



# Time for Nature



## Be Prepared!

Quttinirpaaq National Park of Canada is not for the faint of heart

Quttinirpaaq National Park of Canada is a land of extremes. From May until August, the sun never sets. In the dazzling light, the Quttinirpaaq scenery is spectacular.

Yet whiteouts are possible any time of the year. Even in summer, the weather can change rapidly. Travel becomes difficult and often impossible as winds howl and river crossings become unpredictable.



Quttinirpaaq is a land of extremes.  
© Parks Canada, I.K. MacNeil, 1978.

## A magnet for the adventurous

Despite the dangers, Quttinirpaaq can be irresistible. Although the region is a polar desert with annual precipitation of only 6 cm, it contains relatively lush thermal oases.

Its grass-sedge meadows are home to muskox, Peary caribou, Arctic hares and some 30 species of birds.

Quttinirpaaq is undoubtedly one of the world's great adventures. But make no mistake: a Quttinirpaaq expedition is a serious journey into a remote and unforgiving landscape.



Visitors to Quttinirpaaq must be self-sufficient.  
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## Are you an experienced wilderness traveller?

Because Quttinirpaaq is so remote, the risk of the natural hazards is increased. Not only must you be ready to deal with the extremes of weather and landscape; you must also be prepared for travel in polar bear country.



If you intend to visit the park, you need to be completely self-sufficient and able to handle medical or wildlife-related emergencies on your own. The nearest hospital is over a thousand kilometres away.

### Are you flexible?

You must also be prepared to wait! Delays are inevitable. Travelers need time – and provisions – to wait out inclement weather, high rivers and delayed flights. Trying to stick to a tight schedule is an invitation to frustration and accidents! Wise northern travellers will learn from the Inuit and adjust their travel to the natural rhythms of the land they are visiting.



A trip to Quttinirpaaq is one of the world's great adventures.  
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### Are your survival skills up to snuff?

The small park staff has a limited ability to carry out rescues. Highly technical rescues may need outside assistance, even from outside Nunavut.

Your survival under difficult conditions may well depend on how well you prepared for your trip.

If you have any doubts about your skills, or if this is your first trip to the high arctic, consider visiting Quttinirpaaq National Park with a licensed guide or outfitter. They know what it takes to travel safely in this area.

### Still interested?

Parks Canada can help you plan a safe and enjoyable trip. All visitors must register, pay a Park Use Fee and participate in an orientation prior to their trip.

Since you will need to carry a great deal of foul weather gear and safety equipment, among many other things, Parks Canada can provide information: contact us for further details.

Parks Canada will do its best to help you prepare yourself for an environment that may be unlike any other place you have ever visited.

For more information visit [www.pc.gc.ca/Quttinirpaaq](http://www.pc.gc.ca/Quttinirpaaq)