

# Regions of Labrador

## Labrador North

Northern Labrador is the traditional home of Labrador's Inuit and Innu people stretching from Happy Valley-Goose Bay to the [Torngat Mountains](#). These are widely-dispersed communities along the remote coast that are accessible by air and sea, and by snowmobile trails in winter months. Today, mineral exploration and development plays an important role in the region's economy.

## Labrador West

The interior region of Labrador West is far removed from the coast. Much of the towns of Labrador City and Wabush are centered on iron ore mining, while [Churchill Falls](#) is the site of a large hydroelectric station. In historical terms these towns are relatively "new arrivals." Prior to the 1960s when industrial development came to Labrador West, the interior country was occupied by Aboriginal peoples.

## Central Labrador

Central Labrador refers to a cluster of communities around Hamilton Inlet. These include the Innu town of Sheshatshiu, the historical settlement of North West River, and the slightly larger service centre of Happy Valley-Goose Bay. The multi-national [military airbase](#) at Goose Bay played an important economic role in the region. A commercial airport at Goose Bay is a hub for air travel within Labrador, and a vital overseas link with the largest airport runway in Atlantic Canada.

## Labrador Coastal Drive

The [Labrador Coastal Drive](#) in southern Labrador extends from Cartwright in the north to L'Anse au Clair in the south. These small communities, most with populations primarily in the hundreds, dot the coastline. Commercial fishing was and still is the economic mainstay of the region. The themed highway links most (but not all) communities in the region.



# Travel Information

Often referred to as a big and wild land, Labrador offers adventure for every traveller. With incredible coastal scenery, some of the world's best sport fishing and a unique history and culture waiting to be shared, Labrador can be your most memorable destination.

It's easy to get to Labrador. There are convenient connections by air, sea and land. Labrador borders the Province of Quebec in the South and West and is separated from the Island of Newfoundland by the Strait of Belle Isle.

## From Newfoundland via the MV Apollo

Newfoundland and Labrador are separated by a body of water called the Strait of Belle Isle. A [ferry service](#) operates across the Strait from St. Barbe, Newfoundland to Blanc Sablon, Quebec. Blanc Sablon is located just a few minutes drive from Quebec-Labrador border. This auto/passenger ferry service is operated by the Government of Newfoundland and Labrador and is the cheapest ferry service connecting the Island of Newfoundland to other destinations in Canada.

Accordingly, road travellers may:

Drive the paved highway in northern Newfoundland (the [Viking Trail](#)) to St. Barbe; Embark on the MV Apollo for the 90-minute crossing of the Strait of Belle Isle; Disembark at Blanc Sablon and follow Route 510 through the [Labrador Coastal Drive](#) region to Happy Valley-Goose Bay. From Happy Valley-Goose Bay follow route 500 west to Labrador City, Quebec and other destinations in continental North America.

## From Quebec by Road to Labrador City

Labrador City is linked by 581 km of highway (Route 138) to Baie Comeau, Quebec. Over one-half of this distance is paved, while the remainder is gravel. Baie Comeau is connected by paved highway to major centers in North America. Road travellers arriving at Labrador City by road may then follow Route 500 east to Happy Valley-Goose Bay (533km) and then Route 510 south through the Labrador Coastal Drive region (617km) which links back to the Island of Newfoundland.

## Flying to Labrador

Commercial air carriers provide daily flights to Labrador with arrivals at Blanc Sablon, Goose Bay and Wabush. (Note that Goose Bay is part of the amalgamated community of Happy Valley-Goose Bay.)

To Blanc Sablon: Daily flights are available to Blanc Sablon from St. John's (Newfoundland) and Montreal. Located in Quebec, Blanc Sablon is just a few minutes drive from Labrador. Air carriers which serve Blanc Sablon are Air Labrador and Provincial Airlines.



## Flying within Labrador

To North Coast: Daily flights are available to North Coast communities from Goose Bay. Air carriers serving these communities are [Air Labrador](#) and [Provincial Airlines](#) (Innu-Mikun).

To Goose Bay: Daily flights are available to Goose Bay from St. John's, Gander, Deer Lake, Montreal and Halifax. Air carriers serving Goose Bay are [Air Canada Jazz](#), Air Labrador and Provincial Airlines.

To Wabush: Daily flights are available to Wabush from Montreal and St. John's (via Goose Bay). Air carriers serving Wabush are Air Canada Jazz, Air Labrador and Provincial Airlines.

## Cruise Nunatsiavut: Adventures and Mysteries of the Labrador Inuit

Cruise the Labrador Sea onboard the [Northern Ranger](#) to Nunatsiavut. Experience unique aboriginal culture and breathtaking Arctic scenery. Interact with local residents, artisans and learn traditional activities in their communities. This 5-day Northern Ranger passenger/freight ferry adventure with numerous hop-on/hop-off options is a summer favorite.

### Northbound from Happy Valley-Goose Bay, NL – Rigolet, Makkovik, Postville, Hopedale, Nain:

Sail Lake Melville, with the Mealy Mountains towering in the southern skyline and then North along the coast of Labrador, stopping for a few hours in each community enroute to Nain. In Rigolet, visit the Net Loft Museum to hear the history of the Hudson Bay Company. An early morning stroll on the Poet's Path in Makkovik will awaken your senses. In Postville, taste traditional smoked Arctic Char. Near days end, tour the Moravian Mission Museum in historic Hopedale. Visit [Torngat Arts and Crafts](#) in Nain to view award-winning soapstone

carvings by local artists.



### Southbound to Happy Valley-Goose Bay, NL– Hopedale, Postville, Makkovik, Rigolet:

Discover more mysteries of the Labrador Inuit. Shop for traditional Inuit crafts, explore the White Elephant Museum, participate in a guided community walking tour and keep watch for Grampus (Minke whales), icebergs and seabirds.



## Nunatsiavut: Torngat Mountains National Park

Situated at the northern tip of Labrador, Canada's newest national treasure, Torngat Mountains National Park is a stunning combination of wilderness sea coast, surreal turquoise lakes and towering fjords. But this destination and its treasures are age-old to the Inuit, whose stories and language speak of this land - its wildlife, its spirits, its mysteries and legends. And now, thanks to the creation of Torngat Mountains seasonal base camp operation and research station, you can experience the Torngat's first-hand.

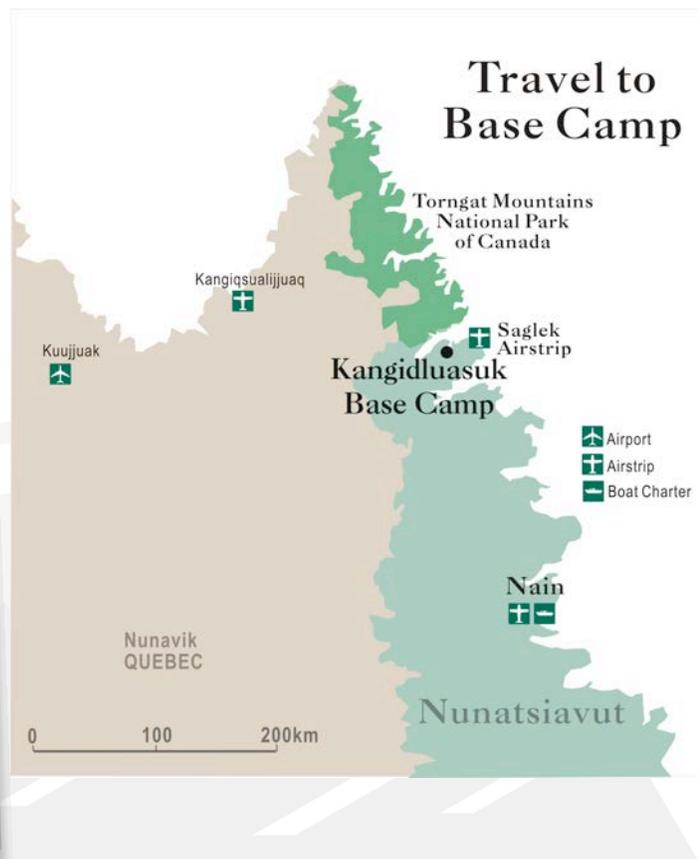


*From Goose Bay to Saglek Airstrip:*

You will be picked up from your accommodations in Happy Valley-Goose Bay at approximately 6am on the day of your scheduled charter flight. Torngat Mountains Base Camp charters Twin Otter aircraft owned and operated by Air Labrador. These airplanes seat 16-17 people and DO NOT have a washroom. The first portion of this flight is 1 ½ hours, as the aircraft makes a scheduled stop for approximately 20 minutes in Nain, Labrador's northernmost community, for refueling and to pick up supplies and additional passengers. In Nain, you will have the opportunity to use a washroom at the airport, but the short stop does not allow for longer visits to this bustling community. After refueling, the aircraft will continue to Saglek Airstrip which is approx. 40 minutes from Nain. Flights depart Goose Bay on Saturdays and Wednesdays from July to September.

*Saglek Airstrip to Base Camp:*

Once you arrive at Saglek Airstrip, you will be greeted by base camp staff and armed Inuit Bear Guards, who are provided for the protection of visitors. Luggage and supplies will be loaded onto a truck and transported to the nearby beach where Zodiacs will be waiting. Passengers walk to the beach together with staff and Inuit Bear Guards – a 15 minute walk. Luggage and passengers are loaded onto the Zodiacs from the beach. Depending on the sea and weather conditions, the Zodiacs will either take you directly to Base Camp, which will take 15-20 minutes, or will bring you to a passenger boat anchored nearby. The trip to Base Camp on the passenger boat takes approximately 40 minutes.



## The Trans Labrador Highway

Adventure awaits on the Trans Labrador Highway. Stretching more than 1,000 km in length, this highway takes you through some of the most interesting terrain in eastern Canada. Witness unspoiled wilderness as far as the eye can see. Visit remote towns and learn first hand of the uniqueness of what locals call the Big Land. There are a few ways of reaching this highway - outlined below.

Through Halifax – Baie Comeau / 796km / 10h 40m / paved.  
This routing will take you across the north end of New Brunswick, to a ferry crossing from Matane, QC (2h 15m) to Baie Comeau.

Baie Comeau – Labrador West / 586km / 8h 10m / 411km paved, 175km gravel. North from Baie Comeau route 389 will take you past the Daniel Johnson Dam, onward to the iron ore mining communities of Fermont, Labrador City and Wabush on the Quebec / Labrador border.



Labrador West – Happy Valley Goose Bay / 533km / 7h 31m / 327km paved. Construction will be ongoing each summer, with the remaining 206km scheduled to be paved in 2013, some final touches may be required during the summer of 2014.

The highway affords you opportunities to view the majestic Smallwood reservoir and Churchill Falls Hydroelectric generating station, including a magnificent hike to [Bowdoin Canyon](#) while enroute to Happy Valley – Goose Bay, the “hub of Labrador” and North West River for cultural exploration. Goose Bay is also the access point to travel to Nunatsiavut via the [Northern Ranger](#).

Central Labrador - Red Bay / 542km / 9h 29m / gravel. The new section of highway 510 was completed during the summer of 2010. Scenic pull-offs and rest stops can be found along the highway near the entrance of many communities outlining interesting attractions in the area.

This highway known as the [Labrador Coastal Drive](#) passes to the south of the Mealy Mountains and onward through sub-arctic terrain to the coastal communities of Port Hope Simpson and Mary's Harbour - the gateway to [Battle Harbour National Historic District](#). Take a side trip on [Iceberg Alley](#), route 513, to St. Lewis for one of the best iceberg viewing opportunities in the province, or to Cartwright on route 516 to visit the [Wonderstrands](#), a 54 km stretch of sandy beach which is ideal for hiking, camping and sea trout fishing.

Red Bay - Blanc Sablon / 86km / 1h 44m / paved

At the [Red Bay National Historic Site](#), you can visit a Parks Canada operated interpretation centre for a glimpse back to the 16th century when Basque Whalers operated a major whaling station out of this harbour. Route 510 continues through small fishing villages, alongside several terrific whale and iceberg viewing spots including [Point Amour](#) - the tallest lighthouse in Atlantic Canada - to Labrador's most southern community, L'Anse au Clair. Six km further is the town of Blanc Sablon, QC - your departure point for the ferry to the Island of Newfoundland (St. Barbe).

St. Barbe – Port-aux-Basques / 563km / 7h 31m / paved

Route 430 and later the TCH will take you down the west coast of Newfoundland through Gros Morne National Park onward to where you will catch the ferry back to Nova Scotia.

