
Torngat Mountain National Park: an ancient land, an Inuit homeland

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The Torngat Mountains National Park is Canada's 42nd national park established on December 1, 2005, with the consent of Inuit of Labrador and Inuit of Nunavik. It was established to protect the natural region of the Northern Labrador Mountains, and to showcase the natural and cultural resources and the 7,000 years of human history in this region.

The mountain peaks along the border with Quebec are the highest in mainland Canada east of the Rockies and are dotted with remnant glaciers. Rocks 3.9 billion years old, some of the planet's oldest geological units, are found here. The age of the Torngat Mountains encompasses eighty percent of the earth's geologic history. There are few places on earth where such an array of geological features and processes can be observed in a single landscape. The limited vegetation cover, high mountains, coastal cliffs, deeply incised fjords, and sheer cliffs that cut perpendicular to the rock fabric, provide some of the best exposures of the earth's geologic history.

Inuit today continue to use this area in ways that have been influenced and inspired by this geology. Everywhere there is evidence of stones marking tent rings, stone graves, food caches, stone traps, stones used to erect inuksuit and cairns for way finding, stones used for tools, to make carvings and amulets. And these mountains which bear the name of one of the most powerful of the Inuit spirits – Torngait – hold many stories and legends keeping it a place of spirits and mystery.

Parks Canada wants to weave the geological story of this ancient land through a cultural context in ways that will capture the minds and imagination of visitors. This journey is just beginning.