



Parc national des Pingualuit

Expedition Planning Guide

September 2010

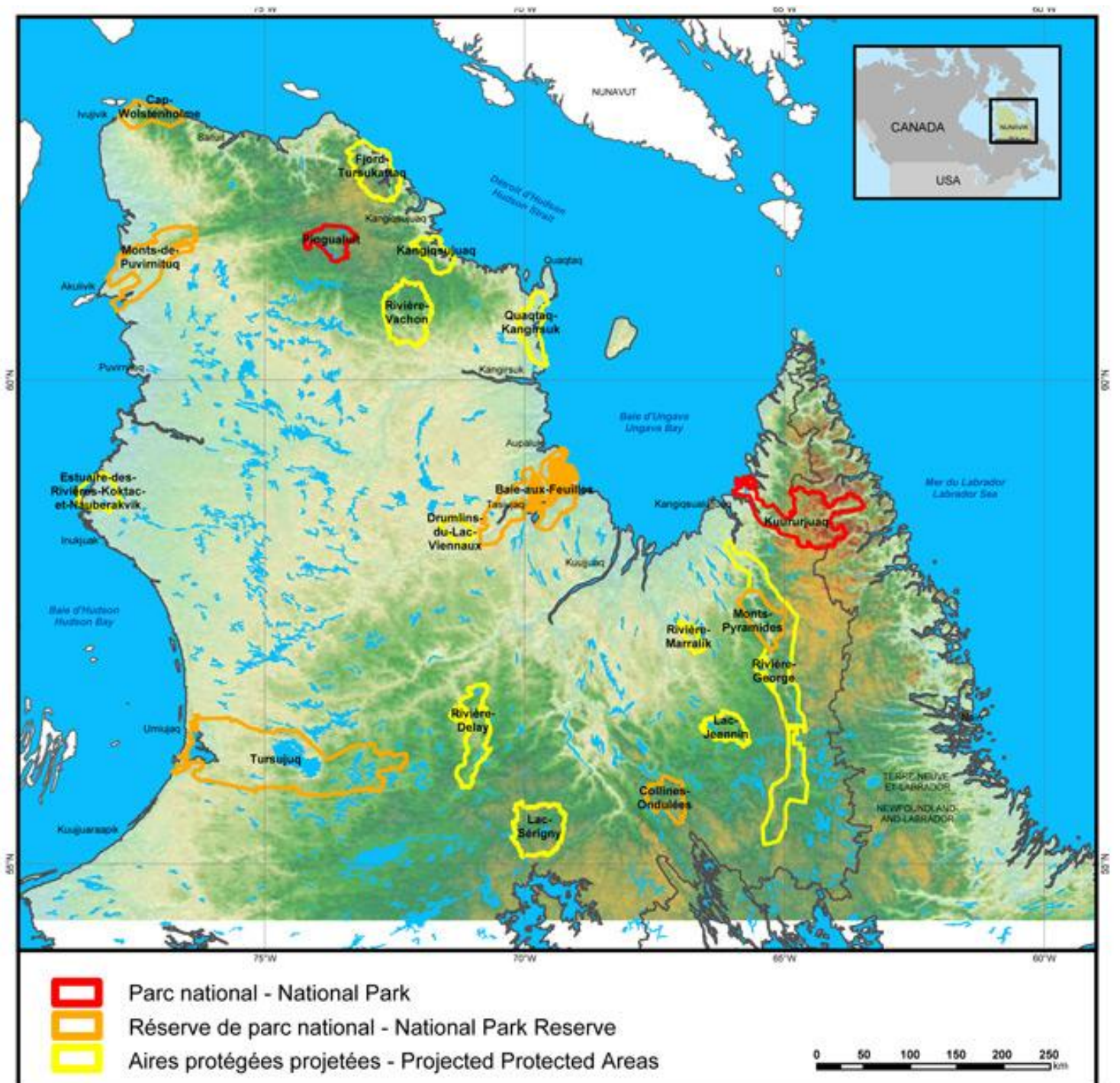


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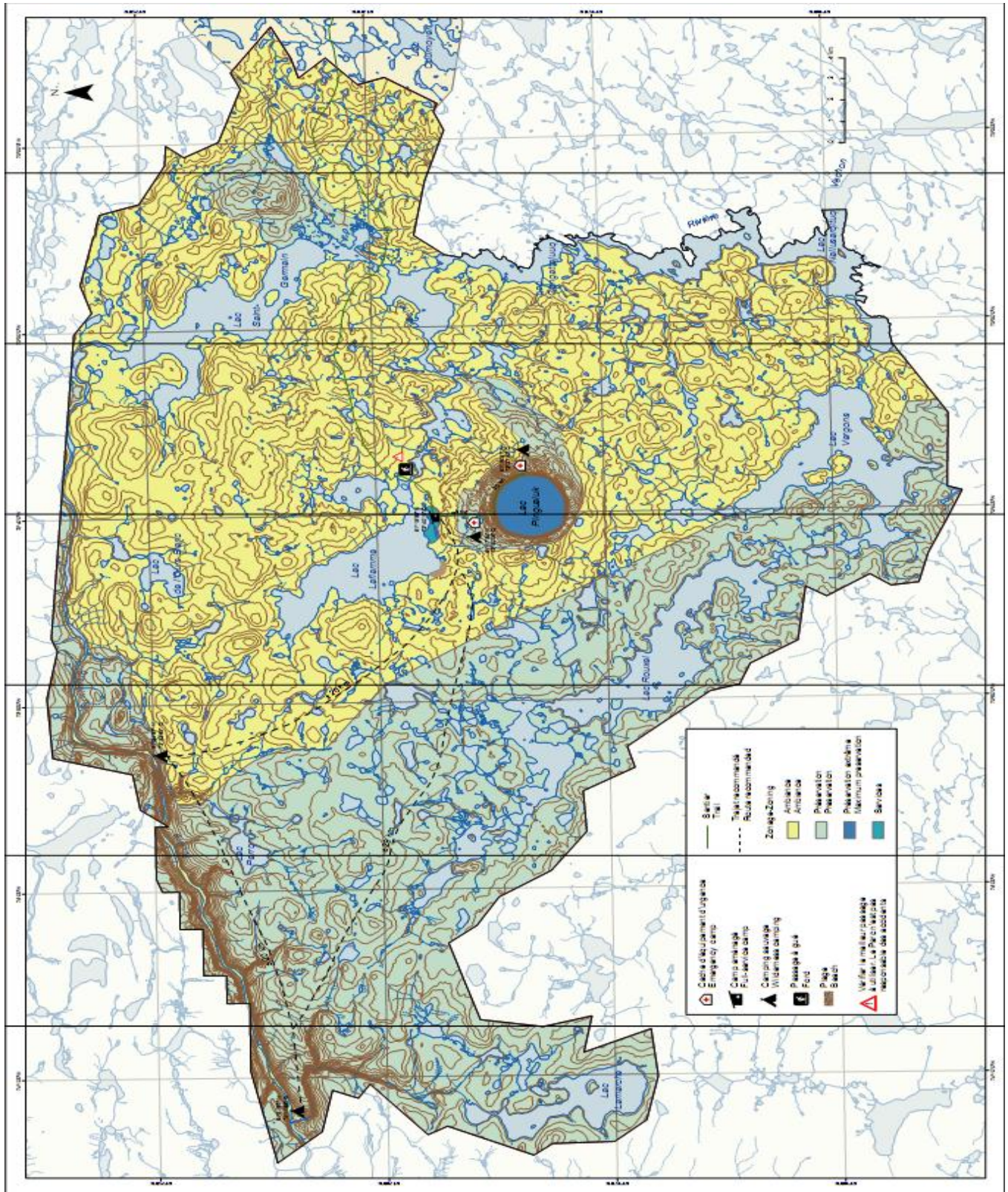
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2 NUVAVIK



3 PARC NATIONAL DES PINGUALUIT



4 PARK ACCESS CORRIDOR



5 HOW TO GET THERE

5.1 FROM SOUTHERN QUÉBEC TO KUUJJUAQ

Two airlines fly to Kuujjuaq. Air Inuit and First Air offer regular flights from Montreal, Quebec City and Ottawa. Refer to Section 22, Useful Numbers and Links.

5.2 FROM KUUJJUAQ TO KANGIQSUJUAQ

Air Inuit provides regular and charter flights between Kuujjuaq and Kangiqsujuaq.

5.3 FROM KANGIQSUJUAQ TO THE PARK

Charter flights (by Twin Otter or helicopter) are the main method for accessing the park. A 300-m gravel landing strip is located at Manarsulik (Lake Laflamme) (N 61° 18' 43.1" / W 73° 40' 48.6").

An 88-km access corridor connects Kangiqsujuaq to the park. Especially adventurous visitors may decide to trek to the park along this route.

In winter, the park may also be accessed along this route by backcountry skiing, snowmobile and dogsled.

6 MAPS AND COORDINATES

6.1 TOPOGRAPHIC MAPS

Topographic maps (scale of 1/50,000 or 1/250,000) of the park are useful for planning your itinerary.

The park covers the area between N 61° 06' and 61° 28' and W 72° 13' and 74° 18' (topographic maps SNRC 35G - 35H).

To obtain these maps, visit the website: http://cartes.rncan.gc.ca/distribution_e.php.

6.2 COORDINATES OF THE MAIN SECTORS OF INTEREST

Table 1: Coordinates of the main sectors of interest

Sectors		Latitude North	Longitude West
		Degree/minute/second	Degree/minute/second
In the park	East of the crater	61 16 51	73 37 40
	North of the crater	61 17 54	73 40 06
	Manarsulik (camp at Lake Laflamme)	61 18 52	73 40 16
	Sanguammaaluk (Puvirnitug River camp)	61 24 57	73 52 58
Access corridor	Kangirsutuug (camp at Lake Cournoyer)	61 18 18	73 13 34
	Itirviluarjuk (camp)	61 22 31	72 44 34
	Qulusuttalik (camp)	61 29 05	72 17 04
Kangijsujaq		61 35 56	71 57 40

7 INFRASTRUCTURE

7.1 AT KANGIQSUJUAQ

The park visitor centre is located at Kangijsujaq. The centre houses the park's interpretative exhibit and its administrative offices.

7.2 ALONG THE ACCESS CORRIDOR

Full-service camps are located roughly every 30 km along the access corridor. Each of these camps stands near a lake and includes 10 beds (no screens), a toilet, an oil-burning stove, and a small propane Coleman-type stove for cooking.

7.3 IN THE PARK

In the park, three full-service camps are located at Manarsulik (Lake Laflamme). Two of these camps are bunkhouses with a shower, a toilet and an oil-burning stove. Each bunkhouse has a capacity of eight (one bunk bed per room). The cookhouse has a refrigerator, a propane stove-oven, as well as tables and chairs. At this site, there is also a garage-warehouse.

Near the Puvirnitug River, the Sanguammaaluk camp (one room) can accommodate up to four people. Tents are also available for bigger groups. The camp includes an oil-

burning stove, a small propane Coleman-type stove for cooking and a toilet.

Visitors are advised to speak with park staff prior to their departure to make sure that the services and equipment available in these camps meet your needs.

8 RECOMMENDED TRAVEL PERIODS

The following information should help you pick a date for your expedition in the park. Notwithstanding, you must always be prepared for variable weather conditions.

1) Mid-June to mid-September: This is an ideal period to plan an expedition in the park. Don't forget warm clothing since the average summer temperature is 5°C and the mercury can drop below zero at night. From the end of July to mid-August, you should also be prepared for swarms of mosquitoes. In September, the contrasting colours of the landscape are simply magnificent, but be prepared for the cold and snowfall.

2) Mid-September to mid-March: Travel in the park during this period is not recommended due to the extremely cold temperatures, limited hours of daylight, and the risk of blizzards.

3) Mid-March to the end of April: This is an ideal period to plan backcountry skiing and dogsledding. Be prepared: temperatures can sometimes be very cold.

4) May to June: This period is not highly recommended for an expedition in the park. Due to thawing, the land is extremely wet and water levels high.

9 REGISTRATION AND CHECKOUT

9.1 PRIOR TO AN EXPEDITION IN THE PARK

- 1) Consult this guide.
- 2) Frankly assess your physical and psychological health and your skill level in terms of your planned activities. Park staff reserve the right to refuse or modify the itineraries of visitors with inadequate experience.
- 3) Fill out and sign the registration form. You will have to provide the following information:
 - personal information (name, address, date of birth);
 - emergency contact information (names, addresses, telephone numbers);

- a summary of your medical history and health problems;
 - itinerary and expedition plans (date of entry and checkout, means of transportation, planned activities, itinerary);
 - a list of your safety equipment;
 - a description of your level of preparedness.
- 4) Seriously consider purchasing travel insurance that includes remote-region medical evacuation.
 - 5) Organize your expedition. Park staff are available to assist with your preparations.
 - 6) At a meeting with park staff, your itinerary and final preparations will be reviewed.

9.2 ON EXITING THE PARK

For your safety, you are asked to inform park staff once you have exited the park. Among other things, this step will preclude the implementation of unnecessary emergency measures. It also gives park staff an opportunity to discuss your expedition with you and to collect your comments. **To confirm your departure from the park, contact park staff in Kangiqsujaq at 819-338-3282 or administrative staff in Kuujuaq at 819-964-2961, extension 2335.**

10 SECTORS OF INTEREST

10.1 MANARSULIK (LAKE LAFLAMME)

This is the main sector of the park. Located only a few kilometres from the crater, it is an ideal site for trekking, canoeing and kayaking, or simply to admire the remarkable Arctic sunsets. The site also boasts a beautiful beach, although the lake temperature rarely exceeds 12°C. Visitors will be charmed by the expansive landscape and tranquillity of Manarsulik.



10.2 PINGUALUIT CRATER

Pingualuit Crater offers a unique panorama. The circular contour of the crater, formed by a meteorite roughly 1.4 million years ago, cups the pristine waters of Lake Pingualuk. With no surface outlet and fed only by precipitation, the water in the lake takes 330 years to renew itself. The lake holds some of the purest water in the world!



10.3 PUVIRNITUQ RIVER

The Puvirnituk River drains the northern part of the park, before flowing to Hudson Bay. For Kangiqsujuamiut, the Puvirnituk River canyon is an important landmark when travelling inland. The steep, rocky walls of the canyon run for roughly 40 km and are used by birds of prey, such as peregrine falcons, to nest.



10.4 PLATEAU

With the exception of the Pingualuit Crater and the Puvirnituk River, the topography of the park is relatively flat and uniform, offering little shelter from strong winds. Visitors must therefore exercise care. It is also worth noting that the Leaf River caribou herd passes through the park between May and July.



11 ACTIVITIES

Visitors may choose to retain the services of a park warden or to conduct their expeditions independently. In the latter case, visitors must demonstrate that they possess the experience, skills and equipment necessary for their expedition. Otherwise, the proposed itinerary could be modified or access to the park refused. For proposed expeditions or activities outside of the typically visited areas, visitors must obtain the authorization of park management. A detailed copy of your itinerary must also be given to park staff prior to your departure. Out of respect for future visitors and for the

protection of our collective heritage, visitors are asked not to remove plants, rocks or historical objects.

11.1 TREKKING

Given the low number of visitors to the park and the serious impact that could be caused by repeated treading along the same paths, trails have not been constructed. In this context, it is all the more important for visitors to be proficient in the use of maps, compasses and GPS devices. Inuksuit have been erected in certain sectors to orient visitors; however, they are not fail-safe landmarks as they can be obscured by fog.

Caution! Inuksuit have been constructed by park staff to orient visitors. You are therefore asked not to construct your own inuksuk since these could confuse future visitors.

Several expeditions may be suggested based on visitor interest. Two such expeditions are described below.

11.1.1 FROM MANARSULIK TO PINGUALUIT CRATER

Only 2.5 km separates the full-service camps at Manarsulik from the ridge of the crater. To facilitate access to Lake Pingualuk, a gentle slope has been identified on the east side of the crater, although the trekking distance is an additional 3 km. The trail is punctuated by several rock fields that make trekking difficult. Good hiking boots as well as trekking poles are highly recommended. This expedition is not recommended when rocks are wet or covered with a thin layer of ice.



11.1.2 FROM MANARSULIK TO THE PUVIRNITUQ RIVER SECTOR

The Manarsulik and Saguammaaluk camps are 20 km apart. This distance can be shortened by crossing Lake Manarsulik by watercraft with a guide. The terrain in this sector is less rocky, but damper; hiking boots and gaiters are recommended. On arrival at the Saguammaaluk camp, it is possible to follow the Puvirnituk River either east or west. Visitors who wish to trek to the western boundary of the park must be prepared for wilderness camping since there are no shelters in this sector.

11.2 FISHING

Anyone wishing to practise sport fishing in the park must possess a provincial permit*

issued by the *ministère des Ressources naturelles et de la Faune* (natural resources and wildlife). All catches must be consumed on-site, except for a single catch which may be transported out of the park. Ask park staff about good fishing spots as well as other regulations for fishing in the park.

A motorized watercraft is available at Manarsulik. For safety purposes, a guide must accompany visitors using the watercraft.

Anglers must also complete fishing reports (available at the full-service camps). The reports help park staff to improve the long-term management of fish resources.

** Not applicable to beneficiaries of the James Bay and Northern Québec Agreement.*

11.3 CAMPING

Sites are not designated for camping. Based on your activities and itinerary, park staff can make certain recommendations, in particular to help you avoid camping on archaeological sites or in preservation zones. To promote natural and cultural resource conservation, no traces of your passage should be left behind. When setting up camp, select sites out of the wind and properly anchor your tent. Weather conditions in the region are also unpredictable.

11.4 BACKCOUNTRY SKIING

Mid-March to the end of April offer the best conditions for backcountry skiing. Park staff can recommend certain expeditions based on your skill level.



11.5 CANOEING AND KAYAKING

Watercraft are available at Manarsulik for experienced canoeists and kayakers. Visitors remain responsible for their own safety.



11.6 CALENDAR OF ACTIVITIES

The following table illustrates different activities according to the time of year.

Table 2: Activities, wildlife management considerations and other factors according to the time of year

Parc national des Pingualuit Information Calendar

	January			February			March			April			May			June			July			August			Sept.			October			Nov.			Dec.									
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3
Access to the park	Yellow																																										
Activities	Green																																										
Canoeing season	Green																																										
Skiing season	Green																																										
Bird watching	Green																																										
Non aboriginal fishing season*1	Green																																										
Hiking	Green																																										
Northern light	Green																																										
Faunic management preoccupation	Green																																										
Caribou calving season	Green																																										
Birds of prey nesting season	Green																																										
Weather and conditions	Green																																										
Pingualuk lake thawed	Green																																										
Snow melt season	Green																																										
Snow cover	Green																																										
Mosquito season	Green																																										
Transportation means to the park	Green																																										
Snowmobile	Green																																										
Bush plane (Twin otter)	Green																																										

■ : Could be forbidden in certain areas
■ : Recommended
■ : Not recommended

*1 : Fish have to be caught solely for consumption during your stay in the park

Average temperature
Average precipitation
Daylight

December-January-February: -25
 December-January-February: 75mm
 Dec. 22.: 6h/day
 March-April-May:-15C
 March-April-May:75mm
 June-July-August:6C
 June-July-August:150mm
 Juin 21: 19h/day
 Sept.-Oct.-Nov.: -5C
 Sept.-Oct.-Nov.:150mm

12 CLIMATOLOGICAL DATA

The following climatological data is drawn from multiple sources and is provided for information purposes only. Conditions can vary from one area to another in the park.

12.1 AIR TEMPERATURE AND PRECIPITATION

The webpage operated by Environment Canada presents daily data on conditions in the park (weather forecasts are not available). Refer to the link below. The data is collected at a weather station located at Manarsulik.

http://www.climat.meteo.gc.ca/advanceSearch/searchHistoricDataStations_e.html?searchType=stnName&timeframe=1&txtStationName=Pingualuit&searchMethod=contains&opLimit=yearRange&StartYear=1840&EndYear=2010&Month=8&Day=26&Year=2010&selRowPerPage=25&cmdStnSubmit=Recherche

For weather forecasts, consult the webpage operated by Environment Canada for the airport at Kangiqsujaq: http://texte.www.meteo.gc.ca/forecast/city_e.html?qc-155&unit=m

Average air temperature and precipitation for the region of Kangiqsujaq are indicated below:

Table 3: Average air temperature and precipitation, region of Kangiqsujaq.

	December – February	March – May	June – August	September – November
Average temperature	-25°C	-15°C	6°C	-5°C
Average precipitation	75 mm	75 mm	150 mm	150 mm

12.2 WINDS: SPEED AND WIND CHILL

Currently, there is no data for average wind speeds in the park. However, the wind data recorded for the sites listed above may be consulted.

Visitors must be prepared for heavy winds that can last several days. Wind chill can have a major impact on the apparent temperature. For example, if the temperature is -35°C and the wind is blowing at 24 km/h, the temperature will actually feel more like -50°C.

Table 4: Wind chill adjustment for temperatures between 5 and -50°C

T _{air} (°C) V ₁₀ (km/h)	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50
5	4	-2	-7	-13	-19	-24	-30	-36	-41	-47	-53	-58
10	3	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57	-63
15	2	-4	-11	-17	-23	-29	-35	-41	-48	-54	-60	-66
20	1	-5	-12	-18	-24	-30	-37	-43	-49	-56	-62	-68
25	1	-6	-12	-19	-25	-32	-38	-44	-51	-57	-64	-70
30	0	-6	-13	-20	-26	-33	-39	-46	-52	-59	-65	-72
35	0	-7	-14	-20	-27	-33	-40	-47	-53	-60	-66	-73
40	-1	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74
45	-1	-8	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75
50	-1	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69	-76
55	-2	-8	-15	-22	-29	-36	-43	-50	-57	-63	-70	-77
60	-2	-9	-16	-23	-30	-36	-43	-50	-57	-64	-71	-78
65	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79
70	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-80
75	-3	-10	-17	-24	-31	-38	-45	-52	-59	-66	-73	-80
80	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81

T_{air} = Actual air temperature in °C V₁₀ = Wind speed at 10 m in km/h

1. For a given combination of temperature and wind speed, the wind chill index corresponds roughly to the temperature that an individual would feel. For example, with a wind of 20 km/h and a temperature of -25°C, it would feel to a person more like -37°C.
2. Wind chill does not affect objects and does not lower the actual temperature. It only describes how a human being would feel in the wind at the ambient temperature.
3. The wind chill index does not take into account the effect of sunshine. Bright sunshine can reduce the effect of wind chill (making the temperature feel warmer) by 6 to 10 units.

Frostbite Guide

Low risk of frostbite for most people
Increasing risk of frostbite for most people within 30 minutes of exposure
High risk for most people in 2 to 5 minutes of exposure
High risk for most people in 2 to 5 minutes of exposure
High risk for most people in 2 minutes of exposure or less

12.3 SUNSHINE AND DAYLIGHT

Consult the webpage operated by Environment Canada for the airport at Kangiqsujuaq for sunrise and sunset times.

In summer, there is a maximum of 19 hours of daylight (June 21). In winter, there is a minimum of 6 hours of daylight (December 22).

12.4 SNOW

Maximum snow accumulation (which may reach 3 to 4 m) tends to occur in valleys, depressions and along lee slopes. Moreover, wind action tends to pack snow tightly.

12.5 WATER FREEZE-UP AND ICE BREAK-UP

In the park, lakes generally freeze up in mid-November, while ice break-up occurs between the end of June and mid-July. Rivers generally freeze up after December 1, while ice break-up generally occurs in mid-June. Regarding the waters of Hudson Strait, they freeze up in December and ice break-up begins at the end of May and continues through June and sometimes into the beginning of July. These periods vary from year to year. Ice may be found on Lake Pingualuk until mid-July.

13 LEVEL OF DIFFICULTY

13.1 PHYSICAL CONDITION

It is essential to be well prepared for your planned activities. For example, trekking requires muscular endurance (to negotiate rough terrain, to carry a load) and cardio-respiratory endurance (to climb gradients).

13.2 PSYCHOLOGICAL CONDITION

To avoid frustration, flexibility is crucial. Unplanned occurrences (lateness, poor weather, injury) can have a major impact on an expedition. Patience is moreover needed to deal with the swarms of biting insects present during the summer months!

13.3 TECHNICAL SKILLS

Be sure to have the experience and technical training necessary for your planned activities. It is important to be realistic and to accurately assess your true skill level.

14 LAND USERS

The park is located on land governed by the *James Bay and Northern Québec Agreement* (JBNQA). Consequently, JBNQA Inuit beneficiaries are entitled to exercise their harvesting right in the park. Specifically, they may carry out traditional hunting,

fishing, trapping and gathering activities. However, as regards non-beneficiaries, the provisions of the *Parks Act* apply. Among other things, the Act stipulates that hunting and trapping are prohibited in parks. For safety purposes, it is recommended that visitors wear bright-coloured clothing.

Table 5: Hunting, fishing and trapping periods*

	Fall	Winter	Summer	Spring	Sectors
Caribou	X	X	X	X	Throughout the park
Polar bear	X	X		X	Outside the park, along the coast of Hudson Strait
Black bear	X	X	X	X	Throughout the park
Seal	X	X	X	X	Outside the park, along the coast of Hudson Strait
Fish	X	X	X	X	Throughout the park and along the coast of Hudson Strait
Fox	X	X	X	X	Throughout the park
Rock ptarmigan	X	X	X	X	Throughout the park
Duck, goose	X		X	X	Throughout the park

* Seasons are indicated for information purposes only. JBNQA beneficiaries may exercise their harvesting right at any time.

15 VILLAGE SERVICES AND ACCOMMODATIONS

15.1 LANGUAGES SPOKEN

Although Inuktitut, French and English are all spoken, Inuktitut is the language most commonly used for communication in Kangiqsujaq. Park staff speak Inuktitut, English and French.

15.2 KUJJUAQ

There are two general stores at Kuujuaq that sell food and a small selection of hardware: Northern and Newviq'vi.

For last-minute purchases, including items that cannot be transported by aircraft from southern Québec, Kuujuaq has the greatest selection: pepper spray, Bearbanger, cooking fuel, matches, etc. It is advisable to call ahead to ascertain the availability of these products. Product selection is more limited than in stores in southern Québec.

There are two hotels at Kuujjuaq offering a similar level of accommodations. The Fort-Chimo Cooperative Hotel possesses a shared kitchen where guests can prepare their meals. The Kuujjuaq Inn has an adjoining restaurant, but no shared kitchen.

At Kuujjuaq, there is a health centre, a municipal office, two restaurants, a lounge and a bar, two arts and crafts stores, two schools, an auditorium, a sports centre and two police stations (the Kativik Regional Police Force and the *Sûreté du Québec* (provincial police)).

15.3 KANGIQSUJUAQ

There are two general stores at Kangiqsujuuaq that sell food and a small selection of hardware: Northern and the Kangiqsujuuaq Cooperative Store. Selection is limited, so it is advisable to call ahead to ascertain the availability of the products you need. Kangiqsujuuaq is the last place to make purchases since nothing is sold in the park.

Both the Kangiqsujuuaq Cooperative Hotel and the Kangiqsujuuaq Inn possess shared kitchens.

At Kangiqsujuuaq, there is also a CLSC, a municipal office, a school and a police station (Kativik Regional Police Force).

16 PARK ACTIVITIES – INHERENT RISKS AND DANGERS

Below are explained a few of the main risks and dangers that accompany activities in the park. The more thorough your preparations, the greater the chances that your expedition will be enjoyable.

16.1 TEMPERATURE, FROSTBITE AND HYPOTHERMIA

Harsh arctic temperatures should not be taken lightly. In January, a temperature of -50°C with a wind of 20 km/h feels more like -80°C! Refer to Table 4. Frostbite can occur quickly. Warm, protective clothing is therefore a necessity.

Hypothermia is the extreme loss of body heat. Hypothermia is caused by cold, but it is aggravated by wet, wind, and exhaustion. Kayakers are particularly susceptible. To prevent hypothermia, wear a warm hat in cool, damp or windy weather; dress in layers, take frequent rest stops; and eat frequent, nutritional snacks and drinks. Pay attention to your body. Remember, there is no natural protection in the open tundra (www.pc.gc.ca).

16.2 WINDS, BLIZZARDS AND FOG

Strong winds have a direct impact on the quality of the equipment you should carry. For example, clothing that protects from the wind, a burner that operates in extreme conditions and a tent that is resistant to strong and continuous gusts are recommended, if you plan to camp. It is also recommended that you always anchor your tent with rocks or snow because the wind in this area is known to pick up suddenly. It is not unusual for strong winds and heavy fog to last for several days, requiring visitors to stay put and alter their itineraries. In winter, blizzards do occur and may result in zero visibility.

16.3 AVALANCHES AND ROCKSLIDES

As the topography of the park is relatively flat and uniform, the risk of an avalanche is low. Notwithstanding, care must be taken in winter along the rugged ridge of the crater and along the Puvirnituk River canyon.

Rockslides occur where there are breaks in the rock or where small secondary valleys evacuate abundant precipitation. Such gradients are usually between 15 and 25°. Exercise care when in the vicinity of steep slopes: rocks may be unstable.

16.4 FLASH FLOOD

A flash flood is a sudden high water level that coincides with significant spring thawing or heavy rainfall. If you are on the wrong side of a river, you might have to alter your itinerary. It is also important not to set up camp too close to a stream or river or in a zone at risk of flooding.

16.5 WILDLIFE

Generally speaking, the wildlife in the park does not represent a threat for humans. The only serious danger is posed by polar bears and black bears, although the probability of meeting such animals is low. For a clearer understanding of bears and information on how to react in their presence, it is recommended you speak with park staff. DVDs on the topic are available online. Care should also be taken with overly confident animals as they may be infected with rabies, a communicable disease that is fatal for humans. Wild animals are unpredictable: it is therefore recommended that you always keep a safe distance and never feed them.

16.6 DIRECTIONS

It is easy to become disoriented in the park due to the expanse of the plateau and the absence of landmarks. Whenever moving about, be sure to carry your communications,

safety and navigation equipment. You should also always be prepared to set up an effective emergency camp. Despite the openness of the plateau, it is nonetheless important that group members always remain in view of one another. A fraction of a second is more than enough time to lose sight of a partner.

16.7 STREAM CROSSINGS

During your expedition, you will probably be required to cross streams. It is therefore advisable to pack your essential equipment in waterproof bags (sleeping bag, warm clothing, electronics, etc.) Water levels can rise suddenly due to rain or sunshine and the time of day (spring thawing). The use of trekking poles and a solid line may be necessary. Water temperature should be kept in mind to avoid hypothermia, and the use of neoprene gaiters or wool socks and sandals is advisable. At stream crossings, identify the best crossing point and avoid places where the water level is above your knees. Crossings should be made facing upstream, first without a load and then together in close order as a group in case of problems. Swimming with a backpack can be dangerous! Loosen all straps and undo buckles.



16.8 TERRAIN

Be prepared for rough terrain that is sometimes steep. Descents may be technically more difficult than climbs. Around the crater, unstable rocks make the terrain difficult. It is advisable to use trekking poles for balance, as well as good hiking boots to avoid slipping. The use of new boots should be avoided! Rain, snow, dampness and especially lichens can make rocks very slippery.



16.9 POISONOUS PLANTS AND INSECTS, AND BITING INSECTS

In the park, there are no poisonous plants, animals (snakes) or insects. The presence of biting insects must, however, be taken into consideration by anyone with related allergies. Mosquitoes thrive during the summer months (July and August). Mosquito netting and insect repellent are strongly recommended.

16.10 WATER QUALITY AND HYDRATION

Generally speaking, water is not scarce in the park. It is nonetheless recommended that you identify the water sources along your planned route prior to your departure. Despite the remoteness of the park, it is recommended that water be boiled or treated before consumption; no analysis of water quality has been carried out. It is important to drink sufficient water every day to avoid dehydration.

17 REQUIRED EQUIPMENT

The following suggested list of equipment should help you plan your expedition, according to the season.

Camping	<ul style="list-style-type: none"><input type="checkbox"/> Sturdy season-appropriate tent (expedition 3-4 season type, waterproof and resistant to strong winds, nothing less)<input type="checkbox"/> 1 bright tarp (orange)<input type="checkbox"/> Headlamp and spare batteries<input type="checkbox"/> Season-appropriate sleeping bag<input type="checkbox"/> Sleeping pad<input type="checkbox"/> 1 stove + 1 survival stove<input type="checkbox"/> Naphta (melted snow may be your only source of water)<input type="checkbox"/> Water treatment procedure (cold water)<input type="checkbox"/> Food (enough for your expedition plus extra; in sealed packages)<input type="checkbox"/> Cookware<input type="checkbox"/> Matches (in waterproof container) and lighter
Personal	<ul style="list-style-type: none"><input type="checkbox"/> Trekking poles<input type="checkbox"/> Good hiking boots<input type="checkbox"/> Waterproof outerwear (jacket and pants)<input type="checkbox"/> Warm clothes<input type="checkbox"/> Weather-resistant bags<input type="checkbox"/> Knife or jack-knife<input type="checkbox"/> Sturdy waterproof containers<input type="checkbox"/> Sunglasses<input type="checkbox"/> Sunscreen<input type="checkbox"/> Insect repellent and mosquito netting<input type="checkbox"/> Gaiters<input type="checkbox"/> Medication<input type="checkbox"/> Candles<input type="checkbox"/> Sturdy rope (at least 15 m long and 5 mm thick)

	<ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> Bear bell
Security and survival	<p>Mandatory:</p> <ul style="list-style-type: none"> <input type="checkbox"/> GPS and spare batteries (lithium batteries recommended) <input type="checkbox"/> SPOT messaging device <input type="checkbox"/> Complete first aid kit <input type="checkbox"/> Map and compass <p>Strongly recommended:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Satellite telephone <input type="checkbox"/> Devices to scare away aggressive animals (acoustic device, Bear banger, pepper spray) <input type="checkbox"/> Bear-resistant container <input type="checkbox"/> Distress flares
Repairs	<ul style="list-style-type: none"> <input type="checkbox"/> Tie wraps <input type="checkbox"/> Duct tape <input type="checkbox"/> Wire <input type="checkbox"/> Pinchers <input type="checkbox"/> Needle and thread <input type="checkbox"/> Repair kit (tent, sleeping pad, stove)

18 COMMUNICATIONS

18.1 SATELLITE TELEPHONES

Although costly to use, satellite telephones permit vocal interaction with emergency contacts and park staff, allowing specific information about a situation to be shared and clear actions to be taken. Do not forget that signal strength may be negatively affected by heavy cloud cover or by shadowing produced next to rock cliffs.

18.2 PERSONAL SIGNALLING DEVICES (SPOT)

These GPS messaging devices forward messages via satellite. They do not however allow others to contact you. SPOT devices can include a variety of functions.

18.3 PERSONAL LOCATOR BEACONS 406 MHZ

Personal locator beacons (PLB) 406 MHz are portable units designed for land-based activities such as hiking, camping, climbing and canoeing. PLBs can only be activated manually. Some newer 406 MHz PLBs include an integrated GPS capability, which allows GPS position data to be included in the distress signal message. A PLB must only

be activated in a distress situation and only in remote areas where conventional communications are impossible. A distress situation is defined as an incident where there is grave danger to the safety of human life.

18.4 DISTRESS FLARES

In the event that you need to be rescued, distress flares can be helpful for your would-be rescuers.

19 SAFETY, SEARCH AND RESCUE

The remoteness of the park, limited access, basic search and rescue resources, unpredictable weather conditions and wild animals require visitors to be independent and responsible for their own safety. While it is impossible to plan for every eventuality, visitors must take reasonable steps to avoid dangerous situations. You should keep in mind that, in the event of an emergency (broken equipment, medical care, a lost expedition member, etc.), rescue service response could take some time, even up to several days. You must be prepared to deal with such delays.

Park employees are trained and authorized to respond to emergencies. Notwithstanding, if a required emergency response exceeds employee capacities, the assistance of external resources will be called on.

For all these reasons, you must be responsible for your own safety and take all the steps necessary to prepare for dangerous situations.

Visitors are strongly advised to purchase travel insurance that includes remote-region medical evacuation, in order to cover the costs of such operations.

IN CASE OF EMERGENCY, CALL

**PARK OFFICE AT KANGIQSUJUAQ
MONDAY TO FRIDAY BETWEEN 9 A.M. AND 5 P.M. (ANSWERING MACHINE)
819-338-3282**

**KANGIQSUJUAQ POLICE
819-338-9111**

**POLICE - KUUJJUAQ EMERGENCY NUMBER
1-800-964-2644**

20 REGULATIONS

20.1 MAXIMUM PRESERVATION ZONE

Lake Pingualuk is a maximum preservation zone, meaning that the natural environment is designated for integral preservation. Access is prohibited, except for educational or scientific purposes, with the authorization of park management. All activities are prohibited (fishing, camping, etc.). Visitors are advised to speak with park staff prior to their departure about the rules in this sector.

20.2 EXTRACTS FROM THE *PARKS REGULATION*

1) No person who travels, stays or engages in an activity in a park for purposes other than scientific or management purposes may:

- fell, damage, remove or bring in a tree, a shrub, a herbaceous plant or a part thereof; however, the picking of edible vegetable products is allowed, except for commercial purposes or in a preservation zone or maximum preservation zone;
- make fires;
- paint, deface or remove rocks or parts thereof, pebbles, fossils or other natural formations;
- feed animals living in the park;
- bring in animals or fish except guide dogs, dogs used to engage in an activity offered in the park, to travel across the park or to travel in the park in possession of an animal or a fish kept at all times inside a vehicle or a boat, to travel or stay in a park or to engage in an activity in the park with a dog kept at all times on a leash and only at the places marked for that purpose.

Notwithstanding the first paragraph, Inuit who engage in an activity for food, ritual or social purposes are authorized to fell trees to make fires or to heat a temporary camp in the park.

2) No person may travel in a park, other than for scientific or management purposes, by off-highway vehicle (snowmobile, motorized all-terrain vehicle). Notwithstanding, due to the remoteness of the park, park staff use snowmobiles and all-terrain vehicles to monitor, maintain and re-supply camp infrastructure. These vehicles may also be used to deliver assistance to visitors experiencing difficulty. Use of snowmobiles with a guide is also tolerated to allow access to the park.

Notwithstanding, Inuit who engage in an activity for food, ritual or social purposes are authorized to travel by snowmobile, except in maximum preservation zones.

3) The possession of arms or hunting or trapping implements is prohibited in a park.

Notwithstanding, Inuit who engage in an activity for food, ritual or social purposes are authorized to possess arms or hunting or trapping implements.

4) A holder of an authorization to fish shall, after practising his activity, report his activity at the place provided for that purpose (reports are available at the full-service camps) by indicating the number of fish he has caught per day, if any; certain parts of the fish may be taken for study purposes.

21 CONSERVATION POLICY

The mission of Québec national parks is to: “*ensure the conservation and permanent protection of areas representative of the natural regions of Québec and of natural sites with outstanding features, in particular because of their biological diversity, while providing the public with access to those areas or sites for educational or cross-country recreation purposes.*”

To this end, Nunavik parks support the principles of *Leave No Trace Canada*, as they have been adapted for national parks in Québec. These principles should guide our activities so as to leave the great outdoors as unchanged as possible (or even improved) after our presence.

21.1 PRINCIPLE 1: PLAN AHEAD AND PREPARE FOR YOUR EXPEDITION

- Know the regulations applicable in national parks and the special concerns for the area you will visit.
- Choose an itinerary (pace/ distance/ skill level) that is appropriate for all group members.
- Prepare for extreme weather, natural hazards and emergencies (adapted equipment and clothing, first aid kit, adapted communications tools).
- Travel in small groups.
- Inform others of your itinerary and leave a map of your route.

21.2 PRINCIPLE 2: CARRY OUT YOUR ACTIVITIES AT DESIGNATED SITES

- Follow the itinerary submitted to park staff.
- Keep your campsite small.
- Focus activity in areas where vegetation is absent.

21.3 PRINCIPLE 3: DISPOSE OF WASTE PROPERLY

- Pack out all trash, leftover food and litter (biodegradation is very slow in the North!). Before leaving rest areas and campsites, inspect them for trash and leftover food. If you see other trash, collect it. Inform park staff of any trash that could not be packed out (barrels, etc.).
- Repackage supplies to minimize waste to be packed out.
- Reduce the volume of your waste (ex: fold cardboard and crush metal containers) at the Manarsulik and Saguammaaluk (Puvirnituk River) camps.
- If no toilets are found nearby:
 - Urinate and have bowel movements at least 50 m (roughly 75 steps) from any water;
 - Urinate on mineral surfaces to prevent animals attracted by the salt from disturbing vegetation;
 - Deposit human solid waste in catholes dug 15 cm deep. Fill catholes when finished and cover with a rock;
 - Pack out toilet paper and feminine hygiene products.
- After washing yourself or your dishes, dispose of your wastewater at least 50 m (roughly 75 steps) from any water, on a specific spot. Use small amounts of biodegradable soap. Place any solid waste in your trash.

21.4 PRINCIPLE 4: LEAVE WHAT YOU FIND

- Preserve the past: only touch with your eyes.
- Leave rocks, plants and other natural or cultural objects as you find them.
- Do not pack in non-indigenous species or pack out indigenous species.
- Do not build any structures or objects (i.e. inuksuit).

21.5 PRINCIPLE 5: CAMPFIRES

- To protect the fragile vegetation, tree cutting and campfires are prohibited.

21.6 PRINCIPLE 6: RESPECT NATURE

- Enjoy vegetation without collecting or trampling it.
- Observe wildlife from a distance. Do not follow or approach animals.
- Never feed wildlife. Feeding animals damages their health and alters their natural behaviour, ultimately jeopardizing their chances of survival.
- Protect wildlife, yourself and your food by storing rations and trash in sealed containers.

21.7 PRINCIPLE 7: BE CONSIDERATE OF OTHERS

- Respect other visitors and protect the quality of their experience.
- Don't forget that compliance with the first six principles stems necessarily from compliance with this seventh principle.

22 USEFUL NUMBERS AND LINKS

AVALANCHES

Centre d'avalanche de la Haute-Gaspésie (avalanche safety)

<http://www.centreavalanche.gc.ca/>

Canadian Avalanche Centre

<http://www.avalanche.ca/>

MAPS

Natural Resources Canada (topographic maps)

http://ess.nrcan.gc.ca/mapcar/top_e.php

<http://geogratis.cgdi.gc.ca/geogratis/fr/collection/detail.do?id=10119>

COMMUNICATIONS

SPOT

<http://international.findmespot.com/>

Satellite telephone

<http://www.iridium.com/>

Globalstar

<http://www.globalstar.ca>

Personal locator beacons

<http://www.acrelectronics.com>

http://cgi.ebay.ca/ACR-GyPSI-406-PLB-Personal-Locator-Beacon_W0QQitemZ130360320194QQcmdZViewItemQQptZGPS_Devices?hash=item1e5a14a0c2

Pros and cons of different communications methods

<http://www.le-blog-des-solutions-nomades.fr/meteo-et-securite/balise-de-detresse-personnelle-plb-et-systeme-cospas-sarsat/>

<http://www.youtube.com/watch?v=FmSIWN50hMM>

KAYAK

Fédération Québécoise de canoe et kayak
<http://www.canot-kayak.qc.ca/nouvelles.asp>

Le guide des parcours canotables du Québec, Fédération Québécoise de canoe et kayak

WEATHER

Environment Canada – weather conditions and hours of daylight for the airport at Kangiqsujuaq.
http://text.www.weatheroffice.gc.ca/forecast/city_e.html?qc-155&unit=m

Environment Canada – hourly data report for Kangiqsujuaq.
http://climate.weatheroffice.gc.ca/climateData/hourlydata_e.html?StationID=10252&

Environment Canada – hourly data report for *parc national des Pingualuit*.
http://www.climat.meteo.gc.ca/advanceSearch/searchHistoricDataStations_e.html?searchType=stnName&timeframe=1&txtStationName=Pingualuit&searchMethod=contains&opLimit=yearRange&StartYear=1840&EndYear=2010&Month=8&Day=26&Year=2010&selRowPerPage=25&cmdStnSubmit=Recherche&

NUNAVIK AND NUNAVUT

Nunavik Tourism Association
<http://www.nunavik-tourism.com/default.aspx>

1-888-594-3424

Université du Québec à Montréal
www.museevirtuel.ca/Exhibitions/Nunavik/

Others
www.inuktitut.org

Canada's North
<http://www.northernsar.ca>

BEARS

Safety in Polar Bear Country – Parks Canada
<http://www.pc.gc.ca/eng/pn-np/nl/torngats/visit/brochures.aspx>

Bear safety DVDs
<http://www.macecanada.com/unitedstates/video.htm>.

NATIONAL PARKS

Parks Nunavik (Kuujuuaq) http://www.parcsnunavik.ca/en/index.htm	819-964-2961
Parc national des Pingualuit (Kangijsujuaq) http://www.parcsnunavik.ca/en/parks/pingualuit/index.htm	819-338-3282
Parc national Kuururjuaq (Kangijsualujjuaq) http://www.parcsnunavik.ca/en/parks/kuururjuaq/index.htm	819-337-5454
Parcs Québec http://www.sepaq.com/pq/index.dot?language_id=1	1-800-665-6527
Ministère du Développement Durable, de l'Environnement et des Parcs http://www.mddep.gouv.qc.ca/parcs/inter_en.htm	

FIRST AID

Sirius (wilderness medicine)
<http://www.siriusmed.com/index.htm>

ACCOUNT

Tragic tale of a young couple in the Torngat Mountains
<http://alavigne.net/Outdoors/TripReports/Torngats2004/index.jsp>

LOCAL RESOURCES

Kuujuuaq

Fort Chimo Cooperative Hotel	819-964-2272
Northern, general store	819-964-2877
Newviq'vi, general store	819-964-2228

Kangijsujuaq

Airport	819-338-3245
Kangijsujuaq Inn	819-338-3232
Post office	819-338-3320
CLSC, nursing station	819-338-9090

Nunaturlik Landholding Corporation	819-338-3368
Kangiqsujuaq Cooperative Hotel	819-338-3212
Kangiqsujuaq Cooperative Store, general store	819-338-3261
Northern Stores, general store	819-338-3222
Northern Village of Kangiqsujuaq	819-338-3342
Parc national des Pingualuit	819-338-3282
Fire Department	819-338-9000
Police	819-338-9111

AIR TRANSPORTATION

Air Inuit http://www.airinuit.com/en/index.aspx	1-800-361-2965
First Air http://www.firstair.ca/	1-800-267-1247
Nunavik Rotors http://inuit.pail.ca/nunavik-rotors/	819-964-1185

23 REFERENCES

- 1) Kativik Regional Government – Nunavik Parks. 2008. *Map - Parc national des Pingualuit*.
- 2) Louis Baron-Lafrenière. 2005. *Observations sur le couvert neigeux et les avalanches*. 9 p.
- 3) Fédération québécoise du canot et du kayak. 2005. *Guide des parcours canotables du Québec*. Broquet. 455 p.
- 4) Parks Canada. 2005. *Pre-Trip Planning Package Auyuittuq National Park of Canada*. 41 p.
- 5) Environment Canada website. http://www.weatheroffice.gc.ca/canada_e.html.
- 6) Société de la faune et des parcs du Québec. 2000. *Status Report: parc des Pingualuit*. 127 p.



Have a Safe Trip!