species. On any given trip, seeing a couple of these is par for the course. If you spot all five, you've won the polar jackpot.


©Danny Catt

Muskox (*Ovibos moschatus*):

Muskox are the only true land mammal on this Big Five list. Nearly the entire world population (around 100,000) lives in the North American Arctic. We usually observe them solo or in small herds, browsing on the green isles of the Ungava Peninsula, traversing the chasm of Bellot Strait, galloping beside glaciers on Devon Island, or even hanging out alongside the airport runway at Kangerlussuaq, Greenland.

Male muskoxen stand about 1.5 metres at the shoulder and weigh around 340 kilograms; females are about 150 kilos. Their guard hair can dangle sixty centimetres, while their underfur (called *qiviut*) is so famously insulative that, during blizzards, muskoxen simply shelter in place. Their horns can span almost a metre between the tips, which the males use to go head-to-head during the rut. The winner gets to mate with the harem, around ten to fifteen cows, and the adorable calves are born in April.


©Dennis Minty

Walrus (*Odobenus rosmarus*):

The biggest Arctic pinniped, walruses are, of course, famous for their gleaming tusks, cartoonish moustaches, and grumpy demeanour. Around 20,000 of them ply the coasts of Arctic Canada and Greenland. We frequently sight them feeding at the south tip of Baffin Island, basking on gravel bars in the fjords of the High Arctic Archipelago, or drifting along on ice floes in the middle of Tallurutiup Imanga.

Male walruses can weigh almost 1.5 tonnes and reach three metres long. Females are about half as heavy and 2.5 metres long. Both genders are cinnamon-coloured and blubbery, giving them a sausage-like appearance. In the water, they are dextrous, scouring the seabed for molluscs or even killing and eating seals. Out of the water, they cluster together in groaning, clumsy, ripe-smelling, skittish herds. When in view of them we move with extreme stealth, so as not to spook them.


©Michelle Valberg

Narwhal (*Monodon monoceros*):

The fabled unicorn of the sea, narwhal males (and the rare female) bear a spiral, swordlike tusk. The species is unique to the High Arctic, and, with only 80,000 narwhals in existence, any sighting is a once-in-a-lifetime experience. If we're lucky, we could encounter them in the vicinity of Sirmilik National Park or in the fjords of Devon Island.

Narwhals grow up to six metres in length. Babies are a blue-grey, adults are mottled grey, and seniors are almost completely white. Though often seen in groups of around fifteen, they can flock together by the hundreds. Their diet? Greenland halibut, cod, squid, and shrimp. The purpose of their tusk has long been a mystery—most scientists believe it is for sexual display, though some suggest it plays a role in detecting prey. Narwhals tend to be shy and elusive, especially in summer.


©Scott Forsyth

Beluga (*Delphinapterus leucas*):

The most commonly sighted Arctic whales, these gregarious, ghostly cetaceans can seem as curious about us as we are about them. With a large population broadly distributed across the Arctic, there's a fair chance of seeing them anywhere we travel. They are especially common on the north coast of Somerset Island in the High Arctic.

Related to narwhals, belugas are similar in size, reaching up to 5.5 metres long and weighing 1.6 tonnes. However, they are unlike narwhals in other ways. First, of course, belugas lack tusks. As well, they are bright white, sometimes seemingly glowing in the water. Their necks flex, so they can turn their heads—the only whales that can do so. Finally, belugas are known for their chirpy vocalizations, earning them the nickname of the *sea canary*.


©Dennis Minty

Polar bears (*Ursus maritimus*):

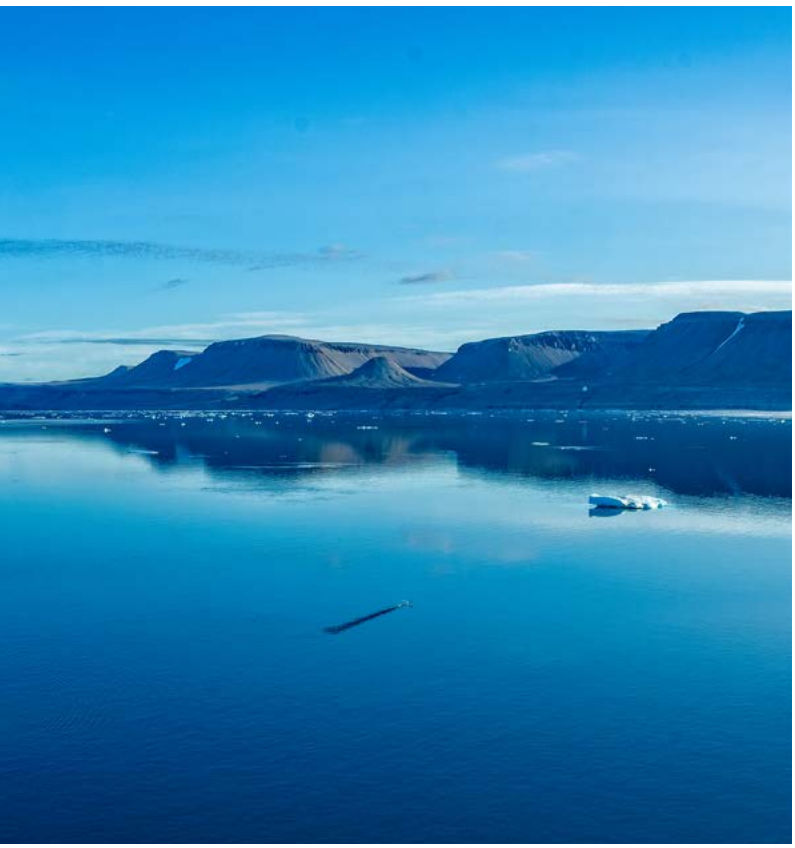
These iconic beasts—among the world's largest land carnivores—are hands down the most popular creature to see in the Arctic. And, lucky for us, we spot them constantly. (No lie: on some days we've wished to see fewer of them, because they were interrupting our onshore plans.) In summer they are particularly common scavenging at bird colonies, such as Akpatok Island. Very rarely we encounter gatherings of them feasting on washed-up whales.

The world polar bear population is estimated at around 25,000, most in Arctic Canada. They are, of course, considered threatened by climate change. Unlike their hibernating cousins, they prowl year-round, eating whatever they can kill—usually seals. Males typically travel solo and grow to fearsome proportions: a tonne in weight and three metres tall on their hind legs. Females are less than half as big and are often accompanied by one to three cubs. ■

By **Aaron Spitzer**

Safeguarding a Precious Arctic Seascape: How Inuit Created the Foremost Marine Conservation Area in Canada

If you're from Canada, you've likely heard of land claim settlements, providing Indigenous peoples with the power to protect their traditional lands. But for Inuit, it's not just lands they seek to protect—it's water, too. Historically, Inuit spent much of the year living out on the sea ice and today they still travel, camp, and hunt there. The ocean sustains Inuit—filling bellies with seals, whales, walruses, and fish, as well as nourishing souls.



So, it's no wonder that Inuit of Nunavut are working to safeguard their Arctic waters. They've spearheaded a vast protected zone, the Tallurutiup Imanga National Marine Conservation Area. The area is one of Canada's natural and cultural wonders. It's also one of our favourite spots on a High Arctic Explorer expedition.

The name Tallurutiup Imanga refers to the waters around Tallurutit (Devon Island), especially Lancaster Sound. From there, the conservation area sprawls out, reaching east into Baffin Bay, west along the Parry Channel, and covering Admiralty and Navy Board Inlets to the south. In all, it encompasses 109,000 square kilometres, bigger than Lakes Huron, Erie, and Ontario combined. It's the largest conservation area in Canada.

Not so long ago, its safety was in question. Concerns began in the 1960s when Arctic oil and gas exploration commenced. In 2009, seismic testing was scheduled in Lancaster Sound to assess its oil and gas resources. Inuit protested and, in August 2010, obtained a court injunction to stop the tests. That same year, the regional Qikiqtani Inuit Association, along with the governments of Nunavut and Canada, began the process of founding the conservation area. In 2019, the conservation plan went into action.

It wasn't a moment too soon. In our warming world, Tallurutiup Imanga is a place of extreme ecological significance. It's a refuge for the Arctic's most awe-inspiring and endangered creatures, including Canada's largest subpopulation of polar bears, seventy-five per cent of the world's narwhals, plus bowhead whales, belugas, walruses, and seals. It's also the summer habitat of millions of breeding seabirds, including thick-billed murres, northern fulmars, and black-legged kittiwakes. Surrounding the waters of the conservation area are stunning glaciers, snow-capped peaks, delicate tundra plains, and desert-like badlands.

As important as Tallurutiup Imanga is for the Arctic environment, it is just as valuable culturally. Inuit have thrived here since time immemorial. These are the waterways through which they historically travelled to populate the Eastern Arctic, Greenland, and Labrador. Found here are Inuit archaeological, historic, and sacred sites. Today, the area is flanked by several Inuit communities: Mittimatalik (Pond Inlet), Qausuittuq (Resolute), Ikpiarjuk (Arctic Bay), and Ausuittuq (Grise Fiord). Inuit will manage the conservation area in collaboration with Parks Canada, allowing traditional lifeways to continue.

Meanwhile, we will continue journeying in Tallurutiup Imanga, supporting Inuit in their efforts—and benefitting from the protection of this precious Arctic seascape. ■

Six Arctic Foods & Beverages You Don't Want to Miss

By **Ellie Clin**

The North is a culinary wonderland for adventurous eaters and the opportunity to try both new and traditional Inuit foods is a highlight of an Arctic expedition. These are six of my personal favourites—meats, fish, fruit, and beans(!)—from this tasty region of the world.

©Michelle Valberg


©Ellie Clin

Maktaaq

Eaten with your hands, maktaaq is the skin and blubber of a narwhal, beluga, or bowhead whale. Very chewy in texture, it is cut into bite-sized pieces and scored with a crescent-shaped *ulu* knife, often served dipped in soy sauce or savoury soup base. In Inuit homes today, it's common for families to gather around large pieces of cardboard spread out on the floor to share traditional country food together, and maktaaq is a favourite—so much so that I feel especially grateful and humbled when friends share this food with me. If you are lucky enough to be offered some by a generous host, be sure to try this special delicacy at least once in your life.


©Lee Narraway

Arctic char

Found throughout Arctic waters, char's rich orange flesh has a similar flavour to wild salmon. Traditionally served dried, frozen, or fresh like sushi, it's also delicious poached or baked. My personal favourite is *pitsik*, when the fish is scored, salted, and dried out in the fresh air. When it's ready to eat, you peel the dried fish away from the skin. The pitsik's flavour and texture is similar to a combination of gravlax and jerky. Depending on the weather and the time of year, it's common to see drying racks up around the Arctic communities we visit, and I think they make for a particularly beautiful photo opportunity, too.


©Lynn Moorman

Muskox burgers

As with all traditional hunting practices, every part of the muskox is used by Inuit—the undercoat fur creates luxurious fibres of *qiviut*, the horns become beautiful jewelry, and, most luckily for us gourmands, the meat can be ground into scrumptious burgers. Café Iluliaq in Ilulissat is a popular haunt to find them, but they are served in a number of restaurants throughout Greenland. You're likely to find caribou burgers on the menus of these places, too. Whether you like your burgers plain or topped with the works, the patty is a bit richer than a beef equivalent and it's likely that you'll love the novelty as much as the flavour.


©Dennis Minty

Bakeapples

Also called cloudberries (or *aqpik* in Inuktitut), these bumpy, golden beauties ripen along the tundra in late summer and early fall. Like their raspberry cousins, bakeapples are best eaten freshly picked by the handful, but they are also delicious when baked in desserts or made into jam and slathered on fry bread. Though bakeapples are my personal favourite, wild partridgeberries, crowberries, or blueberries are also great. *Akutaq* is a dessert that coats berries with whipped fat or brain (similar in consistency to coconut oil) and is then eaten like ice cream.

©Jessie Brinkman Evans

Kaapittiaq coffee

Kaapittiaq means "good coffee" in the Inuinnaqtun language and is a must-try for any java junkie like me. The beans are sourced from Indigenous farmers in Peru and then roasted into medium, dark, and espresso blends. As an Inuit-owned social enterprise company, they reinvest their profits into cultural and language revitalization programs for the Pitkuhirnikkut Ilihautiniq / Kitikmeot Heritage Society. Look for Kaapittiaq in grocery stores throughout Nunavut or make it your regular morning brew back at home by buying from their online shop.


©Jessica Winters

Seal

Seal is making a culinary resurgence. After a series of anti-sealing campaigns that had serious economic and cultural ramifications on Inuit communities, today hashtags like #huntseal #eatseal #wearseal are bringing the cause of Inuit food sovereignty to social media platforms. Now you can find seal everywhere in the North as well as further south, whether as a staple meal in Inuit households or on the menus of haute cuisine restaurants. It can be prepared as a simple comfort food (boiled and eaten with mustard!) or much more intricately (seal tartare, anyone?). It is a rite of passage for hunters to eat the fresh, raw liver of their first seal, while the eyeballs make for a photogenic snack. ■

Savvy Shopping, Arctic Style

By **Aaron Spitzer**

The North abounds with must-see spots—but what are the must-have products? From iconic masterpieces to useful souvenirs, we present the polar purchases most popular with Arctic expedition shoppers. Here are seven suggestions for artful, authentic items to collect on your journey north.

Artist Qavavau Manumie demonstrates his printmaking techniques.

Prints

Many Arctic travellers know of the late printmaker Kenojuak Ashevak, whose masterpieces are emblazoned on coins, stamps, and the Canadian imagination. But Ashevak was hardly alone. Her hometown, Kinngait (Cape Dorset), has the highest concentration of artists in Canada, many working out of, and selling to, the legendary Kinngait Studio. A highlight of the Heart of the Arctic expedition, in Kinngait, you'll meet renowned printmakers in action and have the once-in-a-lifetime chance to purchase their prints at the source.

Artist Pootoogook Qiatsuk carves a piece of stone on the ship's back deck.

Stone Carvings

For eons, Inuit transformed stone into amulets, masks, tools, and cookware. Then, in the 1940s, James Houston learned of and helped Inuit monetize these talents, resulting in today's world-famous Inuit sculpture industry. In nearly every community we visit, you'll find carvers bringing stone to life, crafting Arctic animals, shamanic scenes, and images of Inuit life. Small carvings make for amazing-yet-affordable souvenirs; larger, more complex pieces are priceless heirlooms.

Ulu Knives

Known as women's knives, these popular choppers feature a half-moon-shaped blade affixed to a handle of caribou antler, muskox horn, walrus ivory, or wood. Each region then adds its own specific design flourishes. Used in a rocking motion, an ulu is ideal for flensing narwhals—or for slicing pizza. As we can attest, repeat Arctic travellers often end up with quite a collection.

Filmmaker and cultural educator Myna Ishulutak of Pangnirtung, Nunavut sports a Pang hat.

Pang Hats

Whether you're strolling Toronto's Bloor Street or summiting Auyuittuq National Park's Qairsuaaluk (Mt. Thor), these crocheted wool caps are the warmest way to keep your head about you. With bright, zigzag patterns, a nearly windproof weave, and a jaunty, bouncing bobble, they're famously associated with the community of Pangnirtung on Baffin Island, but are now available in an array of Nunavut towns.

Explorer and author James Raffan dons a sealskin bowtie.

Sealskin Garments

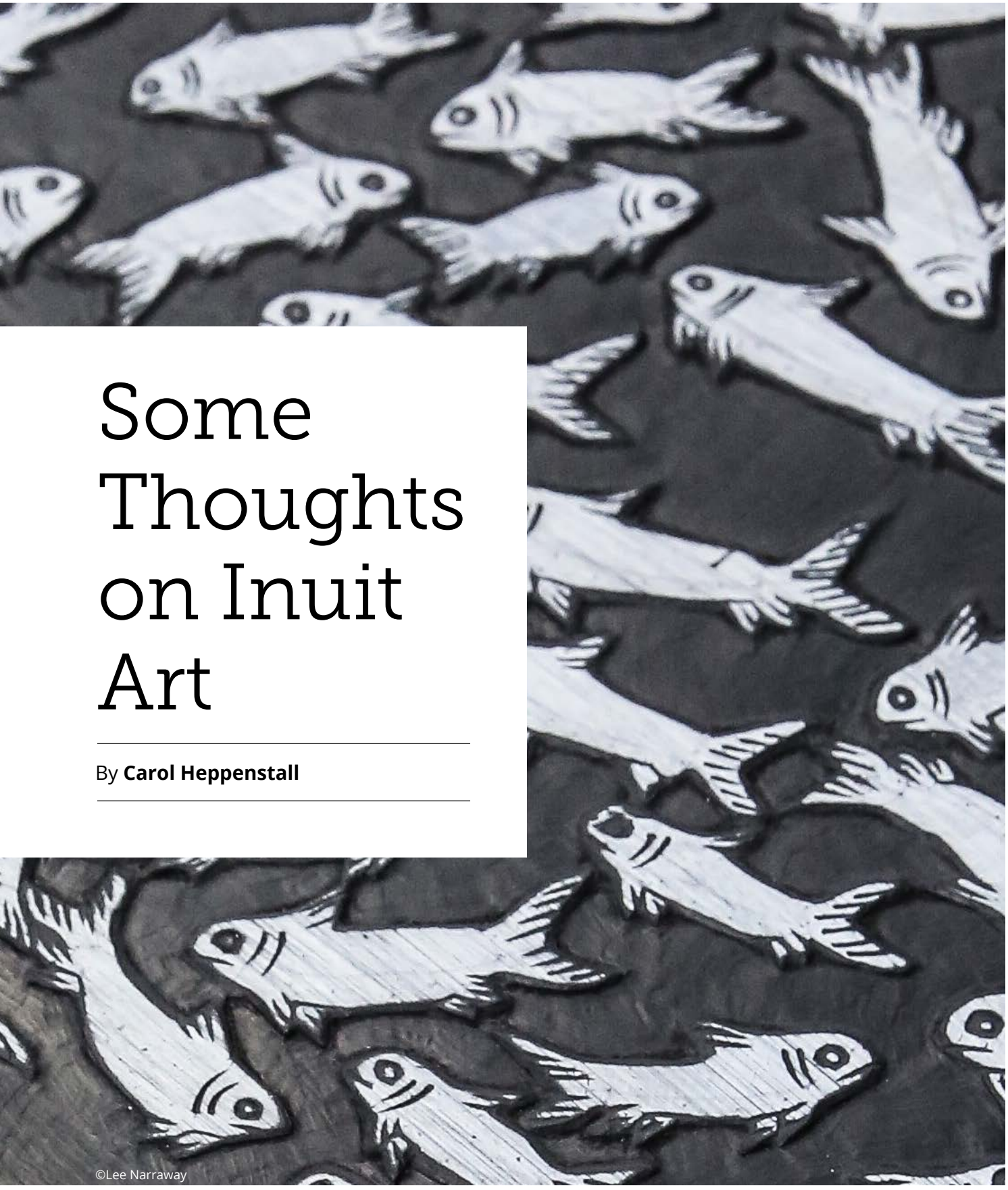
Sealskin is the blue denim of the Arctic—the most stylish, popular, and sensible polar fabric. In nearly every community that you visit, you'll be able to peruse masterfully crafted seal products. Sealskin mitts, often trimmed with rabbit fur, are dazzling yet instantly practical, keeping you snug on the Zodiac ride back to the ship. Sealskin slippers, too, are warm and sleek. And, if you live in a place where seal would leave you sweltering, opt for a sealskin broach, hair clip, or bowtie.

Greenlandic Beadwork

Greenlanders are famous for their bold national dress, which for women includes immaculate white *kamik* boots, a vivid anorak, and a brilliant, multicoloured shawl of ornately interlaced beads. Inspired by these shawls, delicate beadwork collar necklaces, as well as beaded earrings and ornaments, are all the rage in the Arctic. You'll find them for sale in most Greenlandic ports and in some Nunavut communities—as well as bedazzling the necks of fellow travellers.

Qiviut

Muskox wool is Earth's warmest fibre, so insulating that when scientists once tried to count muskoxen using heat-seeking cameras, the animals didn't show up. In Greenland, you'll find an array of garments woven from the stuff, ranging from soft-as-cashmere scarves to delicate wrist warmers. As befits such finery, prices aren't cheap. But whether brightly dyed or *au naturel*, qiviut products are like a fluffy hug, keeping you cozy in blizzard conditions—and helping you stand out from the herd. ■



Some Thoughts on Inuit Art

By **Carol Heppenstall**

Inuit art has a history of some 4,000 years. Its means of expression took the form of highly decorated material culture. Whether these objects were used for hunting or personal adornment, their significance is unquestionable. The aesthetic appeal underlies the amazing collections to be found in the world's great museums and galleries.

Historically for Inuit, art created a spiritual bond—a means of communicating with the world around them, and the spiritual forces that controlled that world. Art was a means by which artists translated *isuma* ("thoughts") from their rich oral history.

Today's Inuit artists continue in the role of communicator. This voice honours the land and its people and initiates a dialogue with those who encounter the works of art. To confront a stone carving of a polar bear dancing to its own music, or a mother nursing her newborn, is to experience a glimpse into the Arctic.

The raw materials of stone, bone, and antler emerge from the Arctic landscape. When we hold a beautifully carved piece, we are in touch with this landscape.

Paper for limited-edition prints and drawings, and textiles used for weavings and wall hangings, are newer materials used by Inuit artists. Both these mediums afford a narrative means of sharing information. Prints that illustrate life in the communities, often contrasting then and now, bring us closer to Inuit way of life. Sprinkled with humour and imagination, prints have become sought after by collectors. The excellence with which they are produced is a tribute both to the many artistic advisors who have come north to share their expertise, and the talent of the artists to capture their ideas on paper, translate it in the print medium, and produce the print. Weavings and wall hangings expand on Inuit women's traditional sewing skills and are a richly decorative and highly personalized art form.

> **"ART CAN NEVER BE UNDERSTOOD, BUT CAN ONLY BE SEEN AS A KIND OF MAGIC, THE MOST PROFOUND AND MYSTERIOUS OF ALL HUMAN ACTIVITIES." — BILL REID**

As Inuit artists gain recognition, more personal visions may inform their work. We often see signature pieces that characterize the work of a particular artist. Personal thoughts and ideas are translated into stone or onto paper, or an artist may choose to work in a new medium such as film, video, or precious metals.

At times we are challenged by notions such as, what is traditional? What is art? These questions are not limited to art made by Inuit or anyone else. Suffice to say that as we encounter Inuit art, we experience what Bill Reid calls a kind of magic—a gift of seeing and knowing another. ■

Buyer Be Fair: A Guide to Smart—and Responsible—**Shopping in the Arctic**

By **Aaron Spitzer**

Artist Qavavau Manumie demonstrates a printmaking technique in Kinngait (Cape Dorset), Nunavut.

Up north, artistry is everywhere. Inuit carvers, seamstresses, printmakers, and crafts-people abound, creating world-famous products that boast both function and flair. From ornate beaded necklaces to plush sealskin parkas to lithe kayaks, their creations help Inuit stay safe in the wilderness, stylish around town, and culturally connected. And, of course, because their works are wildly popular with visitors like us, the buying habits of expedition guests play a key role in supporting the Arctic's economy and culture. Here are some handy tips to help you purchase wisely and responsibly.

Buy Local

In small northern communities, you'll often be buying direct from the artist—the most ethical and rewarding way to shop. Their products are the real deal, and the artists are often happy to talk with you about their work. In larger centres such as Nuuk or Iqaluit, and at airports and grocery stores, you're more likely to find the classic souvenir stand mementos: plastic Inukshuk statues, faux-fur mittens, and so forth. In such places, pieces that are authentic and handmade will usually be labelled as such. For example, Nunavut Inuit-made products are often certified with an Authentic Nunavut tag. For sculptures especially, look for the Igloo Tag Trademark. When in doubt, ask the shopkeeper. And, as usual, *caveat emptor*.

Don't Haggle

Whatever the cost of an Arctic artwork or craft, it's poor form to dicker on the price. Haggling is not a cultural norm in the North the way it is in other parts of the world. You'll probably come

Shoppers browse in at the Soper House Gallery in Kimmirut, Nunavut.

off as a pushy city-slicker at best, or, even worse, as an ungrateful and unwelcome guest. Heaven forbid! Remember, these artists aren't rich, and surviving in the North costs a bundle. Be sure to consider what galleries charge for similar pieces down south. You're under no pressure to purchase, of course—but if you do, you'll likely already be getting a deal, without needing to haggle for it.

Carry Cash

In most communities, you'll find credit and debit cards to be useless—except for scraping frost! Likewise, banks and ATMs are rare. It's smart to acquire appropriate currency before coming north: Canadian dollars for Canada, Danish krone for Greenland. Artists are unlikely to want US dollars, as they have no easy way to exchange them. Also, a pro tip that many have learned from experience: when disembarking for town, do not forget your wallet on the ship!

Stay Legal

Transporting Arctic animal products can be tricky. Americans are forbidden from bringing home marine mammal items, such as products made from seal, polar bear, whale, or walrus. Europeans have slightly more freedom, and Canadians are somewhat freer still. Beadings, wall hangings, prints, caribou products, and soapstone carvings are usually safe bets when it comes to importing your souvenirs back home. In general, though, before spending big, learn the export and import rules that apply to your circumstances. Our on-board experts are always there to help.

Be Flexible

Sometimes when we sail into a community, the stores are packed with souvenirs, carvers are selling sculptures on their doorsteps, and kids peddle handicrafts on the beach. Other times, maybe beluga whales have been spotted near town and everyone has left to go hunting. Look on the bright side: one of the best things about the Arctic is that life doesn't revolve around commerce. Plus, there's always the next port of call or the *Ocean Endeavour* gift shop.

Buy Aboard

The shopping doesn't stop when we haul anchor. The ship's gift shop is also packed with worthy wares. Many are practical: forget your wool hat? Need lozenges? Want a souvenir coffee mug? We've got you covered! Then there are the creations of the talented expedition team. Depending on your trip, you might find copies of adventurer Jerry Kobalenko's coffee-table book *Arctic Eden*, botanist Carolyn Mallory's elegant watercolour paintings, or cultural educator Heather Angnatok's savoury Labrador tea or handmade soaps.

One of the main reasons we started our on-board gift shop was to support small businesses and local artisans from the areas we visit. We consciously purchase through co-ops and other suppliers to buy from nearly every hamlet across the North, to spread the economic benefit of tourism beyond just the communities that we visit. It also means we provide this economic benefit even if all the artists are out beluga hunting on the day we arrive, or we are forced to make itinerary changes. Our dollars have real power to make lasting benefit in these places—to help regenerate these economies and support art-makers. ■

©Bodleian Library

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

By **Aaron Spitzer**

Nearly 450 years ago, English mariner Martin Frobisher vowed to discover the North-west 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

©The Trustees of the British Museum

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

©The Trustees of the British Museum

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 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.

Frobisher Bay from above

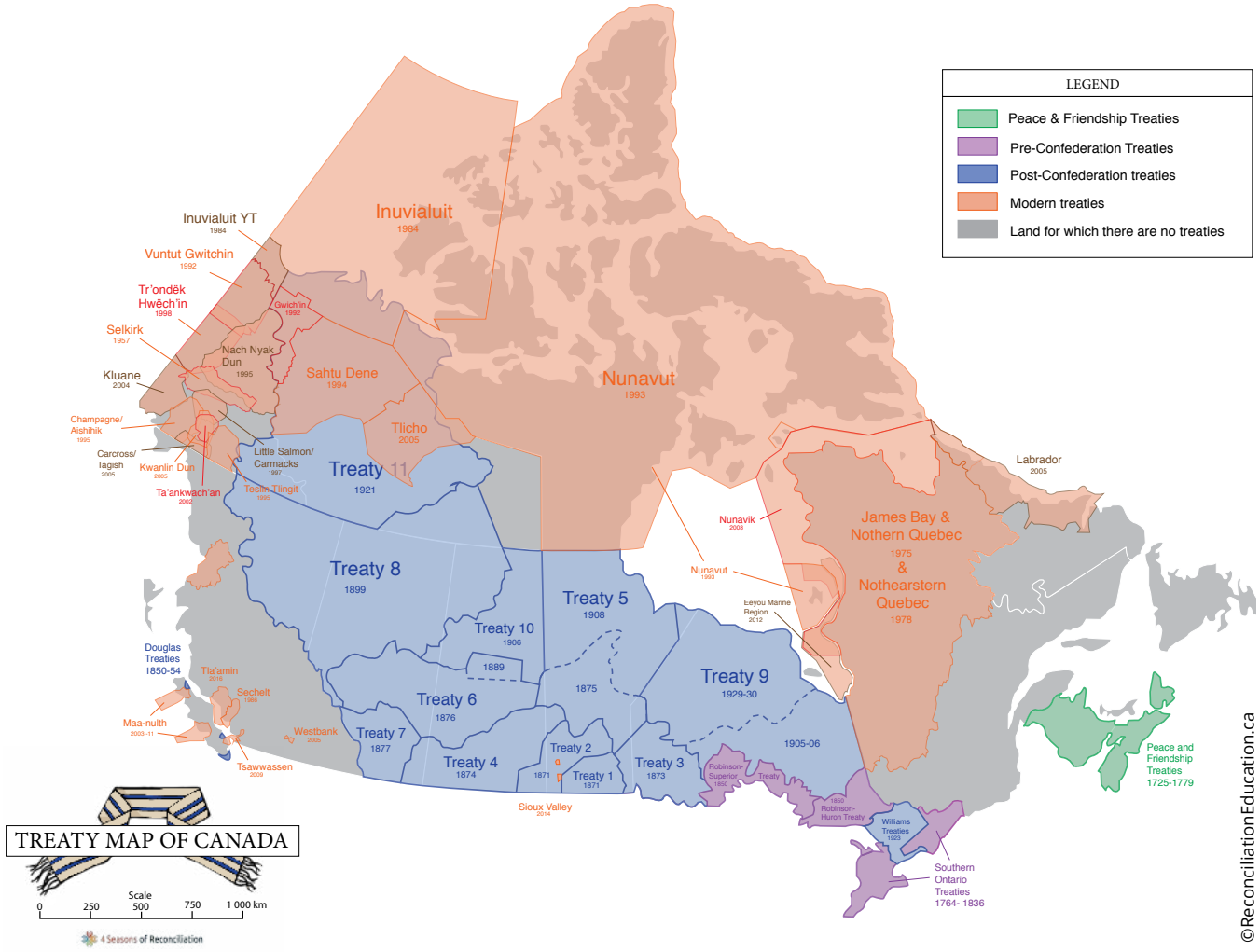
It would be Frobisher's last Arctic journey. When he reached England, the ore was offloaded at a specially constructed smelter. Only the tiniest flecks of gold were extracted, a result deemed "verye evill." The stone was worthless hornblende. Michael Lok blamed Frobisher, publishing an account of the 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. ■

Creating Nunavut: **Reflections from an Inuk**

By **Robert Comeau**


©Michelle Valberg

I'm proud to share my history and heritage, guiding trips in the North as a cultural educator and expedition team member.



Shown here, Nunavut is placed within its larger context of Indigenous treaty lands in Canada.

My name is Robert, and I am an Inuk. I was born in Frobisher Bay in the Northwest Territories. In 1999, my family and I were living in beautiful British Columbia. That's the year my mom, Udloriak Hanson, travelled home to what is now called Iqaluit—the capital of Nunavut.

In the early nineties, a referendum was held, and the Nunavut Agreement was signed in 1993, one year after I was born. On April 1, 1999, Nunavut became a territory. During this exciting time, my mom was coming into her adulthood. She was excited to return to her home and wanted to bring us back with her—but as a university student, she could not afford to travel across the country with a family of four for this celebration.

What she *did* bring back to us in British Columbia was an unmistakable pride in our home territory of Nunavut. After she earned her first university degree, my mom went on to work for public governments and Inuit organizations, always using her privilege to advocate for and better the position of Inuit.

This is something that has stuck with me as I follow in her footsteps with my own advocacy.

In the now more than twenty years since the creation of Nunavut, Inuit have continued to claim our space within Canada—not only through politics, but also through practicing, protecting, and sharing our unique culture.

The Nunavut Agreement

Until I entered university myself, neither the Nunavut Agreement nor Nunavut as a territory had much of an impact on my life. Looking back now, however, I can see the immense importance it held for my mom and the rest of my community. We created our own territory as an Indigenous group; this accomplishment cannot be overstated.

In the 1970s, while many Inuit were still living on the land and sustaining themselves by harvesting, there were other Inuit using their residential school educations to become lawyers. They would go on to create the means for protecting our unique lifestyle—including overseeing the creation of the Nunavut Agreement and our own territory.

For me, these protections mean safeguarding our language and our harvesting rights. Inuit society depends on our connection to each other and our environment. These connections come from knowledge produced since time immemorial. *Inuit Qaujimajatuqangit* (Inuit traditional knowledge) is what Inuit know to be true—our own form of science, you could say.

Inuit Qaujimajatuqangit (Inuit Traditional Knowledge)

This knowledge system is what guides our language and harvesting. When we harvest animals that sustain us—like fish, caribou, seal, or whales—our respect for the animals is front of mind. We are taught to use every part of the harvest, from the meat to the bones. Our Elders teach us which parts to share with who and why.

Building traditional *qajait* allows me to express my creative side and is a huge source of personal pride.

Each season, I give my first catch to my Auntie Kathy because she is my *arnaqutik*. This means that she was present during my birth. This is one of the special relationships that I carry with me and is but one example of complex family support systems that comprise our unique worldview.

So, what do Nunavut and the Nunavut Agreement mean to me? It is the living process of Inuit planning and doing what is needed in order to protect our way of life. Inuit

express this way of life in myriad ways. To this day, we create amazing music, we perform tremendous athletic feats, and we produce gorgeous clothing and works of art. We revere the knowledgeable hunters supporting their families. We respect our change-makers who work to incorporate Inuit Qaujimajatuqangit into the everyday functioning of our territory.

Advocacy for Inuit

Inuit in Nunavut have always worked and fought for the betterment of our own people. If it wasn't for the hard work of Inuit who fought for equal recognition of our Inuktitut language, we would not be where we are today—with Inuktitut joining English and French together on territorial documentation and policy. If it weren't for those Inuit who fought for education rights, we would not be where we are today—with our right to determine our own scholarly destiny.

Now that I am able to understand the history of colonization in Canada and the impact it has had on my family, I need to make the conscious choice to use my privilege. How can I work to make things better for Inuit?

One answer that I've been working on is simply talking with other Canadians about it. The more we can raise awareness about our challenges and achievements as Inuit in Nunavut, the better the chance that when Inuit speak, southerners will listen.

My Challenge to You

So, this is where I challenge you to go beyond just celebrating Inuit success stories such as the creation of our territory of Nunavut. No Canadians should ignore the great achievements made by Inuit—and no Canadians should ignore the immense challenges we face. For a country that prides itself on a northern identity, there has been little effort to learn about the peoples of the North.

My mom and I on a hunt up the Sylvia Grinnell River, near Iqaluit, Nunavut.

This process is not a comfortable one. It means deconstructing your preconceptions about us. It means taking an active listening role instead of deigning to tell us how we should fix the problems we face. With the Truth and Reconciliation Commission's Ninety-Four Calls to Action, or the Report of the Royal Commission on Aboriginal Peoples' recommendations, there are ample resources for all Canadians to have a direct impact on how we move forward together.

One of the other ways you can support this work is by finding out whose traditional territories you live upon. Is there a treaty? What is the expectation of you as a treaty person? If there is no treaty, what do you feel are your obligations as someone living on unceded lands?

The history of Nunavut marks the continuation of a tradition of resilient self-learning that has defined our culture for thousands of years—and will continue to do so for thousands more. When we pause to acknowledge these achievements, it also marks how far we still have to come as a country. ■

Reclaiming the Names: Decolonizing the Arctic, One Place Name at a Time

By **Aaron Spitzer**

©Mark Edward Harris

Street signs in Uqsuqtuuq (Gjoa Haven), Nunavut; a qamutik is an Inuit sled for travelling on snow and ice.

Qikiqtaaluk (Baffin Island), Nunavut

In December 2019, a favourite expedition port of call adopted a new name. Or rather, it took back its old name. Cape Dorset, the Nunavut community known as the global epicentre of Inuit art, is now officially Kinngait, meaning "where the hills are."

In reclaiming its Inuktitut name, Kinngait is part of a movement. In recent decades, across the Arctic, hundreds of places have ditched their European monikers and embraced their Indigenous names. Looked at one way, it's just common sense. If the local folks all use a certain name, why not make it official? But it's also a process of cultural revival—what's been called *toponymic decolonization*.

Toponymic Decolonization

This process has been a long time coming. Ever since English pirate Martin Frobisher sailed into Tasiujarjuaq (a.k.a. Frobisher Bay) nearly 450 years ago, Europeans have littered the Arctic with ill-fitting toponyms. The British Admiralty, of course, festooned every peak and passage with homages to the aristocracy—Prince Regent Inlet, Viscount Melville Sound, Duke of York Archipelago, and so forth. Scandinavians followed suit with King Christian Island and Queen Maud Gulf.

Other explorers were hardly any better. There's not one but *two* features in Arctic Canada named for brewing companies that sponsored expeditions: the Ringnes Islands, honouring beer merchants, and Boothia Peninsula, for a gin distiller. Jenny Lind Island is a tribute to a Swedish opera singer. Air Force Island was named by—you guessed it—the air force. Even the mighty Deh Cho, the prime waterway of the Dene people, was once called the River of Disappointment, because explorer Alexander Mackenzie was bummed it didn't go to Asia.

Of course, for a long time, what outsiders called these places didn't directly affect the locals living there. They had their own place names, which highlighted what mattered to them: physical features (such as *Sikuujaq*, "very flat, like sea ice"), animal habits (*Qaqulluit*, "fulmars nest here"), practical uses (*Ukialliviminiq*, "fall/winter camping spot"), or

noteworthy events (to this day, Frobisher's landing place is known as *Kodlunarn*, "white man's island").

Eventually, however, with the increasing effects of colonization, European toponyms came to seem intrusive, even oppressive. Whether by accident or on purpose, the signs erected by government agents and the maps taped up in school classrooms functioned as propaganda. By supplanting Indigenous place names, they undercut peoples' sense of themselves and diminished their relationship to their land. Toponymic decolonization aims to take that power back.

Examples from Canada and Around the World

Such decolonization is hardly unique to the Arctic. Upon independence, the African colony of Rhodesia, named for imperialist Cecil Rhodes, became Zimbabwe. Before that, newly independent Norway dumped Christiania, which honoured the Danish king, in favour of a Norse name, Oslo. And even earlier, during the American Revolution, numerous places—like New York's Charlotte County, after the daughter of King George—were renamed for the US general and eventual president, George Washington.

The Danish name Holsteinsborg was changed to the Greenlandic Sisimiut ("the fox den people") in 1979.

In Arctic Canada, perhaps the first place to decolonize its name was Port Brabant, at the mouth of Mackenzie's supposedly disappointing river. In 1950, that community became Tuktoyaktuk ("looks like a caribou").

In 1979, when Kalaallit Nunaat (a.k.a. Greenland) adopted home rule, most of its towns dropped their Danish names. The capital, Godthåb, became Nuuk ("the cape"), Holsteinsborg changed to Sisimiut ("the fox-den people"), and Jakobshavn adopted the far more appropriate Ilulissat ("icebergs").

A similar process occurred the next year in Nunavik, the Inuit homeland of Québec. There, many towns had not one but two colonial names, the first English and the second French. For example, the place Anglos called George River was renamed Port Nouveau Québec by Québécois sovereigntists. "Not so fast," said local Inuit. In 1980 it became Kangiqsualujjuaq ("very large bay").

Elsewhere in the Arctic, renaming has been more gradual. Since 1987, approximately half of the twenty-five communities in Nunavut have switched to local names. So why the slow process?

Challenges to Renaming Places

Well, first, when it comes to renaming, not everyone is on board. Some see replacing colonial toponyms as a distraction, pouring old wine into new bottles. Recall Shakespeare's words: "What's in a name?/ That which we call a rose/ By any other name would smell as sweet." Also, renaming is fraught with hazards. Some efforts have been hijacked. In 1996, before a referendum to rename Canada's

Northwest Territories, pranksters rallied around the name Bob. The vote was scrubbed.

Then there's the problem of getting people who are resistant to or confused by the new names on board. In 2011, the Canadian Parks and Wilderness Society critiqued a new Nunavik park, Ulittaniujalik, as "hard to pronounce, or even memorize for people who are unfamiliar with Inuktitut." (But the park's French name was somehow fine, despite being much longer: le Parc National des Monts-Pyramides). Meanwhile, folks unfamiliar with the language often misspell Nunavut's capital, Iqaluit, as *Iqualuit*. Linguist Mick Mallon once publicly warned, "if you stick an English u after the q, you change the word's whole structure... It means the excrement that remains attached ... before you wipe."

There's also branding to consider. For years, the aforementioned Kinngait balked at abandoning Cape Dorset, fearing it would impair the marketing of their art, especially the famous annual Cape Dorset Print Collection. And even when they decided to hold a name change plebiscite in December 2019, the replacement name wasn't obvious. In the vote, a large minority—twenty-six per cent—supported not Kinngait but Sikusiilaq, referring to a nearby area of open water.

Finally, there's the question of who should be in control of renaming. In 2002, employees of the City of Iqaluit, presumably possessing limited knowledge of Inuktitut, began labelling local streets. The results were alternately banal—Qajak ("kayak") Lane, Kamik ("slippers") Drive, Mukluk ("boots") Street—or, even worse, ridiculous.

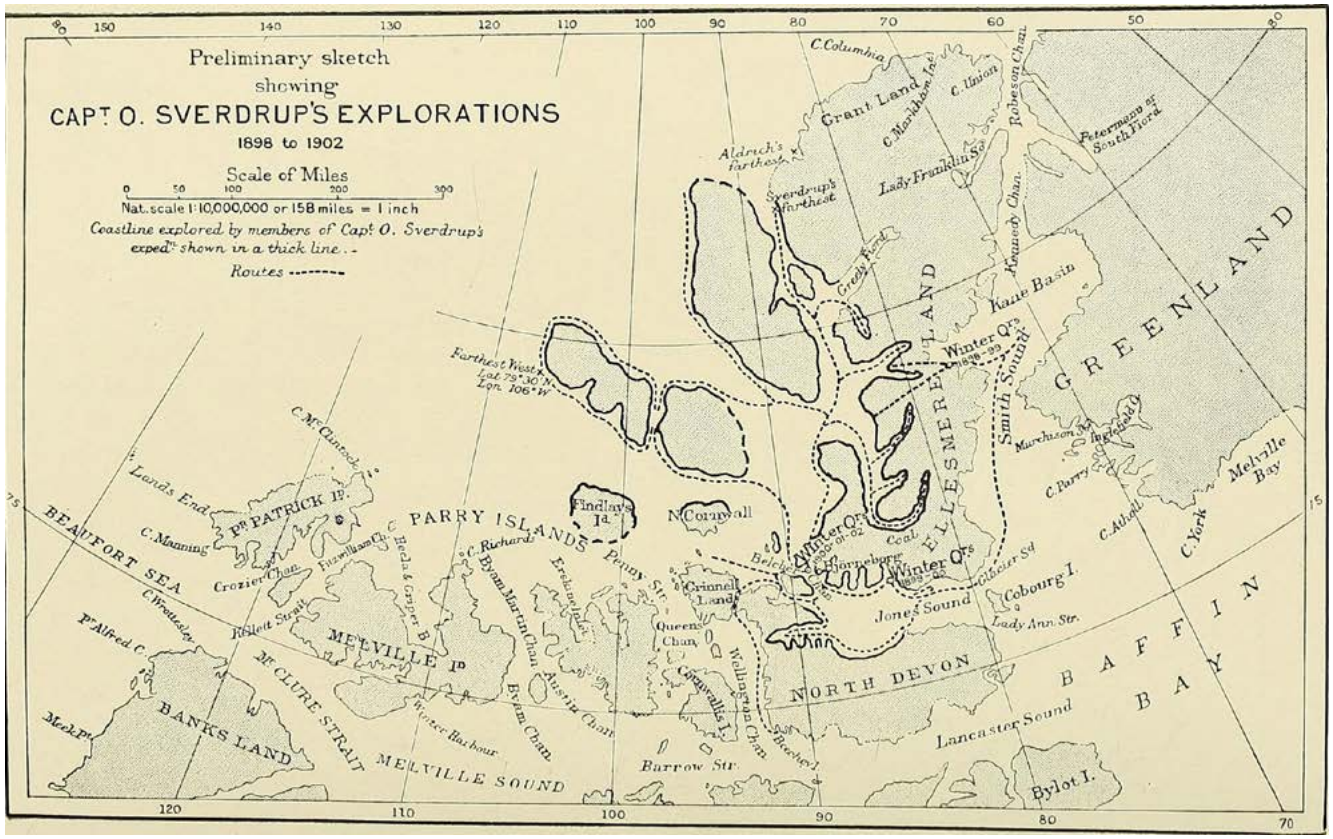
"Who wants to live on Igunaq Street?" protested Nunavut's then-premier, Paul Okalik. *Igunaq*, of course, means "fermented walrus meat."

An Ongoing Process

Despite such challenges, the toponyms of the Arctic are sure to continue to change. And it's not just community names and local features that may be reclaimed. Some are pushing for the big stuff: for Baffin Island to officially become Qikiqtaaluk, or for Great Slave Lake to be Tu'cho. Mary Simon, the Governor General of Canada and the former president of Inuit Tapiriit Kanatami, has even suggested the Northwest Passage be given an Inuktitut name—perhaps Saniruti Imanga, "the edge of the water." Decolonizing the name of the passage, she suggested, would strengthen Canadian sovereignty over that contested waterway, while also respecting Inuit occupancy.

Bilingual street signs are common throughout Nunavut.

Throughout this travel guide, and as much as possible on our expeditions, we've strived to use the proper place names. You'll notice that we try to first use the local or community-chosen name, then the imposed name. In this manner we strive to decolonize ourselves, and to grow as individuals and as travellers. We hope you'll join us in this endeavour. Nakurmiik—thank you! ■



©National Geographic Society

A map of Otto Sverdup's explorations appeared in The National Geographic Magazine in 1902.

The Brave and Shameful History of High Arctic Sovereignty in Canada

By **Aaron Spitzer**

The High Arctic Islands

Way up at the top of Nunavut and the Northwest Territories, far beyond the Arctic Circle, north of the Northwest Passage, is a cluster of mountainous, ice-bound, nearly uninhabited islands. They go by various names: the Queen Elizabeth Archipelago, or *Inuit Nunangata Ungata* ("the lands beyond the Inuit lands"), or the High Arctic Islands.

This is nearly the farthest north land in the world, and certainly the northernmost in Canada. But it almost *wasn't* in Canada. How it came to be so is a tale of both the best and worst of the country—of heroism, racism, partnership, misunderstanding, and ultimately of bittersweet endurance.

The story starts way back in the Medieval Warm Period, when Inuit thrived in the High Arctic Islands. We know this because they left behind houses made of sod and whale ribs, kayak stands, and even ingenious polar bear traps fashioned out of stone. It must have been a remarkable existence, making a livelihood in a place where a winter's night lasts for months, where water is almost always solid, and where even the Northern Lights lie to the south.

By the time the first Europeans arrived—aboard two Royal Navy ships captained by William Edward Parry in 1819—the climate had cooled, Inuit had migrated to more habitable Arctic regions, and there was no longer anyone living in the High Arctic Islands. Parry and his crew wintered on Melville Island, utterly isolated. As was the British habit, they claimed the region for the King.

Archaeologist Chris Wolfe provides onshore interpretation at Dundas Harbour, Nunavut.

Six decades later, in 1880, the map of the High Arctic was still mostly blank. That's when Britain ceded the northern mainland, plus "all islands adjacent," to the young country of Canada. Canada had no idea what it was getting and didn't much seem to care. No Canadian had ever been to the High Arctic, nor would they for decades to come.

Canadian Sovereignty Claims

It's no wonder, then, that "ownership" of the place became contentious. American adventurers, including polar rivals Frederick Cook and Robert Peary, and later Vilhjalmur Stefansson and Donald MacMillan, used the High Arctic as a staging ground for well-publicized expeditions.

The Danish-Inuk trader and anthropologist Knud Rasmussen considered the area a no-man's-land open to Greenlanders. Norway's Roald Amundsen visited en route through the Northwest Passage, while his countryman, Otto Sverdrup, explored the region for several years, mapping new ground and urging Norway to claim it.

Finally, in the early 1900s, Canada decided it needed to stake out its turf—whatever that might turn out to be. Leading the charge was Joseph-Elzéar Bernier, a Québécois sea captain and one of the first Canadians to show much interest in Arctic journeys. On various expeditions over the next two decades, Bernier criss-crossed the Far North, issuing permits to Scottish and American whalers and laying plaques everywhere he went, identifying the land as Canadian.

It was during these journeys that Bernier learned that Greenlandic Inughuit were crossing to Ellesmere Island to hunt. (In fact, they

had done so for centuries.) Aggrieved, Canada embarked on an even more ambitious claim staking effort. In the 1920s, Royal Canadian Mounted Police (RCMP) stations were established at Dundas Harbour on Devon Island and at Craig Harbour and the Bache Peninsula on Ellesmere Island. Their purpose was to fly the flag and, during the spring months, to go on sovereignty patrols, informing anyone they encountered that they were on Canadian soil.

Staffing these stations were young Mounties—some destined for fame, such as A.H. Joy, celebrated for his months-long patrols, while others of them were doomed, including William Stephens, who accidentally shot himself at Dundas Harbour, and Victor Maisonneuve, who died by suicide there.

Also staffing these stations were Inuit special constables. Ironically, these constables were mostly Greenlandic Inughuit, the same people the RCMP was supposedly defending *against*. Yet without the partnership of Inughuit, the Mounties would never have survived in the Far North. Some of these constables became famous in their own right, such as Nukapinguaq, lauded as the greatest-ever Arctic guide.

The Darkest Chapter

In the 1930s, with the Great Depression underway and Norway having renounced any possible claims to the High Arctic, Canada sought a cheaper way to assert its northern claims. One way was to commercialize the Far North. To this end, the Hudson's Bay Company (HBC) was given control of Dundas Harbour to operate it as a trading post. But trading posts need people with whom to trade. And so began the Inuit relocations, the darkest chapter in the annals of Canada's Arctic sovereignty.

The first Inuit to be encouraged to move north (or forced, or tricked—the truth is disputed) were fifty-two people from Baffin Island in 1934. After they endured two years of terrible ice conditions at Dundas Harbour, the trading post was closed. A few Inuit were taken back home, but others were moved to a succession of further HBC posts in the central Arctic. Some found themselves relocated four times in a dozen years.

Martha Flaherty, an Inuk who was forcibly moved from Inukjuak to Ausuittuq (Grise Fiord) through Canada's High Arctic relocation program, visited Putulik (Hat Island), Nunavut—a former DEW Line radar station and now considered a contaminated site—on a Northwest Passage expedition.

Then, in the early 1950s, came the most infamous relocations. It was during the Cold War, and the United States had established Distant Early Warning (DEW) Line radar stations, as well as military weather stations, throughout the Arctic. Canada was once again concerned about its authority. And, once again, it determined the best solution was to populate the region with Inuit.

For bureaucrats, this was imagined—or at least rationalized—to be a win-win. Around Inukjuak, in northern Québec, it was reported that local game had become scarce, leaving

many Inuit dependent on welfare. Moving them to the High North, the bureaucrats reasoned, would return them to self-sufficiency while bolstering Canada's claims. Two birds with one stone! What could go wrong?

A lot, of course. In 1953, seven families from Inukjuak were placed on a northbound ship. They were told they could return in two years. The vessel collected three additional families from Mittimatalik (Pond Inlet) on northern Baffin Island, who were supposed to help the "southerners" adapt. Half were dropped at the US weather station at Qausuittuq (Resolute Bay). The Arctic Exiles, as they came to be known, have testified that this was done without respect for familial ties. As divided relatives cried and frantically waved, the ship pulled away and continued to Craig Harbour on Ellesmere Island, where the rest were offloaded. Soon they were moved again, this time to Ausuittuq (Grise Fiord).

Both at Ausuittuq and Qausuittuq, life was nearly impossible. The High Arctic Islands were unpopulated for a reason—game was rare, winter was black, and the weather was cruel. Housing and supplies were at best substandard and at worst nonexistent. In Qausuittuq, the relocatees scavenged from the US military dump. Despair and suicide became commonplace. In both locations, when the people asked to return home after two years, the government instead vowed to bring more of their family to them. In 1955, thirty-four more people, mostly from Inukjuak, arrived at Qausuittuq, and four more at Ausuittuq.

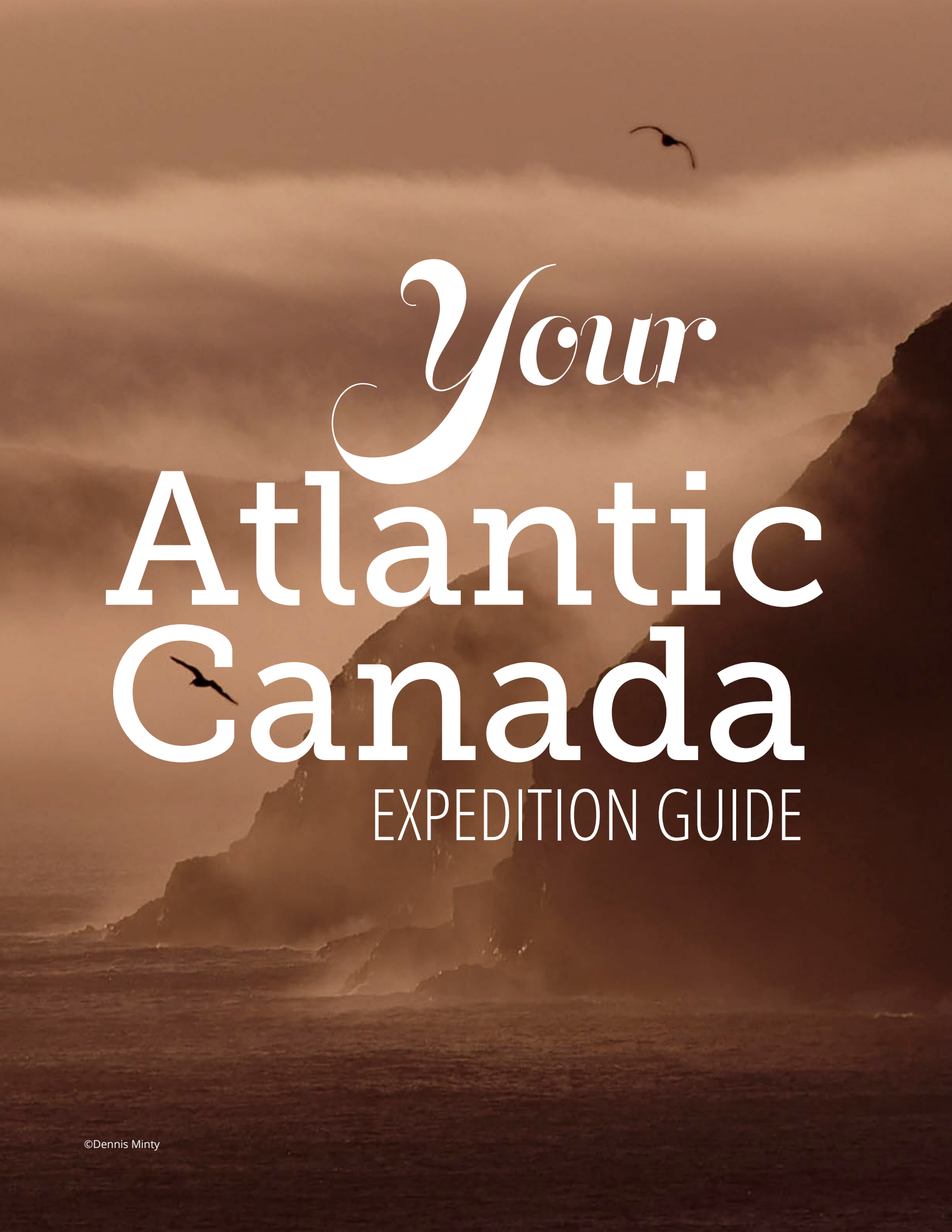
In the mid-1980s, the Canadian government was, for the first time, publicly called to account. Some officials conceded the move had turned Inuit into "human flagpoles." In 1989, forty Inuit, mostly older folks, were returned to their home communities. Many in the younger generation, having known no other place, chose to stay. In 1996, $10 million was paid out to the surviving Arctic Exiles and their descendants. In 2010, the government issued an official apology.

High Arctic Sovereignty Today

Ausuittuq and Qausuittuq remain Canada's two northernmost inhabited towns. Some have made a good life there; for others, a sense of betrayal lingers. Meanwhile, today Canada's strongest claim to Arctic sovereignty is not considered to be the presence of those towns, but rather the Nunavut Land Claims Agreement, signed in 1993. Rather than Inuit Nunangata Ungata, the region is now officially part of *Inuit Nunangat*: the Inuit homelands within Canada.

Public art monuments at Ausuittuq and Qausuittuq face one another, symbolizing the separated families who yearned to see each other once again.

By achieving a modern treaty, providing Inuit of the region with a cash settlement, rights, and self-government powers, Canada has finally become—in the eyes of international law anyway—the legitimate state authority in the High Arctic. ■



Your Atlantic Canada

EXPEDITION GUIDE

©Dennis Minty

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, and Newfoundlanders intermingle. The best way to see it all is the old way—by sea.


©Dennis Minty

1 Get dramatic at L'Anse aux Meadows, the only authenticated Norse site in North America

One thousand years ago, at the tip of Newfoundland's Great Northern Peninsula, Leif Erikson and his crew of Vikings became the first Europeans to visit North America. The settlement they established, L'Anse aux Meadows, was unearthed in 1960 and today is a UNESCO World Heritage Site. Tour the intriguing 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.


©Michelle Valberg

2 Run wild on remote Sable Island

Endless beaches. Eerie fog. The world's largest grey 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.


©Dennis Minty

3 Flip for whales in Canada's splashiest fjord

Not far downstream from Québec City is the startlingly majestic Saguenay Fjord. In this national park, glacier-carved walls plunge into nutrient-rich waters, attracting whales galore: fins, minkes, blues, and ghostly white belugas. It's hard to know whether to gaze at the cliffs or— "Thar she blows!"—at the sea below.

4 Appreciate why Newfoundland is called the Rock at stark, stunning Gros Morne

Welcome to Gros Morne National Park and UNESCO World Heritage Site! Newfoundland's most dramatic landscape is an austere, ancient, wind-wracked plateau 600 metres high, slashed by plunging fjords. Choose a hike that suits you best. (Five hours along the Trout River? A short stroll on the Tablelands?) The park's Discovery Centre provides a wealth of information about the geological importance of the area. The nearby town of Woody Point, meanwhile, is great for crafts and cappuccino.

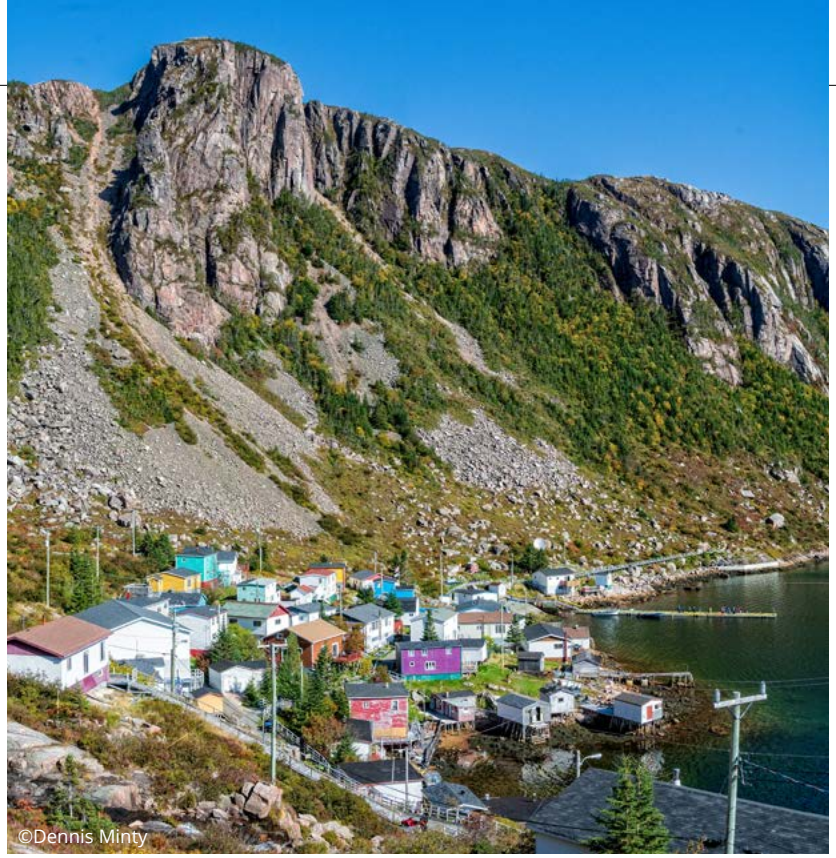
5 Great Scots! Go Gaelic on friendly Cape Breton Island

At one time a stand-alone colony, Cape Breton remains a world apart. Thanks to thousands of settlers from the Highlands and Hebrides, the island is said to be more Scottish than Scotland itself. Explore its Gaelic culture and music, plus the rolling mountains and rugged coasts aptly famous for the Cabot Trail and Cape Breton Highlands National Park.


©Danny Catt

6 Smell the roses at a famous floral oasis

Snug in a balmy valley on the Saint Lawrence's south shore, the Jardins de Métis National Historic Site (also known as Reford Gardens) nurtures 2,000 varieties of flowers and plants, some found nowhere else in Canada. Your spirit will blossom as you stroll the leafy, fragrant paths and explore the art installations, sculptures, and delightful museum.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7 Explore the raw south coast of Newfoundland, where people are few and nature runs wild

Newfoundland's south shore is its roughest and most isolated. On this wave-lashed coast you'll see roadless outports where the locals live much as their forebears did, surviving almost entirely from the sea. Here, too, you can experience raw and ancient geology, cool critters—puffins, seabirds, whales—and, if the weather is right, take a perfect hike.

8 Gape at Gaspésie's sea stacks

Like countless mariners before you, you won't miss it: standing proud off the tip of the Gaspé is myth-haunted Percé Rock. This sparkling, red-gold landmark is bisected by one of the world's highest natural sea arches, reaching four storeys above the waterline. Nearby is the less-imposing Bonaventure Island, one of New France's first fishing ports and the nesting grounds of countless gannets, while guarding the face of the Gaspé Peninsula are sheer cliffs of the Appalachian mountain range.


©Dennis Minty

9 "Basque" in Labrador's sixteenth-century whaling history at legendary Red Bay

Crossing the Strait of Belle Isle, you reach mainland Labrador and the Red Bay Basque Whaling Station, yet another UNESCO World Heritage Site in this great province. Here, Basque mariners operated North America's first export industry, hunting bowhead and right whales and rendering their fat into oil. The interpretation centre features items recovered from the wreck of the 500-year-old whaling ship *San Juan*. Pay your respects at the whalers' graveyard, check out the excavations at Saddle Island, and hike to the top of Tracey Hill.

10 Make merry on the Magdalens

Les Îles-de-la-Madeleine are a world apart. On this remote, cliff-flanked archipelago thrive 12,000 hearty fisherfolk, many of them descendants of shipwreck survivors. Over centuries, they've forged a distinctive Acadian dialect and culture. Get to know the islanders—and their handicrafts, seafood, and local beers and wines!

11 Let your spirit soar at Nova Scotia's raucous Bird Islands

The aptly named Bird Islands, just offshore of Cape Breton, bustle with breeding seabirds. Here, nesting on twenty-metre sea cliffs, you'll find Canada's largest colony of great cormorants, plus black-legged kittiwakes, razorbills, Atlantic puffins, black guillemots, and perhaps Leach's storm petrels.

12 Dance and delight in lively Miawpukek

A long Zodiac ride up Newfoundland's Conne River takes you to the community of Miawpukek, whose name means "middle river" in the Mi'kmaq language. It is one of the two fastest growing communities in the province and is a vibrant hotspot. Here you can visit the powwow grounds, enjoy a cultural presentation, and receive a formal welcome from local leaders.

13 Travel back in time at the colonial Fortress of Louisburg

At this living museum on Nova Scotia's Cape Breton, French soldiers march the streets, cannon fire shakes the ground, and the past bursts to life. Built three centuries ago, the fort was a flashpoint of colonial conflict, changing hands repeatedly between the French and British. Chat with its expert "inhabitants," trek its trails, and live like it's 1720.

14 Cozy up in Conche, the cultural epicentre of French Newfoundland

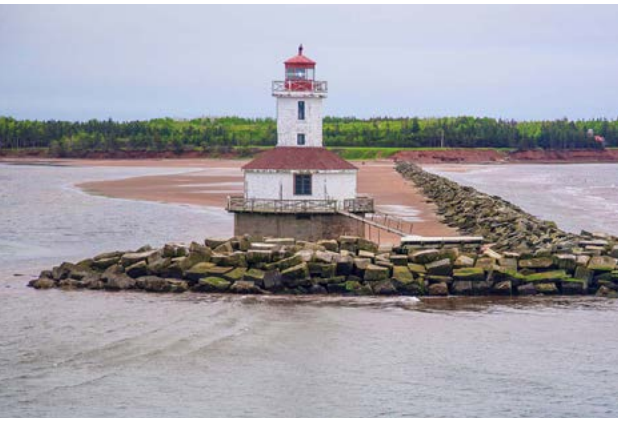
Snug on the province's French Shore, the village of Conche is pure Newfoundland charm. Don't miss a visit to the town's pride and joy: the locally crafted French Shore Tapestry, winding through the Interpretation Centre for a staggering 227 feet and depicting the history of the region. Or take a hike around town to spy whales, bald eagles, and an intriguing landscape formation called the *glass hole*. Nothing caps off a day better than a fresh-caught homemade fish supper, folksongs, and a dance (also called a *scuff*) with warm-hearted locals at the community hall.

15 Witness puffins and wave-sculptured isles

At the otherworldly Mingan Archipelago on Québec's Lower North Shore, the ocean gets creative. Here, lively waters carve the surrounding limestone into strange pinnacles and monoliths. You'll revel in the surreal shapes. Joining you in your awe may be flocks of seabirds, including puffins and eiders, and a menagerie of harp, harbour, and grey seals.

16 Savour the colourful cityscape of St. John's, Newfoundland

Clinging to Canada's easternmost tip, Newfoundland's historic and vibrant capital, St. John's, is a city brimming with character, and it's worth planning to spend a few extra days here. Sailing through the famous Narrows, keep your eyes out for its photogenic attractions—including Signal Hill, the Basilica of St. John the Baptist, The Rooms (the city's cultural centre), and the bright houses of the Battery neighbourhood. Beyond, the wild North Atlantic takes over. Watch for whales, seabirds, and, in the springtime, icebergs—some towering twenty-five storeys above the waterline.



17 Get comfy in the quaintest province, Prince Edward Island

Wee, twee, and on the sea, Canada's smallest province features gentle hills, wooded glades, cozy coves, and rich red soil. This bucolic isle is most famous as the home of the beloved fictional character Anne of Green Gables. Tour PEI's iconic sites, including historic Charlottetown, known as the birthplace of Confederation.


©Dennis Minty

18 Sail to France—yes, really!

Just kilometres offshore of Newfoundland is Saint-Pierre and Miquelon, an official territory of the French Republic and its last colonial jurisdiction in North America. The 6,000 locals drive Citroens, smoke Gauloises, and pay in euros, but are crazy about ice hockey. Here you can (over) indulge in French food, wine, and shopping—without having to fly clear to Paris.


©Dennis Minty

19 Witness deep-water wildlife at Canada's sub-sea canyon

At the Gully, the floor of the North Atlantic plunges into a submarine chasm. Nurtured by this unique ecosystem are more than thirty species of cold-water coral, a resident population of northern bottlenose whales, and fish galore, including sharks, swordfish, and tuna. Join our on-board experts to appreciate the abundance of life in this Marine Protected Area.

20 Explore timeless alleyways in Old Québec

A former outpost of Europe overlooking the Saint Lawrence, Québec City is pure cobblestone charm, and it's worth extending your stay here. Within the walled Old Quarter, you'll find citadels and cathedrals harkening back to the seventeenth century. Nearby is the famous funicular and the battlefield of the Plains of Abraham. And down every laneway are hole-in-the-wall eateries offering haute cuisine and sumptuous Québécois comfort food. *Bon Appetit!* ■


©Danny Catt

Why Are There No Snakes on the Island of Newfoundland?

By **Dennis Minty**

It is said that the power of Saint Patrick's faith drove the snakes from Ireland. Well, Saint Patrick didn't visit Newfoundland, as far as I know, so that's not what happened here. Not only snakes, but many animals that are common in the rest of Canada are mysteriously absent from the island of Newfoundland. Why is this so?

The Pleistocene Glaciation

The last glaciation lasted some 100,000 years and ended about 12,000 years ago (give or take a few weeks). Ice about two kilometres thick covered about 97% of Canada, including the island of Newfoundland.

As the ice advanced from the north, most flora and fauna on the continent of North America could slowly adjust to the changing climate and migrate south. But on the island of Newfoundland, there was nowhere for it to go—all life was wiped out. Then as the glaciers melted, retreating north, flora and fauna on the continent could move north again. But here, all that was left were the mountaintops and glacial rubble. It would take a long time for plants and animals to reach it again.

As time passed, windblown spores and seeds landed and found sustenance on the gravel and between the cracks of rocks. Mosses and lichens took hold and soil began to form. Eventually, seed-bearing plants found purchase and new ecosystems began to develop.

But for any land animal to arrive, it had to cross a large body of cold saltwater or, in winter, traverse an ice bridge between Newfoundland and the continent. Many animals—snakes, for example—could not do this, nor could any other cold-blooded reptile or amphibian.

Newfoundland Today

Within the last ten years or so, it was reported that garter snakes have become established in Newfoundland (likely from an illegal or accidental introduction), but I have never seen one. There are also four species of frog now here, but all are exotic and were brought either intentionally or accidentally by people in modern times.

As for freshwater fish, the diversity on the mainland is much greater than in Newfoundland. Bass, pike, catfish, sunfish, and many others are absent on the island because the saltwater between mainland Canada and Newfoundland is a toxic barrier to them. The predominant fish in the freshwater of Newfoundland are trout and salmon, both of which can tolerate saltwater to a lesser or greater degree.

As far as land mammals go, the black bear, beaver, muskrat, Arctic hare, lynx, red fox, ermine, otter, caribou, wolf, and pine marten all arrived on their own, as did the diminutive meadow vole, the only indigenous small rodent. Meanwhile, just fifteen kilometres away across the Strait of Belle Isle, Labrador has nine species of mouse-like creatures. How the little vole got to the island, we can only speculate, but chances are it rafted over on a chunk of land that eroded away from a riverbank somewhere in eastern Canada.

Furthermore, Newfoundland has no racoons, porcupines, skunks, woodchucks, or ground squirrels. Quite a few mammals have been introduced—namely moose, mink, red squirrel, chipmunk, snowshoe hare, red-backed vole, and masked shrew. Newfoundland has been very lucky with these introductions, since none have caused an ecological disaster, but, with each one, there was that potential.

Moose are an interesting case study in the history of Newfoundland introductions. Four

©Dennis Minty

animals were imported and released in 1904. The population eventually grew to something over 100,000, all from that tiny gene pool. Without the wolf, the predominant predator of moose on the mainland, moose populations in Newfoundland must be managed through an annual hunt, to the extent that well-controlled hunts even occur in National Parks. Without them, too much habitat damage results from moose over-browsing.

Although the wolf was native to Newfoundland, it is thought to have been exterminated by 1930. Its cousin, the coyote, who is now widespread on the island, was a recent, natural immigrant who probably arrived on a windblown raft of ice after hunting for seals in the Gulf of Saint Lawrence. Oddly, in 2012 an animal whose DNA proved to be a wolf was shot on the Bonavista Peninsula. Who knows? Maybe they are making a comeback!

So, when you visit Newfoundland, you don't have to worry about stepping on a snake in the bushes, nor about ticks or chiggers or many other nuisances, but Saint Patrick had nothing to do with any of it. ■

The Science of Cetaceans

By **Dennis Minty**

©Dennis Minty

It's Not Easy

Imagine what it's like being a cetacean scientist. Your subjects are spread throughout a vast, three-dimensional ocean environment and, even if you have chosen to be in the right spot at the right time, you only get a glimpse when they rise to breathe. You can't trap them or tranquilize them. Getting blood samples is almost impossible. You can dive with them, but you need their full cooperation. Some are so rare or stay submerged in deep water for such long periods that all you get are momentary flashes of their lives at the surface.

As recently as 2019, a new species was discovered near the coast of Japan (the black Baird's beaked whale, *Berardius minimus*). Imagine that! A whale—not some tiny protozoa—newly discovered!

When the International Union for the Conservation of Nature published their Species Red List (a list of species considered endangered) in 2017, 50% of cetaceans could not be evaluated because of the lack of data.

It's difficult and expensive to answer questions such as, where do whales go? What do they eat? How many are there? How do they find each other? Do they communicate? How do they find their food? It's even more difficult to determine the effects on whales of warming oceans, overfishing, acidification, oil pollution, and seismic technology used by the oil and gas industry.

All this is to say that cetacean scientists are still just scratching the surface of what we know about these mammals that started on land and have become such masters of the sea. Much of what the scientists would like to know still stretches before them. Nonetheless, in the scratching, they have discovered some fascinating things about these elusive creatures.

A Taste of What We Know

With the help of modern technology, we are beginning to be able to stitch together snapshots into moving pictures that show us more about adaptations, behaviour, and ecosystem relationships.

Perhaps you know that the blue whale is the largest animal that ever lived, but can you really picture how big it is? It is as long as three school buses parked end to end. I've only seen one in my life, and it was so big that my first impression was of an island rather than a whale. Its arteries are the size of drainpipes. A football team could fit in its open mouth. So, there you have it: most whales are big, but I suspect you knew that already.

How is it that a mammal can hold its breath so long—nearly four hours in the recent case of a Cuvier's beaked whale? Surprisingly, the size of their lungs in relation to their bodies are smaller (only 3% of the body cavity) than a human's (7%). Bigger lungs would not work anyway, because filling them would cause the whale to become too buoyant to dive. Here's how they cope: as soon as a whale surfaces, it exhales in


©Dennis Minty

a forceful blow and gets rid of about 80-90% of the spent air. (In contrast, we dispose of about 15% with our much tamer exhalations.)

Another of their adaptations has to do with their blood. For starters, they have more of it per unit of weight than most other mammals, but it also carries more oxygen per unit volume, thanks to much higher levels of haemoglobin. Oxygen is stored in muscle using myoglobin, and whales have 30% more of it than terrestrial mammals. This means their blood and muscle are both supercharged with oxygen, giving them an adaptive edge.

They also slow their heart down. Stanford University scientists were able to measure the heart rate of a blue whale for the first time in 2019. During a dive it went as low as two beats per minute! Along with the lower heart rate, whales can shunt blood flow away from parts of the body that don't need it during a dive, like the skin and digestive tract, while ensuring that the brain and heart continue to get enough oxygen. With these respiratory and circulatory adaptations, deep-diving whales actually exhale when they dive so as to minimize their buoyancy.

We breathe involuntarily so that even when we're unconscious, breathing continues. But not so for whales, who breathe voluntarily. So, how do they sleep? Turns out they can rest half of their brain at a time while floating quietly at the ocean's surface, in a process known as logging.

Whale Songs

We have known for centuries that whales vocalize, some much more than others. But it was in the 1960s that whale biologist Roger Payne captured the haunting, complex sounds of humpback whales with a hydrophone and, while listening to them over and over, realized that they were repeating patterns—songs.

Inspired and moved, he gave the recording to Judy Collins who released her album in 1970 called *Whales and Nightingales*, which included the song "Farewell to Tarwathie" with the whale vocalizations in the background.

This was one of the first albums in my record collection and I remember, as a young biology student, being absolutely entranced by that song with the whales. Vocalizations so complex and persistent had to be involved in sophisticated communication. It was still early days in raising people's consciousness about whale conservation and this album was a milestone along the way.

The record went gold and introduced millions of people to humpback whales for the first time. People woke up to the idea that whales were complex, intelligent beings and that humankind was killing them off. Then, in 1982, the International Whaling Commission banned deep-sea whaling.

Some whale sounds are very loud and can travel long distances in water. How loud and how far? A human talking voice is measured at 60 to 70 decibels. The threshold for pain in the human ear is at about 120 to 130 decibels. A jet engine produces about 140 decibels. A blue whale makes a sound that is 188 decibels and that can be heard from hundreds of kilometres away. Research on fin whales has shown that they can hear each other over nearly 1,000 kilometres. Just think about that! Whales could be hundreds of kilometres apart and communicating with each other as part of a social group.

Some of the sounds that whales produce are for echolocation. These are often high-pitched clicks that bounce back and provide important information, such as prey size and location. Beluga whales make an astounding array of sounds, some of which are for echolocation, while some have other functions. But their whistles, clicks, squeals, and chirps have led to their nickname as sea canaries. As animals of the dark winter, being able to communicate, navigate, and find food by sound is essential.

On Seeing Whales

On an expedition in Atlantic or Arctic Canada, you'll have plenty of opportunity to see whales. The first question is always: what is it? Even experienced whale observers must look carefully to figure this out.

First, we look at the blow. Is it bushy or cone shaped? Does it go straight up or off at an angle to the head? How tall is it? What is the interval and frequency of the blows? Can you see the head along with the blow? Does the whale have a snout or a beak?

Then, the back appears. Is there a dorsal fin? If so, what is the shape? Do you see the blow and the dorsal fin at the same time? How big is the back and what colour is it?

Finally, you might see the tail. Does it rise above the water? What is the shape? Does it have markings?

You must assemble all these observations and it takes a lot of experience to become good at it. The more time you spend outside on deck, the more likely you will see one of these fascinating creatures still so shrouded in mystery. ■

A Smile in the Sea: **Sable Island**

By **Dennis Minty**

Before I had travelled there myself, I had always wondered—how did this little island come to be here, so far away from anywhere else? How did horses get here? And how do they manage to survive?

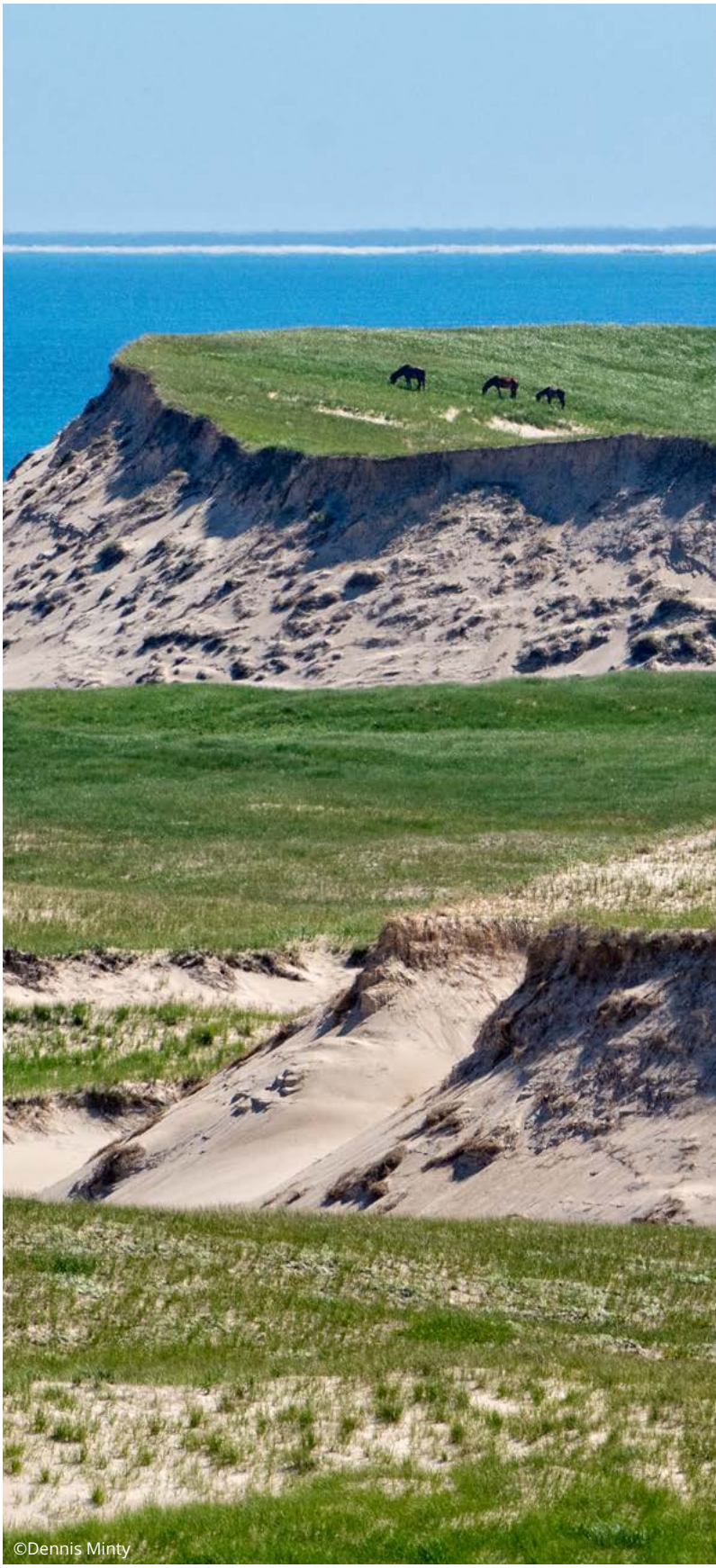
A Unique Geography

Sable Island, a crescent of sand, is forty-nine kilometres from its western, tapering sand spit to its eastern one, but it is less than 1.5 kilometres wide. From a bird's-eye view, it looks like a smile in the sea. The concave side faces north, where the next land you would find is the south coast of Nova Scotia, some 156 kilometres away. Halifax is 290 kilometres to the northwest.

Picture a mighty sand and gravel moraine pushed up during the last glaciation, with Sable Island as its tiny, low-lying apex. Like a massive iceberg, most of the landform is submerged. Influenced by currents and wind, it is an unpredictable shapeshifter, losing sand in one place while adding it in another, so that the island's topography is endlessly changing. It once had a lake, but it gradually filled with sand and disappeared in 2011. Perhaps it will have another again one day.

The highest point—for now—is Bald Dune, which rises twenty-eight metres above the surrounding sea. From the top, you can see acre upon acre of dune grass, patches of sand, and, here and there, small groups of horses quietly feeding. There's not a tree to be seen.

Were it not for this dune grass, called *marram*, Sable would be a radically different place. But with it, the island is perfectly adapted for its shifting sand environment.



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The grass has an extensive system of creeping underground stems (rhizomes) that grow deep into the dunes and stabilize them against the eroding wind.

Some History

Sable is best known for its horses and shipwrecks, the latter of which number about 350. Shipwrecks are so numerous because of the frequent dense fog, powerful currents, shallow sand bars—and because Sable is in the middle of a major transatlantic shipping route and an important fishing ground.

Because Sable Island presented such a hazard, people have lived there since 1801. This began with the Humane Establishment, a life-saving operation for shipwrecks that included refuge houses, crew to rescue stranded sailors, and, later, lighthouses and lighthouse keepers. The Humane Establishment lasted until 1958, by which time modern technology had greatly reduced the risk to ships.

Adventure Canada expedition team member and long-time resident of Sable Island, Zoe Lucas.

The Meteorological Service of Canada operated on Sable since 1891 and can brag of having one of the longest continuous collections of weather data in the Maritimes. Parks Canada became the custodians of Sable Island in 2011 and it was designated as a National Park Reserve in 2013.

Long-time resident of Sable, Zoe Lucas, first arrived in 1974 as a volunteer cook and field assistant with a Dalhousie University seal study team. By 1982 she was spending eight to ten months a year on the island, studying such diverse topics as shark predation on seals, the natural history of the resident horses, stranded cetaceans, sea litter, oiled seabirds, mosses, lichens, and more.

During her time there, she has collected over twelve thousand littered balloons, which she keeps and uses as a compelling visual to discourage children from having balloons at their birthday parties, due to the extreme hazard they pose to marine creatures. She is now President of the Sable Island Institute. I believe Zoe was the first one to call Sable "a smile in the sea," a name that reflects the charming effect this place has on all who visit.

The First Horses

There is no record that shows with certainty how the first horses arrived on Sable. The most likely scenario is that they came in the mid-1700s when the Acadians were being deported from Nova Scotia during the Great Upheaval. Thomas Hancock, a Boston-based merchant and ship-owner, had the job of moving Acadians from the Maritimes to the United States, and he likely bought—or brazenly took—some horses from the Acadians and left them on Sable. Perhaps he thought that they could pasture for free and be sold later. But there seemed to be no grand plan, because the

horses were left to eventually become feral. In recent years, the total population has grown to between 400 and 550 animals.

Through the mid 1800s, some horses were captured and shipped to Halifax for sale. Some were kept and trained by island residents for hauling and riding. In 1959, there was a plan to round up all the horses and slaughter them for glue and dog food, until a public protest arose and the plan was quashed. Finally, in 1960, the horses were officially protected by Canadian law.

A 2007 study has since proved that the horses have been isolated long enough to become genetically unique. Nova Scotia declared it as the province's official horse in 2008 and in 2011 Parks Canada took over its custodial role, which is to protect the horses, but not to manage them. Any intervention is illegal.

The small stature of the Sable Island horse is likely the result of its meager food supply of marram grass. It is coarse and often coated with sand, so the horses' teeth wear faster than animals on finer, more nutritious feed. When I've visited in early summer, the island is a lush green, but winter would be a different story. When the grass fades to brown and becomes far less nutritious, winter starvation presents the horses' biggest challenge to survival.

More to Learn

Horses are not even the most abundant animal here. Sable also has the world's largest colony of grey seals, numbering around 380,000 as of 2019. The population is booming, having grown from around 1300 in 1960. Up to 80,000 pups are born here each year. The seals are attracted by the good fishing grounds nearby and by the extensive sandy beaches that are conducive to hauling out, breeding, and giving birth. Sable is also home to the endangered and endemic Ipswich sparrow, a close cousin of the more common Savannah sparrow. In all the world, this little bird only breeds on this tiny sandy island.

But, surely, the best way to learn more about Sable Island is to travel there yourself—to meet people like Zoe, hike the dunes, watch the horses and the seals, and contemplate why it is so important to protect places such as this one. ■

Eighteen Birds to Spot on an Atlantic Canada Expedition

By **Dennis Minty**

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Northern Gannet (*Morus bassanus*)

Gannets are like sailplanes that can soar long distances with hardly a flap. They travel hundreds of kilometres to hunt the schools of fish on which they prey. Once a gannet spies the fish, it will plummet from thirty or forty metres up, but just a split second before entering the water, it stretches its wings all the way back and transforms its body into a spearhead. Plunging through the surface at speed, it will grab herring, mackerel, sand eels, or any other fish that schools near the surface—even squid! Its impetus is so great that it leaves a vapour trail of tiny bubbles in its wake.

Common Murre (*Uria aalge*)

The common murre is built as a compromise between flying in air and flying in water. Beneath the sea's surface the long-lived murre uses its robust breast muscles to pulse itself along in a seek-and-find mission for small fish. In the air, it beats its wings rapidly as it travels to and from the best fishing grounds. On land, it sits upright in a densely packed colony—as many as forty birds per square metre—where it incubates a single egg on a bare rocky ledge.

Atlantic Puffin (*Fratercula arctica*)

The puffin can fly at over eighty kilometres per hour, dive to over sixty metres, swim fast enough to catch speeding fish, thrive through a winter on the North Atlantic, find its home nest through dense fog, and lay an egg that is twenty per cent of its body size. It may look comical, but that belies its true competence.

Arctic Tern (*Sterna paradisaea*)

Having the longest migration (48,000 kilometres!) in the animal kingdom, from the Arctic to southern South America and Antarctica, this aerobatic flyer sees more hours of daylight, and therefore has more feeding time, than most other animals.

Osprey (*Pandion haliaetus*)

Flap, glide, hover, plunge, repeat. That's the pattern you'll see if you watch an osprey in its fishing territory. It is a specialist that feeds almost exclusively on fish, for which it is superbly adapted. It has spines on the pads of its toes, all the better for gripping slippery fish. It can rotate one of its front toes backward to improve its grasp. It has a third semi-transparent eyelid that it uses like swimming goggles when it makes a plunge. It can submerge itself completely and with a quick shake and couple of flaps rise again, thanks to its oily, water-resistant plumage. Is there anything it can't do? What a fish-hunter extraordinaire!

Bald Eagle (*Haliaeetus leucocephalus*)

There was a time during the 1950s and '60s, after decades of DDT and related pesticide use, that a bald eagle would lay its eggs only for them to turn into an omelette. The shells were so thin that they could not bear the weight of the parent bird. But bald eagle populations are now thriving throughout most of Atlantic Canada, since these pesticides were banned in the 1970s. This coastal-loving raptor is commonly found perched high in a spruce tree where its white head and tail proudly announce to other eagles, "This is my hunting ground. Go find your own!"

Common Eider (*Somateria mollissima*)

The expression "to feather your nest"—meaning to take advantage of a situation to further your own interest—may well have originated from an examination of a common eider's nest. The mother eider plucks down from her own breast to line the nest and protect her chicks from the harsh, coastal winds of early spring. "As light as a feather" is still pretty heavy-duty when it comes to this beautiful material, which insulates so well and springs back to its original shape after being crushed. In Iceland, it is the basis of a sustainable textile industry, in which the down is removed from the nest after chick rearing is over.

Great Black-Backed Gull (*Larus marinus*)

This omnivore rivals the more northern glaucous variety for the position of world's largest gull. Aggressive feeders, they swallow whole live animals like fish, small mammals, and other birds. They have a contrasting red spot near the tip of the yellow bill that serves as a target for the precocial chicks to peck at to elicit feeding by the adults.

Greater Yellowlegs (*Tringa melanoleuca*)

As our Zodiacs approach a landing beach, it is common to hear the loud call of a greater yellowlegs as it rises from the shallows, its preferred feeding ground. In flight, its long, spindly legs trail behind its rather large body. Feeding on marine worms, amphipods, and small fish, it uses its long bill to stir up the water so that the small hidden creatures are easier to find.

Ruddy Turnstone (*Arenaria interpres*)

Common along rocky and sandy beaches, a flock of ruddy turnstones in flight catches the eye because of their distinctive markings: white stripe down the back, black tail stripe, white rump, and white stripe down the wings. The markings serve to hold the flock together when flying at high speed. On the shoreline, they use their short, upturned bill to flip rocks, shells, and seaweed in search of insects and larvae, small crustaceans, and molluscs.

Willow Ptarmigan (*Lagopus lagopus*)

In Atlantic Canada, the willow ptarmigan is most often seen in Newfoundland and Labrador, but can also be found in the higher grounds bordering the Saint Lawrence River. It is a winter specialist with feathered feet that serve like snowshoes, pure white winter plumage (changed from its summertime mix of red, brown, and black), and the ability to take shelter within snow drifts during the coldest spells.

Yellow-Rumped Warbler (*Setophaga coronata*)

This little warbler is one of the most common in boreal woodlands and can range further north than most. This ability is derived largely from its versatile food choices which include insects—like most warblers—but also plant material, like seeds and berries.

Fox Sparrow (*Passerella iliaca*)

Named after its foxy brown plumage, this robust sparrow is a denizen of the woodlands where it feeds largely on the ground by scratching through leaf litter after insects and other invertebrates. It can also eat plant material like seeds, fruits, and buds. Naturalist and ornithologist William Brewster once described its cheerful song as a voice rising "among the evergreen woods filling the air with quivering, delicious melody."


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Savannah Sparrow (*Passerculus sandwichensis*)

This diminutive sparrow chooses a habitat almost opposite that of the fox sparrow, preferring open, barren headlands and meadows. You'll first notice them by their rather loud, distinctive song that starts with a few quick notes, proceeds to a thin, insect-like buzz, and ends in a trill. Its name comes from Alexander Wilson, a nineteenth-century ornithologist, who found a specimen in Savannah, Georgia.


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Ipswich Sparrow (*Passerculus sandwichensis princeps*)

A unique version of the Savannah sparrow, these little friends nest only on Sable Island (the only songbird to do so in significant numbers) and winter along the south coast of Nova Scotia and the northeast coast of the United States. It is lighter in colour than its more abundant cousin, likely an adaptation to blend in with the island's soft brown sand dunes. Because of its highly restricted and vulnerable breeding habitat, it is considered endangered.

Boreal Chickadee (*Poecile hudsonicus*)

Say "chickadee" and you likely think of a tiny, black-crowned bird flitting about the woods. The boreal chickadee has a brown crown, instead of black, and is a specialist of the northern forest where it stays all winter. Its capability of keeping its tiny, warm-blooded body active during sub-zero temperatures is an adaptive wonder. This success is a result of food caching, puffing up its feathers, entering a controlled hypothermia each night, roosting in tree cavities, and eating twenty times as much as it does in warmer seasons.


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Pine Grosbeak (*Pinicola enucleator*)

This plump finch likes evergreen forests, where it seems almost tame as it slowly hops from tree to tree emitting a quiet cheep. This behaviour has prompted Newfoundlanders to christen it the *mope*. With its robust and competent bill, it nips off seeds, fruits, and buds. Rosy red males contrast with the greyish yellow females.


©Dennis Minty

Crossbills (*Loxia curvirostra and Loxia leucoptera*)

The two species of crossbills in Atlantic Canada, the red and the white-winged, have strange bills that look defective—the tips cross over one another like a pair of shears. However, the design serves to help them open the cones of coniferous trees like pines, spruces, and firs, to access a source of food unavailable to most birds: the nutritious seeds lying flat between the scales. The red crossbill on the island of Newfoundland is endemic and locally endangered. ■

Four Dishes You've Gotta Try from Tadoussac to Bonavista

By **Alison Bell, Lori McCarthy, and Alexandra Blagdon**

Gastronomic delights are a highlight of a Mighty Saint Lawrence or Newfoundland Circumnavigation expedition's Taste of Place culinary program. From tourtière *in Québec to moose stew in Newfoundland, these are four dishes (and beverage pairings!) that you shouldn't miss in this tasty region of the world.*

Tourtière: More than a Special Occasion Treat

An iconic Québécois dish served on Christmas Eve, tourtière has a rich and flavourful history. Some food historians claim that a version of this savoury meat pie dates back to a fifth-century French pastry filled with the meat of the *tourte* (passenger pigeon). Others insist tourtière made with wild game dates back to 1700s New France.

Today, tourtière is usually made with a filling of ground beef, veal, and pork, as well as potatoes, onion, savoury, cloves, allspice, and cinnamon, all tucked between two deliciously flakey blankets of pastry. Green tomato relish, traditionally served alongside tourtière, is the perfect foil for its richness. Gravy and ketchup are other popular accoutrements. But don't wait until Christmas Eve—tourtière is too delicious to eat only once a year!

The Perfect Pairing: Before you walk into that charming Québécois café with the scrumptious tourtière in the window, make sure they have the perfect pairing: a full-bodied pinot noir. Choose a pinot noir that has those light notes of star anise, ripe fruit, and dark cherries to complement the rich meat pie.

East Coast Moules-Frites: Darlings of the Sea and Soil

Sustainably farmed and Ocean Wise certified, Prince Edward Island blue mussels are steamed over open fires at the beach, eaten around kitchen tables, and featured on restaurant menus all around Canada's beloved island province. The demand for mussels has skyrocketed in recent years, making PEI the largest producer of cultured mussels in North America, highly sought after by Canadian chefs.

Cultivated in longline nets in the clean, cool *meroir* of the island's inlets and bays, PEI mussels are plump and sweet and easy to prepare. While the possibilities are endless, we sure love a steaming bowl of mussels bathed in a garlicky, white wine broth with a side of crispy, thin frites—marrying PEI's darling of the sea with her darling of the soil.

The Perfect Pairing: White wine not only in the broth—but to pair with the dish—is a match made in heaven. What's the best white wine for the job? The white wine that you've used to cook the mussels of course!

Sturgeon Caviar: A Good News Story

It's not often you hear a good news story about species extinction, so when we learned of the revival of two sturgeon species, we definitely danced a jig. This prehistoric fish was heavily sought after in the 1880s and its caviar was so plentiful that tavern keepers comped dishes of the salty salver to keep patrons thirsting for more beer. It gained a regal reputation, fetching an enormous sum and bringing the mighty sturgeon to the brink of extinction.

Fast forward about a hundred years and you'll find both Atlantic and shortnose sturgeon making a comeback, thanks to the efforts of Acadian Sturgeon and Caviar Inc. and their Ocean Wise certified fishery. The good news: the savoury meat and rich roe of the sturgeon are making a healthy comeback. The bad: don't expect a freebie the next time you pop into your local pub!

The Perfect Pairing: A rich fish like this deserves a strong cocktail to pair, with champagne to celebrate, and citrus to tie it all together—a French 75. Mix:

1 oz. gin
1⁄2 oz. simple syrup
1⁄2 oz. lemon juice

Shake it all over ice, top it off with champagne, and enjoy!

Moose Stew: A Gastronomical Rite of Passage

The annual moose hunt in Newfoundland is about more than just getting meat for the winter. It's about time spent with fellow hunters, family, and friends passing on tradition, culture, and craft—and cultivating the next generation of hunters. Traditionally the meat is ground, turned into sausages, cut into steaks and roasts, or even bottled. The preserved moose finds itself heated over the fire and made into delicious stews for the family table. Served up with lots of thickly sliced homemade bread slathered with butter, it's a taste of home and a treasured meal.

In recent years in the Newfoundland culinary scene, this beautiful wild game has risen to great heights. The province allows the meat to be prepared and served in restaurants under strict regulations, taking it from subsistence eating to culinary centre stage. Today you can find it turned into dry-cured bresaola, delicious ragu, ravioli, carpaccio, and tartare—a taste of the old made new.

The Perfect Pairing: Wild game, rich dumplings, root vegetables—in many ways, moose stew is like the Newfoundland version of a beef bourguignon. So, what do you pair with a bourguignon? You know: a deep, luscious Bordeaux. ■

Les Poissons: A Québécois Children's Song

By **Geneviève Côté**

I love singing songs and nursery rhymes with my son, Samuel, en français. *It's important to me that he is raised bilingual and knows our culture. "Les Poissons" is a fun, maritime-inspired children's song by Passe-Partout—a Québécois classic!*

Les poissons barbotent,
Les poissons gigotent,
Les poissons vivent dans l'eau.

The fish wriggle,
The fish splash around.
Fish live in water.

Dans le fond du lac,
Font des flique flaque,
Sur le ventre et sur le dos,

In the bottom of the lake,
They flip back and forth,
On their stomachs and on their backs.

Au fond de la rivière,
Y a pas de lumière.
Les poissons voient clair dans l'eau.

At the bottom of the river,
There is no light.
Fish see clearly in the water.

Dans le fleuve immense,
Tous les poissons dansant,
Et passent sous les bateaux.

In the immense river,
All the fish are dancing,
And pass under the boats.

Dans la mer verte,
Font une trampette,
Oh là là comme il fait beau!

In the green sea,
They make a dip.
Oh my, how nice!

Rich Ground

By **Dennis Minty**

Whether it's music, storytelling, comedy, or visual arts, what is it that makes the province of Newfoundland and Labrador such a cultural hotspot? Dennis Minty's analysis of his creativity-loving home may have you tapping your feet just reading along.

In a small Irish pub on a Friday evening, it would not be unusual for an elderly patron sitting in the corner to start singing:

"Sonny don't go away, I am here all alone."

Carried by his momentum, the rest of the boozy throng would join in as they belt out what has become an alternate Irish anthem. But it isn't even Irish! It was written by Ron Hynes of Newfoundland, where the population hovers around a half million people, a high proportion of whom have creative bones.

The island of Newfoundland may be affectionately known as *the Rock*, but the whole province is fertile ground for creativity. Why is it that such a small island and a rugged northern coastline punch way above their weight in cultural endeavours? First, let's consider what creativity looks like in Newfoundland and Labrador, then look at why.

Music is the beating heart of creativity in Newfoundland. Much of it is traditional with strong influences from Ireland, Scotland, and

England, and certainly inspiration from the sea. After all, most communities are on the shoreline or within a few kilometres of it. It is music with a strong Celtic flavour that is of the place and of its people. With a strong rhythm, much of it is meant for dancing, so the iconic instruments are the fiddle and accordion (largely because, unamplified, they can be easily heard throughout a town hall).

This music was, and is, a social occasion—unlike listening from a padded seat in a concert hall. The fiddle and accordion are still important, but many other instruments are now part, too, including guitar, banjo, harp, hammer dulcimer, bodhrán, flute, whistle, and more.

Gerry Strong, Newfoundland's finest flute and whistle player, personifies the traditional music style. It is usually acoustic, but bands like Figgy Duff and Great Big Sea electrified it and added their own upbeat nuances.

Gerry Strong, finest flute and whistle player in Newfoundland, is a regular expedition team member with Adventure Canada.

Besides traditional music, other styles abound from the jazz of Patrick Boyle, to the Caribbean rhythms of Jim Fiddler, to the haunting songs of the award-winning Shalloway choir. The Once perform some songs of the traditional style, but fit better into a broader folk genre, their tight vocal harmonies rising to sweet, melancholy perfection. Harry Martin's folk tunes focusing on traditional life in the Labrador bush have also garnered much attention. All styles are alive and well in Newfoundland and Labrador.

Music is not the only art form for which the province is well known. Michael Crummey, Lisa Moore, and Kevin Major are just a few of the accomplished, award-winning writers from these parts. Comedy? Think Mary Walsh, Rick Mercer, Mark Critch, Shaun Majumder, and Andy Jones.

Recitations have a special place in the hearts of locals. These long-form, usually rhyming stories—in league with "The Cremation of Sam McGee" by Robert Service—are performed at almost every kitchen party or concert in the church hall.

In the visual arts, we have icons like Christopher Pratt, Mary Pratt, David Blackwood, Grant Boland, and Gerry Squires. Sculptors and carvers such as Billy Gauthier and Mike Massie create masterworks from natural materials like bone, ivory, and stone. Jessica Winters, who comes from a long family line of celebrated craftspeople, is an emergent artist gaining great recognition for her paintings, prints, and textile work featuring seal skin.

In the world of filmmaking, 2019 was the 30th anniversary of the St. John's International Women's Film Festival, making it the longest running film festival in the world. Latonia Hartery is an archaeologist, but she is also an award-winning writer, director, and producer

Kevin Major, Lisa Moore, and Michael Crummey are just a tiny sample of the outstanding writers from Newfoundland and Labrador.

of films, plus a superb singer! Barbara Doran has thirty films to her credit either as writer, director, or producer, including *The Grand Seduction*—a must-see either before or after your trip to Newfoundland.

Live drama has been on the go here since the 1700s. These days, much of it is community-based, telling the stories of local people and events. For example, as part of the Gros Morne Theatre Festival in Cowhead, you can experience the story of nurse Myra Bennet, who for fifty years served as the only medical aid for over five hundred miles of rugged coast, in the production *Tempting Providence*. Dozens of small communities now have their own live theatre programs. Not all are proper plays, but rather, collections of skits, music, and recitations.

So, music, painting, sculpting, filmmaking, drama—you name it, and we have a prodigious community of aces. What is at the root of this phenomenon?

We'll start with the jovial kitchen party, perhaps the most popular form of socializing, where you hang out, make music, and tell stories along with the scattered lie. (According to the local expression, "Only half the lies he tells are true!") This happens in the home, not on the stage. While half the people perform with story and song, the other half dance.

There's little room for high-brow attitudes here, where celebrities like Alan Doyle sit beside Betty who works at the fish plant, and each joins the other in perfect harmony. There is a passion here for lifting each other up through entertainment. A stranger in town? Come on in, but you better be prepared to participate. No matter your skill level, you will be welcomed and supported. When you leave, your cheeks will hurt from laughing so much.

Latonia Hartery: archaeologist, filmmaker, singer

Alan Doyle: singer, songwriter, author

Billy Gauthier: carver and sculptor

The scene of a jovial kitchen party in the community of Francois.

Tilting, Fogo Island

Leading Tickles, Newfoundland.

Homemade wheelbarrow

 All photography on this page: Dennis Minty

©Dennis Minty

Francois, an isolated little town on Newfoundland's south coast, is a regular stop for Adventure Canada's Newfoundland Circumnavigation.

Take Francois, a small outport tucked deep inside a fjord on the isolated south coast of Newfoundland. On a visit here, when evening falls, it's the same every time. We all gather—visitors and locals together—at the community hall for an upscale kitchen party. Darren Durnford, hydro-electric plant operator, appears on stage with his guitar and keyboard. In my opinion, he is the world's best one-man band. (It doesn't matter that I haven't heard them all.)

By his third song, the dance floor is full—guaranteed! Music fills the hall and resonates around the cove, everything from classic rock to a touching waltz written by his wife about life in this delightful place. Folks that have never danced before, or not danced in years, are up shaking their booties. It's infectious.

Creativity here has a strong geographical context—a sense of place. With Newfoundland as an island and Labrador on the northeastern fringe of the continent, both have been historically isolated. As such, self-reliance becomes as ingrained as the sound of your laugh.

Time was that if you walked around a small Newfoundland community, much of what you saw—the homes, the boats, the wharves and sheds, the drying nets, even the wheelbarrows—were handmade by their owners. Creating things out of necessity and adapting to harsh conditions was commonplace. After all, a life gleaned from the sea is not easy in any culture, but at the edge of the North Atlantic, it is especially challenging. Simply coping created sparky independence, deep roots, and a strong sense of place. You may not think that the objects of mundane living are creative works, but I think they are, because invention and innovation were everywhere. If you didn't have something you needed, you made it. If it was broken, you fixed it. It's just the way it was.

Creativity is as strong now as ever. You see it in the knitters and crocheters of Newfoundland and in the seamstresses of Nunatsiavut (the Inuit homeland along Labrador's northern coast). You see it in the writing, music, storytelling, drama, comedy, and visual arts borne out of the need for folks to entertain themselves in a place that, even if no longer isolated, is still set apart. But it is not just about entertainment. It is even more about the need for self-expression and the joy of sharing it.

If you join an expedition that visits Newfoundland, you will quickly grow to understand this cultural phenomenon better and share some quality time with a few of its emissaries. See you there! ■

Taste of Place

Circumnavigating Newfoundland

By **Anita Stewart**

©Dennis Minty

"Come over for a scoff and a scuff." It was an invitation to a meal and a great party. It was also the beginning of a voyage into the heart and culinary soul of one of Canada's most captivating regions.

With the North Atlantic as its gale-blown, iceberg-strewn cradle, it's impossible to separate the sea from the story of the island of Newfoundland. Rimmed by thousands of miles of rocky shoreline, indented by countless hidden coves, crowned with high, berry-covered hills—it is from the sea that one can best begin to understand this extraordinary province.

Newfoundland's history came first from the northeast, when the Norse landed in the eleventh century at what's now known as L'Anse aux Meadows. A few centuries later, the Basques, and later the French, fished the shoals and the banks, drying their catches on shore in temporary camps before sailing home with salt cod and furs and whale oil from Labrador, destined to light the lamps of Europe. Little remains of the presence of these itinerant fishermen outside of the historic sites, other than stories and a good number of place names.

Like them, though, the early settlers, many from the British Isles, were resilient, tenacious, and creative. Frankly, they still are. For centuries, the wilderness and the sea have been the twin larders of Newfoundland—the pantries of entire communities, a number of which still have no road access. It was these food routes that we set out to explore and enjoy aboard a Newfoundland Circumnavigation expedition and its accompanying Taste of Place program.

Food Culture in Newfoundland

By circumnavigating the island, visiting one UNESCO World Heritage Site after another, and going ashore as often as possible to visit the *livyers* (locals), the goal was to provide those on board with as genuine a "taste of place" as possible. It was an ambitious undertaking, but it worked, largely because of the participation of local experts in the food traditions of Newfoundland, like forager and chef Lori McCarthy and her cousin, culinary sidekick, and mixologist Alexandra Blagdon.

Food, culture, and celebration took front seat on the Newfoundland Circumnavigation that I travelled on with Adventure Canada.

Each evening we had the option of ordering the Taste of Place meal from the restaurant's dinner menu. Throughout the voyage, Lori's recipes sparked these menus, ranging in inspiration from her mom's pickled beets to her nan's gingerbread. During the year she had bottled (preserved) rabbit and moose and, just before sailing, ensured that fresh seal loin was aboard to serve with her partridgeberry chutney. There were crispy fried cod tongues, one of the very real delicacies of Newfoundland cuisine, and a Jiggs Dinner: a boiled meal of salt beef, carrots, cabbage, and split peas simmered in the traditional cloth bag, as close to the traditional provincial dish as it gets.

Ashore, each landing also had its own food story, all tied to the early isolation and resolute determination of the inhabitants. The community of Elliston boasts more root cellars than anywhere else in North America. Bonavista provided a glimpse of how huge gardens are cordoned off from the harsh ocean winds by rows of tightly bound branches. The Salting Feast in Conche was a testimony to pure Newfoundland hospitality. Even the parish priest opened his home for tea before a full-on fish dinner was served. (Fish always means cod in Newfoundland.) Fiddle music and step-dancing went on long into the night.

A Complex History and an Optimistic Future

But in the bays and coves all around the island, all is not sweetness and light. Musician and cultural educator Tony Oxford observed that, "scores of villages are on life support because

there's no way to make a living and the population is aging."

The reasons are complex but are due at least in part to the collapse of the cod fishery caused by over-fishing of the Grand Banks. Many Newfoundlanders like Tony believe that the inshore fishermen and their families are the casualties of clumsy regulations and shaky science—a harsh reality for many of the outports.

Other fisheries have now sprung up: snow crab, amazing lobster, whelks that look like giant escargot, and farmed mussels. These, too, were on the Taste of Place menu. In Saint-Pierre and Miquelon, the final stop on the voyage and France's singular outpost in North America, they're even harvesting sea cucumbers.

The resiliency and ingenuity of the people I met all over Newfoundland reminded me of our trip ashore to Gros Morne National Park. As a blisteringly cold wind funnelled down the valley from the north, our guide described how the earth's mantle here pushed up as the continents shifted and collided, leaving a rock-strewn tableland where only the strongest and most adaptable of species survived. This is the essence of the province, all bound together by a belief in the future and a deep sense of the past. ■

Lori and the *Ocean Endeavour* chefs took great care preparing each Taste of Place menu item.

Guests made and ate their own pizzas with produce picked from the gardens of the Bonavista Social Club.

Lori holds a freshly caught and cleaned cod in St. Anthony, Newfoundland.

Alexandra led foraging hikes for guests during the 2019 Newfoundland Circumnavigation.

Seven Favourite Things to Do in Saint-Pierre

By **Dennis Minty**

Wander the Streets

Pick up a map from the tourist information office and take some time to wander Saint-Pierre's narrow streets and laneways. Houses of nearly every colour found in the cray-on box sing out their presence. Some even have matching Renaults, Peugeots, or Citroens parked outside! Admire the many windows adorned with lovely lacey curtains, flow-erpots, colourful porcelain figures, and cats. Many homes have a tambour—a small, closed entrance that projects over the sidewalk. They serve to preserve heat in the winter and provide a place to shed your coat and boots, but they must test the snowplough drivers' skills.

Walk the Waterfront

See for yourself the importance of boats in the lives of local people—fishing boats, cargo ships, ferries, sailboats, and pleasure crafts of all shapes, sizes, and colours can be found here. As you stroll, keep an eye out for seals basking on the breakwaters.

Swing past the Fronton Wall

Watch a game of pelota at the fronton wall, found at the intersection of Rue Maître Georges Lefèvre and Rue Maréchal de Lattre de Tassigny, dating from 1906. The Basques brought pelota (a collective name for several ball games like squash or racquetball) to Saint-Pierre and it is still played today. It is also the site of community events like the annual Basque Festival.

Shop ‘til You Drop

Enjoy the plentiful shops that are sure to delight you with wonderful traditional crafts. Check out the little grocers, too, such as the Boucherie-Épicerie Chez Julien. Baguettes? Foie gras? Red wine? No problem. Just remember that euros are the official currency in Saint-Pierre and Miquelon, although the Canadian dollar is also widely accepted.

Get High (No, Not Like That!)

Take some time to hike uphill and get a wonderful panoramic view of the Crayola-coloured town and its beautiful harbour. On your way, keep an eye out for the convex traffic mirrors that help drivers see around the corners of the narrow streets—they provide great perspectives for photos!

Visit L’Île-aux-Marins

Magical L’Île-aux-Marins, rich with history and beauty, is where Saint-Pierre’s local residents go to get away from it all. If you have some extra time, reach it via a small passenger ferry situated near the main terminal. Discover the history of the cod fishery by reading the plaques as you wander. In front of many of the colourful houses, you will see boulder-strewn squares that were once used for drying codfish. Seven hundred people once lived here beginning in the early 1600s, but after the 1960s it became a ghost town. Today, people are returning once more to the small, pretty homes and restoring them.

Eat to Your Heart’s Content at Les Délices de Joséphine

End your visit to Saint-Pierre with a stop at Les Délices de Joséphine for a delicious lunch or snack with a glorious coffee. The ambience is delightful, the food is outstanding, and you will almost certainly find fellow travellers here. ■

A Visit to **L'Anse aux Meadows** UNESCO World Heritage Site

By **Dennis Minty**

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L'Anse aux Meadows was declared a National Historic Site in 1977, and, in 1978, it was designated as one of the first UNESCO World Heritage Sites, recognized for its "global significance in the history of human migration and discovery." A visit here is a highlight of a Newfoundland Circumnavigation expedition!

The Visitor Centre is filled with wonderful interpretation displays, teaching you about the history of the Norse settlement. Just before entering, you pass by bronze busts of Anne Stine and Helge Ingstad, placed there in honour of their extraordinary work in the site's discovery. Within the Visitor Centre, you can see important Norse artefacts discovered here, including a bronze ring-headed cloak pin, as well as a beautiful scale model of what the site probably looked like in its heyday.

From the Visitor Centre's hillside perch, you overlook the entire archaeological site. The meandering boardwalk eventually ends at the reconstructed replica of a Norse longhouse and other turf-built structures, meant to resurrect the life from about a thousand years earlier.

Near the beginning of the walk, which winds through a grove of *tuckamore* (wind-stunted evergreen trees), you come to the striking sculpture called *The Meeting of Two Worlds* by Luben Boykov and Richard Brixel. The sculpture represents and celebrates the notion of closing the circle: when Europeans and Indigenous North Americans, both originally descendants from the first humans who migrated north out of Africa, met for the first time.

Continuing along the boardwalk, you cross over Black Duck Brook to reach the main archaeological excavation site—now an open green where the dwelling houses, workshops,


©Dennis Minty

and related structures once stood. The first dig site you see is the smithy, where remains of a blacksmith's workshop were found. All of the original sites are now slightly raised sod outlines, having been covered over after the excavation to protect them from the elements.

Finally, you reach the reconstructed longhouse dwellings. Here you can observe and study the traditional Norse architectural style, with sod bricks, wooden door frames, and grassy roofs. Displays are set up inside and out to show you what Viking life was like.

The resident Norse re-enactors do a fabulous job of helping you imagine the life that was once here. And there is not a horned helmet in sight! The Viking motif of horned helmets originated with costume designer Carl Emil Doepler, who, in 1876, included them in the performance of Wagner's opera *Der Ring des Nibelungen*. That the Vikings wore them has been a persistent fallacy ever since.

So, if you want to experience first-hand this epic, historic place in all its authenticity, you could not do any better than join a Newfoundland Circumnavigation expedition. Just don't bring a horned helmet, unless you are prepared to sing opera! ■

Jardins de Métis

By **Dennis Minty**

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"Why not take up gardening?" said the doctor to Elsie Reford, while she was convalescing from an illness in 1925. Perhaps he thought, at age fifty-three, she might not have the strength for the other outdoor activities she loved, like caribou hunting and salmon fishing. But it seems the doctor knew little of Elsie's determination, for it's hard to imagine that he could have predicted her gardening on this scale.

So began Elsie's three-decade conversion of an inherited twenty-acre fishing camp on the banks of the Métis River. She turned it into one of the finest botanical gardens in Canada.

So fine that it has attracted five million visitors since 1962 and been designated a National Historic Site of Canada, a prime example of an English-inspired garden.

The gardens are on the Gaspé Peninsula, next to the Métis River that flows north into the Saint Lawrence, about halfway between Rimouski and Matane, Québec. Dominated by spruce forest, the site lacked fertile soil, so many plants needed to be given better growing conditions to thrive. Trading salmon for compost, Elsie relied on the help of local Grand-Métis farmers during the hungry days of the 1930s Great Depression.

The surrounding conifer forest did, however, provide some benefit by sheltering the site from the salt-laden winds of the Gulf of Saint Lawrence and creating a gentle microclimate—a sanctuary fit for the most delicate blossoms.

Another of Elsie's challenges was that she was situated hundreds of kilometres away from the nearest nurseries, during a time when road travel was not nearly as convenient as it is today. However, with her family overseas in the import/export business, she managed to bring over many of her plants from Europe and beyond. One of her imports was the Himalayan blue poppy, now an icon of the garden that seems to symbolize Elsie's tenacity.

Being a horticulturalist was not one of Elsie's goals, at least initially. Rather, as the daughter

of a successful businessman and a member of the Montréal bourgeois, she had gone to finishing school in Paris and Dresden, where she became fluent in French and German.

As a philanthropist, she was active in civic, social, and political issues of the day, with maternal and child health her greatest concern. Her great grandson wrote that Elsie "was at war with the superficiality of the world." She always wanted to change it for the better. Perhaps her greatest contribution was her gardens, which are deeply rooted in the community. Over the years, she hired and trained local farmers and fishing guides to become master gardeners.

In her will, Elsie left the property to her son Bruce, who lacked her passion for the place and put it up for sale. The government of Québec intervened and bought it. More than thirty years later, in 1995, Elsie's great-grandson, Alexander Reford, took over the garden's management. Under Alexander's direction, the current team works to combine the historical with the contemporary and rethink what a public space can be. For example, each year artists and designers are invited to create new works in nature, which are left for some years to become intertwined with the surroundings.

The fifteen themed gardens are linked by meandering, fern-lined footpaths through forests, small meadows, and alongside streams. There's the Home Garden, Alpine Garden, the Flowered Meadow, Stream Garden, the Pond, the Woodland Walk, and more.

Today more than three thousand varieties of plants thrive here under the care of a passionate team of gardeners inspired by Elsie. What was once a diversion for a convalescent is now a world-class green space. ■

A Brief History of **Saint-Pierre and Miquelon**

By **Dennis Minty**

How did there come to be a fragment of France sitting just twenty kilometres off the coast of Newfoundland? It all began with the quest for salt cod in the sixteenth century, when Europeans—mainly Basques, Bretons, and Normans—came seasonally to ply the waters for fish. Indeed, the placename echoes this historic importance, since Saint-Pierre (Saint Peter in English) is the patron saint of fishermen. When Jacques Cartier dropped by in 1536, French and Basque fishing ships were already in the harbour, and year-round settlement began in the late 1600s.

Colonial Strife

Repeated wars between the French and British caused much flip-flopping for control of the islands. Then in 1713, the Treaty of Utrecht awarded Saint-Pierre and Miquelon, as well as Newfoundland, to the British. However, the treaty allowed France to maintain fishing rights and a place of refuge, so many of the French settlers remained and swore allegiance to the British. In 1763, after the end of the Seven Years War and the Treaty of Paris, the British returned the islands to France, but the flip-flopping still wasn't over. The British opposed French support for the American Revolutionary War, so they attacked again in 1783, driving the settlers back to France and destroying

their homes. Later, the French attacked and repossessed it in 1796, after which the islands were unoccupied until 1816, when French fishers took up residence again. It has remained a French territory since that time.

Prohibition

The 1920 Prohibition in the United States was a boon for Saint-Pierre and Miquelon, when it became an important transhipment place for the illegal smuggling of liquor from Canada, Europe, and Bermuda to the United States. Both the infamous Al Capone and Bill McCoy established smuggling operations there. Fishers became smugglers and the economy soared, only to collapse again in 1933 with the end of the Prohibition.

Nazi Influence

In 1940, when France was invaded by Nazi Germany, the imposed government of Vichy France—named after the town of Vichy where it was centered—controlled all French colonies, including Saint-Pierre and Miquelon. In 1941, Vichy made a plan to hire the American company Western Union to install powerful transmitters on Saint-Pierre that would establish transatlantic communication for the Nazis, but President Roosevelt managed to quash it. Then, in December of that same year, under the orders of Charles de Gaulle, Free French Forces seized Saint-Pierre and Miquelon and the Vichy officials surrendered.

Today

Saint-Pierre and Miquelon is now a self-governing territorial overseas collectivity of France, the sole remaining vestige of France's once vast North American colony. Its area of 242 square kilometres holds a population of 6,000 or so residents. There are two main islands: Miquelon-Longlade, larger but more sparsely populated, and Saint-Pierre, the economic centre. When Canada declared the cod moratorium in 1992, Saint-Pierre was also affected. Today the determined residents are working to diversify the economy and tourism is an important part of that change. A visit to Saint-Pierre will find a true European French experience in a rugged Newfoundland landscape, complete with salty air and wispy fog. ■


ALL You
Need to Know
ABOUT EXPEDITION TRAVEL
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As Far as the Eye Can See: The Best Binoculars for Expedition Travel

By **Dylan White**

©Jessie Brinkman Evans

Binoculars Offer a Brand-New Perspective

Binoculars are my absolute favourite tool to bring with me on expedition. When I'm out on the land, every single creature I spot makes the adventure so much richer. Getting to see them close up through binoculars is even better, and it's not an exaggeration to say that they will completely change your expedition experience.

For birdwatchers, binoculars are absolutely essential to notice the subtle differences between species that are often not visible with the naked eye, but really, they're wonderful for any wildlife enthusiast. We'll always follow the wildlife-viewing guidelines in the regions we travel to, giving a wide berth to creatures so that we're not negatively influencing their behaviour or causing stress. Binoculars will help you get great sightings and allow you to see much more detail, while ensuring that these critters are still happy and healthy in our presence.

But binoculars aren't just for wildlife! They are useful across all disciplines. Ice, geological features, and distant scenery all come to life with the power of a few discs of glass.

Tips & Tricks

To get the most out of your viewing experience on expedition, I recommend you practice using your binoculars at home first. Try putting the strap around your neck and going for a walk, so you can feel what the weight will be like. There are different types of straps that you might find comfier. Because I wear mine so often, I personally use a binocular harness that crosses over both of my shoulders and eases the weight on my neck.

Binoculars will typically have two moving parts: a focus wheel and a diopter. The focus wheel is usually in the centre of your binoculars and puts your target into focus at different distances from you. The diopter is often on one of the eye pieces and can be used to adjust the binoculars if you have different levels of vision in your two eyes. These might take a little bit of practice to get used to, so give them a try in your backyard before travelling, and they'll soon become quite intuitive.

My most important tip for using binoculars is to keep the object you're looking at in your line of sight, and *then* bring the binoculars up

to meet your steady gaze. Keeping your eyes on the target the whole time will help you find things faster and keep you from feeling too disoriented.

Buying Your First Pair of Binoculars

If you've never bought a pair of binoculars before, it might feel a little intimidating to make this important purchase. But there are some basic things to keep in mind that will make the process much easier.

1. Price

The first and most important thing to know is that you don't need to spend a fortune to get a really good viewing experience. Around $300 can get you a good-quality pair. I would avoid springing for something much cheaper than that, because these are often made with lower-quality glass that don't let in enough light to really improve your viewing experience. Many brands offer really good lifetime or no-fault warranties, so look for a pair that comes with one. Good pairs of binoculars should also come with decent accessories, such as lens covers, straps, and a case.

2. Type

There is a whole world out there of specialty binoculars that have fancy features like motion stabilizers or built-in cameras. But I would say that, for the most part, all those extra features can actually make them more difficult to use, so don't fall into the trap of thinking that they will necessarily improve your viewing experience. Non-specialty, non-marine binoculars—the style used by most birdwatchers or hunters—are very good for the purposes of expedition travel.


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3. Ratings

Binoculars are rated through a two-number system, such as 7x35, 8x42, or 10x42. The first number is really easy to understand—it's the basic magnification level. So, a pair of binoculars rated 7x42 would make things appear seven times closer to you. For general use and on our expeditions, I find that a magnification level of 8 provides a good balance. It brings you a good deal closer to your subject, but any higher can sometimes feel a bit too shaky—especially on a moving ship or Zodiac!

The second number in a binocular's rating is the size of the objective lens, which is where light enters the binoculars. The higher this number, the more light the lenses will let in, but the larger and heavier your binoculars will be. This is a trade-off that comes down to personal preference about portability. Very portable binoculars will have a lower objective lens number, so they won't perform as well in low-light conditions, will have smaller fields of view, and won't give quite as crisp an image. I find that 42 is a good ballpark number to aim for, but you can still find excellent-quality binoculars with smaller objective lenses.

We have other tools on board like scopes and cameras (offered through the Nikon camera trial program) that you're more than welcome to borrow. Our team of naturalists and photographers will always be around to help you, too. But I can't recommend enough bringing your own pair of binoculars for your journey. One of my own favourite experiences on a trip is teaching binocular workshops and seeing folks' faces light up the first time they get a really good sighting. They will add so much to your expedition! ■

Mind, Body, Heart, and Soul: **Adventure Travel as Lifelong Learning**

By **Ellie Clin**

Your time aboard the ship on an expedition through Arctic or Atlantic Canada will act in harmony with your time ashore—you'll learn more about the history, geology, and wildlife that you see, connect with locals from the places we visit, and try your hand at new skills.

©Jessie Brinkman Evans

Greenlanders Tupaarnaq Egede and Nive Nielsen provide an engaging presentation about the topic of Greenland's sovereignty and governance.


©Kristian Bogner

Leonie Auluk of Uqsuqtuuq (Gjoa Haven), Nunavut teaches a guest about sewing techniques.

Presentations

Learn about microplastics in these fragile ecosystems and how they're affecting the health of seabirds. Listen to breathtaking Inuit throat singing and drum dancing performances. Hear the compelling stories of Vikings and adventurers who travelled through here. Find out more about the ecology of grey seals and horses running wild on Sable Island. Sing along to lively French folk songs. You'll be fascinated by the compelling presentations offered by our world-class expedition team, composed of researchers, authors, historians, scientists, and artists with celebrated professional careers. The presentation schedule is carefully curated to give you the best well-rounded knowledge of the places you're travelling to.

Hands-on Workshops

Try your hand at beading, sewing, or carving under the exceptional guidance of a skilled Inuit artist. Attend a mixology lesson with a Taste of Place ambassador and sample seaweed gin or crisp east coast apple cider. Practice using binoculars, scopes, GPS systems, and other field tools. Learn a few handy phrases of French, Newfoundland English, or Inuktitut to take with you on your next shore excursion. Get personalized advice about capturing the best photos from one of our expert photographers—you can even borrow professional-calibre cameras and lenses through our Nikon camera trial program! Our hands-on workshops will help put your learning into practice and send you home with new skills to show off to your friends and family.


©Kristian Bogner

Wildlife Spotting & Interpretation

Get out on deck to admire the scenery, search for bird species to add to your life list, and bask in awe of great wildlife sightings. Listen to engaging interpretation about the sights you're seeing alongside our expert naturalists, geologists, ornithologists, marine biologists, and cultural educators. You may even want to get involved with the research projects undertaken through our Scientist in Residence and Young Explorers programs. Whenever you get out on deck, I recommend you dress in layers and perhaps bring a warm mug of something delicious outside with you, because it'll be hard to tear yourself away.


©Kristian Bogner

Exercise & Physical Self-Care

If you're anything like me, you might start feeling a little weary after a few good bouts of hiking, kayaking, and Zodiac cruising. With so many busy, active days on our expeditions, it's essential to take some time for your physical rejuvenation. Stretch your muscles out on a yoga mat. Soak in the hot tub or steam in the sauna. Enjoy a treatment in the spa—my personal favourite! Nourish yourself with a wide selection of healthful foods, and maybe an extra serving of dessert while you're at it. Don't forget to drink lots of water and wash your hands often. By taking good care of your body, you'll be able to get the most out of your expedition experience and absorb as much new learning as possible.


©Michelle Valberg

Guests enjoy sampling fresh Icelandic seafood.

Dinner Conversation

Mealtimes are the perfect opportunity to break bread and talk travel with your new friends, and our warm, approachable expedition team members eat with you in the dining room for every meal. It's the perfect opportunity to get to know your fascinating fellow travellers, recount the adventures of the day, and look forward to tomorrow. On the Newfoundland Circumnavigation and Mighty Saint Lawrence expeditions, you can also enjoy our award-winning Taste of Place menu. This locavore culinary program introduces you to the scrumptious flavours of the region you're travelling in. During the day, you'll have the chance to meet the fishers, harvesters, and brewers who supply the *Ocean Endeavour*'s kitchen. Then enjoy a specially prepared evening meal—moose stew and a bakeapple cocktail, anyone?


©Dennis Minty

Fun & Fancy

Be part of the unique mix of entertainment and camaraderie on board. From film screenings to evening concerts and dances to costume parties, you'll love all the fun as much as you'll love learning and exploring. Belly laughs, giggle fits, full hearts, and wide smiles are all to be expected on expedition. Special events like the captain's welcome go hand-in-hand with laidback barbeques, ice cream socials, and polar plunges. Early on in your expedition, you'll be introduced to our League of Adventurers program and the community of like-minded people you're travelling with during a fun icebreaker game.

©Jen Derbach

Guests prepare bags of hockey equipment to donate to the youth league in Nain, Nunatsiavut, Labrador in partnership with Project North.

Giving Back

Become familiar with a new world of organizations doing amazing work in the realms of environmental conservation, youth, cultural revitalization, historic preservation, and food security. Some of my favourite events on board are our fundraising auctions! Learn more about these worthy causes, meet the people who will benefit, bid on enticing prizes, and have a great time while you're making a difference. Know that, just by travelling with us, you're doing good for the places you travel to. The discovery fee included in the price of your trip goes to help support our partners and your expedition provides meaningful training and employment opportunities to local people from the regions you travel to. Regenerative travel is a guiding ideology throughout our entire program.


©Kristian Bogner

Quiet Reflection

If there's one on-board experience I simply can't recommend enough, it's taking the time to engage in quiet reflection. Enjoy a quiet cup of tea or coffee while you watch the waves, keep a travel journal of your experience, or just go through your photos at the end of every day—but be sure to take some time to soak the whole experience in. I really can't say enough just how much this type of travel has the potential to change you. (Personally, my first expedition set me on a new career path and upended my life for the better—but that's another story we'll have to share on board sometime.) Finding moments of stillness and gratitude will make your time on board all the richer. I can't wait to see you there! ■

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!)


©Dennis Minty

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.


©Victoria Polsoni

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!


©Martin Lipman

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.

©Kristian Bogner

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.

©Victoria Polsoni

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!


©Andrew Stewart

Play Nice with Ice

Ice cruising is among the coolest activities to do in a Zodiac. When dazzling bergs float around Newfoundland'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.


©Dennis Minty

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!


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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.


©Dennis Minty

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.

©Jen Derbach

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. ■

It was about at this point where I thought, "What have I done?!" I think the picture captured exactly what was on my mind: This is crazy! —Jeff Anderson

Take the Polar Plunge

There are few exploits as memorable and invigorating on an Arctic expedition as the legendary polar plunge. While you stand there waiting your turn, it's likely that you'll wonder if it's too late to turn back. *Would anybody notice if I hightailed it to my cabin?* you'll think to yourself. *Maybe I could just wet my hair under the shower and nobody would be the wiser.*

You won't be alone. Everyone shuffling along down the line in their bathrobes, bathing suits, and flip-flop sandals will be thinking the same thing. But as you get closer to the gangway, you'll hear the yelps and squeals of other adventurous souls paving the way, spurring you on.

When, at last, it is your turn and you stand there barefoot on the metal staircase, not sure if your goose bumps are from the chilly polar wind or the anticipation, you'll take one last breath and then—splash!

No, there's no other feeling quite like it in the world: jumping into the depths of the planet's coldest waters (sometimes as low as -1° Celsius, since saltwater has a colder freezing temperature than fresh). Joining the exclusive polar plunge club is a highlight for many of our guests, expedition team, and crew on our Arctic expeditions.

There are always some who wonder how such a foolhardy experience could possibly be safe. Of course, you know yourself and your limits best, and if you feel there's any health reason that should stop you from participating, you should absolutely heed that survival instinct. If, on the other hand, a quick dose of liquid bravery is all you need to work up your nerve, here are some facts that might help entice you:

- We always work closely with the ship's captain to ensure the waters we choose are safe for swimming. We'll never plunge in a place that's got a strong current running, is too shallow, or is strewn with icebergs. If you like, you can choose to wear a harness line that is secured to the vessel.
- We always have a safety Zodiac in the water if needed. The best part is that this is a perfect vantage point for one of our photographers to snap prized evidence of your accomplishment!
- The ship's doctor and a trained medical team will be on standby, just in case.

Joining this exclusive club comes with many perks, which may or may not include bragging rights, fun prizes, and a nip of something to warm your heart when you emerge from the frigid depths. If in the end you decide a polar plunge is not for you, we know you'll have just as much fun watching the spectacle from the sidelines. But if you're willing to close your eyes, conquer your fear, and take the plunge, you'll never forget it. ■

As my wrists broke the surface of the water, I remember thinking, "Oh poop! Is it too late to change my mind?" I think I was screaming underwater before I even surfaced. —Judy Acres

One of our senior kid-at-heart swimmers was Jean Stevens in 2009, who was ninety-three years young at the time of her plunge.

Adventure Canada's reigning youngest polar plunger, Islay Edmunds—an inspiration to even the biggest scaredy cats amongst us—was just three years old when she first jumped in 2019.

Guests, expedition team, and community members co-hosted a Climate March in Nain, Nunatsiavut, Labrador.

Regenerative Travel: Can Travel Mend the World?

By **Bill Swan**

Tourism and travel have powers of transformation that have changed the world and us as individuals over the past century. Once the realm of only a few, travel has become accessible to millions. In just a hundred years we've gone from sails to nuclear-powered props; from air balloons and biplanes to supersonic jets. But it's not just how we get there that's changed; where we go, what we do, and why we travel are also shifting.

Think about this: why do you travel where you do? What entices you about a place? Perhaps you're intrigued by its history and want to see the living remnants for yourself. Maybe you're captivated by the culture and want to meet the local people who live there. Or, possibly, it's the natural beauty of a place that draws you in.

Whether we travel somewhere on a once-

in-a-lifetime trip or return there regularly, many of us feel a sense of protectiveness about the places we love—a desire to preserve their wonder and keep them intact the way we hold them in our memory. But what if we could do more than just sustain our favourite places? What if we could truly heal and restore the places we visit? And how do our ways of travelling change if we start out with these intentions?

Travellers must consider taking on a more active role as they move from just being an observer or visitor to being an active and engaged participant—an agent of change in their next journey. This represents an exciting opportunity for travellers! The time and resources one puts into a trip affirms their values and the types of travel businesses they support and want operating in the world.

"Sustainable" is so last year. Regenerative travel has arrived!

So, what is regenerative travel? Regenerative is a term more often associated with natural systems and agriculture. Essentially, regenerative travel seeks to leave ecosystems, communities, and economies better off than we encounter them, through a holistic process in which the host community's priorities are more valued than those of the traveller.

The traveller's view of a regenerative approach involves three important and deeply integrated elements: the traveller's relationship with the Earth, with others (community hosts and other travellers), and with oneself. Many are well familiar with those first two key elements, but what of the third—you, the traveller? What changes do you need to make inside yourself to assure your impact on the places you visit is regenerative? Do you need to align your values differently? These are tough questions, but necessary ones.

Our Taste of Place program highlights and educates guests about regenerative local food systems in the regions we travel.

A Travel Paradigm Shift is Underway

Regenerative travel looks to nature for answers to its questions. Can tourism mimic the Earth's natural systems' ability to close loops, be a restorative force, and generally leave both traveller and host better off after the travel experience is over? Indeed, does the travel experience really end when we return home and our hosts wave us a fond farewell?

Dr. Pauline Sheldon, Professor Emeritus and Former Dean at University of Hawai'i, is at the forefront of research and development in the evolution of regenerative tourism today. As she says, "Regenerative tourism requires a fundamental shift in how we view the world. It is a commitment to tourism as a tool to create thriving destination communities and to regenerate and heal damaged resources. This philosophical and practical shift favours collaboration over competition, community over self-interest, culture over commodity, abundance over scarcity, and wellbeing over profit." ■

About the Authors

Alison Bell
Chef, Food Educator

Alison is a Red Seal Chef and an educator who holds a Le Cordon Bleu Master of Arts in Gastronomy. It was while on a school trip to Europe when she was seventeen that the proverbial food seed was planted and grew into a decades-long culinary life for Alison, and she still happily follows any path that leads to delicious food. Her culinary career includes leading an innovative professional cooking program, where she instilled a passion for food and cooking in scores of young cooks, running a successful café, local food systems advocacy, culinary travel, and dabbling in food writing and photography.

Alexandra Blagdon
Taste of Place Ambassador

Alexandra is a forager, chef, and mixologist who grew up hiking the trails that wind along the coast of Newfoundland. Whether deep in the woods picking mushrooms or in a restaurant kitchen, Alexandra feels most at home in the culinary world. She is the owner of the Alder Cottage, which offers online cookery classes, outdoor foraging experiences, and lots more! Here she gets to share her passion for food and nature and connect to the literal roots behind what makes a good dish—the true ingredients that ignite your passion.

Ellie Clin
Cruise Director

Ellie is an environmental educator by training and an adventurer at heart, having explored all seven continents and both polar regions. She's also a writer, scuba diver, sailor, general professional vagabond, and foodie. As Cruise Director, she loves planning the on board education program to help guests learn as much as they can about the regions they travel to.

Robert Comeau
Expedition Team Member

Robert is a graduate of the Nunavut Law Program and Carleton University. A staunch advocate for Inuit rights, Robert immerses himself in the dialogue by publishing, attending conferences, and facilitating workshops. He is a founding board member and the current Vice-President of the Qajakkut Society based in Iqaluit. In this work, Robert supports the delivery of *qajaq* (kayak) building programs and Paddle Canada certifications. He enjoys any activity that gets him out on the water, such as hunting, fishing, or paddling.

Geneviève Côté
Kayak Guide

Originally from Québec, Gen moved north more than a decade ago in search of great winter conditions and ended up falling in love with all northern seasons. She possesses a versatile array of skills, from being an instructor in white-water canoeing, kayaking, and snowmobile safety to dog mushing, finishing carpentry, and event coordination for the Slave River Paddlefest. Gen describes herself as crafty and energetic and loves bringing a flair for adventure to the Zodiacs she drives aboard expeditions.

Carol Heppenstall
Inuit Art Specialist

Born in Winnipeg and now living in Santa Fe, New Mexico, Carol is a retired faculty instructor at the University of the Arts (Philadelphia), the University of Toronto, and the Art Gallery of Ontario.

Lori McCarthy
Taste of Place Ambassador

Lori is a wild chef, forager, hunter, educator, chronic outdoorsperson, and—most fiercely—a Newfoundlander. Her passion for the land is matched only by her passion for food culture. Lori grew up watching her mother make bread, pick berries, and prepare and preserve wild foods, while admiring her father's skills as a hunter and fisherman. She is proud to keep those traditions alive, especially through her company Cod Sounds, which hosts workshops introducing people to the joys of food from the land and sea, connecting people and food to place, and ensuring the next generation will keep alive these most basic elements of culture.

Dennis Minty
Photographer, Wildlife Biologist

Dennis's path—from his small island roots in Twillingate, Newfoundland to his current career as a photographer and eco-tour leader—has taken him through more than three decades of local and international work. For him, nature and photography are inseparable. Dennis immerses himself in nature through photography and seeks to inspire in the viewer a deeper connection with the natural world.

Dennis has authored nine books on subjects such as environmental science, his home province of Newfoundland and Labrador, and his photography.

Aaron Spitzer

Historian, Political Scientist, and Journalist

For more than twenty years, Aaron has obsessively explored, studied, documented—and yammered about—the world's polar places. For a decade he ran *Up Here*, the journal of Canada's north, which in 2010 was named the country's best magazine. Before that, Aaron edited Canada's northernmost paper (*Nunatsiaq News*), the world's southernmost paper (*Antarctic Sun*), and the highest-circulation paper in the Alaskan bush (*Tundra Drums*). Aaron and is now working on his Ph.D. at the University of Bergen, Norway, where he examines the opportunities and challenges of Indigenous governance in the circumpolar world.

Anita Stewart

Culinary Ambassador

Anita Stewart was the Food Laureate for the University of Guelph and founder of Food Day Canada. She held a graduate degree in Gastronomy from Le Cordon Bleu/University of Adelaide and was a Member of the Order of Canada. She joined a Newfoundland Circumnavigation expedition as a Culinary Ambassador in 2019. She passed away in 2020.

Bill Swan

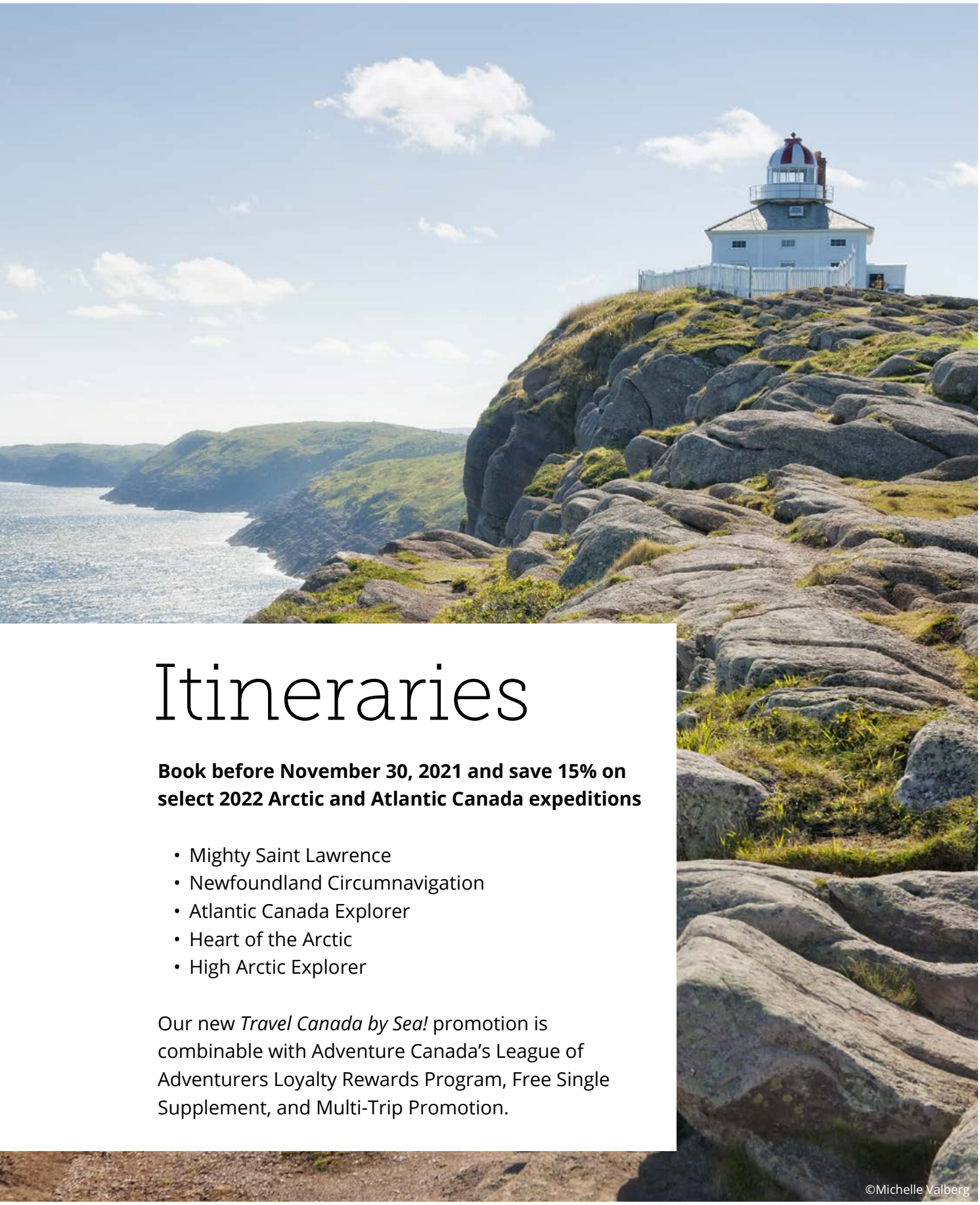
Partnerships & Sustainability

Bill loves connections and networks—in nature, cultures, and people. Bill manages Greenman Sustainable Solutions, a consulting company through which he has pursued a wide range of projects in community development, natural history, public gardens and greenhouses, community festivals, regenerative economics, climate action, renewable energy, green building, composting, and living soils.

Dylan White

Naturalist

Dylan is a professional ecologist and explorer who has rowed and cycled halfway around the globe. A specialist in both flora and fauna, he has worked on more than 150 diverse projects for government, non-profit, private, and academic clients. Experience from thousands of field hours and an Environmental Science degree have given Dylan a comprehensive set of skills and knowledge about ecological systems in Canada and around the world. ■



Itineraries

Book before November 30, 2021 and save 15% on select 2022 Arctic and Atlantic Canada expeditions

- Mighty Saint Lawrence
- Newfoundland Circumnavigation
- Atlantic Canada Explorer
- Heart of the Arctic
- High Arctic Explorer

Our new *Travel Canada by Sea!* promotion is combinable with Adventure Canada's League of Adventurers Loyalty Rewards Program, Free Single Supplement, and Multi-Trip Promotion.

SMALL–SHIP EXPEDITION

Mighty Saint Lawrence

Taste of Place

June 1–11, 2022
Starts: Québec City, QC, Canada
Ends: Saint-Pierre, France

From **$3,595** to **$14,895** USD per person

Visit Website ›

©Dennis Minty

Itinerary Map

Day 1: Québec City & Tadoussac, QC, Canada
Day 2: Saguenay Fjord
Day 3: Jardins de Métis / Reford Gardens
Day 4: Havre-Saint-Pierre / Mingan Archipelago
Day 5: Forillon National Park / Gaspé
Day 6: Île Bonaventure / Percé Rock
Day 7: Prince Edward Island
Day 8-9: Magdalen Islands
Day 10: Newfoundland's South Coast
Day 11: Saint-Pierre, France

SMALL–SHIP EXPEDITION

Newfoundland Circumnavigation

with special guest
Jennifer Hollett, Executive Director, The Walrus
on July 4–15, 2022 Expedition

June 12–23 & July 4–15, 2022
Starts: St. John's, NL, Canada
Ends: St. John's, NL, Canada

From **$4,995** to **$16,495** USD
per person

Visit Website ›


©Barrett & MacKay

Itinerary Map

Day 1: St. John's, NL, Canada
Day 2–4: The Northeast Coast
Day 5: L'Anse aux Meadows
Day 6: Red Bay
Day 7: Gros Morne National Park & Woody Point
Day 8–9: The South Coast
Day 10: Miawpukek (Conne River)
Day 11: Saint-Pierre, France
Day 12: St. John's, NL, Canada

SMALL–SHIP EXPEDITION

Atlantic Canada Explorer

with special guest
Margaret Atwood

June 23–July 4, 2022
Starts: St. John's, NL, Canada
Ends: St. John's, NL, Canada

From **$3,995** to **$15,295** USD per person

Visit Website ›

©Michelle Valberg

Itinerary Map

Day 1: St. John's, NL, Canada
Day 2: At Sea
Day 3–4: Sable Island, NS
Day 5: The Gully Marine Protected Area
Day 6: Fortress of Louisbourg
Day 7: Bird Islands & Cape Breton Island
Day 8: Chéticamp
Day 9: Prince Edward Island
Day 10: Newfoundland's South Coast
Day 11: Saint-Pierre, France
Day 12: St. John's, NL, Canada

SMALL–SHIP EXPEDITION

Heart of the Arctic

July 21–August 2, 2022
Starts: Ottawa, ON, Canada
Ends: Toronto, ON, Canada

From **$4,995** to **$16,495** USD per person

Visit Website ›


©Andrew Stewart

Itinerary Map

Day 1: Iqaluit, NU, Canada
Day 2: Frobisher Bay
Day 3: Kimmirut (Lake Harbour)
Day 4: Kinngait (Cape Dorset)
Day 5: Hudson Strait
Day 6–7: Ungava Peninsula, QC
Day 8–9: Ungava Bay
Day 10: At Sea—Davis Strait
Day 11: Nuuk, Greenland
Day 12: Kangerlussuatsiaq Fjord
Day 13: Kangerlussuaq, Greenland

SMALL-SHIP EXPEDITION

High Arctic Explorer

FORMERLY ARCTIC SAFARI, AS SEEN ON MIGHTY CRUISE SHIPS

August 2–13, 2022
Starts: Toronto, ON, Canada
Ends: Ottawa, ON, Canada

August 13–24, 2022
Starts: Ottawa, ON, Canada
Ends: Toronto, ON, Canada

From **$7,595** to **$17,295** USD per person

Visit Website ›

©Martin Lipman

Itinerary Map

Day 1: Kangerlussuaq, Greenland
Day 2: Sisimiut Coast
Day 3: Ilulissat
Day 4: Western Greenland
Day 5: At Sea—Davis Strait
Day 6: Mittimatalik (Pond Inlet), NU, Canada
Day 7–10: Tallurutiup Imanga (Lancaster Sound) and Devon Island
Day 11: Beechey Island
Day 12: Qausuittuq (Resolute), NU, Canada

For August 13–24, 2022, this itinerary will be reversed.

ADVENTURE CANADA

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