



Soper River – Canoe, Yoga & Mindfulness Expedition

Program Descriptive:

Katannilik Territorial Park

The Soper River is located in the middle of the Meta Incognita Peninsula, in Katannilik Territorial Park, and is designated as a Canadian Heritage River. It offers unique adventure opportunities. The river and valley's spectacular landscapes wind their way for close to 100 km, bringing you on a journey that will spark more than memories.

You will raft down the last 60 kilometres of the Soper River in our inflatable canoes. Our experienced guides will accompany you, ensuring the safety of the trip. Throughout the trip, you will paddle down sections of white water, rapids and cascades, and sections of flat water, ending your journey in the picturesque hamlet of Kimmirut.

More than just canoeing! Each day will start and end with a yoga and/or meditation session, soak up the energies of raising sun with a yoga instructor from Saimavik Studio one of the northernmost yoga studio.

As headwinds often slow travel down in the afternoon, most paddling will be done in the morning. You can spend your afternoons hiking in the valley, basking in the sun with a book, or try your luck at fly fishing. There's nothing like fresh-caught fish for dinner! The Soper River is at its strongest during the spring thaw, but it can be navigated throughout the summer months due to the numerous small rivers that feed into the valley. Its rapids, normally Class I, II and III, are easily navigated on board our hybrid inflatable canoes/rafts, and the largest rapids can be easily portaged

The canoe trip

To paddle down the Soper River you will need to be able to canoe / paddle for about 4-6 hours / day, you will be sharing your canoe with another person of our group. Depending on the water level, section of flat water, swift water and rapid of class I – II and III will lay ahead of us. The more technical sections of the river can easily be portaged. Being comfortable canoeing is a must but extended river experience is not mandatory. Be ready to spend time wet, and at some time wading to help maneuvering in shallow water.

In addition to canoeing you should be able to hike with a small day pack for a distance of up to 5 km per day (1-3 hours a day). Trails are not technical but could present some elevation challenges.

Days will be spent in the great outdoor while nights will be spent in tent. You should be prepared to live outside for the entire trip and have minimal camping experience.

Kimmirut

Nestled in hills between the bay and Soper Lake, at the mouth of the Soper River, on the southern part of Baffin Island, our adventure will end in the small and welcoming hamlet of Kimmirut where some of their 450 inhabitants will welcome you with a large smile. The people of Kimmirut have a reputation for being some of the best soap stone carver; spend some time observing the artist working that unique green soap stone they found in the area.

Day by day descriptive:

Day 1 / Monday, July 22rd, 2019

- Flight from Montreal, QC. or Ottawa, ON. to Iqaluit, NU.
- Meeting with the guide (preparation of equipment and briefing in the afternoon)
- Night at your accommodation

Day 2 / Tuesday, July 23th, 2019

- Charter flight to Mount-Joy (the Soper River)
- Charter flight from Iqaluit, NU. to Mount-Joy (the Soper River)
- Night in the wild (camping)

Day 3 / Wednesday, July 24th, 2019

- Canoeing & Hiking + yoga & mindfulness sessions
- Night in the wild (camping)

Day 4 / Thursday, July 25th, 2019

- Canoeing & Hiking + yoga & mindfulness sessions
- Night in the wild (camping)

Day 5 / Friday, July 26th, 2019

- Canoeing & Hiking + yoga & mindfulness sessions
- Night in the wild (camping)

Day 6 / Saturday, July 27th, 2019

- Canoeing & Hiking + yoga & mindfulness sessions
- Night in the wild (camping)

Day 7 / Sunday, July 28th, 2019

- Canoeing to Kimmirut
- Gear transportation to the airport
- Night at the city campground (included) or at the hotel (not included)

Day 8 / Monday, July 29th, 2019

- Flight to Iqaluit possible connecting flight to Ottawa, ON. or Montreal, QC.
- Night at your accommodation (in Iqaluit) (B&B option) (not included)

**Please note that this is a suggested itinerary and schedule,*



depending on good weather and flight availability

Price:

Program: Soper River – Canoe, Yoga & Mindfulness Expedition

\$5,710.00 CAD + GST 5% / person

Program inclusions:

Included:

- Bilingual guide during the entire trip
- Bilingual yoga and mindfulness instructor during the entire trip
- Airfare between Ottawa, ON. or Montreal, QC. to Iqaluit, NU. (return)
- Airfare between Kimmirut, NU. to Iqaluit, NU. (one way)
- Group charter between Iqaluit, NU. and Mount-Joy (the Soper River)
- Transfer from the accommodation to the airport (in Iqaluit)
- Full-service hotel accommodation (or B&B option) in Iqaluit (double occupancy) (day #1)
- Meal and snack during the Soper canoe trip (field trip only)
- Camping and group equipment (tent, cooking equipment, safety equipment)
- River gear (inflatable canoe, paddles, life jacket, barrels dry bag, etc.)

Not included:

- Full-service hotel accommodation (or B&B option) in Iqaluit (double occupancy) (day #8)
- Hotel accommodation in Kimmirut (double occupancy) (day #7 if not camping)
- Camping / clothing personal equipment (sleeping bag*, mattress*, personal clothing, personal hygiene kit, medication)
- Meals in Iqaluit
- Personal travel insurance (mandatory)
- Bad weather / out of our control, cancellation related fees
- Gratuities

*Can be rented at no cost. Please advise Inukpak Outfitting 30 days prior the departure date.

Program details:

Payment:

Payment is due in full (100%) upon reservation. Payment can be made by: cash at Inukpak Outfitting office (contact us prior), EMT, VISA, MasterCard, corporate cheque, wire transfer.

IMPORTANT:

2% interest charges per month on balance over 30 days



Cancellation:

- Receive full refund less non-refundable expenses contracted by Inukpak Outfitting for cancellation made 30 days prior trip departure.
- Charge of 100% of total program/package cost will be requested for any cancellation within 30 days of the trip departure.
- Please note that some activities are requesting good weather forecast, in case of cancellation due to weather (the decision will be taken by Inukpak Outfitting's guide), only the non-refundable expenses contracted by Inukpak Outfitting will be charged to you.

Dates:

Monday, July 22rd to Monday, July 29th, 2019

Day 1: Participants need to be in Iqaluit no later than Monday, July 22rd, 2019 at 1500 to attend the group / pre-expedition meeting.

Day 8: On our return, it is possible to connect flight directly from Kimmirut to Ottawa and Montreal on the Monday, July 29th, 2019.

Group:

Min. 4 / Max. 6 persons

Ratio:

1 Guide – 6 Participants (+ yoga and mindfulness instructor)

Difficulty level:

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In addition to canoeing you should be able to hike with a small day pack for up to 5 km per day (1-3 hours a day). Trails are not technical but could present some elevation challenge.

Days will be spent in the great outdoor while nights will be spent in tent. You should be prepared to live outside for the entire trip and have minimal camping experience

Accommodation:

During the expedition part of the trip, nights will be spent in camping, tent, sleeping bag and mattresses can be rented from Inukpak Outfitting (at no extra cost), quantities are limited, please confirm 30 days prior to the expedition. Participants will



share tents with the person of their choice when possible or will be partnering with a person on same gender.

Traveling in Nunavut:

Traveling in Nunavut can be one of your life time adventures. Scenery, people and wildlife are only few of a million things giving such a unique taste to the Canadian arctic. But traveling in Nunavut, also mean, traveling following permitting weather, and so, bad weather cancellations are not impossible. Also, “out of our control” situation can happen even with the best preparation. Replacement pieces for aircrafts and specialised workers to fix engines often need to be brought from South and are not always available the next morning.

To enjoy your next experience up North it is important to be ready to face those situations and to be ready to play with your schedule. Following those comments, we highly recommend that everybody traveling to the Arctic take few days off at the end of their trip to accommodate delay, with a smile.

For more details contact us at:

Inukpak Outfitting

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