

# Canada for Adrenaline Junkies

BY SARAH ROSE

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When you head north – and not just across the border, but well beyond the 49th parallel – the terrain becomes otherworldly” ancient glaciers, epic rock faces, iceberg-strewn seas filled with Arctic creatures. And because the deep north is buried under snowfall and ice most of the year, the summer months are your only shot at this unspoiled wilderness. Here’s how to seize it.

## 1. Dive with Whales

### LANCASTER SOUND

In summer the arctic sea is dotted with sun-sculpted icebergs and populated with monsters: beluga whales and narwhals, walrus, seals, Greenland sharks, and polar bears. The best way to see the beasts is to don a drysuit and dive right in: Whales,

congregating at the floe edge, will swim beside you, eye to gigantic eye. When they’re not around, there’s still plenty to see: The never-ending sunlight colors the pillowy overhead ice a shocking shade of blue, and the water is alive with small, weird critters such as nudibranches and electric jellyfish. Don’t miss kayaking among the icebergs at 2am: The sun casts long shadows, and the glowing ice makes for a surreal experience.

GETTING THERE: Commercial flights from three Canadian cities will take you to Iqaluit on Baffin Island, Nunavut. From there, fly to one of the small Inuit hamlets, such as Arctic Bay or Pond Inlet, where dive trips depart on snowmobiles (from \$8,000 for 10 days; arctickingdom.com).



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the continent: remote, pristine, and stocked with thousands of leviathans. Located in the foothills of the Torngat Mountains, the river has only 20 miles of fishable territory, and the Flowers River Lodge has sole access. Keep an eye out while you're casting — the shoreline is crowded with moose, caribou, and black bear, and at night timber wolves serenade you to sleep. Few rivers have better catch rates of giant fish — hooking a 30-pound salmon isn't uncommon — though lodge policy is strictly catch and release, not keep and mount.

**GETTING THERE:** Flights to Goose Bay, Labrador, leave daily from St. John's or Halifax. From Goose Bay the owner of the Flowers River Lodge will fly you to the river (he's a commercial pilot). Return flights are included (*\$6,000 per week; flowersriver.com*).



## 2. Hook a 30-Pound Salmon

**FLOWERS RIVER**  
FROM MID-JULY TO SEPTEMBER, when the Atlantic salmon and Arctic char run, the Flowers River in northern Labrador is the greatest fly-fishing spot in the country, perhaps