

Nations

INDIGENOUS LIFESTYLE MAGAZINE 2021

EXPLORE

The Wild Harvest

TASTE

Raise a Glass to Indigenous Wineries

UNWIND

Retreat to Renew



INDIGENOUS
TOURISM ASSOCIATION OF CANADA

THE MOUNTAINS,
THE PRAIRIES,
THE OCEANS,
AND ALL THAT LIES
IN BETWEEN.

EXPLORE DESTINATION INDIGENOUS



PHOTO: SHEA WYATT (KNIGHT INLET LODGE)

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Ekosi, miigwech, tiawenhk, merci and thank you!

As President and CEO of the Indigenous Tourism Association of Canada, and on behalf of our Board of Directors, I am happy to share our second edition of Nations Magazine, a digital-only edition for these Covid-19 times.

I hope you take inspiration from the stories here about our members across Canada: travel in your imagination to the wilderness of the North; find consolation in Traditional foods and community; dream of seeing whales, bears and the shimmering aurora borealis; find solace in Traditional Knowledge passed down through generations, shared here today.

It's been a challenging year; we know our members are struggling over whether the businesses that they have poured their heart and soul into will survive. Here, I take comfort—and I hope you will too—from looking to our past; as Indigenous People we have experienced extreme hardship, but we are here today, and we will be here tomorrow. Together, we will do what needs to be done to overcome this challenge and move forward more resilient than ever.

During this extraordinary time, all of us are finding ways to deal with our new normal. We respect and support those community leaders who have taken the decision to keep their communities closed for the season ahead, and we are there to support our members who are operating in a limited capacity. I know all of us look forward to welcoming you to back into our world.

Never forget that we are here for our ITAC members and all our visitors. We feel fortunate to have built an industry family, which we hope our visitors feel part of. Today we need each other more than ever and together we will get through this.



Keith Henry
President & CEO
Indigenous Tourism Association of Canada

Welcome

BY ITAC'S MARKETING TEAM

Welcome to the second issue of Nations magazine, from the Indigenous Tourism Association of Canada. We are proud to bring you stories from our members, sparking inspiration with travel from the rainforest to the mountains, across the prairies and the oceans and all points between, exploring the world through an Indigenous lens.

Authentic Indigenous tourism is done by Indigenous People, not about them. Our members share their Culture, their Traditions, cuisine and Indigenous Knowledge with guests in a way that supports the community that they represent.

Please remember that many of our members have pressed pause on their businesses until it is safe for them to re-open and many are operating in a limited capacity. Please always contact operators before travelling to ensure you have the best and safest experience possible.

We can't wait to welcome you back.

To search and book Indigenous experiences with our members, go online at destinationindigenous.ca

Jasper Tour Company

PHOTO: JAY R. McDONALD, JASPER TOUR COMPANY



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we thank our precious partners











WILDLIFE, NATURE & ADVENTURE

Listen... the sound of the wild is calling. Spark your imagination and explore from coast to coast to coast with your Indigenous hosts and guides. Discover hidden gems far from the beaten path; experience the joyous thrill of spotting a snowy-white spirit bear snacking on salmon. From awe-inspiring glaciers to seemingly endless prairie skies, join us and discover your Destination Indigenous.

PHOTO: JAY R. MCDONALD, JASPER TOUR COMPANY

Focus On: Newfoundland and Labrador

Crisp snow prints and wild orchids, Innu and Mi'kmaq stories and legends, and Northern Lights. On Canada's east coast, at the edge of the Atlantic, Newfoundland and Labrador live in step with nature. Explore this region with eight local operators who welcome you as guests.

BY JANE BURGESS

+

EXPLORE
FURTHER

ONLINE



Wild
Gros
Morne



Blue Spruce X

PHOTOS: WILD GROS MORNE (RED CABIN), BLUE SPRUCE X (FIRE), GROS MORNE ADVENTURES (HIKERS)

“Perfect weather, sunshine, fresh polar bear tracks, the quiet. For me, it’s my heaven, and my guests are blown away.” Based in Goose Bay, Gordon Rendell, owner and operator of **Blue Spruce X**, leads all-season guided adventures through central Labrador and northern communities. Here, the Nunatsiavut are a quiet people, proud of their heritage and happy that guests are getting to learn and live their land and ways. [\[bluesprucex.com\]](#)

Fly in to Happy Valley-Goose Bay from St John’s, Halifax, Montréal or Québec City and explore; then, continue your North Atlantic adventure heading south along the scenic Labrador Coastal Drive. In Port Hope Simpson, the **Alexis Hotel**, a family-run business, welcomes you with local knowledge and hospitality. Backcountry hiking among moose, foxes and porcupines, trophy fishing, and a ferry ride up Iceberg Alley spotting dolphins, whales, polar bears and bergs are on the itinerary! [\[alexishotel.ca\]](#)

Across the Gulf of Saint Lawrence, in Newfoundland, lies Gros Morne National Park. With **Gros Morne Adventures**, spend days hiking the Big Lookout, Tablelands, and Gros Morne Mountain, kayak the clear waters of Bonne Bay with Paddle Canada certified guides, and immerse yourself



Gros Morne
Adventures

With Gros Morne Adventures, spend days hiking the Big Lookout, Tablelands, and Gros Morne Mountain...

in ancient Mi'kmaq hunting and gathering techniques. Glide through glacier-carved fjords and backpack arctic alpine barrens—land or sea? Here you don’t have to choose. [\[grosmorneadventures.com\]](#)

Continue exploring this UNESCO World Heritage Site with **Wild Gros Morne**. Explore fjords by Zodiac, wander along interpretive trails, or try their fresh-baked goods—toutons with bakeapple jam comes highly recommended by operator Alex Chafe, who reveals “Newfoundland Culture and Indigenous Culture go hand in hand: here a lot of people live off the land, we all go hunting for moose, rabbit, partridge,

Darren Park’s Four Seasons Tours will create an experience just for you: winter, spring, summer or fall.

fish, and pick berries. It’s a blend. Sometimes you’re experiencing something Indigenous without knowing it. We live on a cold and unforgiving island in the North Atlantic. If you want to make it here, you need to know how.” [\[wildgrosmorne.com\]](#)

Further down the coast in Cox’s Cove, Darren Park’s **Four Seasons Tours** will create an experience just for you: winter, spring, summer or fall. Choose from bald eagle photography, spot water and shoreline wildlife such as whales, foxes, ospreys, and moose, or ride the waves cod-fishing with the only Transport Canada-approved traditional Dory. (Fit for high seas, a Dory is a flat-bottomed boat twenty feet long, eight feet wide, with flared sides.) When your guide’s business enjoys 90% repeat guests, you know you’ll be back to the Bay of Islands. [\[fourseasonstours.ca\]](#)



Four Seasons Tours



Appalachian Chalets & RV

PHOTOS: FOUR SEASONS TOURS (LEFT), APPALACHIAN CHALETS & RV (RIGHT)

After a long day of fresh air and fishing, settle in for an epic, self-caught meal cooked in your own east coast cabin. Arrive by car, ATV, snowmobile or on foot, **Appalachian Chalets & RV** welcomes guests year-round. From your self-contained chalet, or your personal RV, you’re minutes from gentle walks and extreme hikes along Lark Harbour, the sea caves around Bottle Cove, snowshoeing at Blow Me Down and Copper Mine Falls trails, and skiing at Marble Mountain. [\[appalachianchaletsrv.ca\]](#)

Explore the Southwest Coast’s Three River Regions, wander miles of white sandy beaches, stumble upon unique lighthouses and experience Mi’kmaq Culture. From your base at **Pirates Haven RV Park and Chalets**, overlooking the Robinson River, surrounded ATV-friendly trails, the Qalipu First Nations family invites you to join in a Jigg’s Dinner, a traditional Sunday family meal of salted beef, cabbage, carrots, turnips and pudding. Or, fill yourself

with moose burgers and molasses buns and soak in the scenery. [\[pirateshavenadventures.com\]](#)

In George’s Brook, where the roads take you up the Bonavista Peninsula or away to St John’s, retreat to the **ShaMaSha Centre**. Learn from Mi’kmaq Culture, meditate on nature and companionship, and relax. The word ShaMaSha, often heard as a child by owner Daphne March, conveys comfort and the spirit of human connection, just like the welcome Newfoundland and Labrador offer guests and new friends. [\[shamasha.ca\]](#)

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.

The Wild Harvest

The joy of bringing game and fish to your table

BY SHEL ZOLKEWICH

PHOTO: HOOKE

**+ EXPLORE
FURTHER** ONLINE



Touch base with tradition on your next hunting and fishing adventure. The harvest of wild game and plentiful fish is exhilarating to be sure, but it also serves an important conservation role by maintaining a sustainable balance in nature. Most of all, bringing your bounty from the wild to the table completes the circle of being responsible for your own food.

North America’s largest freshwater fish is waiting for you at **River Wrangler Sportfishing** in Chilliwack, B.C. White sturgeon can grow up to four metres long and weigh 500 kilograms—it’ll be the toughest fight of your life so start lifting weights now. River Wrangler also gives you the chance to catch five species of salmon at various times of the year. Take your pick from Chinook, sockeye, chum, Coho and pink. [\[riverwranglersportfishing.com\]](http://riverwranglersportfishing.com)

For a taste of true north in the unspoiled region of Nunavik in Arctic Québec, head to **Arctic Adventures** where for over half a century, visitors have been treated to unparalleled angling experiences and authentic hospitality. Arctic char is king from the home base at the Payne River Camp on the 60th parallel, 1800 kilometres due north of Montréal. From the Tunulik II Fishing Camp, on an exposed granite bluff overlooking the Lagrevé River, wild brook trout swim the pools above and below camp. [\[arcticadventures.ca\]](http://arcticadventures.ca)

The full services of **Club Odanak** in La Tuque, Québec include six lakes and ponds offering unmatched angling



for brook and speckled trout along with moose, grouse and bear hunting. Visitors can choose one of 48 cozy rooms nestled in three pavilions. For hearty appetites, The Odanak Club restaurant offers traditional Québécois and French dishes in its picturesque dining room. [\[clubodanak.com\]](http://clubodanak.com)

Cree guides lead the way to the very best fishing spots surrounding **Pourvoirie Camp Louis Jolliet** on the Rupert River in Mistissini, Québec. Here you’ll cast for brook trout, lake trout, walleye and northern pike all day long, then join your fellow anglers in the dining room overlooking the majestic river for a meal expertly prepared by camp chefs. Retire to one of eight cabins in camp for your well-deserved sleep. [\[mistassinilake.ca\]](http://mistassinilake.ca)

Just north of Québec City, the Laurentides Wildlife Reserve promises an unmatched wilderness experience, but it’s the legendary hospitality of the Huron-Wendat Nation that makes **Secteur Tourilli** so special. Fish for brook trout on the swirling waters of the Tourilli River and

hunt for elusive white-tailed deer, black bear, moose and small game. Then tuck into a cozy cabin for nightfall and listen to that tumbling river. [\[tourilli.com\]](http://tourilli.com)

Ontario’s Manitoulin Island is an anglers’ paradise with walleye, northern pike, rainbow trout, lake trout, small mouth bass, rock bass, perch, whitefish, sturgeon and musky in abundance. Make **Island Sunrise Cottages** your home base with a stay at their cottages or farmhouse. And for hunters, the white-tailed deer season includes bow, muzzle-loader and rifle seasons to make the most of the fall harvest. [\[islandsunrisecottages.ca\]](http://islandsunrisecottages.ca)

When it comes to angling, going where the fish go is a safe bet, and that’s exactly how **Wasse-Giihik Tours and Accommodations** operate. The Manitoulin Island outfitter specializes in tours for the spring rainbow trout run and summer salmon fishing around the island in Ontario. They offer down rigging for salmon, rainbow and lake trout and flat line adventures for walleye, northern pike and musky throughout the area. Throughout winter, ice fishing packages are available. [\[wasstours.com\]](http://wasstours.com)

Whether it’s a guided hunt in a blind over a pond, a lakeshore hunt in a boat or a cornfield hunt in ground blinds, **JR Wetlands Outfitters** promises to deliver all the thrills and limits of your best day of waterfowling. Located on Lake St. Clair in southern Ontario, the outfitter offers meals, accommodations for the hunts and guided fishing trips. [\[jrwetlands.com\]](http://jrwetlands.com)

Make your home base **Castaways Cabins & Campgrounds** on the southern shore of Great Slave Lake near Hay River in the Northwest Territories. From there, explore Canada’s second largest lake and the 10th largest in the world. This vast lake is teeming with ancient lake trout, delicate arctic grayling, delicious whitefish and feisty northern pike. [\[castawayscottagesnwt.com\]](http://castawayscottagesnwt.com)

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PHOTOS: RIVER WRANGLER SPORTFISHING (WOMAN), AUDET PHOTO (GIRL), HOOKÉ (RIGHT PAGE)



Snow Day!

During harsh winter months
Indigenous People in Canada
don't just survive, they thrive!

BY BIANCA BUJAN

PHOTO: INUIT ADVENTURES

Make winter your favourite season and discover the beauty of the frozen North alongside experienced operators who share their Cultural Knowledge with guests on thrilling tours which appeal to all the senses.



Tundra North Tours

PHOTOS: JAD DAVENPORT (LEFT PAGE), JOSIE'S OLD CROW ADVENTURES (PEOPLE IN GREEN COATS), WAPUSK ADVENTURES (DOG SLED)



Destination Experts

Jillian Larkham,
Director of Tourism,
Nunatsiavut
Government

"I love working with communities and partners, I see tourism as a way of preserving our Culture and our stories. Hebron also holds a special place for me; Inuit were forced to relocate but through our programs, we get to bring Inuit back and now we share our stories with everyone."



Josie's Old Crow Adventures

Snuggle up by a fire on sparkling snow and gaze at the dancing lights above Old Crow in the Yukon. Immerse in Gwitchin Culture on the Yakhaii (Northern Lights) tour, "Guests taste my wife's homemade bannock, listen to our Traditional stories, and stay warm in a wall tent, just like the one my dad was born in," shares Paul Josie, CEO of Josie Old Crow Adventures. [\[josiesoldcrowadventures.com\]](https://josiesoldcrowadventures.com)

Tundra North Tours

Snowmobile across vast tundra, wrangle wild reindeer, and build and sleep in an igloo. The Arctic Immersion experience offered by Tundra North Tours will take you through the wilds of Inuvik as you live and learn the Inuvialuit way of life. Dip your toes in the Tundra lifestyle with a day tour or get fully immersed in the Culture and Traditions of the Inuvialuit People with a epic week-long excursion. [\[tundranorthtours.com\]](https://tundranorthtours.com)

Inuit Adventures

Glide over the sparkling snow of the arctic tundra of Kuujuaq; walk in ancient footsteps and trek the trails of the remote Inuit community of Puvirnituk; take in the mesmerizing performances of traditional throat singers; marvel at the work of master sculptors, and help fishers retrieve their catch. [\[inuitadventures.ca\]](https://inuitadventures.ca)

Wapusk Adventures

Listen to edge-of-your-seat stories and gaze at awe-inspiring aurora as you dash through the snow guided by a pack of racing huskies. This small operation in Churchill, Manitoba, combines dog sledding, aurora viewing, and Indigenous storytelling to create authentic adventures which leave a lasting impression. "We're more than a dog sled ride—we're a dog sledding Indigenous experience!" shares David Daley of Wapusk Adventures. [\[wapuskadventures.com\]](https://wapuskadventures.com)

Arctic Bay Adventures

Each November, the sun disappears for three months in North Baffin, 700 kilometres north of the Arctic Circle, and the sky is blanketed with swirling stars and the Northern Lights. Experience the rarely explored floe edge of Admiralty Inlet, a land of mountains and fjords. As Winter Solstice approaches, the Inuit of Arctic Bay come together for songs, dances, and games as they celebrate the coming of a new year. [\[arcticbayadventures.com\]](https://arcticbayadventures.com)

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Josie's Old Crow Adventures



Wapusk Adventures

Some of the most authentic travel experiences lie off the beaten path. Discover the hidden gems prized by some of Canada’s most experienced Indigenous guides.

BY DEBBIE OLSEN

HIDDEN GEMS

**+ EXPLORE
FURTHER** ONLINE

PHOTO: MOCCASIN TRAILS

Moccasin
Trails

Knowledgeable guides at Mahikan Trails specialize in helping guests connect with the land on medicine walks and through other adventures.

The best way to experience the wild beauty of British Columbia’s coastal rainforest is through the eyes of those who have lived there since time immemorial. Tamara Keiver works with **K’awat’si Tours**, owned and operated by the Gwa’sala Nakwaxda’xw First Nation near Port Hardy. “My favourite place is the Nakwakto Rapids,” says Keiver. “There are whales and wildlife and the fastest navigable tidal rapids on earth. It’s an incredible way to get a glimpse of untouched wilderness.” [\[kawatsitours.ca\]](http://kawatsitours.ca)


West Coast Expeditions on northwest Vancouver Island offer multi-day kayaking adventures in the territory of the Ka:’yu:’k’t’h’ and Che:k:tles7et’h’ First Nations. “One of the highlights of our five-day Sea Otter Kayak Tour is a traditional Indigenous salmon dinner prepared by the Jules family, one of our Cultural host groups,” says owner David Pinel. “The meal is always incredible, but the best part is the conversation around the campfire. It’s about people meeting people.” [\[westcoastexpeditions.com\]](http://westcoastexpeditions.com)

Girth Hitch Guiding’s Tim Taylor discovered his passion for mountaineering at a summer camp when he was a boy. It was a pivotal moment in his life. Today he works to empower others through rock climbing and ice climbing in Alberta’s Canadian Rockies. “The Fox Via Ferrata near Abraham Lake is a real hidden gem,” he says. “It’s outside the National Parks and few people know about it. A Via Ferrata is a great option for someone who has never climbed before.” [\[girthhitchguiding.ca\]](http://girthhitchguiding.ca)

Moccasin Trails offers interpretive walks and canoe excursions along the ancestral paths of Indigenous Peoples in the traditional territory of the Secwepemcuu’l’ecw, Syilx and Nlaka’pamux People. Each adventure includes storytelling, drumming, dancing or Indigenous ceremonies. “The hike to Coyote Rock near Kamloops is a hidden gem,” co-founder Frank Antoine says. “The rock formation is sacred to the Shuswap Nation and I love sharing our legends.” [\[moccasintrails.com\]](http://moccasintrails.com)

Knowledgeable guides at **Mahikan Trails** specialize in helping guests connect with the land on medicine walks and through other adventures. It’s something they call heart-centred walking. “There are two places that are favourites of mine,” says owner-operator Brenda Holder. “I love showing guests the ancient Indigenous pictographs in Grotto Canyon near Canmore. People often walk right past them. The other spot is Cascade Ponds in Banff National Park. The views are incredible.” [\[mahikan.ca\]](http://mahikan.ca)

With **Takaya Tours**, it’s all about experiencing the special power that comes from paddling the protected waters of Burrard Inlet and Indian Arm. Guides from the Coast Salish Nation point out ancient village sites, tell legends and sing songs along the way. “There are some 500-year-old pictographs that are really hard to find,” says Takaya’s Dennis Thomas. “They are physical proof that my ancestors roamed and paddled here, and I like sharing them with my guests.” [\[takayatours.com\]](http://takayatours.com)



Destination Experts

Shae Bird,
Executive Director,
Indigenous Tourism
Alberta

“I am extremely fortunate to represent the various Indigenous communities and entrepreneurs on Treaty 6, 7 and 8 territory, and the homeland of the Métis. There is a diverse inventory of Cultural experiences, Traditions, and history throughout Alberta, and to be able to represent and support this diversity where I call home is really special.”

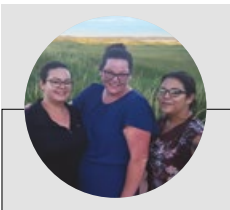
PHOTOS: INDIGENOUS TOURISM ALBERTA (DESTINATION EXPERTS PORTRAIT), SUZANNE RUSHTON PHOTOGRAPHY (MAN IN RED), MIKE BYRNE (OATER), TAKAYA TOURS (PADDLES), MOCCASIN TRAILS (MAN WITH GLASSES), MATTHEW BAILEY (HIKERS)





Mahikan Trails

PHOTOS: JAY R. McDONALD (LEFT PAGE), LENNOX ISLAND FIRST NATION (DESTINATION EXPERTS PHOTO)



Destination Experts

Jamie Thomas,
Director, Culture
and Tourism,
Lennox Island
First Nation

"Our people are very proud of their Mi'kmaq Culture; I love that we are working together to revitalize our language, practice our Culture and engage in Traditional ceremonies. Creating unique experiences which allow us to educate visitors on our true history is one of the most rewarding components of what we do."



**"We give guests a real understanding for how many Indigenous Nations have lived on this land and our different Cultural Traditions."
—Stephanie Sarazin, Indigenous Experiences**

Blaine Mirasty, of **Cree North Adventures**, offers teepee camping, canoe rentals and land-based Cultural experiences on Flying Dust First Nation land near the City of Meadow Lake. "We go snowshoeing on the frozen river and into the bush where there are no trails," he says. "Along the way, I show guests how to look for rabbit tracks and how to set snares. It's hands-on learning and it's what my ancestors did."
[\[greenorthadventures.ca\]](http://greenorthadventures.ca)

"The Saskatchewan River Delta is the largest inland delta in North America and one of the most biologically diverse places in Canada, but very few Canadians know about it," says Michela Carrière, who offers herbal medicine walks, guided canoe trips and other experiences with **Aski Holistic Adventures**. "I love sharing the wilderness and my home with my guests. They are welcomed as part of our family. It is a special experience and a true connection to nature."
[\[askiholisticadventures.com\]](http://askiholisticadventures.com)

Mukwa Adventures offers ATV tours and Cultural land-based activities in the forests of Northern Ontario. This stunning wilderness lies between the Algoma District and the Sudbury District. "I like taking people into wilderness areas that can't be accessed by motor vehicles," says owner Arthur Trudeau. "Many of our guests have never seen or experienced real wilderness and it can be life-changing. Sometimes we take them fishing. It's rewarding to see someone catch their first fish."
[\[mukwa.ca\]](http://mukwa.ca)

Situated on the grounds of the Canadian Museum of History in Ottawa, **Indigenous Experiences** is one of the only Indigenous tours offered inside Canada's capital city.

The organization has ambassadors from across Canada who share traditional songs, dances and stories. "Every guest comes away with a connection to Indigenous People," says Stephanie Sarazin. "We give guests a real understanding for how many Indigenous Nations have lived on this land and our different Cultural Traditions."
[\[indigenous-experiences.ca\]](http://indigenous-experiences.ca)

Tommy Taylor knows the Yukon River like few others. Speakers of the Hän language are called Hän Hwëch'in which means "people who live along the river." Taylor grew up on the Yukon River and gives guided boat tours there. "My favourite hidden gem is Dog Island," he says. Guests who visit Dog Island on a tour with **Fishwheel Charters** learn about the traditional lifestyle of the Hän people and get to explore a family fish camp.
[\[fishwheeltoursyukon.com\]](http://fishwheeltoursyukon.com)

The Yukon is home to some of the largest protected wilderness areas on the planet with diverse landscapes and many plants and animals. "Our guests visit the Yukon hoping to glimpse Northern wildlife in their natural habitat—grizzly or black bears, moose, caribou, Dall Sheep, mountain goats and even our small game critters," says Teena Dickson of **Who, What, Where Tours**. "We are so connected to the land, the wildlife and the wide-open spaces and we love sharing that with them."
[\[whitehorsetours.com\]](http://whitehorsetours.com)

Debbie Olsen is an award-winning Métis writer and a national bestselling author. Follow her at [\[wanderwoman.ca\]](http://wanderwoman.ca).

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Whales, Bears and Lights, Oh My!

Spirit bears, the aurora borealis, grizzly bears and killer whales. From the pristine wilderness of coastal British Columbia to the seemingly endless Arctic tundra of the North, discover some of Canada’s most stunning displays of wildlife and nature.

BY RYAN ROGERS

Sea Wolf
Adventures,
Port McNeill, B.C.,
on the traditional
territory of the
Kwakwaka'wakw

PHOTO: CJ KALE

**+ EXPLORE
FURTHER** ONLINE

British Columbia

On the traditional territory of the Homalco First Nation, catch sight of some of Canada’s most beloved wildlife with **Homalco Wildlife and Cultural Tours**. Surrounded by rugged coastal mountains, explore the narrow tidal passages of Bute Inlet where you’ll encounter humpback whales, orcas, sea lions, and bald eagles. Witness grizzly bears fresh out of hibernation feast on spawning salmon and learn more about this spring ritual from your knowledgeable Indigenous guide. [\[homalcotours.com\]](#)

Take a front-row seat with **Sidney Whale Watching** and see whales on their annual migration through the coastal waters of British Columbia. Just a thirty-minute drive from Victoria brings guests to SWW’s launch spot in the middle of prime orca feeding grounds—why the family-owned company is able to boast a 95-percent whale sighting rate year-round. Journey from the Saanich Peninsula through the Salish Sea on a custom 30-foot vessel surrounded by the gently sloping hills of the Gulf Islands, home to abundant marine wildlife and unforgettable scenery. [\[sidneywhalewatching.com\]](#)

On the traditional territory of the Kwakwaka’wakw, take a Cultural journey through the unspoiled wilderness of the Broughton Archipelago and the Great Bear Rainforest with **Sea Wolf Adventures**. This trip ticks all the boxes for true adventure with vivid storytelling about the history and living Culture of the Kwakwaka’wakw, and topnotch wildlife viewing, including pods of migrating orcas navigating their way through the cedar tree-lined channels. [\[seawolfadventures.ca\]](#)

Take a journey to the Great Bear Rainforest to **Spirit Bear Lodge**, owned and operated by the Kitasoo/Xai’xais First Nation, on the shores of the Great Bear Sea. Listen for the exhale of whales passing by this world-class, eco-tourism property in the heart of the world’s largest intact temperate rainforest. In the company of your Indigenous guides, catch a glimpse of the rare Spirit Bear, a subspecies of black bear with naturally white fur, found only here. [\[spiritislandadventures.com\]](#)

With its well-deserved international reputation for thrilling grizzly bear viewing, **Knight Inlet Lodge** on the traditional territory of the Da’Naxda’xw Awaetlala First Nation, some 80 air kilometres from Campbell River, is in the midst of one of the largest concentrations of grizzly bears in British Columbia. Surrounded by snow-capped mountains, the remote, floating resort features immersive holidays, combining bear viewing with marine wildlife excursions to the Johnson Strait—one of the world’s top destinations for seeing killer whales in the wild. [\[grizzlytours.com\]](#)

Stay at a summer wilderness camp located on an ancient seasonal village site and immerse yourself in First Nations Culture while exploring the serenity of Great Bear Rainforest with **Coastal Rainforest Safaris**. You could find yourself sleeping in a luxurious tent on Branham Island—an ideal base for venturing out in search of whales, bears, sea otters and other wildlife. Indigenous guides share their first-hand knowledge of this magical place. [\[whalesandbears.ca\]](#)

Northwest Territories

This experience deserves a top spot on your must-do list. You’ll travel 400 kilometres south of the Arctic Circle to Yellowknife. There, you’ll discover the region’s many wonders alongside Joe Bailey, owner of **North Star Adventures**, who specializes in showcasing the beauty of the aurora borealis. Bailey takes pride in introducing guests to fishing, snowmobiling, teepee-camping, and buffalo viewing. Take home treasured memories of Joe’s stories about the Dene People and their Traditions. [\[northstaradventures.ca\]](#)

Share and connect with Dene Culture, art and food with **B. Dene Adventures**, owned and operated by Bobby Drygeese of the Dene First Nation. Spend an evening gazing at the Northern Lights near your cozy lakeshore cabin on the shores of Great Slave Lake, at Akaitcho Bay. Listen to the beat of drums and understand more about Traditional Knowledge of the Dene People, who have been living in the North for centuries. [\[bdene.com\]](#)

If you feel chilly after witnessing the aurora borealis dancing across the sky, warm up in your heated teepee in **Aurora Village**, which opened in November 2000 and soon became a coveted spot for Northern Lights viewing and winter fun. From November to April, Aurora Village also provides opportunities for guests to go ice fishing, snowshoeing and dog sledding—activities that have earned accolades from visitors worldwide. [\[auroravillage.com\]](#)

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.

PHOTOS: SHEA WYATT (BEAR), NORTH STAR ADVENTURES (AURORA BOREALIS)



Knight Inlet Lodge



North Star Adventures

PARK LIFE

From unceded territories to a remote base camp to a downtown haven. Inuit lore, Haida storytellers and sacred places. Luxury tour buses, open-seas zodiacs, or your own two feet. Choose a park, commit to the journey, and change your perspective.

BY JANE BURGESS

+ EXPLORE FURTHER ONLINE

Jasper National Park

PHOTO: JAY R. McDONALD, JASPER TOUR COMPANY

Jasper National Park, Alberta

CHALLENGE RATING: STEP INTO NATURE

Hike the Athabasca and Maligne Valleys, rediscover ancient trails in the “Shining Mountains”, climb the “Backbone of the World”. With your Métis guide, be transformed for a few hours, retracing the footsteps of the Rocky Mountains’ First Nations and revering the sheer beauty and sacred places of the Stoney Nakoda People. [\[jaspertourcompany.com\]](#)

Nahanni National Park & Wood Buffalo National Park, Northwest Territories and Alberta

CHALLENGE RATING: SHEER SIZE

From Yellowknife, through North Slave, Dehcho and South Slave regions, to Nahanni and Wood Buffalo Parks, take days to soak in the northern boreal plains the Dene have walked for millennia, spotting bison, eagles, whooping cranes, bear and moose. At night, look up and see a true Dark Sky, you can almost touch the stars, or at least dance with the Northern Lights. Now that’s something to cross off your bucket list. [\[bucketlisttour.com\]](#)

The Torngats, Torngat Mountains National Park, Nain, Newfoundland and Labrador

CHALLENGE RATING: REMOTE, SPIRITUAL

Follow centuries of Inuit footsteps and Inukshuks through the subarctic Torngat Mountains, feel the spirits of Sallikuluk, then hike and swim at Silluak. Craggy peaks, glacial fjords and icy bergs along the Labrador Sea reveal polar bears and caribou. A traditional Inuit homeland, Torngat Mountains National Park is remote: you need to fly to northern Labrador, boat to the base camp, and coordinate with Parks Canada staff. The payoff? Wild nature, spiritual awakening and appreciation of the Inuit’s inextricable link to the land. [\[thetorngats.com\]](#)



Gwaii Haanas National Park Reserve and Haida Heritage Site, Haida Gwaii, British Columbia

CHALLENGE RATING: SEE IT TO BELIEVE IT, FOUR SEASONS IN A DAY!

Spot rare Sitka deer, the biggest black bears in North America and unique flora, marvel at the ancient poles and longhouses of SGang Gwaay Ilnagaay village and hear the stories of the Haida when you visit the Islands of the People. Haida Style will fill your visit to this United Nations World Heritage Site with sea air, wilderness and Indigenous Culture. [\[haidastyle.com\]](https://haidastyle.com)

Trek the edge of the bluest meteoritic crater lake and gaze across a treeless, moon-like tundra in Pingualuit, follow the Koroc River, by kayak in summer and by back-country ski, dogsled or snowmobile in winter.

Nunavik Parks: Pingualuit, Kuururjuaq, Tursujuq, Ulittaniujalik National Parks, Nunavik, Québec

CHALLENGE RATING: FREE YOUR INNER NOMAD

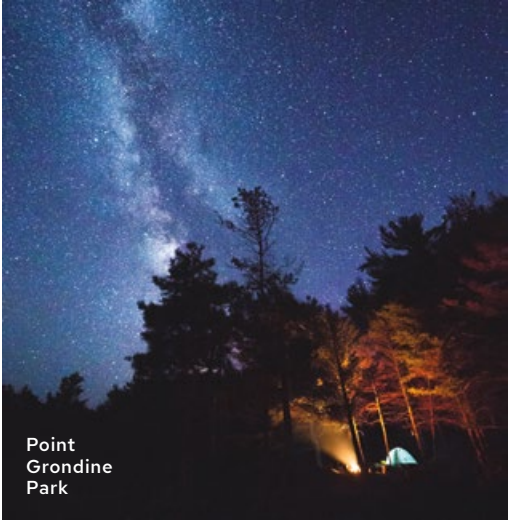
Trek the edge of the bluest meteoritic crater lake and gaze across a treeless, moon-like tundra in Pingualuit, follow the Koroc River, by kayak in summer and by back-country ski, dogsled or snowmobile in winter, to Ungava Bay in Kuururjuaq, trace 4,500 years of human spirit, ingenuity and subsistence among Cree and Inuit archaeological sites in Tursujuq, track the now-endangered George River Caribou along the same paths weathered by the Inuit and Naskapi Peoples, explorers and traders in Ulittaniujalik. Stretched above the 55th parallel in Québec, Nunavik Parks may offer too much for just one adventure. [\[www.nunavikparks.ca\]](https://www.nunavikparks.ca)



Stanley Park, Vancouver, British Columbia

CHALLENGE RATING: RECOGNIZE WHAT'S SACRED

Traditional totem poles, hidden lakes, and sacred red cedars. In Vancouver's Stanley Park, surrounded by sea, walk through northwest coast trees and plants, with your Indigenous Cultural ambassador. Hear the stories and learn that everything here has been a resource for food, medicine, art and technology for generations of the Skwxw7mesh Uxwumixw Coast Salish People. [\[talaysay.com\]](https://talaysay.com)



In Vancouver's Stanley Park, surrounded by sea, walk through northwest coast trees and plants, with your Indigenous Cultural ambassador.

Point Grondine Park, Killarney, Ontario

CHALLENGE RATING: EXPAND YOUR CULTURE

Join a traditional pow wow, compete in an ice fishing derby, canoe the ancient routes along Georgian Bay, and immerse yourself in the Cultural lifestyles and Traditions of the Anishinabek People of the Three Fires Confederacy—the Ojibwe, Odawa, and Pottawatomi of Wiikwemkoong. Just five hours north of Toronto, Canada's only officially recognized Unceded Indigenous Territory welcomes you. [\[grondinepark.com\]](https://grondinepark.com)

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.



Destination Experts

Dustin Peltier,
Wikwemikong
Tourism
Information Centre

"Having been recognized as the 'Cultural Capital of Canada' in 2006, Wiikwemkoong Unceded Territory is a proud and progressive community. Wikwemikong Tourism is proud to express our vibrant community's Anishnaabek culture through our guided Indigenous experiences and by hosting events that draw visitors from all over the world."



PHOTOS: OCEAN HOUSE (POLES), NUNAVIK PARKS (SNOWMOBILE), DAN REILAND (STANLEY PARK), POINT GRONDINE PARK (STARS)

Road Trip!

Discover Québec from the shores of the St Lawrence to the boreal forest and explore a rich landscape that many Indigenous communities call home. See the region’s wildlife and discover its storied Indigenous Culture.

BY WAHEEDA HARRIS

+ EXPLORE FURTHER ONLINE

Condos-Hôtels Natakam



PHOTOS: MATHIEU DUPUIS (LEFT PAGE), STUDIO DU RUISSEAU, ROBERT BARONET (EXHIBIT), MAISON AMÉRINDIENNE (KIDS)

DAY 1

Arrive in Montréal and head to the cobblestone streets of Vieux-Montréal to discover the **Ashukan Cultural Space**, produced by Sacred Fire Productions. Open year-round, this multi-purpose hub helps Indigenous artists to promote their work within Canada and to an international audience. Ashukan also offers exhibition space for contemporary Indigenous art with exhibitions such as Femmes mes soeurs / Women are sisters showcasing embroidery as a tool for social and collective mobilization. [\[sacredfireproductions.ca\]](https://sacredfireproductions.ca)

Overnight in Montréal.



Founded in 1965 by community members, the Abenaki Museum was the first Indigenous-focused museum in Québec.



DAY 2

After breakfast, cross the St. Lawrence and in 45 minutes arrive in Mont-Saint-Hilaire. Visit the **Maison Amérindienne**, where you can immerse in the sweet history of the sugar maple tree. Learn how Indigenous People added maple sap to water and used it in their cuisine and how its collection was an annual reunion. Painter/sculptor André Michel opened this cultural house in 2000, and each year, the museum features six exhibitions of Indigenous and Métis artists. Feast at **Café Le Mishtan** on crustless sugar pie made from a traditional Atikamekw recipe and herbal teas such as willow, ash, birch, lavender and crowberry. [\[maisonamerindienne.com\]](https://maisonamerindienne.com)

From Mont-Saint-Hilaire it’s an hour to Odanak, situated in the heart of the Abenaki First Nation with a fascinating museum. Founded in 1965 by community members, the **Abenaki Museum** was the first Indigenous-focused museum in Québec. The Wôbanaki: People of the Rising Sun, is a multimedia telling of the Abenaki creation story; you can also learn outside along the Tolba, a 1.2-kilometre trail along the St. François River, which teaches visitors about medicinal plants and animal species. [\[museeabenakis.ca\]](https://museeabenakis.ca)

After a memorable day of Indigenous Culture, overnight in Trois-Rivières.



Head to Québec City, an hour and a half drive from Trois-Rivières for retail therapy at **Atikuss Boutique**. Opened by Innu businesswoman Josée Leblanc in 2016, this cosy shop promotes Indigenous women artists and is a showcase for custom-designed Hopeboots and temptations such as moccasins, hats, jackets and handicrafts. [atikuss.com]

From Vieux-Québec, 20 minutes and you’re in Wendake at contemporary-styled **Hôtel-Musée Premières Nations**. Inspired by Iroquoian longhouse design, this light-filled, pet-friendly hotel features First Nations art and a palette of fur, leather, stone and wood. Stroll next door to the Huron-Wendat Museum, with its dioramas depicting Huron-Wendat history and Culture, and visit Tsawhenhohi House, former home of 19th century Grand Chief Nicolas Vincent Tsawhenhohi. [hotelpremieresnations.ca]

Pick a table near indoor or outdoor fireplaces for dinner at the hotel’s **La Traite Restaurant**. The First Nations-inspired menu includes palate-pleasing options of wild game and smoked fish, accented with locally foraged herbs and berries. With all rooms facing the Akiawenrahk’ River, you’ll be easily lulled into dreamland by the sounds of the water. [tourismewendake.ca/en/restaurants/la-traite]



Go for a workout in Hôtel-Musée Premières Nations’ indoor pool or gym before heading down the road to **Huron Traditional Site Onhoua Chetek8e** a recreated village of the Huron-Wendat. Activities include storytelling, sacred dance, medicine wheel or animal skin workshops or learning the Satechaquey rally, a series of physical competitions. [huron-wendat.qc.ca]

A guided tour includes interpretation of the giant teepee, longhouse, sweat lodge, smoke house and visiting the canoe and snowshoe workshop. As most activities are outside, dress according to the weather. **NEK8ARRE Restaurant** offers visitors a game or fish-based three-course lunch. [huron-wendat.qc.ca/restaurant]

After lunch take the scenic four-hour drive to Tadoussac where the Saguenay and St. Lawrence rivers meet to enjoy the Innu community-created Enterprises Essipit. Select from these memorable overnight options: **Tadoussac Campground** with hillside sites overlooking the rivers, accommodating tents, trailers and recreational vehicles, and ready-to-camp options, including camping accessories, electricity and heat. **The Tipi Campground**, a half hour from Tadoussac in the forest, has sites for tents and RVs, hiking trails and ready-to-camp options. Closer to Tadoussac, **Lacs à Jimmy** offers fully furnished cottages with propane-powered amenities and direct access to the lake for swimming and boating for two to 20 guests. [vacancesessipit.com]

PHOTOS: HURON TRADITIONAL SITE (ARTWORK), AUDET PHOTO, HURON TRADITIONAL SITE (WOMAN), STÉPHANE GROLEAU (BUILDING)

Huron Traditional Site Onhoua Chetek8e a recreated village of the Huron-Wendat. Activities include storytelling, sacred dance, medicine wheel or animal skin workshops or learning the Satechaquey rally, a series of physical competitions.



Huron Traditional Site



Hôtel-Musée Premières Nations



Mer et Monde
Écotours



Essipit
whale
watching



Kick off your last day with an **Essipit whale watching** cruise at Grandes-Bergeronnes marina, 20 minutes from Tadoussac. Board a zodiac and sail into the St. Lawrence estuary to the Saguenay-St. Lawrence Marine Park. A year-round home for beluga whales and harbour seals, from May to October its seasonal residents include fin and minke whales, and the world’s largest animal: the blue whale. Warm clothing is recommended for all tours from June to October; Essipit will lend tour participants clothing and accessories to keep warm too. [vacancesessipit.com]

Ten minutes’ drive from the marina, **Mer et Monde Écotours**, who celebrate their 30th anniversary in 2021, offer guided sea kayaking tours with ocean view accommodation. Found on a peninsula with paddle in-and-out-kayak access, the L’Anse à la Cave campground has platform camping, ready-to-camp sites with all accessories and comfy rustic wood cabin shelters with gas fireplace and solar electricity. All accommodation includes a picnic table and fire pit for meals and relaxing after a day of activities. [meretmonde.ca]

For another option, drive 20-minutes down the coast to the **Essipit cottages**, which are easily accessible by car, close to hiking trails and include all the necessities of a home away from home. The charming red-roofed **Anse-à-Jos** A-frames and the classic wood **Shipek** cabins are close to the St. Lawrence for regular beachcombing and walks along the riverbanks, while the more secluded **Anse-à-Yves** vacation homes are on a cliff with the kind of panoramic views that will easily become your most-liked Instagram post. [vacancesessipit.com]

If you’re looking for a few more creature comforts, then check-in to **Natakam Condo-Hotels**, in Les Escoumins; these stylish one- and two-bedroom suites have fireplaces and either a private balcony or terrace to enjoy the 270 degree views across the St Lawrence. Amenities include a playground for the younger set and bike paths for all ages. Bonus: all guests can whale-watch from their room’s deck. [vacancesessipit.com]



Essipit
whale
watching

Its seasonal residents include fin and minke whales, and the world’s largest animal: the blue whale.

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.

PHOTOS: MAGALIE MASSEY PHOTOGRAPHE (PADDLEBOARD), ESSIPIT WHALE WATCHING (WHALE), MARC LOISELLE (BOAT)

CULTURE & HERITAGE

Come, gather around the fire and hear stories of Indigenous Knowledge passed down through countless generations. Walk in the footsteps of those who came before us and share in their wisdom. Discover extraordinary art created as a reflection of living Culture and expressed through songs, dance, theatre, crafts, sculptures and more. Immerse in the brilliant bounty of Indigenous creativity. Feed your soul!

PHOTO: KIMBERLEY KUFAS, INDIGENOUS TOURISM BC



Pow Wow
Wendake,
Québec

PHOTO: SÉBASTIEN DESNOYERS

Artistic Inspiration

From powerful pow wow performances to hand-made moose hide moccasins, Indigenous art is as diverse and dynamic as the many Indigenous communities across Canada. Inspiration for the beautiful songs, stories, and sculptures are as unique as the artists who create them.

BY BIANCA BUJAN

+ EXPLORE FURTHER ONLINE

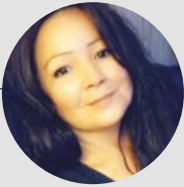


“My work is a reflection of my life story, and my inspiration is to share Indigenous legends, stories, and songs with the world—one drum beat at a time,” shares co-founder, Matricia Brown.

Warrior Women

Warrior Women

Hear the heartbeat of Mother Earth through the haunting stories and songs shared by the dynamic mother-daughter duo that makes up Warrior Women. “My work is a reflection of my life story, and my inspiration is to share Indigenous legends, stories, and songs with the world—one drum beat at a time,” shares co-founder, Matricia Brown. Based in Jasper, Warrior Women offer performances, workshops, and experiences that connect visitors with Cree Culture. [warrriorwomen.ca]



Destination Experts

Kim Cheechoo, Tourism Officer, Moose Cree First Nation

“We are the Tourism team for Moose Cree First Nation located on the island of Moose Factory. We are proud and very honoured to come from a community that holds so much beauty in all its surrounding areas. We share hands-on learning to those who come to visit us.”



Aurora Heat

For warmth in the Arctic, Dene people don furs made of sheared beaver harvested in the wilds of Northern Canada. “I dream of a world where humans are thoughtful about meeting basic needs using natural reusable products, living in harmony with nature,” says Aurora Heat president, Brenda Dragon who takes inspiration through the Cultural value of the beaver to produce silky-soft fur products such as hand warmers and blankets, handmade by Indigenous artisans. [auroraheat.ca]



I-Hos Gallery

I-Hos Gallery

Owned and operated by the K’ómoks First Nation, the I-Hos Gallery offers a window into their Culture through a collection of Traditional and contemporary artwork under the watchful eye of Queneesh, the great whale and i-Hos, a double-headed sea serpent. “We are all different and have unique legends to share with those who stop to listen,” says gallery manager, Ramona Johnson. [ihosgalleries.com]

PHOTOS: WARRIOR WOMEN (WOMAN WITH HAT), MOOSE CREE FIRST NATION (DESTINATION EXPERTS PORTRAIT OF WOMAN), AURORA HEAT (FUR), I-HOS GALLERY (SCULPTURE), MI’KMAQ HERITAGE ACTORS (SUNSET), TRANSFORMATION FINE ART (PAINTINGS), SAMA JIM CANZIAN (TOTEM), INDIGENOUS TOURISM QUÉBEC (DESTINATION EXPERTS PORTRAIT OF MAN)



Mi’kmaq Heritage Actors



Transformation Fine Art

Transformation Fine Art

“Inuit art is an extractive process, where the artist captures a freeze-frame of reality in a beautiful form. It’s not just rock; it’s thoughts in rock. Culture is connection—the greatest teacher, and what better way to understand a Culture than through art,” says gallery owner Sophia Lebessis. At Transformation’s downtown Calgary space, immerse yourself in stories of Culture, Tradition, and artistic motivation from an Inuit perspective. [transformationfineart.com]

Mi’kmaq Heritage Actors

Watch Traditional legends unfold before your eyes through a multimedia experience like no other, performed by Atlantic Canada’s premier Indigenous theatre group, Mi’kmaq Legends. The six-strong Mi’kmaq troupe transforms the stage to leave a lasting impression on their audience. “We all find joy in learning, developing and sharing our stories, and watching everyone who comes to see us appreciate it,” shares performer, Julie Pellissier-Lush. [mikmaqlegends.com]



Destination Experts

Andrew Germain, Indigenous Tourism Québec

“Being new to the tourism industry, it’s an honour to have the opportunity to learn and represent the diversity of our amazing Indigenous Culture. The current pandemic situation revealed the resilience of our businesses and I am really proud to help them face this unprecedented crisis.”

Bill Reid Gallery of Northwest Coast Art

Created in honour of celebrated Haida master artist Bill Reid, this downtown Vancouver must-see aims to spark connections through creative journeys, exhibits, and collections. Inspired by the goal of promoting a greater awareness of Indigenous Cultures and values, the gallery is both an homage to a great artist, and a reflection of the Traditional and contemporary aspects of the Haida Gwaii Cultures and Traditions. [billreidgallery.ca]



Bill Reid Gallery of Northwest Coast Art



Moonstone
Creation



Adäka
Cultural
Festival



Adäka
Cultural
Festival

**Moonstone
Creation**

This family-run gallery in Calgary showcases three generations of talented Cree artists. After growing up under the tutelage of her mother, Yvonne Jovin, artist and Moonstone Creation co-owner, Amy Willier finds inspiration sharing her Cree Culture with visitors to the gallery. Jovin’s considerable knowledge of Traditional Cree Culture and spirituality is reflected in the pieces displayed throughout the gallery from bead work, leather work, and painting to Traditional fish scale art.

[\[moonstonecreation.ca\]](https://moonstonecreation.ca)

**Innucadie Stories
and Legends Festival**

Against a backdrop of boreal forest, rivers, and beaches in Natashquan, Québec, the Innucadie Stories and Legends spoken word festival celebrates Innu oral Traditions, and Acadian Culture. Inspired by the works of Gilles Vigneault, festival performers showcase the creativity of the Innu and participate in the age-old practice of sharing and passing down Traditional Knowledge.

[\[innucadie.com\]](https://innucadie.com)

**Adäka Cultural
Festival**

Immerse in the Yukon’s diverse and distinctive First Nations arts and Culture at the Adäka Cultural Festival. Adäka means “coming into the light” in the Southern Tutchone language, and organizers of the festival are committed to shining a light on the creative spirit of Yukon First Nations People. Showcasing a rich mixture of traditional and contemporary visual and performing artists from across Canada and the North, music, dance, storytelling, traditional arts and crafts, and workshops are interwoven with the warmth of the Yukon spirit!

[\[adakafestival.ca\]](https://adakafestival.ca)



Pow Wow
Wendake

**See and feel the history
and living Culture of the
Huron-Wendat Nation through
powerful performances.**

Pow Wow Wendake

Inspired by creating community, sharing Culture and Traditions and the chance to meet old friends and make new ones, travel to Wendake, perched at the edge of the canyon of the Akiawenrahk’ River (Saint-Charles River) to experience their annual pow wow. See and feel the history and living Culture of the Huron-Wendat Nation through powerful performances, as their Cultural heritage comes to life through Traditional dancing and drums.

[\[powwowwendake.ca\]](https://powwowwendake.ca)

**Montréal First Peoples’
Festival**

From gastronomy to film and poetry recitals to electro concerts, the Montréal First Peoples’ Festival aims to create visibility for Indigenous People and Culture in the city and connect youth with Indigenous Cultures. “Artists are our best ambassadors because they speak directly to the soul,” shares Director of Cultural Activities, André Dudemaine. “There’s no filter when you’re taken by a song, a dance, a film—it’s another way of feeling and seeing.”

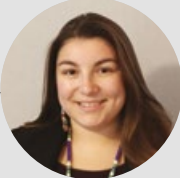
[\[presenceautochtone.ca\]](https://presenceautochtone.ca)



Manito Ahbee
Festival

Manito Ahbee Festival

Inspired by the desire to bring Traditional Métis and Inuit arts, Culture and music to a wider community, Lisa Meeches, executive director of the Manito Ahbee Festival says that the annual event in downtown Winnipeg goes beyond just being a festival. “It’s a prophesy that unveils itself; when you honour all the gifts of all our Indigenous Nations that come together, you’re fulfilling a prophesy.” Named after one of the most sacred Indigenous sites in Manitoba, feel the spirit of Manito Ahbee come alive through songs, films, art, performance and dance. [\[manitoahbee.com\]](https://manitoahbee.com)



**Destination
Experts**

**Kimberly Cross,
Kahnawake Tourism**

“Kahnawake is my home town. I love that when I greet visitors and I take them around our community, they feel like part of the family. We show them who we are, have conversations, tell stories of our past and present. I am proud to share our community, that is thriving with Culture, language and history.”



PHOTOS: MOONSTONE CREATION (ART DISPLAY), FRITZ MUELLER (MOCASSINS, KIDS), AUDET PHOTO (WOMAN IN RED DANCING), MATTHEW S. DUBOFF (KIDS IN ORANGE DANCING), KAHNAWAKE TOURISM (DESTINATION EXPERTS PORTRAIT)

SHARING WISDOM

Walk in the footsteps of countless generations and learn from those who came before us. Indigenous Knowledge comes in all forms... Share in a teaching from these museums and Cultural Centres across Canada.

BY NIKKI BAYLEY

+ EXPLORE FURTHER ONLINE

Squamish Lil'wat Cultural Centre

Today we share this fine art of basket making with guests with our Traditional Mi'kmaq Basket Making Experience and all the Cultural teachings that are passed on while weaving.

Elsipogtog Mi'kmaq Cultural Center

Basket making was an important Cultural skill that allowed the Mi'kmaq People to subsist for many years; Elders talk about going to nearby towns to trade potato baskets for food, tools or fabrics. Traditionally we use black ash for the basket and white ash for the handles and other tools as well. Today we share this fine art of basket making with guests with our Traditional Mi'kmaq Basket Making Experience and all the Cultural teachings that are passed on while weaving.

[heritagepathtour.com]

Blackfoot Crossing

The Siksikaitsitapiiks' traditional territory was Buffalo Country; buffalo were so important to the lifestyle of the Blackfoot the annual movement of the bands followed the herds. In winter many buffalo drifted into sheltered river valleys and small bands of the Blackfoot followed them; if hunting was good, they'd stay for weeks. The Blackfoot Crossing on the Bow River was such a place. The valley contained deep coulees and buffalo traps were everywhere. In 1877, Chief Crowfoot chose this site for the Treaty Seven negotiations. [blackfootcrossing.ca]

Sncewips Heritage Museum

The syilx/Okanagan people lived a semi-nomadic lifestyle following a 13-moon calendar. While we moved about the 69,000 square kilometres of territory,



Elsipogtog Mi'kmaq Cultural Center

we were engaged in land maintenance: prescribed burnings, deadheading and spreading seeds, and monitoring animals and fish so that we could sustainably enjoy the blessings of the land. The word "syilx" means to weave many strands; as a people we interweave ourselves with the land, the animals and each other, we are not separate from the world around us, but connected in a reciprocal relationship. [sncewips.com]

Squamish Lil'wat Cultural Centre

Our forests have a limited amount of trees available to harvest, and our people are witnessing cedar trees being over-harvested for their inner bark. The Squamish and Lil'wat Nations have an intimate relationship with cedar; we take only what we need, and we use everything that we take. Traces of our ancestors' use can be seen today on culturally modified trees (CMTs) throughout our territories, evidence that stripping has been going on for centuries. [slcc.ca]



Destination Experts

Samantha Rullin, Stakeholder and Marketing Coordinator, Indigenous Tourism B.C.

"British Columbia is home to over 200 First Nations, and I love getting to learn about them. I'm proud of what we do as an organization to support Indigenous communities in a way which respects our Traditions and values as Indigenous people while also providing the opportunity to participate in the global economy."



Kwanlin Dün
Cultural Centre

**Kwanlin Dün
Cultural Centre**

Chu Ninkwän, the Yukon River, is the heart of the Kwanlin Dün people. For generations, our people lived along the banks of the river, travelling ancient trails throughout southern Yukon to hunt, trap, fish as part of our seasonal round. Late summer was the most abundant time, when Chu Ninkwän was full of salmon on their annual run. Kwanlin is Southern Tutchone for “water running through the canyon.” The Kwanlin Dün are the people of the water running through canyon.

[kdcc.ca]

It is important to share our Knowledge, Culture, and Traditions with younger generations through songs, legends, storytelling and crafts.



Site d’interprétation
Micmac de Gespeg

**Site d’interprétation
Micmac de Gespeg**

As Mi’gmaq history is shared orally, it is important to share our Knowledge, Culture, and Traditions with younger generations through songs, legends, storytelling and crafts. It’s not just entertainment but a great way of keeping our Culture alive. ‘IKO’ is the welcoming song of the Mi’gmaq people, it is used when the community welcomes other Nations or visitors onto our land. Songs like ‘IKO’ can be shared between different Algonquin communities as a way of staying connected.

[micmacgespeg.ca]

Destination Experts

Robin McGinley,
Executive Director,
Voyages
Eeyou Istchee
Baie-James Inc.

“Wachiya, I have been living my dream for 20 years by working for the Cree Outfitting and Tourism Association (COTA). I love collaborating with our communities and our entrepreneurs to develop a sustainable tourism industry in Eeyou Istchee. Tourism is a perfect way to preserve our Culture and create opportunities for our youth.”

PHOTOS: FRITZ MUELLER (PURPLE STRANDS). AUDET PHOTO (GROUP SITTING DOWN), VOYAGES EYEOU ISTCHEE BAIE-JAMES INC. (DESTINATION EXPERTS GROUP PICTURE), JAY R. McDONALD (SNOWSHOES), METEPENAGIAG HERITAGE PARK (STATUE), YUKON FIRST NATIONS CULTURE AND TOURISM ASSOCIATION (DESTINATION EXPERTS PORTRAIT OF WOMAN)



Métis
Crossing

Métis Crossing

Métis families settled along the Victoria Trail using the unique long, narrow riverlot system. Our homes were close to the North Saskatchewan river, our source of life: food, water and transportation. Our gardens and small livestock were close by. Further from the river, we planted crops and kept the north end forested for wood used in our fires and homes, as well as wildlife habitat. Our families’ and neighbours’ homes were close so that we could gather, share music and stories.

[metiscrossing.org]

Metepenagiag Heritage Park (MHP)

The Mi’kmaq of Metepenagiag have lived on their Traditional territory since time immemorial. This knowledge has been handed down to us through generations of oral history. We have fished and hunted, built vessels for transportation, traded to the far reaches of the earth, spoken our language, raised children, buried our dead and celebrated the new seasons with reverence and respect. We are a communal people: self-sufficient, steady, proud. Through all adversity of time, we have endured.

[metpark.ca]

Millbrook Cultural Centre

Glooscap was endowed with supreme powers; portrayed as kind and benevolent but a warrior against evil. Glooscap appeared at a time of need; he was created with the strike of three lightning bolts on the Bay of Fundy. A speaker of all languages, he taught his people to hunt, fish, cultivate, cook and cure food. He was a wise leader among the Mi’kmaq people, but to his enemies he was ruthless in battle. He was a shape shifter and loved his people. He lived in Blomidon, Nova Scotia but his hunting grounds were from the Gaspé Coast of Québec to the Maritimes where his people lived. [millbrookheritagecentre.ca]



Millbrook
Cultural
Centre

A speaker of all languages, he taught his people to hunt, fish, cultivate, cook and cure food. He was a wise leader among the Mi’kmaq people, but to his enemies he was ruthless in battle.

Destination Experts

Katie Johnson,
Director of
Programs and
Partnerships, Yukon
First Nations
Culture and
Tourism Association

“I love working with our strong Indigenous People and communities. The work we do at Yukon First Nations Culture and Tourism allows me to create opportunities for Yukon First Nations through creative and innovative projects and events in the tourism and culture sectors.”

CULINARY

From modern techniques to time-tested methods, learn how our chefs blend the old with the new to create their own fusion of authentic Indigenous gastronomy. Meet TV's chef Christa Bruneau-Guenther and learn about the importance of community in her culinary world. Share chef Gerry Brandon's inspirational story of finding home and a true sense of self through Anishinaabe cuisine. Indulge your appetite for the exceptional and sniff, swirl and sip your way through British Columbia's Indigenous wineries.



PHOTO: KŪ-KŪM INDIGENOUS KITCHEN

Feast Café Bistro: Cooking Up Community

BY SHAFIK MEGHJI

**+ EXPLORE
FURTHER** ONLINE



When Christa Bruneau-Guenther first started researching Indigenous cuisines “a light-bulb went off”. After owning a daycare for 12 years, she was inspired to open Feast Café Bistro in Winnipeg in 2016, specializing in “modern dishes rooted in traditional First Nation foods”—from bannock pizzas to bison ribs with wild blueberry barbecue sauce. It quickly became a hit and Bruneau-Guenther, who is proto-Cree French-Métis from the Peguis First Nation, has been central to the growing interest in Indigenous food in Canada in recent years. “The light-bulb that went off in my head is now going off in everybody’s heads,” she says. “There’s a new understanding, a new curiosity. It’s exciting.”

PHOTOS: FEAST CAFÉ BISTRO



**“With Indigenous food, it’s not just about the ingredients, it’s about understanding the community behind them.”
—Christa Bruneau-Guenther, owner.**

But Feast is more than a restaurant. Alongside outreach work with local children, schools and colleges, Bruneau-Guenther provides job opportunities for First Nations and Métis people who face barriers to employment. “We believe in them regardless of their past or lack of experience, and take time to teach and mentor them,” she says.

Bruneau-Guenther sources as many ingredients as possible from Indigenous producers and is keen to share their stories with a wider audience: “With Indigenous food, it’s not just about the ingredients, it’s about understanding the community behind them.” There is also a focus on sustainability, with food and water waste minimized, leftovers donated to soup kitchens or distributed directly to homeless people, and the use of compostable packaging, among other measures.

Adding TV appearances on Wall of Chefs to her list of accomplishments, looking to the future the ever-busy Bruneau-Guenther is writing a cookbook and planning to launch a range of meal kits. But her focus remains on using food to improve

the lives of Indigenous people in Winnipeg and beyond: “We are what we eat, so I want to help start a new healing journey among our communities.”
[\[feastcafebistro.com\]](http://feastcafebistro.com)

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.



The Authenticity of L'Autochtone

A culinary journey come full circle

BY JOANNE SASVARI

Gerry Brandon has come home. It's not what he'd expected, back in the 1970s, when he "just took off" and found himself living on the streets in Toronto. But here he is in Haileybury, ON, at 59 the chef-owner of the successful L'Autochtone Taverne Americaine and leader of a growing Indigenous food movement.

"I grew up close to where we are now, but I'd only been here twice in 40 years," Brandon says. "It's my way of forcing some sort of reconciliation, maybe."

Brandon was a "scoop child," born in 1961 to Indigenous parents in Toronto and adopted by a Caucasian family in this small town north of Ottawa. "I was the only Indigenous face in the classroom," he says. "My parents were good people. I just didn't fit in." At 16, he ran away from home—and straight into a heroin addiction.

His story could have ended there. But Brandon was both determined and fortunate. He cleaned up his act,

went to business school, and by the 1980s was a corporate planner for a manufacturing company, travelling the world and falling in love with food. The 1990 recession left him disenchanted with business, so he enrolled at Stratford Chefs School, then quickly landed jobs at high-end restaurants across Ontario and in Vancouver. He was executive chef at Umberto's Al Porto when he met his wife Nancy, the front-of-house manager.

"I was becoming that Michelin-style chef, hyper-focused on French technique and pre-contact ingredients," he says. "Every plate had to be perfect and I was making myself insane doing it."

He began using his business background to help other restaurants. But his Indigenous background was another story. "You didn't let people know you were Native," he says. "Cutting your hair and staying out of the sun was the way to deal with it then."

PHOTO: L'AUTOCHTONE TAVERNE AMERICAINE



"People who come in here say it's like stepping out of Haileybury and into any restaurant in Brooklyn right now," –Brandon.



It wasn't until he was in his 40s that he started celebrating his Anishinaabe heritage, eventually teaching culinary arts and counselling youth on reserves. "When you are Indigenous, you live a traumatic life," he says. "I seemed to think I had a bottomless well of empathy, but then you realize it's not endless."

Just as Brandon was ready to leave Vancouver and fulfill "every chef's dream—to have their own bistro," his adopted brother invited him to visit Haileybury, now amalgamated into the city of Temiskaming Shores and hungry for the kind of chef-driven, locavore restaurant he wanted to create.

He and Nancy bought a 100-year-old building, gave it a light makeover and early in 2019, opened L'Autochtone Taverne Americaine. It was a hit. "People who come in here say it's like stepping out of Haileybury and into any restaurant in Brooklyn right now," Brandon says.

L'Autochtone, which means "Indigenous" in French, reflects the Anglo, French and Indigenous Cultures that intersect here, with a menu featuring dishes like wild rice rabbit risotto or braised duck poutine.



"I want to represent Indigenous Culture as a living, thriving thing," Brandon says. "People who come in here are going to be faced with Indigenous Culture as it exists today, but I want to make things approachable."

Next, Brandon plans to open a gourmet grocery, a teaching kitchen and a food truck, then incorporate the operation and turn it over to the staff. "And in true Indigenous fashion, the young people can take care of us," he says.

It took half a century, but Brandon is truly at home, perhaps for the first time.

"I just wanted to get away then," he says. "Now, I come back and recognize the beauty of the area. It's come full circle."
[\[lautochtone.com\]](http://lautochtone.com)

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.

PHOTOS: L'AUTOCHTONE TAVERNE AMERICAINE



"People who come in here are going to be faced with Indigenous Culture as it exists today, but I want to make things approachable." –Brandon.



+ EXPLORE
FURTHER ONLINE

Smoke and Spirituality: Indigenous Elements of Cuisine

BY JOANNE SASVARI

Denise Atkinson remembers how, when she'd go blueberry picking as a child, a big pot of tea would always be steaming over the campfire.

"A nice cup of tea, it's a part of my Indigenous culture," says the co-owner of the Thunder Bay-based wild-crafted-foods company **Tea Horse**. "It's family, it's multi-generational, from my grandmother right down to the kids. It's very Anishinaabe."

The tea plant, *camellia sinensis*, isn't native to the Americas, but it has become one of the sometimes-surprising elements of contemporary Indigenous cuisine.

Those elements include traditional techniques such as cooking food over wood fire—salmon smoked over smouldering cedar on the West Coast perhaps, or, much more dramatically, the tower of flames called the "Potence" at **Restaurant Sagamité** in Wendake, Québec, where chef Steeve "Wadohandik" Gros-Louis sets a wooden tripod aflame and within it roasts venison, elk or beef in a fiery update of Wendat cookery.

Indigenous cuisine also pays homage to the Culture of the people who grow, prepare and serve the food, to their art and rituals. It can even be found on wine lists like the one at **Little Chief Restaurant** in the Tsuut'ina Nation's

Grey Eagle Resort outside Calgary, which features vintages from Indigenous-owned wineries like **Indigenous World Winery** and **Nk'Mip Cellars**.

Mostly, though, Indigenous cuisine emphasizes the ingredients that grew here before European contact: berries, wild rice, game meats, fish and the famous "three sisters"—beans, corn and squash.

For instance, Atkinson and her partner Marc H. Bohémier have fused their love of tea with the wild ingredients of Northern Ontario—specifically, the wild rice gathered by Indigenous harvesters from nearby lakes. Inspired by Japanese genmaicha, an anti-oxidant-rich green tea combined with roasted brown rice, they have created what they call manoomin cha, "manoomin" being the Ojibway word for wild rice.

"It's more than eating the food," Bohémier says. "It's about a spiritual connection to the land."

[\[teahorse.ca\]](http://teahorse.ca) [\[sagamite.com\]](http://sagamite.com) [\[greyeaglecasino.ca\]](http://greyeaglecasino.ca)
[\[nkmipcellars.com\]](http://nkmipcellars.com) [\[indigenousworldwinery.com\]](http://indigenousworldwinery.com)

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.

"Potence"
at Restaurant
Sagamité,
Wendake

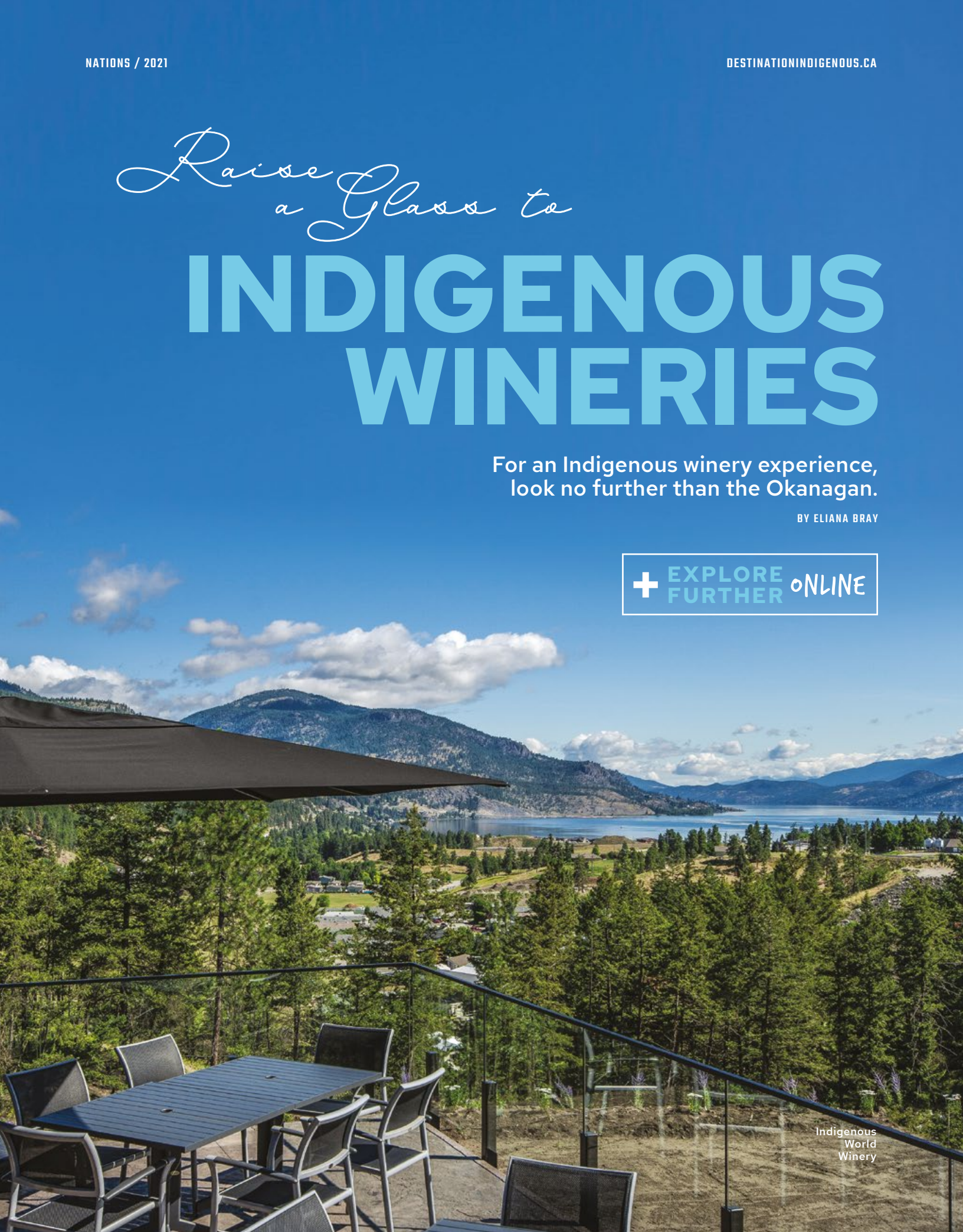
PHOTO: STÉPHANE AUDET

Raise a Glass to INDIGENOUS WINERIES

For an Indigenous winery experience,
look no further than the Okanagan.

BY ELIANA BRAY

+ EXPLORE
FURTHER ONLINE



Indigenous
World
Winery

PHOTOS: INDIGENOUS WORLD WINERY (LEFT PAGE AND COUPLE), NK'MIP CELLARS (SCULPTURE)

When you arrive at **Nk'Mip Cellars** in Osoyoos you are surrounded by history, art and Indigenous Culture. From the sculptures in the grounds to the illustrations on the labels of Nk'Mip's Qwam Qwmt and Mer'r'iym (meaning "marriage"), the winery showcases storytelling from the Osoyoos Indian Band. "To not have art on display, we would be missing out on a part of its story," says Troy Ravndahl, Visitor Experience Manager.

Nk'Mip Cellars was the first Indigenous-owned and operated winery in North America, and it's part of the Osoyoos Indian Band's mission to provide jobs and income for their members, a legacy that their current winemaker and band member, Justin Hall, is proud to be part of. Hall's passion for wine has taken him around the world from working harvests in Australia to studying Oenology and Viticulture in New Zealand, but now he's proud to be back home as Nk'Mip's winemaker, working with grapes grown on Osoyoos Indian Band land. [nkmipcellars.com]

"To not have art on display, we would be missing out on a part of its story," says Troy Ravndahl, Visitor Experience Manager.

One of many
sculptures at
Nk'Mip Cellars

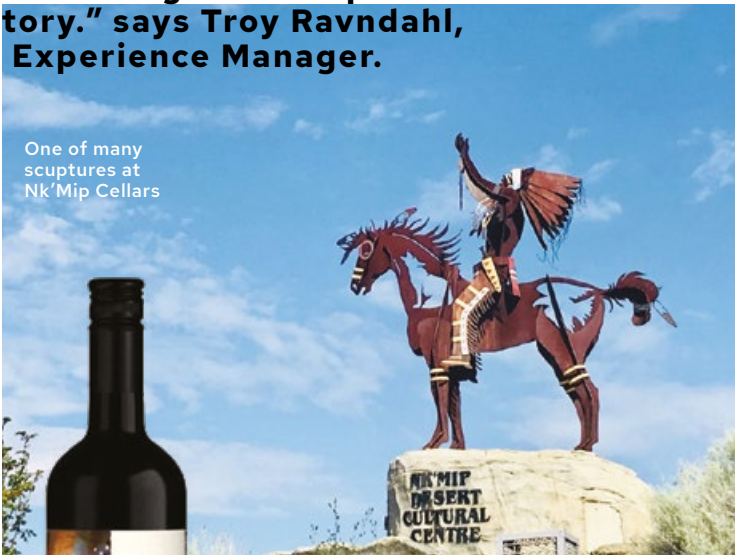


Illustration on label
showcasing Traditional
storytelling from the
Osoyoos Indian Band.



Indigenous
World Winery
Pinot Gris, 2016

Leave the softly sloping hills of Osoyoos, dotted with determined Ponderosa pines and head north through the stunning lake views of the Okanagan Valley to West Kelowna; look for the teepee poles and you know you've found **Indigenous World Winery**, founded by Robert & Bernice Louie, Indigenous First Peoples of the Okanagan and Similkameen, descendants of the Okanagan syilx people who have cared for the land for thousands of years. At the winery enjoy striking local artwork and delicious award-winning wines. Try their flagship wine Hee-Hee-Tel-Kin; a syilx term meaning 'elusive high-country stag with large antlers' and know that when you taste their wine, you're tasting grapes from the land that has supported Indigenous People for countless generations. [indigenousworldwinery.com]

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.



Robert &
Bernice
Louie of
Indigenous
World
Winery

Step away from the stress and strains of the everyday and relax into the extraordinary... Sleep soundly in a tipi under the twinkling stars, find high-end luxury in the wild, family-friendly digs beside the sea, or snuggle up in a rustic cabin for two under fragrant cedars. Check into authentic Indigenous accommodation and discover more than just a place to rest your head.

ACCOMMODATION & RELAXATION

St-Eugene
Resort and
Casino

PHOTO: ST-EUGENE RESORT AND CASINO



Quaaout
Lodge & Spa
at Talking
Rock Golf
Resort

PHOTO: QUAABOUT LODGE & SPA

BED, BREAKFAST AND...

Looking for a hotel that offers more than a place to rest your weary head? Whether you want to swing a golf club, play the slots or discover your own adventure, these properties have all the extras you're seeking.

BY JOANNE SASVARI

**+ EXPLORE
FURTHER ONLINE**

Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.



Hébergement
aux Cinq Sens

Under the stars

Where nature’s wild beauty is just part of the amenities.

Hébergement aux Cinq Sens

Walk with the spirit of the forest in this place of healing. As the name promises, this eco-friendly lodging near Lac Mégantic will indulge all five senses. From its yurts and chalets tucked amid the forest, guests can enjoy wine tastings, maple products, hiking trails, firepits, an Indigenous mini-museum and Huron-Wendat Cultural experiences. [\[auxcinqsens.ca\]](#)

Aurora Inn

In the heart of Dawson City, the Aurora Inn provides a comfortable home away from home beneath the dancing Northern Lights. Its 20 cosy guest rooms are just steps from the Yukon city’s most popular shops and historic attractions, and its popular restaurant serves up smoky ribs, savoury burgers and other wood-fired fare. [\[aurorainnchurhill.com\]](#)



Kluskap Ridge
RV & Campground

Black River Wilderness Park

Owned and operated by the Chippewas of Ontario’s Rama First Nation, and located just 20 minutes from Casino Rama, this campground enjoys a beautiful setting on the shores of Black River. Its 180 acres of wilderness provide plenty of space for tents, RVs, cabins, yurts and tipis, as well as trails to hike, waters to paddle and Cultural experiences to discover. [\[blackriverwildernesspark.ca\]](#)

Kluskap Ridge RV & Campground

The Cabot Trail on Cape Breton Island is one of the world’s most beautiful drives, and a rich repository of Indigenous, Gaelic and Acadian Cultural experiences. Kluskap Ridge is the perfect base for exploring all it has to offer, with accommodation that ranges from tents and tipis to cabins and vacation rentals, as well as Mi’kmaq arts, crafts and stories. [\[kluskapridge.ca\]](#)

Shakat Tun Adventures

Just a few hours from Whitehorse, on the edge of the Yukon’s Kluane National Park, this wilderness camp offers rustic log cabins and a comfortable, friendly atmosphere where guests can hike, bike, fish and participate in stories, crafts and other authentic Indigenous experiences of the Champagne and Ashihik First Nations. [\[shakattunadventures.com\]](#)

Spirit Island Adventures

Ontario’s Manitoulin Island is the traditional home of the Anishinabek people, and there’s no better way to discover their Culture than by staying in one of their luxury tipis. They provide an unforgettable base for exploring the island’s beaches, trails, heritage and natural wonders of what the Ojibwe, Odawa and Pottawatomi called Spirit Island. [\[spiritislandadventures.com\]](#)

PHOTOS: CLAUDE GRENIER (HÉBERGEMENT AUX CINQ SENS), KLUSKAP RIDGE RV & CAMPGROUND (MAN AND CHILD) CRAIG MINIALLY (ART WORK), WANUSKEWIN HERITAGE PARK (DESTINATION EXPERTS PORTRAIT)

Artful stays

Skip the gallery and head straight to these art-filled destinations.



Skwachays Lodge
Hotel & Gallery

Chalets de l’Anse Ste-Hélène

The cedar chalets at this property on the Gaspésie are perfect for family vacations or romantic getaways. But for a truly unforgettable escape, climb aboard La Grande Hermine, a replica of the vessel Jacques Cartier sailed into the St. Lawrence estuary in 1535, which features two sleeping areas, kitchen, living room and breathtaking ocean views. [\[chaletsdelansestehelene.ca\]](#)

Kwa’lilas Hotel

The Kwa’lilas Hotel in Port Hardy is a restful base for exploring the myriad outdoor activities and Cultural experiences of northern Vancouver Island. Carved from cedar and filled with Indigenous art, it is the ideal place to connect with nature and the Kwakiutl People who have called this place home for more than 12,000 years. [\[kwailashotel.ca\]](#)

Skwachays Lodge Hotel & Gallery

Canada’s first Indigenous arts hotel is located in the heart of Vancouver’s historic downtown, a boutique property where every guest room pays homage to the creative spirit of Indigenous Peoples. Owned and operated by the Vancouver Native Housing Society, it also houses an art gallery, rooftop sweat lodge, commercial kitchen and artist residence and studios. [\[skwachays.com\]](#)



Destination Experts

Andrew McDonald,
Director of
Marketing &
Communication,
Wanuskewin
Heritage Park

“I am humbled to work at Wanuskewin. As a non-Indigenous person, I appreciate the opportunities to learn from our Elders and staff as we build immersive experiences based on historical and Cultural truths. It fills me with great pride to know that we are doing important reconciliation work that will impact our community for the better.”





Manitoulin
Hotel and
Conference
Centre

Places to gather

Planning a meeting, wedding or other event? So are these properties.

The Westin Calgary Airport

Not just any airport hotel, this stylish property offers elegantly contemporary accommodation (with Heavenly® Beds, of course), terrific cuisine at 671 Kitchen + Bar, a 24/7 fitness centre and pool, and some of Calgary’s biggest, best and most versatile event space. That includes the city’s largest hotel ballroom, ideal for both conferences and weddings.

[\[westincalgaryairport.com\]](http://westincalgaryairport.com)

Red Bank Lodge

Whether you are looking for a scenic place to hold a meeting or an idyllic escape into nature, you will find it at this New Brunswick lodge. Perched on the high banks of the beautiful Miramichi River near Metepeagiag Heritage Park, it offers comfortable guest rooms, conference facilities, fishing pools, hiking trails and traditional local cuisine.

[\[redbanklodge.com\]](http://redbanklodge.com)

Manitoulin Hotel and Conference Centre

Plan an idyllic island escape to Lake Huron’s Manitoulin Island. With plenty of trails, beaches and more than 100 inland lakes of its own, this is a destination for adventure; the First Nations-inspired Manitoulin Hotel also makes it an elegant, contemporary and well-equipped destination for meetings, conferences, weddings and other gatherings.

[\[manitoulinhotel.com\]](http://manitoulinhotel.com)

Casino action

Enjoy slots, bingo and live entertainment at these all-grown-up resorts.

Stoney Nakoda Resort & Casino

Only 35 minutes west of Calgary, the “Basecamp of the Rockies” offers affordable comfort, premier casino gaming and family-friendly adventure in Kananaskis Country. The resort features 110 comfortable rooms, complimentary breakfast, pool, hot tub and waterslide, and Alberta’s only casino in the Rocky Mountains, with more than 250 slot machines, plus table games, hybrid gaming by *Scientific Games*, a poker room and off-track betting.

[\[stoneynakodaresort.com\]](http://stoneynakodaresort.com)

Casino Rama Resort

Ontario’s only First Nations resort casino, owned by the Chippewas of the Rama First Nation on the shores of Lake Simcoe, is the ultimate place to play, dine, relax or rock out to some of the biggest live acts in the world. The resort boasts a whopping 2,200 slot machines, over 60 gaming tables, several restaurants, a world-class 5,000 seat Entertainment Centre, and a 300-room all-suite, full-service hotel, featuring spa and health club facilities.

[\[casinorama.com\]](http://casinorama.com)



Grey Rock
Casino

Grey Rock Casino

Located in Edmundston, NB, Grey Rock Casino is a state-of-the-art casino, bingo and dining experience, now with accommodation, thanks to the recent addition of the Quality Hotel and Conference Centre. The property’s 85 guestrooms are connected by pedway to the casino, which offers more than 200 slot machines, two electronic table games, blackjack and roulette, as well as live poker tables and a bingo hall that can seat over 400 players.

[\[greyrockcasino.com\]](http://greyrockcasino.com)



Grey Eagle
Resort & Casino

Grey Eagle Resort & Casino

This new four-star resort can be found on beautiful Tsuut’ina Nation land in west-central Calgary, with the Rocky Mountains in its back yard. This is one great big, luxurious, grown-up playground, with 178 guest rooms, 87,000 square feet of gaming action, 36 gaming tables, 970 slot machines, a bingo hall and a 2,500-seat event centre that hosts first-class concerts.

[\[greyeaglecasino.ca\]](http://greyeaglecasino.ca)

Up the ante on fun and roll the dice, pull the slots and spin the wheel at any of these Indigenous-owned and operated casinos.

PHOTOS: ETHAN MELEG (LEFT PAGE), GREY ROCK CASINO (FOOD AND WINE), GREY EAGLE RESORT & CASINO (SLOT MACHINES)

Golf and other games

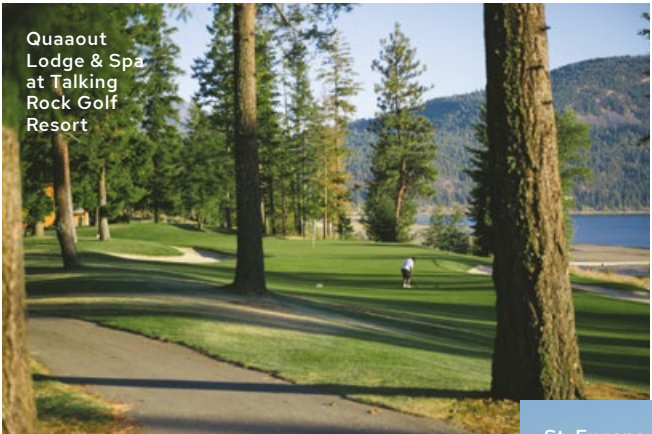
Sometimes, you want to do it all. These resorts have you covered.

Quaaout Lodge & Spa at Talking Rock Golf Resort

PHOTOS: QUAABOUT LODGE & SPA AT TALKING ROCK GOLF RESORT (GOLF BALL, GOLFER), ST. EUGENE GOLF RESORT CASINO (RED ROOF)

St. Eugene Golf Resort Casino

This former Oblate mission and school in the East Kootenays is now a must-visit destination resort owned and operated by the Ktunaxa Nation. The original historic stone building is at the centre of a property that features 125 rooms and suites, the Casino of the Rockies, a championship Les Furber-designed golf course, three restaurants, and a riverside RV Park, all surrounded by the dramatic beauty of the snow-capped mountains. [steugene.ca]



On the serene shores of B.C.'s Little Shuswap Lake, in the heart of Secwepemc Territory, this resort offers an idyllic country getaway with plenty of Cultural experiences to discover.

Quaaout Lodge & Spa at Talking Rock Golf Resort

On the serene shores of B.C.'s Little Shuswap Lake, in the heart of Secwepemc Territory, this resort offers an idyllic country getaway with plenty of Cultural experiences to discover. The lodge features 70 lakeview guest rooms and suites, a top-notch locally inspired restaurant, and the Cooke-and-Carlton-designed Talking Rock Golf Course, named one of PGA of Canada's top 20 public courses for 2019. [quaaoutlodge.com]

Dakota Dunes Resort

This new resort hotel outside Saskatoon is the latest phase in the Whitecap First Nation's 20-year tourism master plan to create the premier tourism resort in Saskatchewan. The award-winning Dakota Dunes Golf Links launched in 2004 and 80,000-square-foot Dakota Dunes Casino in 2007. Now the 155-room hotel has opened its doors, with sleek contemporary design that is a tribute to its Indigenous heritage. [whitecapdakota.com]



**+ EXPLORE
FURTHER** ONLINE

Retreat to Renew

Leave the city and the stress behind. From hot springs to horses to wilderness havens, these remote properties connect with nature to soothe your exhausted soul.

BY JOANNE SASVARI

Ainsworth Hot Springs Resort

This West Kootenays wellness resort has been welcoming guests since the 1930s; for millennia before that, the Ktunaxa First Nations enjoyed the healing effects of its hot, mineral-rich waters. Take a dip in the pool overlooking Kootenay Lake, wander through the steamy cave, relax in the spa, then let your cares float away with a serene night's sleep.

[\[ainsworthhotsprings.com\]](https://ainsworthhotsprings.com)

Haida House at Tlaa

Sheltered by the rainforest just south of Naikoon Provincial Park on Haida Gwaii, this former hunting lodge is now a Haida-owned property that offers an immersive Indigenous experience through eco-adventures, Cultural programming and locally inspired cuisine. Bears and eagles call this pristine land home, and you will want to, too.

[\[haidahouse.com\]](https://haidahouse.com)



Tsa-Kwa-Luten, The Ocean Resort at Cape Mudge

Restore your spirit at this secluded oceanfront resort on scenic Quadra Island, a short ferry ride from Campbell River. At the site of a historic gathering place, the Laichwiltach people have built a modern, full-service lodge based on the warm, welcoming design of a wooden Kwagiulth "Big House" and all its art and heritage.

[\[capemudgeresort.bc.ca\]](https://capemudgeresort.bc.ca)

Ocean House at Tlaa Gawtlaas

At the northern end of the Haida Gwaii archipelago, this Haida-owned property is a sustainable, welcoming and beautiful base for exploring one of the most intriguing places on the planet. The property itself offers unique insights into Haida Culture through its regionally inspired cuisine, spa, arts and heritage programming.

[\[oceanhouse.ca\]](https://oceanhouse.ca)

PHOTOS: OCEAN HOUSE (LEFT PAGE), AINSWORTH HOT SPRINGS RESORT (SUNRISE), HAIDA HOUSE (CARVER)

Ocean House, SGang Gwaay Poles

Haida House

Siwash Lake Resort

With 10,000 acres of wilderness to explore on foot or by horseback, this is as authentic as a guest ranch experience can get. This five-star-rated lodge in B.C.'s Cariboo-Chilcotin is an ultra-private luxury hideaway that offers a variety of customized eco-adventures, including hiking, fly-fishing, archery, wilderness survival, white-water rafting and one of Canada's finest equine experiences, suitable for riders of all levels. [\[siwashlake.com\]](https://siwashlake.com)



The non-profit organization KINA8AT offers training, awareness and renewal programs inspired by Indigenous philosophy and Traditions.



La KINA8AT-ENSEMBLE

Stikine Valley Inn

The surroundings may be wild and rugged, but the accommodation is comfortably luxurious at this hidden treasure of a hotel in Telegraph Creek, Northern B.C. But the best reason to visit may just be the restaurant, which offers elevated comfort food and Tahltan hospitality in equal measure. [\[stikinevalleyinn.com\]](https://stikinevalleyinn.com)

Lil Crow Courtyard

Rest, relaxation and rejuvenation are on the itinerary when you stay at the three magical cabins owned and operated by Native Expressions, better known as the world-renowned musician and stone carver David R. Maracle and his wife Kimber Lee. Located on Tyendinaga Mohawk territory near Prince Edward County, Ontario, these cabins are filled with art, love and meditative peacefulness. [\[lil-crow-cabin.business.site\]](https://lil-crow-cabin.business.site)

La KINA8AT-ENSEMBLE

The non-profit organization KINA8AT offers training, awareness and renewal programs inspired by Indigenous philosophy and Traditions. Now, with the support of Indigenous Services Canada, they are also providing healing Te8ekan stays in St-Eustache, Québec, to help members of Indigenous families impacted by physical, psychological or emotional violence rediscover their identity and pride of their Ancestors. [\[kina8at.ca\]](https://kina8at.ca)

Lodge on the Point

Go off the grid at this private peninsula of cottages, cabins and a central lodge on Manitou Lake in Northern Ontario. Open year-round, this solar-powered lodge is the ideal designation for a stress-free family getaway or work retreat where guests can enjoy swimming, boating, fishing and stargazing. [\[lodgeonthepoint.com\]](https://lodgeonthepoint.com)

PHOTOS: SIWASH LAKE RESORT (NIGHT SCENE), LA KINABAT-ENSEMBLE (MAN), TAGISH FIRST NATION YOUTH (DESTINATION EXPERTS PORTRAIT), AUDET PHOTO (TEEPEE), WILDHORSE RANCH & OUTFITTERS (HORSE), CHRIS ISTACE (TLA'AMIN RESORTS AND ACCOMMODATIONS/HISTORIC LUND HOTEL)



Destination Experts

Roberta Wally, Carcross/Tagish First Nation youth

"Being a part of something that is bigger than you while trying your best to do things in a good way is how we try to do everything. This is what I love seeing; everybody and everything working together for a greater purpose. This is home and our way of life."

Wildhorse Ranch & Outfitters

In the Foothills of the Rocky Mountains west of Red Deer, Alberta, Wildhorse Ranch & Outfitters embodies the spirit of the Old West through its mission to help build better lives for people and horses alike. Aside from its Equine Evolution to Excellence program, a blend of consciousness and horse sense, it offers retreats, reiki, camps and land-based learning. [\[wildhorsecamp.com\]](https://wildhorsecamp.com)



Wildhorse Ranch & Outfitters

Discover a relaxing refuge where Indigenous Traditions live through carving, weaving, dance and storytelling.

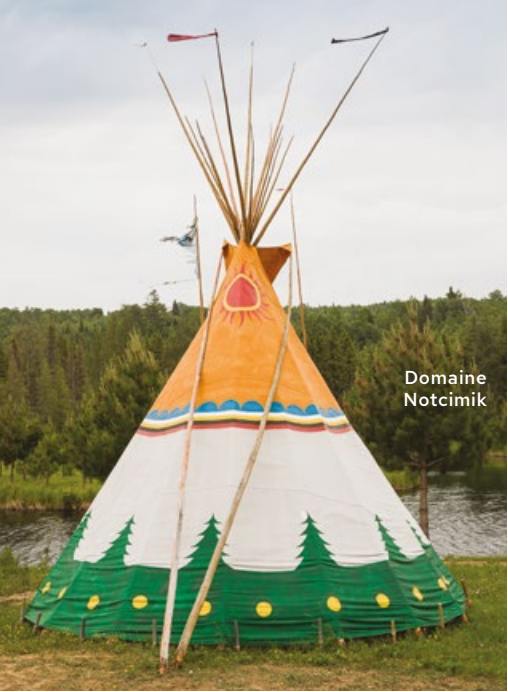


Tla'amin Resorts and Accommodations/Historic Lund Hotel

Tla'amin Resorts and Accommodations/Historic Lund Hotel

North of Powell River, where the highway ends and Desolation Sound begins, sits the Lund Resort at Klah Ah Men, with its marina, restaurant and century-old hotel. The property has been thoroughly refurbished, its décor inspired by the art and Culture of its Tla'amin owners. Discover a relaxing refuge where Indigenous Traditions live through carving, weaving, dance and storytelling. [\[lundresort.com\]](https://lundresort.com)

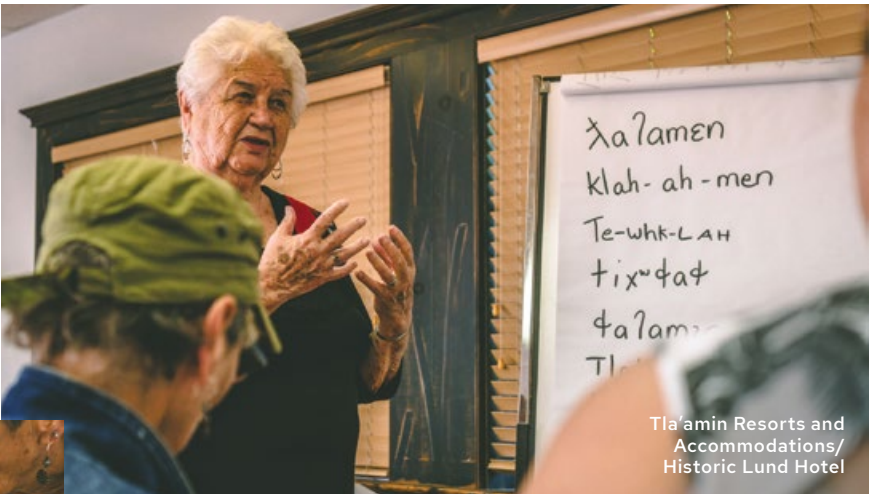
Due to the Covid-19 pandemic, businesses may be closed or operating outside of normal business hours. Please call before visiting. Thank you.



Domaine Notcimik

Domaine Notcimik

Not just a campsite, but an authentic encounter with the Atikamekw Nation, Domaine Notcimik is a haven in the forests of Haut-St-Maurice north of Montréal. A place to pitch a tent, relax in a tipi or chalet, and commune with nature and Indigenous Culture. The site offers both a wealth of outdoor activities and exchanges with Indigenous artisans. [\[domainenotcimik.com\]](https://domainenotcimik.com)



Tla'amin Resorts and Accommodations/Historic Lund Hotel

As human beings — it's in our nature to travel...

But as travellers in these changing times it's important to research your destination to ensure the community you'll be visiting is ready to welcome you.

Since the beginning of the Covid-19 global pandemic, Indigenous tourism operators across Canada have placed the safety of their guests, staff and communities as their highest priority. By adopting new health and safety guidelines and following the latest health authority recommendations, ITAC members are committed to keep their guests safe while experiencing authentic Indigenous Culture and enjoying our famously warm hospitality.

Visit DestinationIndigenous.ca for up-to-date information on Indigenous experiences that are open and ready for your visit.





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