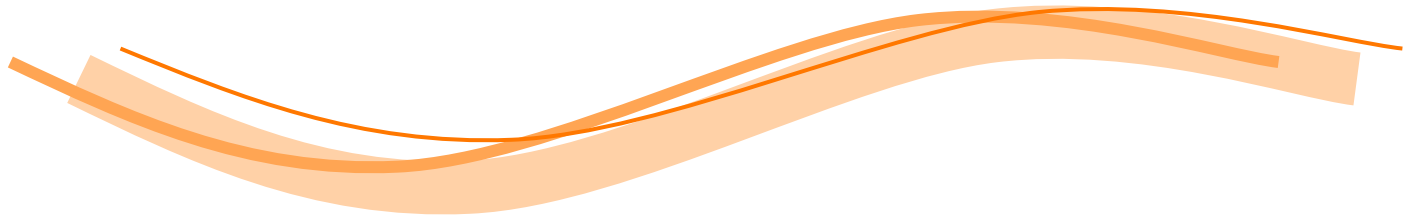




NORTHWEST TERRITORIES





DESTINATION INFO	Northwest Territories
Location	60th Parallel to 70 degrees in Canada's northwest
Geography	Area: 1.2million square km; the NWT's highest mountain is an unnamed peak in the Mackenzie Mountains, at 2773 m. The Mackenzie River is the 9 th longest river in the world. Great Slave Lake is the deepest lake in North America.
Name	From its geographical position within Canada
Population	42,000
Language	Official languages (11 in all): English, French, Inuvialuit, Inuinnaqtun, Inuktitut, Gwich'in, North Slavey, South Slavey, Tlicho, Chipewyan, Cree.
Currency	Canadian Dollar
Tipping	10 -15%
Government	The Legislative Assembly of the Northwest Territories has 19 members and functions in much the same way as a provincial legislature, except that there are no political parties. Operating under a consensus system, six Ministers and a Premier are elected by the members of the Assembly to form the Executive Council, also called the Cabinet. There is a Commissioner who fulfills a role similar to that of a Lieutenant Governor in the provinces. The NWT is in the federal electoral riding of Western Arctic and has one Member of Parliament and one Senator.
Documentation	None required for Canadians
Time zone	Mountain Time Zone, two hours behind EST
Health	Ensure that you have out of province travel insurance
Safety tips	Always let someone know if you are traveling outside the communities of NWT

CLIMATE	
General climate	The Northwest Territories has a relatively dry, cold climate, with long winters and warm summers drenched in sunlight. Temperatures can range from highs of in summer to minus 45°C in winter
Today's weather	Fort Simpson +15°C and sunny Yellowknife +8°C and sunny (10 May 2008)
Best time to visit	Every season has its unique attractions and the winter is increasingly popular for northern lights viewing, skiing and snowshoeing, ice fishing, or snowmobiling with our friendly tour guides, and at our winter lodges. Try dogsledding with some of the expert mushers.

GETTING THERE	Air service to Yellowknife has been expanded, with a third carrier offering daily flights to the territorial capital. Canadian North with service from Calgary and Edmonton and First Air with service from Edmonton,
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	<p>have been joined by Air Canada with service from Calgary and Edmonton. Standard fare for a round trip from Edmonton to Yellowknife is \$600 plus taxes, but all airlines do offer special sale prices.</p> <p>There is access by road from Fort Nelson, BC on Liard Trail and from High Level Alberta on Waterfalls Route; it's 1,500 km from Edmonton to Yellowknife and it's all hard surface now; It's just 4,500 km by road from Toronto!</p> <p>There is also access via the Dempster Highway from Yukon to Inuvik</p>
Flying time	Lunchtime flight from Toronto via Edmonton to Yellowknife arrives early evening local time
Yellowknife	<p>Capital city of NWT with a population of 19,000, it is named for copper knives traded by local first nations, not for the gold beneath - in 1934 gold was discovered in Yellowknife Bay.</p> <p>Some of the sights to see: City Hall on Frame Lake; Prince of Wales Northern Heritage Centre; Legislative Building; Visitors Centre; shopping malls (NWT diamonds); School Draw Avenue, parallel to Yellowknife Bay; Ragged Ass Road; Old Town (1930's); Bush Pilots Monument; Wildcat Café; Old Town Landing Restaurant (smoked arctic char, musk ox fillets)</p> <p>Stop by the Northern Frontier Regional Visitor Centre (www.northernfrontier.com), on 49th Street (just north of 49th Ave.) on the west edge of town, to see a number of exhibits explaining the major points of local history, ecology, and Native culture. You'll want to put the kids on the "bush flight" elevator, which simulates a flight over Great Slave Lake while slowly rising to the second floor. The centre also has a video library and information on walking trails, parks, and outdoor activities.</p> <p>Rising above Old Town, the Bush Pilot's Monument is a stone pillar paying tribute to the little band of airmen who opened up the Far North. The surrounding cluster of shacks and cottages is the original Yellowknife, built on the shores of a narrow peninsula jutting into Great Slave Lake. Sprinkled along the inlets are half a dozen bush-pilot operations, minuscule airlines flying charter planes as well as scheduled routes to outlying areas. The little floatplanes shunt around like taxis, and you can watch a landing or takeoff every hour of the day. Off the tip of the Old Town peninsula lies Latham Island, which you can reach by a causeway. The island has a small Native-Canadian community, a few luxury homes, and a number of B&Bs.</p> <p>The Prince of Wales Northern Heritage Centre, on the shore of Frame Lake (http://pwnhc.learnnet.nt.ca), is a museum in a class all its</p>

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	<p>own. You'll learn the history, background, and characteristics of the Dene and Inuit peoples, the Métis, and pioneer whites through dioramas; artifacts; and talking, reciting, and singing slide presentations. It depicts the human struggle with an environment so incredibly harsh that survival alone seems an accomplishment. Admission is free.</p>
<p>Communities</p>	<p>- Inuvik: ("Place of man," population 3,667), is the largest Canadian community north of the Arctic Circle. It's set on a plateau overlooking the Mackenzie Delta, and the Arctic Ocean is only 97 kilometres farther north. In summer, Inuvik buzzes with charter planes taking visitors on excursions to the Mackenzie Delta. Inuvik offers a full range of accommodations, restaurants and specialty shops. Visit the Western Arctic Regional Visitor Centre for information about package tours and to see the fascinating interpretive displays. Pick up your certificate, awarded to all travellers who cross the Arctic Circle. Our Lady of Victory, the Igloo Church is an Inuvik landmark.</p> <p>- Tuktoyaktuk: (Tuktuuyaqtuumukkabsi, "looks like caribou") was once an Inuvialuit harvesting site for tuktu (caribou). When the people settled in communities, Tuk was chosen as a harbour for supply ships because of its natural shelter from winds and waves. Tuk is easily accessible by scheduled flights from Inuvik, and is a base for exploring the amazing Pingos - the Arctic hills created by premafrost. There's a hotel and restaurant and community store.</p> <p>- Hay River: With a population of 3253, the North's largest shipping hub has accommodations, restaurants, a seaport atmosphere and Great Slave Lake. Visit Katl'odeeche Reserve, home to the Dene Cultural Institute and Hay River Mission National Historic Site. Sports events and fishing derbies are yearly highlights, and don't miss the fiddling and jigging contest at the Metis Friendship Centre. Hay River is accessible via Highway 2; regular air service is available to and from Yellowknife.</p> <p>- Great Slave Lake: This magnificent lake, 150 miles long, is truly an inland sea. From Yellowknife, cruise the island dotted bay of the same name by launch or sailboat. Outfitters offer a wide range of fishing and sightseeing trips, and rent watercraft of all types. The North Arm is a fishing destination, and known for its sandy beaches accessible by boat. The East Arm, soon to be a National Park, is a spectacular region of cliffs and deep waters, famed for monster trout.</p>
<p>Ferries</p>	<p>A road tour in the Northwest Territories usually means a river crossing Somewhere along the way. And these crossings are on government operated ferries... for free. The longest and busiest crossing is the</p>

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	<p>Mackenzie River near Fort Providence. One of the most scenic crossings is at the north end of the Mackenzie River, at its confluence with the Arctic Red River near the Gwich'in community of Tsiigetichic. Other crossings are on the Liard River near Fort Simpson, the Camsell River en route to Wrigley and the Peel River near Fort McPherson on the Dempster Highway.</p> <p>You can also cruise the Mackenzie River: board a cruise ship for a week long river cruise on the Mackenzie River, one of the great river boat cruises in Canada</p>
Distances	Yellowknife is 4500 km from Toronto by road!
Car Rental	Available in Yellowknife and several other communities
Buses	You can choose scheduled bus service linking Edmonton Alberta to NWT communities along the Mackenzie Highway or you can also select scheduled service on the Dempster Highway from the Yukon to Inuvik.
Bush Planes	<p>Bush planes opened up the North of Canada, and here in the Northwest Territories bush aircraft are still a great way to get around. Both scheduled and charter airlines offer flightseeing adventures. You can purchase a half hour trip on a floatplane to see a community from the air. For a longer trip, travel by "sked" or charter along a famous river route to one of the smaller communities. There are tour packages to see the Mackenzie Delta, the Richardson or the Mackenzie Mountains, the Canol, Nahanni, or Wood Buffalo parks and more. In winter, flightseeing in a bush plane on skis, you might catch a glimpse of northern caribou close to a community. When you fly northern skies with one of NWT's savvy bush pilots, you'll be flying with a Canadian legend.</p> <p>I was fortunate enough to fly in to Nahanni with Ted Grant of Simpson Air in 2004 – not only was I in very safe hands, Ted had a lifetime of stories to tell that provided insights and colour to the trip!</p>

ACCOMMODATION TYPES	<p>In the Northwest Territories, you'll find a surprising range of comfortable accommodations. In larger centres you can choose between an array of modern hotels, motels, inns and friendly B&Bs, while even the smallest communities offer a guest house, motel, or inn. The wilderness lodges range from basic to luxurious. If you book a stay at a cultural camp or wilderness spa, you can even bed down in a tipi or classic northern wall-tent. And if you prefer to camp, you'll find good campgrounds in Territorial and private parks.</p>
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TARGET GROUPS	
Kids & Teens	<p>NWT is a great adventure for the kids and there is no shortage of things to do and places to see that will provide a family vacation to treasure. I traveled with my family in the summer of 2006 and my children, then aged 11 and 16, will never forget their northern experiences which included:</p>

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	<ul style="list-style-type: none"> - swimming in the Arctic Ocean - staying with a local First Nations family in Tuk - playing in broad daylight at midnight - spotting the immense migration of the caribou on the Dempster - climbing remote hillsides and trekking to thunderous waterfalls - completing their visits to all 13 provinces and territories
Romance	Rekindle your romance in a remote fly-in lodge in NWT's dramatic landscapes!
Honeymoons & Weddings	Many Japanese are traveling to NWT in winter to tie the knot under the Northern Lights
Seniors	NWT is surprisingly easy for seniors to travel and see the sights, with Yellowknife sporting excellent accommodations and dining. I was standing at the Arctic Circle marker on the Dempster Highway recently when a coach full of seniors rolled up!

UNIQUES	<p>Aurora Borealis: great in winter, but can see in summer sometimes too; they are viewable on average 243 times a year. When the nights are dark in autumn and winter, the northern lights come out in the Northwest Territories of Canada. The Aurora dances and swirls, slower and then faster, mingling with the stars in the night sky. Visitors on aurora tours come half way around the world to see these dancing lights. Aurora vacations include a stay in a hotel or cozy bed and breakfast, and tours out of town to see, and photograph, the northern lights from a remote lake. Outfitted with warm winter clothing, visitors are awed by superb displays of the aurora. Our winter lodges also offer aurora packages with the opportunity to relax in a hot tub under the stars and watch for the elusive aurora</p>
Surprising	<p>Canada has become the world's third largest diamond producer! Diamond Tourism: Diamond Manufacturers of Yellowknife and Northwest Territories Tourism have agreed to form a strategic marketing partnership to promote and enhance the growth of two of the North's largest industries and a new-to-Canada co-operative "Diamond Tourism" venture. In 1998 Lac de Gras became the first diamond mine to start production in Canada.</p> <p>Pieces of what may be the Earth's original crust have been found in the Northwest Territories. Tonalite gneiss from the Acasta River northwest of Yellowknife is thought to be 3.962 billion years old and is the oldest rock yet found on the surface of the earth</p>
History	In the Northwest Territories, history is the saga of great journeys. About 12,000 years ago at the end of the last Ice Age, ancestors of some modern Aboriginal peoples came from the Yukon to the upper Mackenzie Valley. As the glaciers retreated, freeing Great Slave and Great Bear Lakes, the bison hunters of the western plains moved north.

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	<p>A campsite at Acasta Lake east of Great Bear establishes their presence some 7,000 years ago. The people began to follow the caribou onto the Barrens in summer, returning to the forest in winter. Today's Dene, who belong to a language group called Athapascan, have occupied the southern NWT for some 2,500 years, travelling and hunting in small groups.</p> <p>The first predecessors of the Inuvialuit arrived about 4,000 years ago, and continued their migrations in a succession of cultural waves. The Dorset culture thrived for about 1800 years until the Thule people, direct ancestors of modern Inuit, began to move across the Arctic in 1000 AD. By this time, the Dene lived in the territories they still occupy today. Europeans did not make recorded visits to the present-day NWT until late in the 18th century, when fur traders established the first posts on the shores of Great Slave Lake. Explorers and missionaries came in the 19th century, and many of today's communities put down roots. Prospectors and bush pilots brought the 20th century north, and with it an era of sweeping change.</p>
Books	Frommer's Canada
Must Sees	Nahanni National Park should be viewed by all Canadians at least once in their lifetime!

SPORTS ACTIVITIES	
Golf	<p>Golfing in the Northwest Territories? Absolutely, they golf all through the spring, summer and fall, and they've been known to stage golf tournaments in the winter snow as well. They are northern Canadians, and take their golf just as seriously as anyone on the continent... The Northwest Territories golf courses have the advantage in June and July, when 24 hours of daylight allows golfing round the clock. Five of the golf clubs are located near larger communities, and feature equipment rentals, including golf carts.</p> <p>Yellowknife Golf Club: Holes: 18 Surface: Sand fairways, artificial greens Clubhouse When open: May to September Rentals: Carts, clubs Club pro</p>
Fishing	<p>The Northwest Territories has superb fish. Arctic grayling, Arctic char, lake trout, great northern pike and pickerel (walleye). The fish are long lived, wily and great fighters. But there's more on offer here. There's the spectacular lake or river you fish on – clean, clear and far from your everyday world. There is the northern land itself, and finally there is your host, an experienced northerner, ready to share the lore of northern lakes and rivers. There are over 60 sport fishing operators in the</p>

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	<p>Northwest Territories offering a range of products from full service lodges that can accommodate over 40 people, to rustic log cabins, that are ideal for 8 or 10 people.</p> <p>Great Bear Lake, Great Slave Lake: record-book lake trout, arctic grayling, great northern pike, pickerel; season: early June to late Sept; Ask for the NWT Fishing Experiences 2008 Fishing Guide.</p> <p>Traditionally, fishing has been the main reason to visit the Yellowknife and the Great Slave Lake area. Lake trout, Arctic grayling, northern pike, and whitefish grow to storied size in these Northern lakes; the pristine water conditions and general lack of anglers mean fishing isn't just good, it's great. Both Bluefish Services and Barbara Ann Charters offer fishing trips on Great Slave Lake directly from town, but most serious anglers fly in floatplanes to fishing lodges, either on Great Slave or on more remote lakes, for a wilderness fishing trip.</p> <p>One of the best of the lodge outfitters on Great Slave Lake is the Frontier Fishing Lodge (www.frontierfishing.ab.ca), 185km southeast of Yellowknife and accessible only by floatplane or boat. With comfortable lodge rooms or freestanding log cabins, a 3-day all-inclusive guided fishing trip costs around \$2,244. Pilote Point Lodge (www.pilotepoint.com), offers very comfortable lodgings in a lodge or chalets, high-quality dining, and access to excellent fishing on Duncan Lake, 15 minutes north of Yellowknife by floatplane. A 3-day, 2-night fishing trip starts at \$959 per person based on double occupancy, all inclusive. Nearly two dozen fishing-lodge outfitters operate in the Yellowknife area; contact the visitor center for a complete listing.</p>
<p>Canoeing and Rafting</p>	<p>Paddling trips here take planning, but options are as varied as the rivers themselves. Challenges range from kayaking churning whitewater to skimming a glassy stream by canoe. Canoeists can spend a few days close to the capital city, exploring the rivers and lakes that skirt the Ingraham Trail — or fly to the mountain headwaters of expedition rivers like the Natla-Keele and Arctic Red, on journeys of a week or more. River tour operators provide just the right level of excitement, depending whether clients are novice or experienced paddlers. Several offer raft expeditions through the stunning canyons of the Nahanni, the polar desert of Aulavik National Park on Banks Island, or the great rivers of the Barrenlands.</p>
<p>Hiking</p>	<p>The ultimate hiking destination, NWT offers everything from gentle hikes along the Ingraham Trail near Yellowknife to the ultimate challenges of wilderness treks such as the Canol Trail. The most popular hike along the Ingraham Trail is to Cameron River Falls. The well-signed trail head is 48km east of Yellowknife. Although</p>

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	not a long hike - allow 1 1/2 hours for the round-trip - the trail to the falls is hilly. An easier trail is the Prelude Lake Nature Trail , winding along Prelude Lake through wildlife habitat. The 90-minute hike begins and ends at the lakeside campground. Closer to Yellowknife, the Prospectors Trail at Fred Henne Park is an interpreted trail through gold-bearing rock outcroppings; signs tell the story of Yellowknife's rich geology.
Cycling	The Dempster Highway is the ultimate bike challenge, but there are more moderate opportunities in and around Yellowknife
Outfitters	Wilderness outfitters in the Northwest Territories offer a wealth of northern experience and expertise. Whether you plan a day hike or a backpacking adventure, they can assist with getting you there, and support your wilderness trip with rentals of camping and communications gear. Some offer guided trips on foot or horseback in the mountains. Others will guide you in our National Parks or take you far into the wilderness on routes that have been traveled by generations of northern people. Many licenced guides and outfitters are respected hunters and trappers with a lifelong knowledge of conditions in this legendary Canadian wilderness. For a range of options, go to: http://www.explorenwt.com/adventures/day-hikes-backpacking/hikingOutfitter.asp Examples: Black Feather; Nahanni River Adventures (Neil Hartling); Nahanni Wilderness Adventures

CULTURE	
Arts	Northern arts and crafts are available in just about every community of the Northwest Territories. These range from unique hand made items of clothing - mitts, hats, moccasins, kamiks and jackets, to art to hang on the wall.
Music	Folk on the Rocks Festival July 18-20, 2008 is a great way to soak up northern music. With more than 24 hours of music, song, storytelling and dance on five stages, Folk on the Rocks is the must do summer event in Yellowknife. Proud of its history, FOTR is organized by over 300 volunteers, and draws top billed Canadian and international musicians, as well as Inuit and Dene artists from the NWT and Nunavut. Set in a natural amphitheatre on the sandy shores of Long Lake, the festival includes a children's area, cultural area and a popular beer garden with the latest hot bands. Savour international and traditional cuisine at the food fair and view local and northern crafts at Art on the Rock
Museums	Prince of Wales Northern Heritage Centre , Yellowknife: one of Canada's important museums, the Heritage Centre highlights centuries of Aboriginal history— plus 250 years of fur-trading, exploration and mining in Canada's North. There are hands-on exhibits bring the past to

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	life, for hours of entertainment.
Festivals	<p>Caribou Carnival Date: end March each year in Yellowknife Caribou Carnival, with its 50 year history, is the largest spring event in the Northwest Territories, featuring world class dog racing, snowmobile races and activities for the entire family. Held on the ice of Frame Lake, the carnival features traditional Dene hand games, tests of bush skills like wood chopping and tea boiling, an ice sculpting contest, an Ugly Truck and Dog contest, "Cabane a Sucre" tent, fireworks and more!</p> <p>Great Northern Arts Festival Date: July 11-20, 2008 Yellowknife Experience the best that arts and culture in the North has to offer. Over 100 Northern artists from the Yukon, NWT and Nunavut gather in Inuvik for 10 days to participate in the largest Visual Arts Festival in the North. Evening performances by Northern musicians, drummers and dancers, along with public workshops and artist demonstrations will be an unforgettable experience. Visit the Great Northern Arts Festival Gallery for your opportunity to browse and purchase art in a unique professional gallery setting. Join in celebrating Northern Arts and Culture during the Midnight Sun!</p> <p>Open Sky Festival Date: Canada Day weekend in Fort Simpson Arts festival - Join us for an annual celebration of the vibrant arts below the treeline! Something for all ages at the Papal Site and other venues along the Mackenzie at Fort Simpson. Highlights: outdoor concert, traditional Dene and contemporary arts and crafts exhibits, demonstrations, art workshops, kids' attractions and art, sports events, Canada Day parade, historical tours, theatre and dance, video screenings, and more.</p>

ATTRACTIONS	
Wildlife	<p>Animal populations: Black bear – 5,000 Grizzly bear – 5,000 Polar bear – 6,000 Wood bison – 2,500 Dall's sheep – 6,000 Barrenground caribou – 400,000 Muskox – 50,000 Woodland caribou – 10,000 Mountain goat – 700</p> <p>Birdwatching: the Canadian North is the summer destination for birds from all over the Americas. Five North American flyways converge in the Mackenzie Valley, one of the world's great bird migration corridors. Birdwatchers can keep a sharp eye out for over 200 species of birds of the Northwest Territories. Spot a raven, a year-round northern resident, challenging a bald eagle for food, or marvel at a white pelican calmly feeding its young in the midst of a raging rapid.</p>
Parks	<p>National parks: The Northwest Territories is home to some of Canada's finest national parks, including two World Heritage Sites, Nahanni and Wood Buffalo. On the northern edge of North America two</p>

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	<p>wilderness parks protect the calving grounds of the caribou - Tuktut Nogait - and the range of the mysterious, prehistoric, muskox - Aulavik National Park.</p> <p>Nahanni National Park Reserve was the very first World Heritage Site in the world and draws canoeists and rafters to its navigable river canyons. Virginia Falls on the Nahanni is 90 metres high – twice the height of Niagara. Along the river are many unique features. These include: Rabbitkettle Hotsprings, source of the largest known tufa mounds in Canada; Virginia Falls, with a vertical drop twice that of Niagara Falls; a series of river canyons up to 1200 m deep; and caves such as Grotte Valerie with its ancient skeletons of nearly a hundred Dall's sheep.</p> <p>The park is home to a variety of wildlife. Dall's sheep, mountain goats, woodland caribou, wolves, black bears, grizzly bears and trumpeter swans all find refuge in Nahanni.</p> <p>Wood Buffalo National Park: Wood Buffalo National Park is a northern world all its own, a driveable wilderness at one end of the Mackenzie Highway. Wood Buffalo is one of the largest parks on earth - at 44,807 square kilometers - an enormous Boreal wilderness that straddles the Northwest Territories boundary in northern Canada. It was set aside to protect wood bison. It's also the nesting ground of the endangered whooping crane, and a World Heritage Site. Features include unusual karst formations, salt plains and vast grasslands. The Slave River, once the river highway to the North, forms the eastern boundary of the Park. The Slave River cascades down a series of sharp drops that form some of the best kayaking rapids in the world, right by the town of Fort Smith. Travel with an airline or an outfitter into the magical world of Wood Buffalo National Park, or test your skills against the best kayakers in the world, on the Slave River.</p>
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OTHER ACTIVITIES	
Shopping	<p>Northern arts and crafts are available in just about every community of the Northwest Territories. These range from unique hand made items of clothing - mitts, hats, moccasins, kamiks and jackets, to art to hang on the wall. Moosehair tuftings and porcupine quill handwork on moosehide, and drawings and paintings by northern artists are true collectibles. You'll also find exceptional carvings by master craftspeople, some with an international clientele. In the larger communities, retail stores offer a wide selection of crafts as well as northern jewellery - and in Yellowknife, purchase Canadian Arctic Diamonds. In the smaller communities, craft shops feature hand made birchbark baskets, designer clothing with aboriginal flair, and in Fort</p>

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	<p>McPherson, canvas products.</p> <p>My favourite Yellowknife shops: Northern Images, 4801 Franklin Ave., features authentic Native-Canadian (Inuit and Dene) articles: apparel and carvings, graphic prints, silver jewelry, ornamental moose-hair tuftings, and porcupine quill work. Proceeds from sales go directly to Native artisans.</p> <p>Gallery of the Midnight Sun, 5005 Bryson Dr. (www.gallerymidnightsun.com), has a great selection of northern sculptures (mainly Inuit stone carvings), and also sells a variety of apparel, paintings, and Arctic crafts. To browse an excellent selection of paintings and other artworks by northern artists of all cultural backgrounds, visit Birchwood Gallery, #26-4910 50th Ave. (www.birchwoodgallery.com).</p>
<p>Nightlife</p>	<p>Nightlife revolves around bars and pubs. Increasingly, there's a music scene in Yellowknife; a number of local bands have developed national followings.</p> <p>Officially called Bad Sam's, the Gold Range Tavern, in the Gold Range Hotel, 5010-50th St. (tel. 867/873-4441), is better known by its local nickname - "Strange Range." The Range is an occasionally rip-roaring tavern that attracts the whole gamut of local and visiting characters in search of some after-dinner whoopee. You don't come here for a quiet evening, but you can't say you've seen Yellowknife if you haven't seen the Strange Range.</p> <p>The pleasant Black Knight Pub, 4910 49th St. (tel. 867/920-4041), has a selection of about 15 beers on tap, with an emphasis on English and Irish brews, as well as the largest selection of scotches in town (somewhere around 120!).</p>

<p>CUISINE</p>	
<p>Food</p>	<p>Northerners traditionally lived off the land by hunting and fishing (many still do), and Arctic specialties have now worked their way onto many fine-dining menus. Caribou and musk ox appear on almost all menus in the North and offer a different taste and texture for meat eaters. Good caribou, sometimes dressed in sauces made from local berries (wild blueberries or Saskatoon berries) tastes like mild venison and is usually cheaper than beef or lamb in the North.</p> <p>Musk ox is rather stronger tasting, with a chewy texture, and is often served with wild mushrooms. Arctic char is a mild pink-fleshed fish, rather like salmon but coarser grained and less oily. You won't find the mainstays of the Inuit diet - seal and whale meat – on most restaurant menus, but in outlying communities you won't have to look hard to find</p>

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	<p>someone able to feed you some maktaaq (whale blubber and skin) or igunaq (aged, fermented meat, of walrus or seal).</p> <p>Bannocks, a type of baking-powder biscuit, and so-called Eskimo doughnuts, a cousin of Indian fry bread, are popular snacks to feed tourists. You'll have to decide how appetizing you find the delicacy known as Eskimo ice cream (akutuq), a mousselike concoction made of whipped animal fats (caribou fat and seal oil, for instance) and berries</p>
Restaurants	<p>Yellowknife: The Wildcat Café; The Diner; Bullock's Bistro – all three very characterful and personally recommended.</p> <p>L'Heritage Restaurant Francais, Yellowknife: This small, exquisite French restaurant is not exactly what you expect in rowdy Yellowknife, but it's quickly become one of the city's fine dining favorites. The French-born chef/owner brings European finesse to fish and meats of the North. In addition to classics like pork loin in mustard sauce and chicken braised in red wine, you'll find an arctic char burger and fondue with local game meats. The atmosphere is homey in a French Country sort of way.</p> <p>Bullock's Bistro: This bustling little restaurant doesn't have a lengthy menu, but it's doing something right: the dining room is usually filled to capacity for lunch and dinner. The secret is that Bullock's serves fish taken from Great Slave Lake -- trout, cod, pike, and whitefish -- in simple but delicious preparations. Go for the fish and chips, stay for the various fish chowders. The fish is always fresh and the ambience vibrant but informal.</p>

MORE INFO	
Brochures	To download a digital copy of the Explorer's Guide, Hunting and Fishing Guide or Road Touring Guide, click on the cover on the website.
Contact Details	<p>Here's where to reach Northwest Territories Tourism: Northwest Territories Tourism, Box 610, Yellowknife NT X1A 2N5 Toll-free number: 1-800-661-0788 Fax: 1-867-873-4059 Email: info@spectacularnwt.com Website: www.spectacularNWT.com</p>

PERSONAL EXPERIENCES	<p>Yellowknife: Explorer Hotel; Ingraham Trail; Cameron River Falls; City Hall on Frame Lake; Prince of Wales Northern Heritage Centre; Legislative Building; shopping malls (NWT diamonds); School Draw Avenue, parallel to Yellowknife Bay; Ragged Ass Road; Old Town (1930's); Wildcat Café; Old Town Landing Restaurant (smoked arctic char, musk ox fillets;)Bush Pilots' Monument; Visitor Centre;</p> <p>Fort Simpson: Bannockland B&B; Sambiaa Deh Falls;</p>
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	<p>Nahanni: Simpson Air fly-in; Virginia Falls; Inuvik: Arctic Nature trips to Tuktoyaktuk and Herschel Island; driving the Dempster Highway; Visitor Centre; Igloo Church; Mackenzie Delta.</p>
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