

Detailed Itinerary

Day 1 | Arrival & Immersion

Your adventure begins in Goose Bay, where you board a scenic Twin Otter charter flight bound for Saglek, pausing for a brief refueling stop in Nain before flying over dramatic northern Labrador landscapes. Upon landing midday, you'll transfer to Torngat Base Camp by Zodiac. Warm smiles, fresh Arctic air, and a delicious lunch in the dining hall welcome you to the heart of the Torngats.

Join Parks Canada staff for a mandatory park briefing followed by a site orientation by camp staff before settling into your accommodations. The afternoon invites you to stretch your legs on a guided hike, whether you prefer the mist of cascading waterfalls or the sweeping views from high ridgelines carved by ancient glaciers. Before dinner, our staff lead a hands-on photography workshop, offering valuable tips for capturing wildlife, landscapes, and, later in the season, the Northern Lights.

As evening settles in, you'll gather with your guides to review plans for the next day over a hearty meal. Afterwards, members of the local Labrador Inuit community share cultural traditions, stories, and perspectives that bring the land to life. End your first night beside a glowing bonfire, soaking in the stillness of the Arctic beneath a vast northern sky.

Meals Included: Lunch, Dinner

Day 2 | Whales & Bears Excursion

The day begins with a hearty breakfast before you set out by boat toward Jans Haven and Branigan Island. This unforgettable excursion winds along remote Arctic shoreline as your guides scan for polar bears patrolling the rocks and minke whales gliding through deep, clear waters. Marine birds soar overhead while dramatic cliffs and quiet coves unfold around you. Depending on conditions and wildlife activity, this journey may last from a few focused hours to a full day of exploration. Midway, you'll enjoy lunch on the water, surrounded by pristine wilderness.

Upon returning to camp, the afternoon offers time to recharge and enjoy captivating presentations led by Inuit guides or visiting researchers. From wildlife behavior to Inuit history and Arctic ecology, these sessions deepen your connection to the land and the people who have thrived here for generations. After dinner, gather once more around the bonfire to share stories from the day and marvel at the peace that defines the Torngats.

Meals Included: Breakfast, Lunch, Dinner

Day 3 | Rose Island Expedition

After breakfast, you'll depart for Rose Island, a place of immense cultural significance within Torngat Mountains National Park. Travel times vary depending on whether you journey by Zodiac or longliner, but both routes bring spectacular views of the rugged Labrador coast. Archaeological sites scattered across the island offer rare insight into Inuit and pre-Inuit ancestors who lived, hunted, and traveled throughout this land for millennia. Polar bears may roam the shoreline, and whales may surface in the surrounding waters as you explore these sacred sites.



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Day 3 | Rose Island Cont.

A shore lunch adds a special touch to the day before you return to Base Camp, where a relaxing afternoon workshop invites you to craft your own northern inspired soap using locally influenced scents. Evening brings another delicious dinner and a final bonfire under Arctic skies. Guests staying longer will close the night with an introduction to the Hebron documentary, setting the stage for tomorrow's journey.

Meals Included: Breakfast, Lunch, Dinner

Day 4 | Hebron Historic

After breakfast, you'll travel north to the abandoned community of Hebron, a profoundly important site in Labrador Inuit history. Depending on conditions and transportation, this journey may take half a day or a full day. As you arrive, the striking Moravian mission buildings come into view, along with remnants of a once-active Hudson's Bay trading post. Walking among the preserved structures and visiting historic grave sites offers a powerful and emotional glimpse into the stories of the families who lived here and the legacy of forced relocations.

You'll enjoy a picnic lunch in this hauntingly beautiful setting before returning to Base Camp for the evening. Later, settle in for a fascinating talk delivered by Labrador Inuit guides, researchers or one of your guides before gathering for dinner and another cozy fireside evening under the northern sky.

Meals Included: Breakfast, Lunch, Dinner

Day 5 | North Arm Exploration

Today you journey into one of the most dramatic corners of Torngat Mountains National Park: North Arm. Traveling by Zodiac or longliner, you'll glide between towering peaks and sheer fjord walls before reaching the shoreline. Your hike leads to a stunning waterfall framed by ancient ridgelines, with archaeological sites revealing traces of Inuit ancestors along the way. Anglers have the option to try their hand at ocean fishing for Arctic Char, followed by a fresh shore lunch prepared right on the land.

If time allows, return to camp for a lighthearted volleyball or badminton match; a surprisingly joyful thrill in this Arctic wilderness. Dinner and a bonfire complete the evening.

Meals Included: Breakfast, Lunch, Dinner

Day 6 | Tor Bay or Bear's Gut

The day begins with breakfast before you choose between two very different yet equally remarkable excursions.

Guests exploring Tor Bay will set out on a scenic hike from Base Camp, wandering through a broad valley and past a serene lake before meeting a Zodiac at the coast for a relaxing ride back. After returning to camp, enjoy a warm lunch and time to unwind.



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Day 6 | Tor Bay or Bear's Gut Cont.

For those venturing to Bear Gut (available late August through early September), the day becomes a full expedition. After a long and beautiful boat ride, you'll hike to a breathtaking viewpoint overlooking clear Arctic waters—an ideal location to watch polar bears fishing for running Arctic Char. The journey also offers encounters with whales, polar bears along the shoreline, and even black bears as you travel deeper into the park. A picnic lunch rounds out the experience before you return to Base Camp for the evening's presentation, dinner, and bonfire.

Meals Included: Breakfast, Lunch, Dinner

Day 7 | Ramah Bay

Your final full day in the Torngats takes you to the extraordinary landscapes of Ramah Bay, known for its rich archaeological history and dramatic topography. After breakfast, you'll travel by Zodiac or longliner to the bay, where ridgelines, winding rivers, and ancient stone structures offer an immersive look into thousands of years of Inuit presence. Walk among traditional dwelling sites, examine stone tools, and absorb the profound history of the region during your full day of exploration.

A picnic or shore lunch fuels your adventure before you return to Base Camp. If time permits, enjoy a lively session of traditional Inuit games led by local guides before the final dinner and bonfire of your trip.

Meals Included: Breakfast, Lunch, Dinner

Day 8 | Departure

Savour one last breakfast in camp before taking in the sweeping views of fjords and mountains that have defined your journey. After packing and saying your farewells, you'll transfer to Saglek for your charter flight back to Goose Bay, ending your unforgettable week in one of the world's most powerful and culturally significant landscapes.

Meals Included: Breakfast

Ready to Begin Your Torngat Adventure?

Connect with our team to secure your place on this unforgettable adventure.

[Reserve Now](#)



the TORNGATS

Base Camp 7-Night Itinerary