

# Nations



INDIGENOUS LIFESTYLE MAGAZINE 2023

DISCOVER OUR TRADITIONS

## The Amazing Women of Indigenous Tourism

TRAVEL

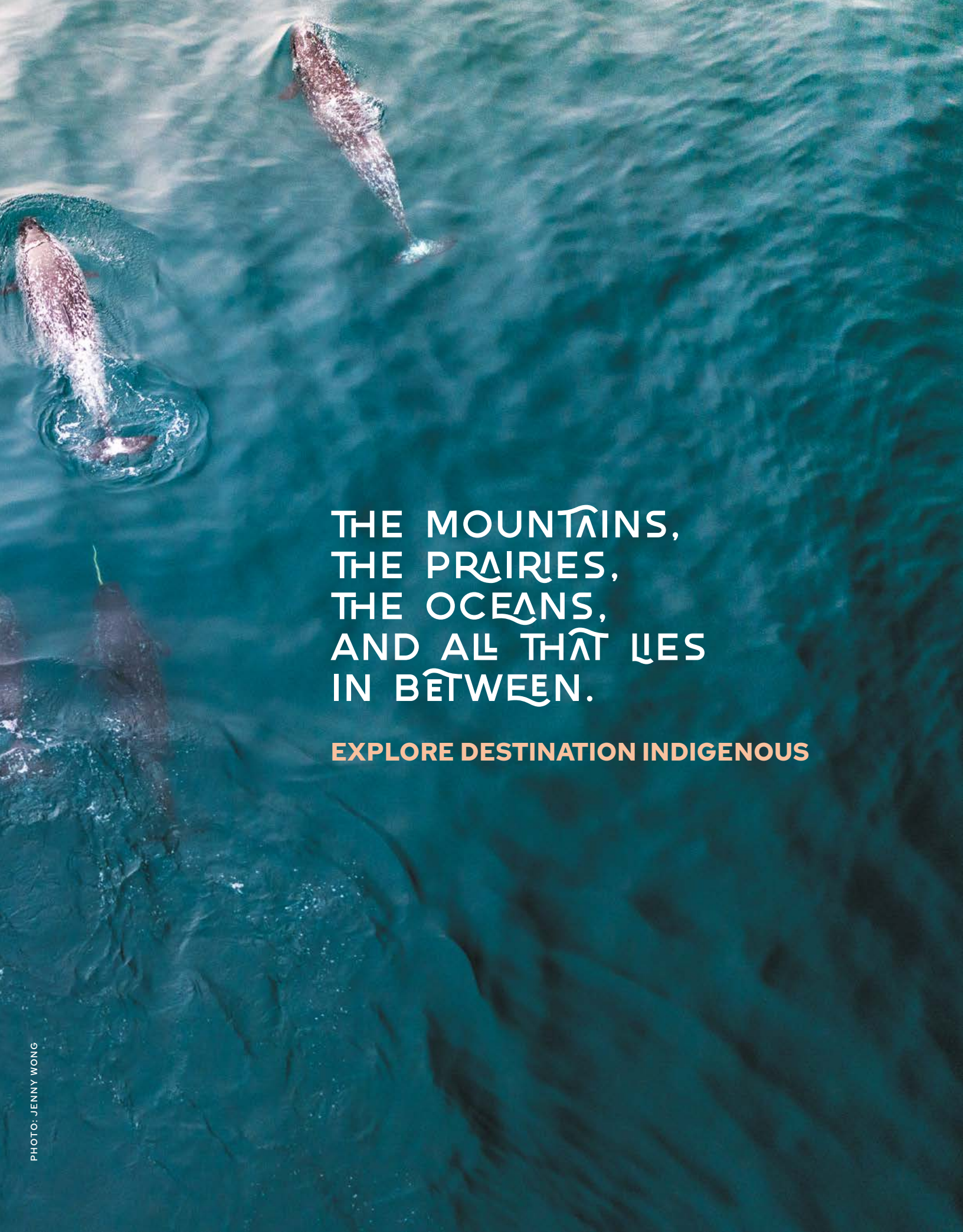
## Regional Spotlights

DESTINATION  
INDIGENOUS









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

**EXPLORE DESTINATION INDIGENOUS**



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Batchewana First Nations Pow Wow,  
Sault Ste. Marie, Ontario



## Ekosi, miigwech, tiawenhk, merci and thank you!

As President and CEO of the Indigenous Tourism Association of Canada (ITAC) and on behalf of our Board of Directors, I am thrilled to share with you our fourth edition of Nations Magazine.

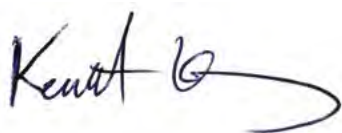
Since 2014, ITAC has strived to support and strengthen Indigenous tourism experiences throughout Canada and is now widely recognized as the global leader in Indigenous tourism development and marketing. ITAC's reputation is built upon its successes and by the strength of its partnerships, including the federal, provincial, and territorial levels, and non-Indigenous partners. Moreover, ITAC's unified Indigenous voice is essential to support the growth of Indigenous-owned tourism businesses across the country that have chosen to welcome visitors to their lands and territories.

ITAC is truly proud to see Indigenous tourism experiences across our beautiful country featured in the pages of this edition of Nations Magazine. With life slowly getting back to normal and with most international travel restrictions lifted, ITAC will continue to lead the Indigenous tourism industry and recognizes that we have a shared responsibility to work together to support the ongoing resurgence of Indigenous tourism across Canada.

Furthermore, ITAC recognizes more travellers are interested in exploring the culture of Indigenous Peoples and knows demand, both domestically and globally, is growing for authentic Indigenous experiences. When travellers support Indigenous-owned businesses displaying The Original Original mark of excellence, they are assured a quality tourism experience accredited by ITAC. Moreover, Indigenous tourism provides the opportunity to make destinations more inclusive, safe, resilient and sustainable by providing important economic opportunities, jobs, and pride of place.

ITAC will continue to support its 1,900 business members and focus on rebuilding a stronger Indigenous tourism industry across the nation. We invite you to continue to be curious, and on behalf of ITAC, I express gratitude as you turn the pages of ITAC's annual Indigenous lifestyle magazine celebrating Indigenous tourism experiences from coast to coast to coast.

Thank you, and welcome to the home of The Original Original.



**Keith Henry**

President & CEO  
Indigenous Tourism Association of Canada





# Welcome to the Home of The Original Original

BY ITAC'S MARKETING TEAM

If you look up the word 'Indigenous', you'll find it has many synonyms, including 'original.'

Many lay claim to being the 'original.' When someone makes that claim—to have been the first at something—we feel like we have something in common. We say to ourselves: this is a person who cares about roots. Someone who wants to know where things genuinely begin.

We value those things too.

In fact, with over 14,000 years of knowledge and 1,700 unique Indigenous experiences across Canada, we offer the most authentic and diverse experiences.

And we know, with a knowing smile, we've been at it longer than anyone else. We Indigenous People, on this our home and native land.

So when we decided to define who we are and what we represent, we dug deeply into our own story, what defines us and makes our experiences truly special.

Or, more succinctly:  
The Original Original.

To find out more visit  
**OriginalOriginal.ca**





A key component of The Original Original is a new brand mark that will help travellers better identify and book experiences from Indigenous owned tourism businesses across Canada.

The Original Original mark identifies that businesses have been vetted by ITAC including four key criteria: the business is at least 51 per cent Indigenous owned, it's a business that embraces the values of Indigenous tourism, it offers a market of expert ready experience, and is an ITAC member.

The Original Original logo artwork aims to explore the ethos of this very concept by placing two letter Os within each other, representing the world, as well as the cycle of life. At the centre of these circles is a fire symbol that possesses a single flame, but is divided into three parts. This distinction represents each of the three groups of Indigenous Peoples in Canada; First Nation, Métis and Inuit.

Through this branded seal, we aim to further develop wide-spread recognition of authentic Indigenous experiences across the country.



## INDIGENOUS

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We thank our precious partners





# OUR NEW ERA









Cedar Lake Ranch,  
Anola, Manitoba

PHOTO: TAYLOR BURKE - STAY AND WANDER



RECLAIMING OUR STORY

# What Resilience Looks Like

**Four former residential schools become places of hospitality and healing.**

The ivy-covered stone walls of St. Eugene Resort lend the building near Cranbrook, BC an air of dignity and elegance that belies its dark past. At first glance it looks like any other historic hotel, but from 1912 to 1970, the St. Eugene Mission was a residential school for Indigenous children—one of over 130 residential schools that operated in Canada between 1831 and 1996.

BY DEBBIE OLSEN



Deciding to convert the former residential school into a resort was a difficult decision for the Ktunaxa Nation. Some residential school survivors wanted to burn the building to the ground, but in the end, they decided to turn a painful legacy into a tourism business that could create employment opportunities for future generations and promote Ktunaxa culture.

A framed quote from the late Elder Mary Paul proudly adorns the hotel lobby: "Since it was within the St. Eugene Mission School that the culture of the Kootenay Indian was taken away, it should be within the building that it is returned." Paul had firsthand experience with the pain and loss caused

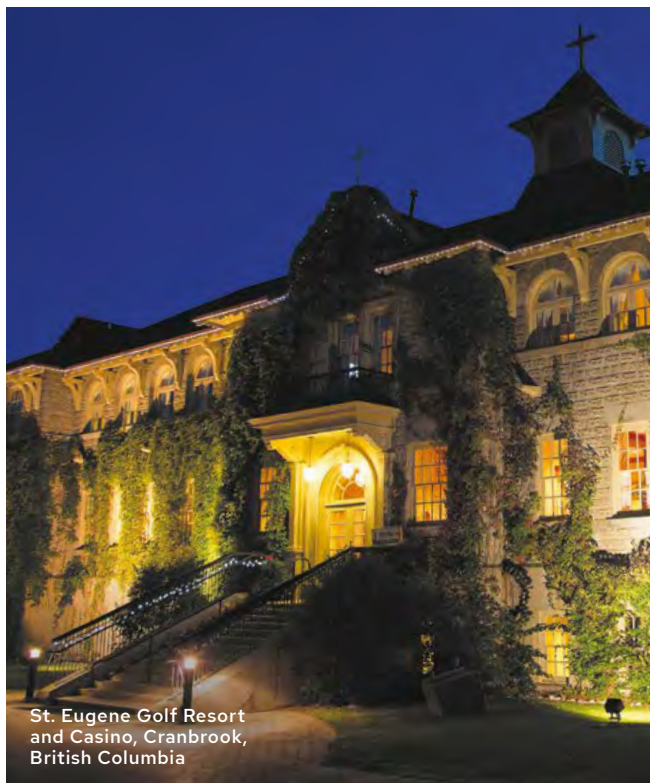
by residential schools. The decision of the Ktunaxa Nation to turn a former residential school into a tourism venture is just one example of the resilience of the Indigenous Peoples of Canada.

Indigenous tourism plays a vital role in sharing Indigenous culture and helps visitors gain understanding and perspective. Supporting Indigenous tourism operators is also a way to support reconciliation and create a positive impact on the economic growth of Indigenous communities. Here are four former residential schools that are now home to Canadian Indigenous tourism experiences.



St. Eugene Golf Resort  
and Casino, Cranbrook,  
British Columbia





St. Eugene Golf Resort and Casino, Cranbrook, British Columbia

### **St. Eugene Golf Resort and Casino – Cranbrook, British Columbia**

Located outside Cranbrook, St. Eugene Golf Resort and Casino is home to a 125-room luxury hotel, an 18-hole par 72 Les Furber-designed championship golf course, a casino, an RV park and campground, and a health club with a sauna, two hot tubs and an outdoor swimming pool. The resort is also home to the Ktunaxa Interpretive Centre, which is located on the lower level of the original historic mission building. You can arrange a 90-minute tour of the interpretive centre and the former mission building with a residential school survivor who explains Indigenous beliefs and culture and shares their residential school experience.

"Giving these tours helps me heal," said Margaret Teneese, a tour guide. "Building the resort has become part of our reconciliation with what happened here." During the warm weather months, a variety of activities and experiences are offered to hotel and RV guests at the Tipi Village near the RV park. Guests can enjoy evening storytelling around the fire, bison stew and bannock, traditional crafts and more. Corporate Indigenous education programs are also offered at the resort.



National Indigenous Residential School Museum of Canada, Portage la Prairie, Manitoba

### **National Indigenous Residential School Museum of Canada – Portage la Prairie, Manitoba**

Just outside the city of Portage la Prairie, the former Portage Indian Residential School is now home to the National Indigenous Residential School Museum of Canada. The former residential school and the land surrounding it are the property of the Long Plain First Nation. The school was one of 17 residential schools in Manitoba. The Portage La Prairie Indian Residential School was managed by the Women's Foreign Missionary Society of the Presbyterian Church until 1965, the United Church until 1969 and the Department of Indian Affairs until it closed in 1975. In 2005, the building was declared a provincial historic site. Children from the Long Plain First Nation and from northern communities attended this school.

The Long Plain First Nation turned the former residential school into a museum for a variety of reasons—one of the most important of which was to preserve an important part of Canadian history that must not be forgotten. The museum educates Indigenous and non-Indigenous visitors about the impacts of the residential school system—past and present. The museum's mandate is to transform the building "from a place of hurting to a place of healing."





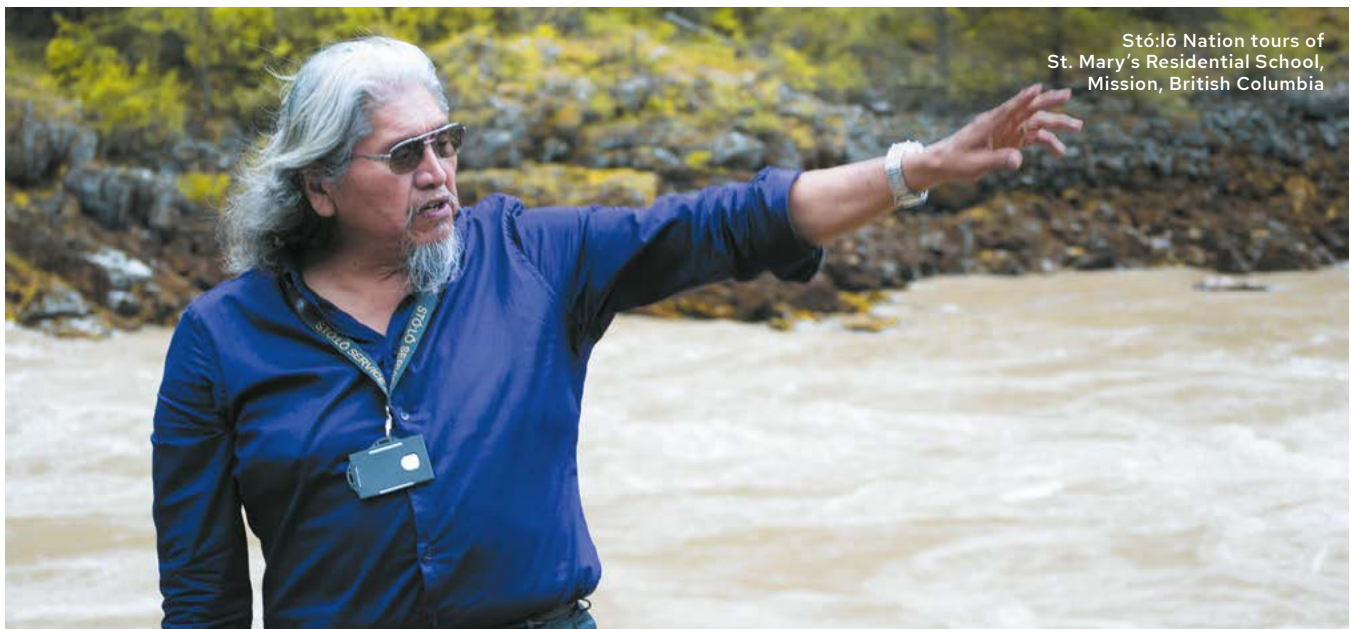
### **Woodland Cultural Centre – Brantford, Ontario**

The Mohawk Institute Indian Residential School operated in Brantford from 1828 to 1970. It was a boarding school for First Nations children from Six Nations (Onondaga, Mohawk, Cayuga, Oneida, Seneca, and Tuscarora), and other communities in Ontario and Quebec. The residential school, which destroyed the culture and language of Indigenous People, closed in 1970. The building reopened in 1972 as the Woodland Cultural Centre, a non-profit organization that works to preserve and promote Indigenous culture and heritage. There is an onsite museum with many artifacts and visitors can also enjoy **online** and in-person guided tours of the former residential school. The Woodland Cultural Centre is currently running a “Save the Evidence” campaign to repair the building and develop an interpretive centre about residential schools in Canada. The centre’s programs and facilities serve to preserve and promote the history, art, language, and culture of the Haudenosaunee People of the Eastern Woodlands.

**DEBBIE OLSEN IS AN AWARD-WINNING MÉTIS WRITER AND A NATIONAL BESTSELLING AUTHOR. FOLLOW HER AT [WANDERWOMAN.CA](http://WANDERWOMAN.CA).** 🌸

### **Stó:lō Nation tours of St. Mary’s Residential School – Mission, British Columbia**

The traditional territory of the Stó:lō Nation spans from the community of Yale in the Fraser Canyon to the mouth of the Fraser River. The word “Stó:lō” translates to “river” and the Stó:lō People are “people of the river.” Today, the nation has a tourism program that features a variety of cultural tours and experiences. In addition to experiences such as carving, weaving and storytelling offered in the Coqualeetza Educational Longhouse, the cultural education team offers guided tours of St. Mary’s Residential School in nearby Mission. Visitors gather in the chapel and learn the history of the school before taking a guided tour inside the building and visiting the student dormitories. It’s a chance to see one of the few residential schools still standing in Canada and to learn more about what it was like for young Indigenous People who were forced to attend these schools.



Stó:lō Nation tours of  
St. Mary’s Residential School,  
Mission, British Columbia





Moccasin Trails, Kelowna,  
British Columbia







# Reconciliation through Reclaimed Ink

Long before European contact on Turtle Island, tattooing has been a prominent aspect of identity for many different Indigenous Peoples.

Although unique in their style, tattooing spanned across tribal and community lines. Like many aspects of Indigenous culture, these tattoos were separated and in some ways forgotten due to colonization and the introduction of the Indian Act in which assimilation and removal of tradition was paramount. However, today the prevalence and meaning of Indigenous tattoos from the Inuit to the Haudenosaunee has returned and is being reclaimed.

BY TRAVIS KLEMP



*Tattooing is a form of medicine; good medicine.  
Like healthy eating and activity, respecting and honouring  
the land, connecting with family, and listening and learning  
from Elders, this medicine is essential in reclaiming identity  
and must continue to be fostered with care.*

For some Inuit communities in the North, an Inuk woman would receive tattoos from needles made from bone with either the hand-poking or skin stitching techniques. They were a mark of a milestone; an arrival into womanhood or preparedness to become a mother. With the arrival of missionaries in the continent's arctic in the late 1800's, the tradition quickly declined as it was seen as an antithesis to christian practice and beliefs.

The tattoos themselves hold the traditional name Kakiniit. When the art is displayed on the face of a woman it has also been referred to as tunniit although tattoos were also given on the arms, hands, chest, and thighs.

Today, thanks to work being done by organizations such as the Inuit Tattoo Revitalization Project, the practice has been resurrected. The project includes women Elders and focuses on the empowerment of young women, the whole community, and feeding their passion to bring their cultural traditions back to life.

Based in Rankin Inlet, Nunavut, the project supports cultural revitalization with each tattoo and line possessing specific cultural significance to combat the disappearance of this traditional knowledge. For many, the revitalization of this practice is necessary for future generations as they struggle to even find elders from their communities with the permanent, traditional, art.

Similarly, although completely different in design and meaning, the Haudenosaunee confederacy of Nations also holds traditional tattooing in high regard. While the designs and meanings vary, their hand-poked style was prevalent amongst many communities in the past.

Michael Galban, a Washoe/Paiute museum curator, has described the Haudenosaunee tattoos on men as reflective of skill on the battlefield, clan identity and other significant accomplishments. He has also used the traditional method, with some modern alterations, of attaching the needle to a lightning-struck piece of birch which the Haudenosaunee artists often did to harness the power of the Thunder Beings.

Today we are seeing a resurgence of these traditional tattoos across Turtle Island. Tattoos with meaning and traditional significance; tattoos designed with care and honour. And no, this does not include the random, small town, non-Indigenous person sketching a Chief with a headdress on onto another non-Indigenous person. They have meaning and they are a form of reconciliation and reconnection to specific cultural practice and wisdom.

Tattooing is a form of medicine; good medicine. Like healthy eating and activity, respecting and honouring the land, connecting with family, and listening and learning from Elders, this medicine is essential in reclaiming identity and must continue to be fostered with care. ✨



Siila Flaherty





Shane Chartrand, Chef



# discover our TRADITIONS







Long Ago Peoples Place,  
Yukon





# The Ancient Power of Storytelling

The wooden longhouse was dark and firelight danced off the interior walls as I sat with a small group of people around a fire ring in the centre of the structure. We had gathered inside the national Ekionkiestha' longhouse in Wendake, Quebec to enjoy an Indigenous storytelling experience. Storytelling is a powerful tool that has been used by Indigenous Peoples for thousands of years to share knowledge, connect people to culture, entertain and impart important life lessons. Listening to an Indigenous storyteller is always a unique and moving experience, but this particular moment was especially poignant for me, because my Indigenous ancestors were Wendat. I was about to learn their legends and stories. Like my ancestors before me, I sat inside a longhouse and waited to hear the first words spoken by the storyteller.

BY DEBBIE OLSEN





Squamish Lil'wat  
Cultural Centre, Whistler,  
British Columbia

Just outside Quebec City, Wendake is one of the oldest continuously inhabited Indigenous settlements in North America. In the early 1600s, the Wendat Nation, also known as the Huron Nation, was one of the most powerful and prosperous First Nations groups in Canada with an estimated population of about 30,000 people. By 1649, disease and war had devastated the population. When Wendake was established in 1697, there were only about 300 Wendat People living there. Just over 2,100 people reside in the community today and storytelling is one way they keep their culture alive.

"One thing we have that truly conveys culture is stories," explained Dominic Ste-Marie, the Wendat storyteller who led our guided Myths and Legends experience. "We're trying to keep our culture alive through storytelling—in our language and our way of speaking. It's about bringing the stories back and putting them in their place."

The national Ekionkiestha' longhouse is a recreated longhouse made of bark and wood that allows visitors to experience the traditional lifestyle of the Wendat People before European contact. The recreated longhouse is a short walk from the Hôtel-Musée Premières Nations, the luxury boutique hotel owned and operated by the Huron-Wendat Nation in Wendake. We had met our guide who was dressed in ceremonial clothing in the lobby and walked through the hotel parking lot to get to the longhouse.

As we walked to the longhouse, Ste-Marie explained the defensive palisades that surround the structure and pointed out the traditional garden planted inside the tall fence. Unlike more nomadic Indigenous groups, the Wendat lived in large longhouses that sheltered family groups related along the female line. These structures served as places of residence and provided storage for food and goods for trade, something that provided an advantage in the early years of the fur trade.

The people referred to themselves as the Wendat, which means "Dwellers of the Peninsula" or "People of the Island." French explorers called them Huron, which was most likely a reference to the bristly hairstyle of Wendat warriors.

Once we entered the longhouse and were comfortably seated around the fire, Ste-Marie explained more about himself, Wendat culture and what life was like when Wendat People lived in longhouses. He told us that his Indigenous name is Hanariskwa and talked about the clan system used



by the Wendat People. Anciently there were eight clans, but today there are only four—wolf, bear, deer and turtle—each animal representing an important figure in the Wendat creation story. Each clan had a purpose and Ste-Marie explained the role of each clan in ancient Wendat life. As he spoke, I couldn't help but wonder which clan my ancestors had come from.

"Being Wendat is not about blood; it's about how we live," he said. "Anciently, we told stories around the fire. These stories were told over and over through generations of time. That's why First Nations have such accurate oral history."

And then the storytelling began. I sat mesmerized as I listened to a legend about winter thunder and another about a talkative warrior who liked to stretch the truth and suffered the consequences—a crooked nose. Some legends and stories explain the natural world like the first story that explained the cause of a phenomenon known as winter thunder. Other stories teach important life lessons like the second one that taught the importance of humility and being truthful.

One of my favourite Wendat legends is about the three sisters. According to the legend, when the daughter of the original mother died, her body gave the world three sisters. Each sister was unique in her own way. The first sister was tall with long yellow hair that blew in the wind. The second sister wore a bright yellow dress and would run off on her own. The last sister was so young, she crawled on the ground. When the three sisters worked together, they were able to flourish and grow and the trio became inseparable.

The legend of the three sisters isn't just an old myth about the importance of cooperation and the sisters aren't just people. The three sisters are life-sustaining crops cultivated by Wendat women: corn, beans and squash. We like to think of intercropping, the agronomic practice of growing two or more crops on the same field at the same time as a modern concept, but Wendat People have been growing beans, squash and corn together for thousands of years. It was part of their ancient way of life and the legends confirm that. To them, the legend of the three sisters was a message from their ancestors about how to cultivate the food that historically accounted for 60 to 80 percent of the Wendat diet.

I could have stayed all night sitting around that fire listening to Wendat stories and legends and I think our guide sensed



that. He asked if we wanted to hear one more story and even though listening to another meant that I would be late for a dinner reservation, I couldn't resist.

### **Why is Indigenous storytelling important and where can you experience it?**

There are more than 50 distinct Indigenous Nations in Canada speaking more than 50 languages. Even though there are many different cultural beliefs and practices, oral traditions are at the heart of Indigenous knowledge transfer for all Indigenous groups. Storytelling is one of the ways that history, cultural etiquette, values, and spiritual beliefs are shared. Indigenous tourism experiences that honour the tradition of storytelling can be found right across Canada and participating in these experiences is a way to better understand and appreciate the unique values and beliefs of the Indigenous Peoples of Canada. Here are just a few of the places you can go to learn about Indigenous legends and stories and enjoy a traditional storytelling experience.





Squamish Lil'wat  
Cultural Centre, Whistler,  
British Columbia

### Port Hardy, British Columbia

Experience the wild beauty of Vancouver Island with **K'awat'si Tours** and you'll also have the opportunity to listen to stories, learn about history, culture and traditions from a First Nations guide. Story sharing occurs on the water as you view wildlife and when you wander along remote beaches with the guide.

### Lund, British Columbia

Experience the storytelling tradition of the Coast Salish People at the **Lund Resort at Klah ah men** on the northern tip of the Sunshine Coast. Guests at the resort can experience eco-adventure tours offered by Tla'amin Elders which include engaging storytelling of the history, culture, and geography of the Tla'amin Nation.

### Whistler, British Columbia

The **Squamish Lil'wat Cultural Centre** showcases the two First Nations communities that lived in the Whistler area. You can learn about the Nations, their stories and legends through fascinating exhibits and displays at the cultural centre and on guided tours with cultural ambassadors.

### Kelowna, British Columbia

Experience the Okanagan from a syilx perspective at the **Sncewips Heritage Museum** near Kelowna. Museum tours of the gallery space allow you to see a variety of artifacts and learn about the cultural practices of the Syilx People—past and present. Tours often include storytelling.



K'awat'si Tours,  
Port Hardy,  
British Columbia



Blackfoot Crossing  
Historical Park,  
Siksika, Alberta



Lund Resort at Klah ah men,  
Lund, British Columbia

### Siksika, Alberta

**Blackfoot Crossing Historical Park** has interactive exhibits that engage visitors in the history, traditions, and way of life of Siksika Nation and its people. Some of the legends and stories can be found in the displays, but a guided tour of the park is the best way to gain a deeper understanding of the culture and stories of the Siksika Nation.

### Edmonton, Alberta

Discover the Indigenous side of Edmonton on a guided tour of the Edmonton River Valley with **Talking Rock Tours**. The tour includes the chance to walk in the footsteps of Indigenous Peoples and participate in a sharing circle with music and storytelling.



**You can learn  
about the Nations,  
their stories and  
legends through  
fascinating exhibits  
and displays at  
the cultural centre  
and on guided  
tours with cultural  
ambassadors.**





### Wendake, Quebec

Book a stay at **Hotel-Musée Premières Nations** in Wendake and you can arrange a storytelling experience in the national Ekionkiestha' longhouse. To learn more legends and stories of the Wendat People, visit **Musée Huron-Wendat** on a guided tour. **Site Traditionnel Huron ONHOÛA CHETEK8E** is another site in Wendake where you can learn about the beliefs and lifestyle of the Huron-Wendat nation and hear their legends and stories.

### Odanak, Quebec

Experience the tangible and intangible heritage of the Abenaki First Nation at **Musée des Abénakis**. Displays at the museum recount the creation story and other legends and beliefs.



Musée Huron-Wendat,  
Wendake, Quebec



Musée des Abénakis,  
Odanak, Quebec



### Millbrook, Nova Scotia

The **Millbrook Cultural & Heritage Centre** has informative displays as well as programming that includes Mi'kmaq storytelling.

### Elsipogtog First Nation, New Brunswick

A cultural tour at **Elsipogtog Mi'kmaq Cultural Center** immerses guests in Mi'kmaq culture.

The experience includes a traditional greeting, a smudge ceremony, teachings and insights that connect past and present cultural ways and customs. It also includes a medicine walk and a chance to see fascinating displays.

### Red Bank, New Brunswick

Book a stay at the **Red Bank Lodge** and enjoy a visit to nearby **Metepenagiag Heritage Park** where you can explore two national historic sites and experience the storytelling of Mi'kmaw Elders.

DEBBIE OLSEN IS AN AWARD-WINNING MÉTIS WRITER AND A NATIONAL BESTSELLING AUTHOR. FOLLOW HER AT [WANDERWOMAN.CA](http://WANDERWOMAN.CA). 🌿



Metepenagiag Heritage Park,  
Red Bank, New Brunswick



Elsipogtog Mi'kmaq Cultural Center,  
New Brunswick







# The Amazing Women of Indigenous Tourism

On a snowy trail in the Alberta Rockies near Canmore, Brenda Holder, owner of Mahikan Trails, pointed out some animal tracks and asked my brothers and me to identify which animal they came from. We each enthusiastically shouted our guesses while Holder patiently waited. In response, she taught us how to identify the tracks. As we moved along the trail in snowshoes, she proceeded to explain how the surrounding plants were used in traditional Indigenous medicine, captivating us with stories of how her grandmother used these plants in her everyday life. Despite the passing of many years, I remain profoundly affected by my first Indigenous tourism experience and the Métis woman who led it.

BY KELSEY OLSEN



There was a time when Indigenous People were largely excluded from, and sometimes exploited by the tourism industry. But things are changing in Canada with Indigenous women like Brenda Holder who is now the Vice-Chair of the Indigenous Tourism Association of Canada (ITAC) leading the way.

Nationally, about one-third of Indigenous businesses are owned by women. In some provinces, these numbers are even higher. Through their contributions to the tourism industry, Indigenous women are challenging stereotypes, preserving and sharing culture, creating new economic opportunities and promoting Reconciliation. Join us in celebrating some of the authentic Indigenous tourism businesses made possible through the efforts of remarkable Indigenous women.

For a decade, the **Adäka Cultural Festival** has been held along the banks of the Yukon River in Whitehorse, YT. It is an incredible celebration of Indigenous arts and culture that brings together Indigenous artists and entrepreneurs from across the territory. Charlene Alexander was formerly co-founder of this amazing multidisciplinary arts event and is also the Executive Director at Yukon First Nations Culture & Tourism Association, the organization that hosts the festival. The Adäka Cultural Festival has grown into a world class event that brings both Indigenous and non-Indigenous people together in a true celebration of culture.

Michela Carriere lives off the grid in the Saskatchewan wilderness and practices as a Cree herbalist. Her experience, knowledge and passion



Aski Holistic Adventures,  
Cumberland House, Saskatchewan

led her to start **Aski Holistic Adventures**, a tourism company that offers year round adventures in the Saskatchewan River Delta. She believes in the power of nature. "My philosophy is that nature is healing, and I want to reconnect you with nature," she says. Her bespoke adventures include herbal medicine walks, guided canoe trips, nature therapy workshops, snowshoe tours, tipi camping, and more.

One of the most celebrated Indigenous restaurants in Canada is owned by a woman who is passionate about food and community. Christa Bruneau-Guenther, owner and executive chef of **Feast Café Bistro** in Winnipeg, Manitoba, weaves her Peguis First Nations background seamlessly into her restaurant's dishes. By taking inspiration from her culture and traditional land, she provides modern dishes that come with stories that leave guests' hearts, minds, and of course, stomachs full. In her culture,



Adäka Cultural Festival,  
Whitehorse, Yukon

respect is given to the plants and animals that nourish us, and Feast ensures that good spirit is used in everything that is harvested, cooked, and eaten.

Located at an ancient trading stop on the Ottawa River between Ottawa, Ontario, and Gatineau, Quebec, **Indigenous Experiences** offers many experiences that highlight Indigenous culture, practices, and beliefs. "We give people an introduction to Indigenous People in Canada," says Linda Sarazin, director of operations. Visitors can



enjoy dancing, drumming, food, and a voyageur canoe experience. Indigenous Experiences offers programs and experiences at two sites - Mādahòkì Farm and the Canadian Museum of History. Sarazin manages the operations and marketing and also delivers training programs across Canada through the Indigenous Cultural Ambassador program.

Take a medicine walk with Brenda Holder, owner of **Mahikan Trails**, and you will be met with gorgeous views of the Canadian Rockies and prairies and tales of survival and hope. Holder draws from her family lineage as a Métis



guide from the Kwarakwante People of Jasper and her knowledge is exceptional. Mahikan Trails offers programs in Banff, Canmore and Sundre, Alberta that leave you reconnected to the natural world and with a new knowledge of traditional ways of life.

Built on a traditional camping site of the Innu People, **Maison de la culture innue** is a gathering place for those who wish to experience the culture and way of life of the Innu People of Ekuanitshit, Quebec. Rita Mestokosho, director of the exhibit, is a talented poet and a proud Innu woman who has worked to develop this attraction into a place that not only preserves her culture, but shares the beauty of it with all. A visit to this exhibit is a gateway to the community's past, present, and future.



Tracey KlettI is a descendant of the Cree and Mohawk People from the area which is now Jasper National Park. She comes from a long line of Métis trappers, hunters, and guides and she shares her knowledge and ties to the land at **Painted Warriors** Ranch near Sundre, Alberta. Visitors can enjoy glamping, archery, horseback riding, snowshoe tours, storytelling and more. The ranch also offers outdoor training, hunter education, and wilderness skills certification.



Chef Tammy Maki opened **Raven Rising** as a way to reconnect, explore, and celebrate her Saulteaux Ojibwe kwe culture. The gourmet chocolate shop in Sudbury, Ontario is unique because Maki incorporates traditional Indigenous ingredients into each and every one of her recipes. Being taken away from her family due to the sixties scoop resulted in Maki being disconnected from her culture. Raven Rising has provided a way for her to reconnect with her Indigenous culture and to share and celebrate it with others.

**Salmon n' Bannock** is Vancouver's only Indigenous owned and operated restaurant. The intimate atmosphere provides guests with a cozy dining experience as aromas of freshly baked bannock comfort your senses. Owner Inez Cook co-founded Salmon n' Bannock in 2010. Growing up, Cook was disconnected from her culture when she was forcibly removed from her family and Nuxalk Nation community as a part of the sixties scoop. Her restaurant has allowed her to relearn the traditional ways of her people and celebrate her Indigenous roots.

Attending a wellness retreat at **ShaMaSha Centre** is a wonderful way to reconnect with nature, relax, and become a better version of yourself. Daphne March is the Mi'kmaq woman who founded the centre in St. John's, Newfoundland as a place to provide holistic healing through the teachings of her culture and allow a space for reconnecting to the land. Through yoga, meditation, healthy eating, and traditional practices, March provides life-changing moments in the heart of Newfoundland.

ShaMaSha Centre,  
St. John's, Newfoundland



Feast Café Bistro,  
Winnipeg, Manitoba





Talking Trees Tour, Stanley Park,  
Talaysay Tours, Vancouver,  
British Columbia

Since 2002, **Talaysay Tours** has been providing cultural experiences in the Vancouver, Squamish, and Sunshine Coast areas of British Columbia. Founder, Candace Campo, draws from her experiences growing up as a member of the Shíshálh Nation. She attributes much of her knowledge to her parents and Elders from her native community of Sechelt, BC. The various outdoor tours offered by Talaysay Tours share stories and legends of the land, Indigenous ways of life, and the natural beauty of British Columbia's west coast.

Mother and daughter duo, Matricia Bauer and Mackenzie Brown-Kamamak share their Cree background through **Warrior Women**, a traditional drumming group. Both talented musicians, the pair passionately share their culture through traditional music and teachings in the Jasper and Calgary areas of Alberta. The pair have performed over 300 shows. Warrior Women also offers guided plant walks, fireside chats, storytelling and a variety of workshops and experiences.

President of the **Yukon First Nations Culture & Tourism Association** (YFNCT), Marilyn Jensen, is a passionate Indigenous woman from the Carcross/Tagish First Nation. For close to twenty years, Jensen has dedicated her time to revitalizing Indigenous culture through facilitating workshops and teachings. Her talents of storytelling, traditional dancing and singing, and Indigenous drumming, enable her to share her culture through a number of avenues that engage and empower her audience. YFNCT is a non-profit organization that is committed to growing and promoting vibrant and sustainable arts/culture and tourism sectors.

**KELSEY OLSEN IS AN ALBERTA-BASED MÉTIS WRITER AND AUTHOR.** 🍁



Warrior Women,  
Jasper, Alberta







# TRADITIONAL TRANSPORTATION

Travel, they say, is about the journey not the destination. But when it comes to taking part in a traditional transportation activity with an Indigenous owned business, you'll discover it goes even deeper: connecting with the land is the focus of every trip.

BY DIANE SELKIRK



## Learn about the whales, seals and other marine life that inhabit the sheltered bays and open waters of this gorgeous region.

Whether you're snowshoeing through the underbrush of a wintery boreal forest; canoeing along the abundant shoreline of the Salish Sea; or being pulled across the frozen tundra by a pack of exuberant sled dogs, each step, or paddle stroke, gives you a deeper understanding of the landscape where your Indigenous hosts have thrived for thousands of years.

You'll also learn about the ingenuity of traveling tools that have been tailored by the environment. From qamutiik (sleds) which are lashed together so they can ride smoothly over ice; to canoes that have been adapted for environments that include open sea, rivers and lakes; to snowshoes that have been perfected over a millennia of harsh winters, the continued use of these traditional modes of transportation is a testament to cultural resilience and resurgence.

### PADDLE THE ANCIENT WATERWAYS

The Indigenous People of the west coast of Vancouver Island once found it easier to travel by water rather than overland across the rugged mountains that make up their coastal landscape. With **West Coast Expeditions** you won't be paddling a traditional red cedar dugout canoe while exploring this vast ocean wilderness. Instead, nimble kayaks are used for multi-day expeditions in Kyuquot Sound, the Bunsby Islands or M<sup>a</sup>uq<sup>i</sup>n/Brooks Peninsula. Your guides will introduce you marine wildlife including sea otters, whales, bears and wolves, while base camp comforts include walk-in tents and hot showers.

Canoes were once used for everything from fishing and hunting, to trade and transportation. With **Takaya Tours**, a guided paddle through the sheltered waterways of the Tsleil-Waututh Nation, in North Vancouver, BC offers cultural learning in a replica ocean-going canoe. Guides will share traditional songs and legends while teaching you a few words of Downriver Halkomelem—the traditional language of the region. Kayak and SUP rentals are also available for those who want to explore the salt waters of Whey-Ah-Whichen on your own.

On inland waterways, heavy coastal canoes gave way to lighter, more portable, bark canoes. In BC's Cariboo region, on the ancestral lands of the Secwepemc People, visitors staying at **Siwash Lake Wilderness Resort** can get a sense of how it must have been to paddle through marshes and rivers in search of game or seasonal berries. Self-guided trips on the private lake give a water's-eye view of an old beaver lodge and a variety of wild birds. As you paddle through the water lilies you may even catch sight of a bear.

The People of the Six Nations of the Haudenosaunee (Onondaga, Cayuga, Mohawk, Oneida, Seneca, and Tuscarora) once lived in wilderness cities made up of dozens of enormous longhouses. Linked each other by the rivers and lakes of the Eastern Woodlands in Ontario, the birch bark canoe was a vital tool for visits between the communities. **Six Nations Tourism** gives modern visitors a chance to experience a version of this social side of canoeing with a three-hour guided river trip. Your journey will delve into the plants and animals of the Carolinian Forest, and offer a deeper understanding Haudenosaunee culture and history.

Once known as Kaniatarowanenneh, or the big waterway, the St. Lawrence has a rich Indigenous history. Robust trade canoes from several Nations once plied the waters where **Mer et monde écotours** now offers single and multiday sea-kayaking expeditions, complete with ocean-side accommodation. Learn about the whales, seals and other marine life that inhabit the sheltered bays and open waters of this gorgeous region. Tours include expert instruction, meals and comfortable campsites. Activities range from whale watching, to beach cookouts, to night paddles in search of bioluminescence.

Known as the "people of the bark" for their exceptional skill in making birch bark canoes, a visit to **Domaine Notcimik** in Quebec, gives visitors a chance to learn about the Atikamekw People, while experiencing their culture and territory. Sign up for a cultural package to get unlimited use of the boats, or book a stay in the accommodation and rent a canoe for an afternoon on Lake Kitigan. This family owned site offers a range of workshops, camping, lodging and outdoor activities and is great for families and groups.





West Coast Expeditions,  
Kyuquot, British Columbia



Domaine Notcimik,  
La Bastonnais, Quebec



Mer et monde écotours,  
Tadoussac, Quebec



Siwash Lake Wilderness Resort,  
70 Mile House, British Columbia





Aurora Village,  
Yellowknife,  
Northwest Territories

## TRAVEL ACROSS THE FROZEN LANDSCAPE

Indigenous People once sported hundreds of versions of snowshoes, suitable for all possible conditions and terrain. On the trails of **Aurora Village**, Yellowknife NWT, try the traditional wooden snowshoes used by the Dene and Metis People. Your guided walk includes lessons about local plants and animals and will give you a chance to learn a few of the survival skills needed to stay safe in the extreme cold. Once you've explored by foot—experience the thrill of dogsledding—one of the most important modes of northern transportation.

Made to mimic the paw prints of various animals—some snowshoes were round like a bear's or oval like a beavertail—depending on the need. At **Inuit Adventures**, a trip to Nunavik will give you a chance to immerse in all the ingenious designs developed to thrive in the north. Travel by dog sled will take you to a camp where you'll build an igloo and can try traditional Inuit ice-fishing with a net. Along the way you'll learn how dogsleds are built and about the unique northern dogs that pull them.

For thousands of years, the Inuit used dogsleds to cross the harsh northern terrain. Because wood was scarce, the sleds were usually reinforced with bone or antlers—occasionally frozen fish wrapped in skins were used as runners. At **Arctic Bay Adventures** on Baffin Island, Nunavut a multiday dogsledding expedition will deepen your appreciation for the traditions and cultures of the Inuit. Elders will tell you about their life on the ice floe and you'll get a chance to help build an igloo and try traditional foods while traveling in this ancient way.

While once primarily used for transportation and hunting—modern dogsledding is often about speed. Visit **Wapusk Adventures**, a racing kennel in Churchill, Manitoba and learn what it takes to get across the finish line at the front of the pack. After an opportunity to learn about Metis culture and history from your hosts, you'll meet the dogs and then see how they are harnessed to a sled. As soon as they are ready to go you'll experience the thrill of the dogs in action as they pull you across the northern landscape. 🍂



Wapusk Adventures,  
Manitoba







# REGIONAL SPOTLIGHTS







REGIONAL SPOTLIGHTS

# British Columbia

With lush coastal rainforests, towering cedar totem poles and supernatural wildlife like Spirit Bears and prehistoric sturgeon—exploring the lands briefly known as B.C. is a transformative experience. Since the territories have been stewarded by Indigenous Peoples since time out of mind, there are no better guides to show you around than the Nations whose homelands you are visiting. Whether it's eating freshly-caught salmon in a Haida village site, hearing stories from a Kwakwaka'wakw knowledge-holder, or getting up close with a massive killer whale—the experience is sure to be spiritually-renewing.

To complete your itinerary and learn more about what the province has to offer, be sure to check out Indigenous Tourism BC for more travel ideas and to plan your itinerary, as well as Explore Canada, which creates travel guides.

BY CARA MCKENNA





PHOTO: JACK PLANT

**Spirit Bear Lodge**

Visiting the homelands of the Kitasoo/Xai'xais People, you may be lucky enough to catch a glimpse of the elusive Spirit Bear—a rare subspecies of the black bear which is stark white. Located in Klemtu, B.C., Spirit Bear Lodge offers accommodations among the largest temperate rainforest on the planet. Book a day tour to search for Spirit Bear in the day—spotting orcas, eagles and sea lions along the way—then relax with a glass of wine in the cozy lodge, overlooking pristine ocean and lush cedar trees.

**Great River Fishing Adventures**

On Stó:lō homelands, the powerful river—colonially-known as the Fraser—is home to a variety of fish, including prehistoric sturgeon which reach up to three-and-a-half-metres in length. Great River Fishing Adventures offers fully-guided fishing charters on the Fraser River and its various connected tributaries and lakes. Book a package with experts who have been chasing sturgeon for decades, and experience a unique adventure as you wrestle with the water's most epic, massive beasts. Guides share deep local knowledge in conservation as they guide guests to fish salmon, trout and more.





Haida House at Tllaal,  
British Columbia

### Haida House at Tllaal

If you're ever fortunate enough to visit the picturesque lands of the Haida Nation, experiencing local culture and food is a must. The Haida House at Tllaal lodge and luxury cottages are nestled on the banks of a river among ancient cedar trees. The business is 100 per cent owned by Haida citizens and offers authentic cultural packages and all-inclusive options. Make sure to check out the dining room, which offers rotating seasonal dishes such as salmon quenelles, wild chanterelle mushrooms and fresh sourdough bread with spruce tip butter.

**The [Klahoose Wilderness Resort] offers a variety of experiences on [the] stunning territories—book a grizzly bear tour to Toba Inlet in the day to catch unprecedented views of the area's majestic wildlife, then unwind in the lodge overlooking the teal waters of the Salish Sea. Staying this secluded gem is sure to be a spiritually-restorative experience.**



Haida Style Exhibitions,  
British Columbia

### Haida Style Exhibitions

Identical twin brothers Sk'aal Ts'iid and Kung X angajii started Haida Style Exhibitions more than 20 years ago with a small fleet of kayaks. These days, they tour guests around their territory in a state-of-the-art Catamaran landing craft. The brothers, of the Tsaahl Eagle Clan, and their team of Haida guides bring visitors to village sites such as K'uuna and SḠang Gwaay—offering wildlife viewing, historical stories and adventures along the way. Mid-day, guests are treated to a traditional feast on the land—which of course includes locally-caught salmon.



### Klahoose Wilderness Resort

Located in remote toq qaymix™ (Klahoose) homelands accessible only by boat or seaplane, the Klahoose Wilderness Resort is located among pristine forests in the untouched wild of Desolation Sound. The eco-resort offers a variety of experiences on Klahoose's stunning territories—book a grizzly bear tour to Toba Inlet in the day to catch unprecedented views of the area's majestic wildlife, then unwind in the lodge overlooking the teal waters of the Salish Sea. Staying this secluded gem is sure to be a spiritually-restorative experience.

### Knight Inlet Lodge

Operating in the heart of the Great Bear Rainforest since the mid-1990s, the Knight Inlet Lodge is owned by five partner nations: Da'naxda'xw Awaetlala, Mamalilikulla, Tlowitsis, Wei Wai Kum and K'ómoks. They've stewarded the lands since time out of mind—and continue to work with sustainability and conservation in mind. The lodge utilizes green energy, with hydro-electric infrastructure and a plan to introduce solar. And since their specialty is grizzly bear and whale watching tours—the lodge's owners advocate for improved wildlife management policies and support grizzly bear research initiatives.







Ocean House at Tlaga  
Gawtlaas, British Columbia



### Kwa'lilas Hotel

Guests entering the lobby of the Kwa'lilas Hotel are greeted by mythical creatures depicted in a wall-sized piece of copper artwork by Shain Jackson. Aside from being striking to the eye, the work tells of the history and legends of the Gwa'sala Nakwakda'xw People. That feature wall is just the start of the artwork adorned through Kwa'lilas. "We utilized all our young people," said Elder Richard George. "The dividers in the room, the headboards, the runners on the foot of the bed and then all the artwork that's gone into the restaurant. It really shows a sense of pride."

### Ocean House at Tlaga Gawtlaas

Relaxing in a spa sauna while gazing out at a lush Northwest Coast rainforest is just one of the serene experiences offered at Ocean House at Tlaga Gawtlaas. Located near the village of Old Massett, this Haida-owned hotel offers a relaxing cultural retreat that's completely disconnected from day-to-day stresses. Take day trips with local guides to ancient Haida village sites—and then come back and feast on freshly-caught seafood at the restaurant, visit with one of their artists-in-residence, or kayak into the calm waters at sunset.

### River Wrangler Sportfishing

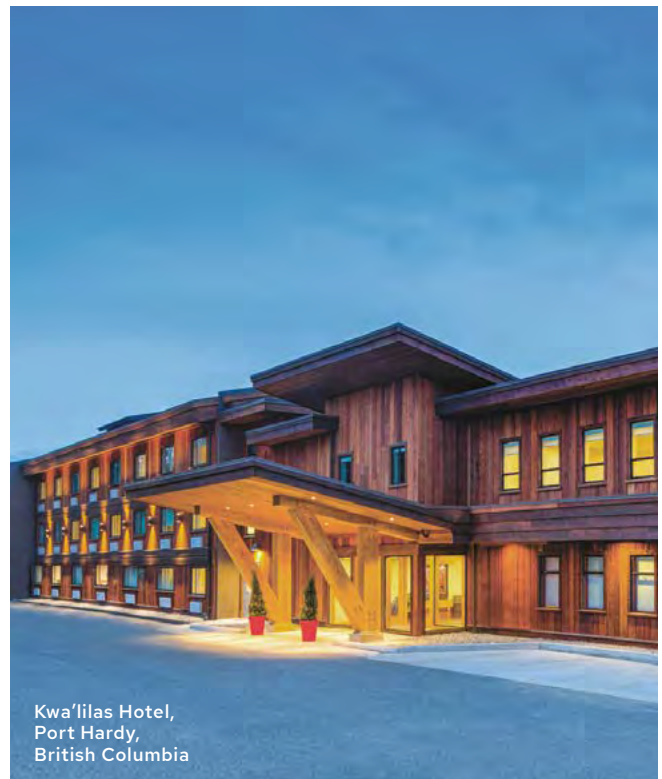
There are five species of salmon that travel up the Fraser River in Stó:lō homelands—ranging from four to 40 lbs each—and River Wrangler Sportfishing holds expertise about each one. The company owned by captain Brandyn Desjarlais offers year-round fishing excursions, where guests can seek out salmon, sturgeon—or simply cruise around the area on the boat while watching bald eagles feast on fresh fish. Regardless of your experience level, guides will teach about the ways of the water and make anyone feel like a bonafide angler.

### Sea Wolf Adventures

For the Kwakwaka'wakw guides at Sea Wolf Adventures, touring people around their homelands is about more than just the beauty of it—but the interconnectedness of the wildlife, their culture and themselves. While spotting grizzlies and whales off the lands briefly known as northern Vancouver Island, guests also get a glimpse into the past and present of the Indigenous Peoples who have lived here for millennia. Owner Mike Willie said his company has become "a vehicle that ensures my team and I are staying connected to our territory, while sharing with those who come to visit us."



Ocean House at Tlaga  
Gawtlaas, British Columbia



Kwa'lilas Hotel,  
Port Hardy,  
British Columbia



**Laichwiltach People have conceived and built a beachfront lodge here called Tsa-Kwa-Luten, the Ocean Resort at Cape Mudge. The main lodge's structure is inspired by that of a traditional bighouse, and there are also beachfront cabins.**

## SEASIDE SUITES

### Sidney Whale Watching

In Kwak'wala, the word for killer whale is Max'inux, and they are an important part of stories and community. Mike Child of the Kwakiutl First Nation started Sidney Whale Watching with a passion for stewardship and a love for West Coast marine life. Operating on the waters of the WSANEC People, his company offers three-hour tours where you are almost always guaranteed to see a whale—whether it's Max'inux or another species like humpback, grey or minke. There's also an option to combine the tour with a stop at Salt Spring Island.

### Stikine Valley Inn

Located on the Stikine River in northern B.C., the Stikine Valley Inn offers a Tahltan approach to hospitality. There are five suites available to rent, with the property overlooking a magnificent view of the river valley. A highlight is the restaurant, where even those just stopping through can enjoy a rest and a hearty meal. Cooks offer up mouth-watering comfort food such as spaghetti and meat sauce, turkey dinners or clubhouse sandwiches. Coffee is usually on, and guests can choose from a variety of desserts which usually include pie and cake.

### Tsa-Kwa-Luten, the Ocean Resort at Cape Mudge

If you take a 10 minute ferry trip from Campbell River, you will arrive at the village of Tsa-Kwa-Luten, which means "gathering place" in the Kwak'wala language. Laichwiltach People have conceived and built a beachfront lodge here called Tsa-Kwa-Luten, the Ocean Resort at Cape Mudge. The main lodge's structure is inspired by that of a traditional bighouse, and there are also beachfront cabins. Walking through the area's many forest and beach trails, guests can enjoy pristine nature and find ancient petroglyphs—or check out the nearby cultural centre. 🌸












REGIONAL SPOTLIGHTS

# The Prairies

From time immemorial the prairies, foothills, and mountains of what are now known as Alberta, Saskatchewan and Manitoba provided their Indigenous stewards with everything they needed for their physical, spiritual, and emotional wellbeing. In return, Indigenous People cared for the land—managing resources and only taking what they needed.

BY DIANE SELKIRK





When Europeans arrived, there was an effort to negotiate with Indigenous Nations through Treaty-making. From 1871 to 1921 eleven Numbered Treaties were made between the Canadian government and Indigenous Peoples—with 10 of these treaty areas being located fully or partially in these provinces.

While the government of Canada saw the treaties as a way to assimilate and conquer the Indigenous Nations—Indigenous People viewed them as agreements that reflected their rights and responsibilities to their traditional homelands.

Today, when you meet someone from Alberta, Saskatchewan or Manitoba, many will be able to tell you which Treaty Land they call home and which historic Métis homelands are nearby—this is a reflection of the ongoing process of reconciliation. It also offers the hope that as we go forward, we'll share and care for the land and each other, respectfully and together.

## TREATY SIX TERRITORY

Spanning central Alberta and Saskatchewan, Treaty Six is an agreement between the Canadian Government and Nations including the Plains and Woods Cree, Assiniboine and Nakota Peoples. Including mountainous areas, grasslands and urban centers—this is a region where visitors can stay in the city and check out great Indigenous restaurants, galleries and hotels—or head to into the wilderness to reconnect with nature alongside a talented Indigenous guide.



### Sawridge Edmonton South

Those who want to base themselves in Edmonton will appreciate the Sawridge Edmonton South. Located close to the airport, downtown, Southgate Centre and South Edmonton Common this 136 room hotel has deep First Nation's roots through the Sawridge Cree First Nation. With conference space for up to 200, this pet-friendly hotel and conference centre is one of four properties operated by the Sawridge Management Corporation (the others are in Jasper, Fort McMurray and Peace River).

### Wildhorse Ranch

After some time in the city—no doubt you'll crave some of the wilderness that Treaty Six is so famous for. Wildhorse Ranch will give you the opportunity to join Bear, Diane and the Wildhorse Herd at their ranch near Rocky Mountain House for a natural horsemanship experience that may change your relationship with horses and yourself. Retreats, trail rides, and camps—will give you time with the herd (many of them rescues) and reconnect you with the land.

### Girth Hitch Guiding

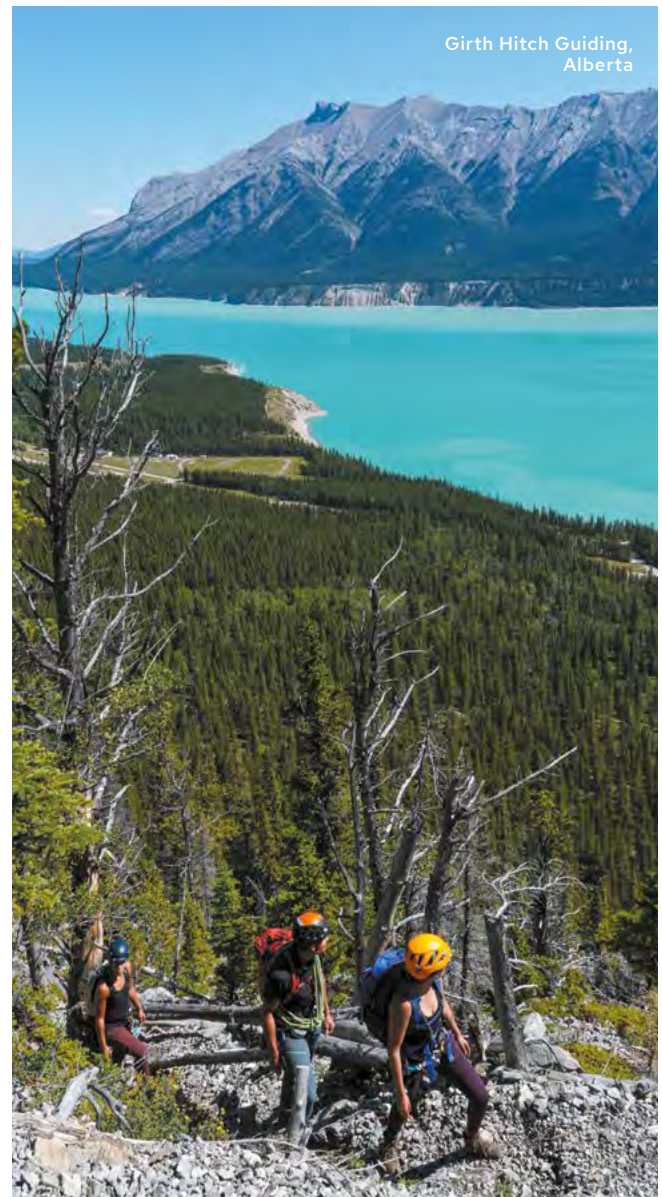
Connect with the mountains in all their rugged power with Metis guide Tim Taylor. Girth Hitch Guiding offers Via Ferrata climbing as well as a wide variety of skills courses in the ancient mountains of the David Thompson Corridor near Red Deer. In the winter, ice climbing courses for novices through experienced climbers are available—as are all the classes you'll need to develop a safe and respectful relationship with the mountains that Girth Hitch Guiding considers ancient friends to discover and experience.

### Cree North Adventures

On the other side of Treaty Six Territory, on the Flying Dust First Nation Reserve in near Meadow Lake Saskatchewan, Cree North Adventures is a small family-owned operation that provides authentic Cree experiences to visitors. Sleep in a glamping tipi and then take part in Cree cultural activities such as cooking a traditional campfire meal with an Elder, getting a dance demonstration from Mia—who does Fancy Shawl Dance, or go canoeing along the Meadow River. In the winter you can try a guided snowshoe tour, which also includes a campfire meal.



Wildhorse Ranch,  
Rocky Mountain House,  
Alberta



Girth Hitch Guiding,  
Alberta





## TREATY SEVEN TERRITORY

From the Rocky Mountains, to Alberta's Cypress Hills in the east, the Red Deer River in the north to the US border, Treaty Seven was an agreement between the Siksika (Blackfoot), Kainai (Blood), Piikani (Peigan), Tsuut'ina (Sarcee) and Stoney-Nakoda Nations. Located mainly in southern Alberta, this territory includes mountains, grasslands, and badlands as well as the city of Calgary.

### Indigenous Tourism Alberta

Plan your visit to Treaty Seven Territory (and all of Alberta) with Indigenous Tourism Alberta (ITA). As an organization that's devoted to promoting authentic, sustainable and culturally rich Indigenous tourism experiences, ITA offers up recommendations for accommodation, attractions, experiences, dining and more. Committed to supporting Indigenous businesses, ITA staff are experts in helping you with planning the perfect vacation.

### Westin Calgary Airport

Base your visit to Treaty Seven Territory at The Westin Calgary Airport. This partner hotel has a free shuttle to the airport and has amenities including a fitness centre, pool, and restaurant as well as pet-friendly rooms. With a wide range of rooms and suites—the hotel is centrally located near the airport for exploring Indigenous offerings across the region.

### Drift Out West Fly Fishing

Start to get to know the waterways of Treaty Seven with a guided fishing expedition with Drift Out West Fly Fishing. Owner/operator Quinn Soonias offers full and half day float trips on the Bow River, as well as walking and casting trips in mountain streams. Quinn is passionate about the rivers that the Cree People have fished in since time immemorial and he provides you with everything you need for a successful day on the water including gear, drinks, meals, and his exceptional knowledge.



Indigenous Tourism  
Alberta



The Westin  
Calgary Airport,  
Alberta



Drift Out West  
Fly Fishing,  
Alberta





Jasper Tour Company,  
Jasper, Alberta

## TREATY EIGHT TERRITORY

Encompassing northern Alberta, northwest Saskatchewan, and portions of the modern Northwest Territories and BC—Treaty Eight is a rugged territory filled with untouched wilderness. Homeland of the Métis, Cree and Dene People, it is a land of mountains, boreal forests and wild animals.

### Jasper Tour Company

Develop a deeper understanding of the land and the Métis People with Jasper Tour Company. Guide Joe Urie offers a variety of tours that will get you into the mountains around Jasper. Book a guided hike or head off on the combination walk/drive Wildlife Adventure. This interpretive tour offers the opportunity to spot bear, elk, coyote, sheep, wolves and moose while you learn about the connection between the animals, the land, and the people who have lived here since time immemorial. Winter tours are also available.

### Fort Vermilion Heritage Centre

Fort Vermilion Heritage Centre is located near High Level, AB, situated along the banks of the Peace River. Telling the story of Weyiman Waskahikun Wehkohkewin (Fort Vermilion—A Special Gathering Place) from the rocks and fossils of its pre-human history, to its more recent habitation by the Dene Tha', Beaver and Cree Nations—the centre is filled with interesting photos, archives and objects. Be sure to bring some money for souvenirs, as there's also an onsite shop with traditional, locally-made birch bark baskets, dream catchers and antler jewelry.

### TownePlace Suites Fort McMurray

Located just minutes from the Fort McMurray International Airport, partner hotel, TownePlace Suites Fort McMurray is a comfortable new hotel that's perfect for short or extended stays. With amenities that include well-appointed kitchenettes, an indoor pool and fitness centre, and a free hot breakfast each morning, the hotel is close to attractions around Fort McMurray including MacDonald Island Park and Fort McMurray Heritage Village.

### Microtel Inn & Suites by Wyndham Fort McMurray

Fort McMurray is known for the oil sands—but it's also a great place to catch the northern lights. Partner hotel Microtel Inn & Suites by Wyndham Fort McMurray encourages guests to check out the aurora borealis as well as other Fort McMurray highlights including Vista Ridge All Seasons Park with its water slides, forest zip-lines, and skiing or snowboarding in the winter and the Oil Sands Discovery Centre. The hotel offers free breakfast and has an onsite restaurant.

### Peavine Inn & Suites High Prairie

Relax at the Peavine Inn & Suites High Prairie. Located just 20 minutes from the shores of the Lesser Slave Lake. Owned by the Peavine Métis Settlement in High Prairie, the Peavine Inn has 76 guest rooms, 12 suites, themed safari and Egyptian rooms and a children's suite with bunk beds. Located near two provincial parks and the Northern Lakes College Native Cultural Arts Museum, where visitors can learn about the Métis Peoples and the Woodland Cree of northern Alberta—Peavine Inn offers something for everyone.

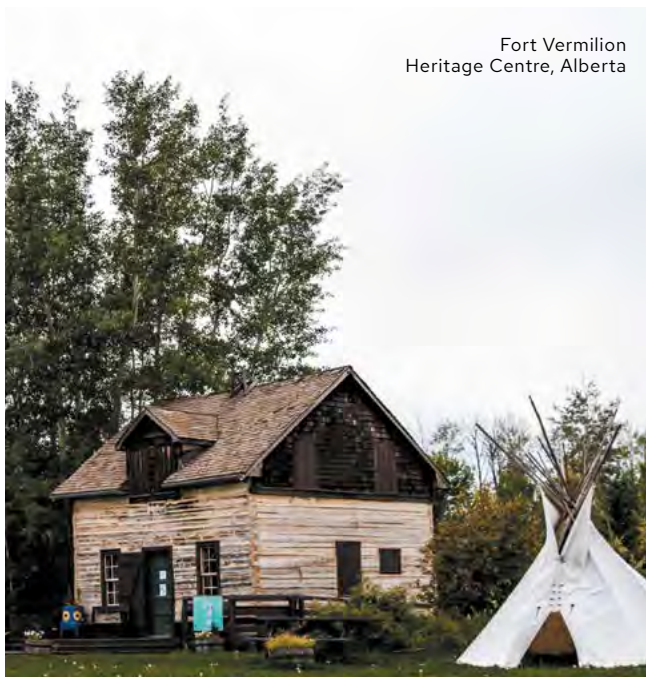


**Located in downtown Churchill, a town known for polar bear safaris, Beluga whale watching and incredible northern light viewing, the Aurora Inn has 18 spacious apartment style rooms with kitchenettes.**

## TREATY FIVE TERRITORY

### Aurora Inn

Covering portions of Saskatchewan and Ontario, as well as much of present-day central and northern Manitoba the Aurora Inn in Churchill, MB is just one of many Indigenous businesses found in Treaty Five Territory. Located in downtown Churchill, a town known for polar bear safaris, Beluga whale watching and incredible northern light viewing, the Aurora Inn has 18 spacious apartment style rooms with kitchenettes. Check with the friendly staff to access tours and activities—and enjoy being within walking distance of everything the unique northern town has to offer.



Fort Vermilion  
Heritage Centre, Alberta

## TREATY ONE TERRITORY

### Manito Ahbee Festival

Located in southern Manitoba, Treaty One is the traditional homelands of the Anishinaabe Peoples and includes urban centres including Brandon, Portage La Prairie and the city of Winnipeg. Located in present day Winnipeg, the Manito Ahbee sacred site is the setting for the Manito Ahbee Festival; an annual festival that runs May 18-23, 2022 and celebrates Indigenous arts, culture and music. An Ojibway word that means, “where the Creator sits” Manito Ahbee unites residents and visitors and invites everyone to celebrate and learn from Indigenous culture together. 🌸



Manito Ahbee Festival,  
Winnipeg, Manitoba



## REGIONAL SPOTLIGHTS

# Ontario

From the shining waters of its rivers, lakes and ponds to so many rugged, glacier-carved landscapes, to the streets of big-city Toronto, Ontario's Indigenous People have lived amongst bounty and beauty for many generations. And they bring their knowledge and experience to the present day, offering everything from gourmet cooking with a First Nations twist, to luxurious accommodations with a good story, to the capacity and talent help you land the catch of a lifetime. Here are some of Ontario's best tourism experiences.

To complete your itinerary and learn more about what the province has to offer, be sure to check out Indigenous Tourism Ontario for more information.

BY TIM JOHNSON





### **Kukum Indigenous Kitchen**

Growing up amidst the natural splendour of the Wiikwemkoong Unceded Reserve on Manitoulin Island, Chef Joseph Shawana started foraging, long before it was cool. Playing with his friends in meadow and forest, they gathered up all sorts of treasures, including wild liquorice, mushrooms, herbs and cedar tree sap. Now, he brings those ingredients, as well as local proteins like duck bison and trout, to a stylish midtown Toronto restaurant, plating elevated meals. Think: sous-vide elk loin, with squash, roasted carrot purée, and a sumptuous maple glaze. Finished off by a pine needle and citrus sorbet.

### **L'Autochtone Taverne Americaine**

Chef Gerry Brandon took the long road to opening this 30-seat standout near the beautiful blue shores of Lake Timiskaming. A child of the '60s Scoop, he fell into addiction and life on the streets. After emerging and attending business school, his global travels as an executive led to a love affair with the culinary arts. After graduating from chef's school, he worked in top kitchens, but desired a place that would bring together his Anishinnabe heritage with gourmet panache, making Indigenous culture come alive on the plate. He opened L'Autochtone Taverne Americaine in a 100-year-old building in 2019, and hasn't looked back. Come here for small and big plates, including bison poutine, mashkode-bizhiki meatballs, and wendigo egg.





Kukum Indigenous Kitchen,  
Toronto, Ontario



### Lil Crow Cabin

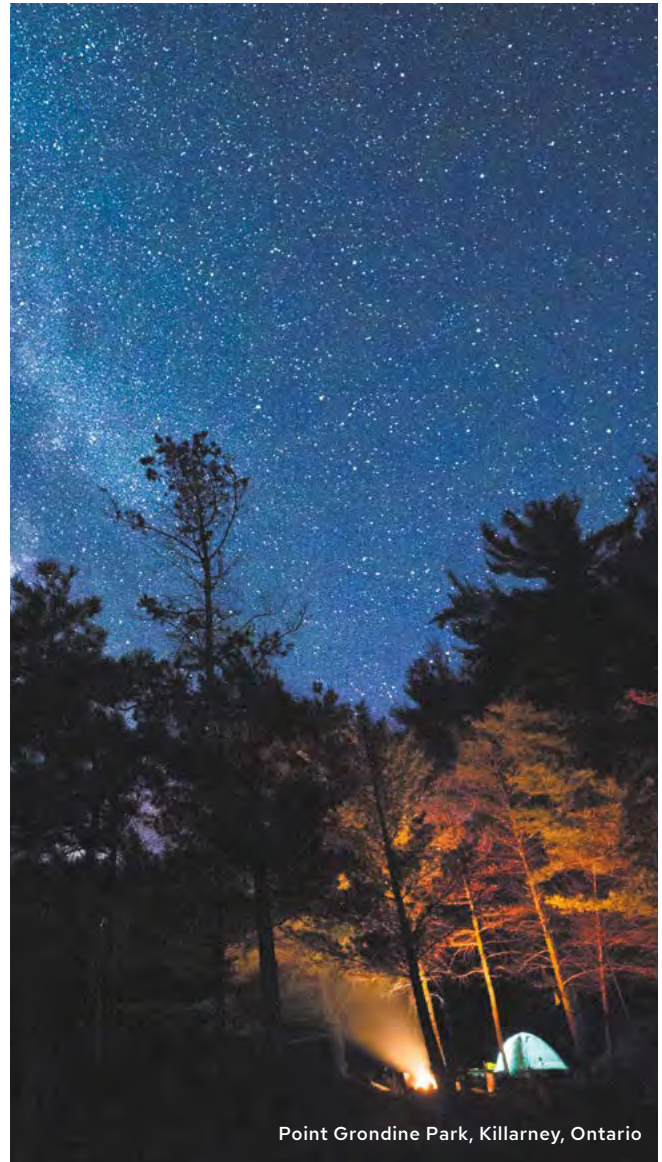
Set on the rippling waters of the Bay of Quinte on Tyendinaga Mohawk Territory, this place is all about peace, quiet, rest and relaxation. An adults-only retreat with four separate units, it's geared to couples looking for a romantic weekend, intimate small groups, or even writers about to pen the next bestseller. Enjoy the great outdoors, swimming at nearby Sandbanks Provincial Park, biking and hiking local trails, or fishing for walleye in the bay. Tour Prince Edward County's markets and wineries. Then come back here to sink into the hot tub for an evening soak before enjoying a glass of vino by your own private fire pit.

### Manitoulin Hotel and Conference Centre

Reached by ferry from the south, Manitoulin Island feels like a place apart, bobbing between Lake Huron and Georgian Bay. And this, the island's premiere hotel, puts you right in the heart of all its natural and cultural treasures. At the on-site restaurant, North 46, dine on locally sourced dishes prepared with Indigenous elements while overlooking Huron's North Channel and the LaCloche Mountains. Rooms and suites offer all the modern comforts and conveniences, plus a sense of place, with local First Nations art and design. And stay busy, with activities that include guided nature hikes and drumming paired with traditional teaching.



Manitoulin Hotel  
and Conference Centre,  
Little Current, Ontario



Point Grondine Park, Killarney, Ontario

### Point Grondine Park

A natural wonderland covering 18,000 acres, this park—part of Wiikwemkoong Unceded Territory—is filled with the ultimate in outdoorsy pleasures. Paddle a canoe through six interior lakes, along rivers, and the shores of Georgian Bay, and to the rumble and crash of Wemtagoosh Falls. Hike the new A-Mik-Zii-Bi Interpretive Trail, which presents the rich history of the Anishnaabek People, including information on the medicines they've long gathered in these old-growth pine forests. Take a guided cultural tour, then set up your tent and relax in a backcountry campsite, and wake up the next morning, right next to the water.



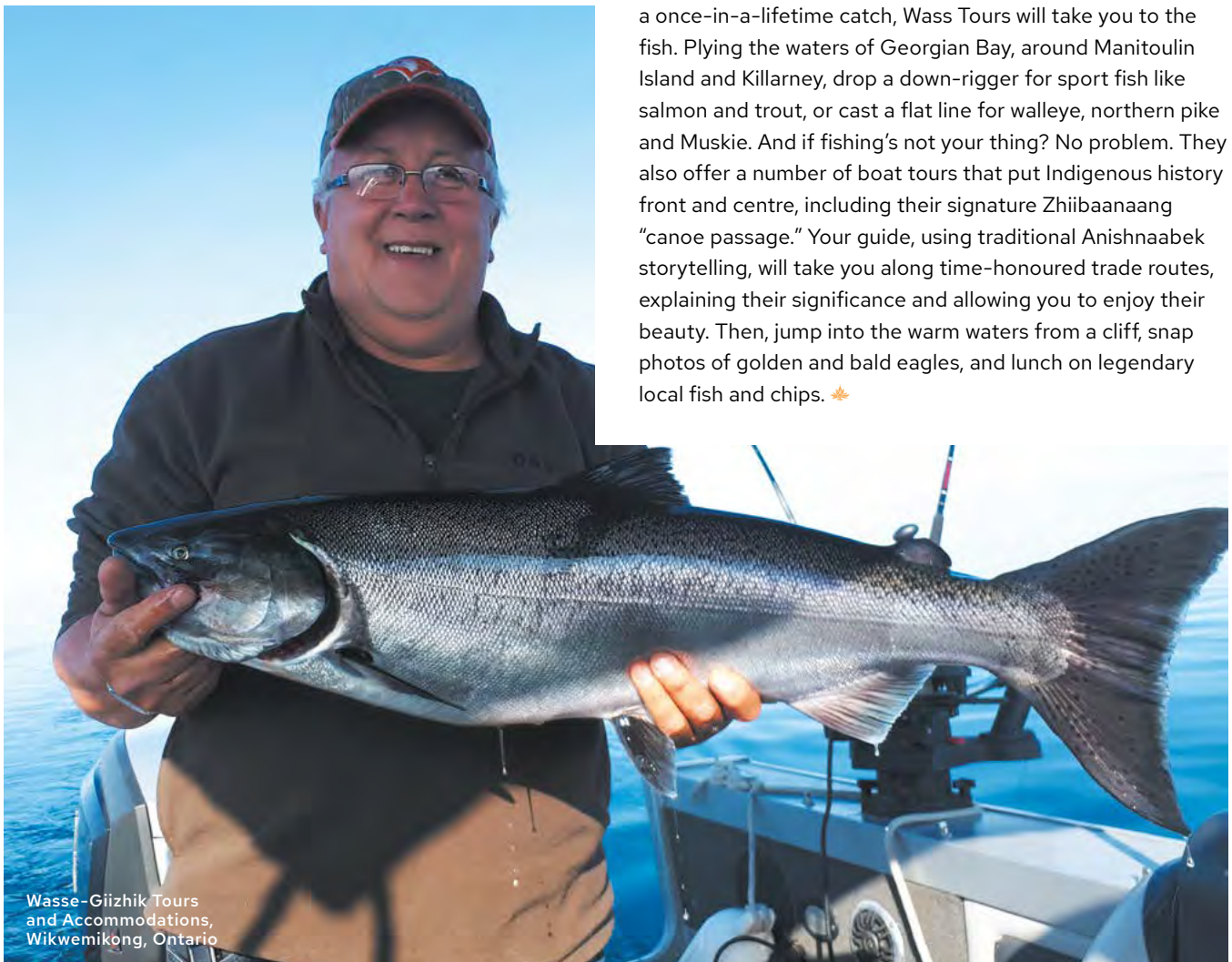
### Silver Muskie Lodge

Monsters of the deep, you'll tell the story for years after you land a big Muskie. And this lodge, set on the glacier-carved shores of Rainy Lake's Redgut Bay, offers some of the best fishing in Northern Ontario—not just Muskies, but also walleye, big-slab crappie and northern pike. Cruise out on the shimmering waters to spot bald eagles, moose and even black bear, and motor past sandy beaches, big cliffs and tumbling waterfalls. And once you've enjoyed this glorious setting to the fullest (they also have kayaks for a quieter adventure), return to the lodge for a big dinner, and to enjoy playing a little pool, darts, plus a wood-burning fireplace and sweeping sunset views from screened-in porches.

**Fishing's not your thing?  
No problem. They also offer  
a number of boat tours that put  
Indigenous history front and  
centre, including their signature  
Zhiibaanaang "canoe passage."**

### Wasse-Giizhik Tours and Accommodations

Whether you're a first-time family of fishers just looking for a fun day on the water, or an ace angler seeking to land a once-in-a-lifetime catch, Wasse Tours will take you to the fish. Plying the waters of Georgian Bay, around Manitoulin Island and Killarney, drop a down-rigger for sport fish like salmon and trout, or cast a flat line for walleye, northern pike and Muskie. And if fishing's not your thing? No problem. They also offer a number of boat tours that put Indigenous history front and centre, including their signature Zhiibaanaang "canoe passage." Your guide, using traditional Anishnaabek storytelling, will take you along time-honoured trade routes, explaining their significance and allowing you to enjoy their beauty. Then, jump into the warm waters from a cliff, snap photos of golden and bald eagles, and lunch on legendary local fish and chips. 🍷



Wasse-Giizhik Tours  
and Accommodations,  
Wikwemikong, Ontario





Wikwemikong, Ontario



## REGIONAL SPOTLIGHTS

# Quebec

Discover the ten different First Nations, and diverse Inuit communities within Quebec and immerse in a rich and varied history dating back to before the beginning of recorded time. Savour the flavours of Indigenous cuisine; adventure through this breathtaking land with your Indigenous hosts; sleep soundly in unique accommodation; take part in pow wow celebrations and cultural festivals! Spark your imagination with these amazing Indigenous tourism experiences, connect online with Indigenous Tourism Quebec, the exploration experts, to create memorable vacations throughout la Belle Province.

BY NIKKI BAILEY





### **Chalets de l'Anse Ste-Hélène**

Wake in your cedar-scented rustic cabin to the beauty of a blazing sunrise over the Baie des Chaleurs at the Chalets de l'Anse Ste-Hélène in the Mi'kmaq community of Gesgapegiag. Ideal for family vacations, romantic getaways or solo stays, choose from a one or two-bed fully equipped chalet complete with BBQ, or treat yourself to a memorable stay in a replica of La Grande Hermine, the largest of the three ships Jacques Cartier used to cross the Atlantic in 1535. End your day by the firepit as the sun sets.

### **Croisières Essipit**

Waterproof pants, a cozy parka and life jacket all come included when you book an adventure with Croisières Essipit in the heart of the Parc marin du Saguenay-Saint-Laurent, one of the best places on earth to view whales. Year-round you'll spot resident belugas and harbour seals, but between June and October you may see 13 different species of cetaceans including blue, fin and minke whales. Crest the waves onboard our inflatable zodiac boat while staying a respectful distance from these gentle giants as your guide shares knowledge of these incredible mammals.

### **Festival du conte et de la légende de l'Innucadie**

Join artists and artisans, storytellers and musicians at the world's only combined Innu and Acadian cultural festival in Natashquan and Nutashkuan this summer. Each year in August, Indigenous and non-Indigenous creative communities gather to tell stories, make music, and exchange Traditional Knowledge alongside the sandy beaches and swimming waters of the St Lawrence River at the edge of the boreal forest. Be part of this living reconciliation initiative and unique heritage! Experience art, history, entrancing music, and the world of spoken word through ancient Oral Traditions.



### Hébergement aux Cinq Sens

A spiritual break in the heart of the forest awaits... Go off-grid in a dreamy hammock-tent hung above the ground, relax in a traditional Mongolian yurt or find your bliss rustic camping in the forest. Relax in comfort—with electricity!—in a tiny house amongst the trees. Join your Huron-Wendat hosts for an encounter with the spirit of the forest; kindle an authentic relationship with Mother Nature in the Big White Bear sweat lodge; chill out in a solar greenhouse amongst the plants savouring a gourmet platter of local cheeses.

### Kina8At-Ensemble

Make a transformative inner journey guided by Dominique (T8aminik) Rankin and Marie-Josée Tardif, Elders of the Algonquin Traditions. Immerse yourself in the heart of Indigenous teachings which date back thousands of years on a multi-day workshop, share in Traditional ceremonies, watch the sacred fire, and take time to find yourself. Live the tipi experience surrounded by forest on the shores of a lake; learn harmony in the Anicinape nomadic life. Join us in person or online for art therapy workshops to unlock your creativity through Indigenous know-how, great for adults and children!

### Maison des peuples autochtones

Once Maison Amérindienne, now the Maison des peuples autochtones, experience First Nations and Métis art, Culture, and cuisine year-round through live music events, delicious food and drink festivals and visiting gallery exhibitions. Find your sweet spot at each spring and immerse in the history of the sugar maple tree; join the fishers of the Wolastoqiyik Wamspekwik First Nation for their annual crab feast; follow your Indigenous hosts for a discovery walk of Mother Earth; don't miss out on traditional Atikamekw crustless sugar pie at Café Le Mishtan with crowberry herbal tea!



Dominique (T8aminik) Rankin  
and Marie-Josée Tardif,  
Kina8At, Quebec

### Musée amérindien de Mashteuiatsh

Meet the Pekuakamiunuatsh First Nation and step into the world of the Innu/Innu People of this region. Visit the museum on the shores of Pekuakami to explore their permanent and temporary exhibits which delve into the art, history, anthropology, and archaeology of this once-nomadic people. Absorb Indigenous know-how on a walk through the boreal forest with an interpreter-guide from the community on the Nuhtshimitsh interpretation trail; enjoy artisan crafting workshops with your talented hosts; take an online course and learn a little of their living Nehlueun language (Kuei Kuei means hello!)

### Louis-Jolliet Camp

Catch trophy-sized Lake Trout, Northern Pike, Walleye and Brook Trout in pristine Cree territory at the Louis-Jolliet Camp. Named in honour of the first French-Canadian explorer, the cozy camp blends modern amenities with a rustic charm and offers the ideal fishing spot in the heart of the Rupert River, with easy access to Mistassini, Quebec's largest freshwater lake. Discover unparalleled fishing spots thanks to experienced Cree guides who skillfully maneuver rapids to share prime spots! Enjoy home-cooked meals with panoramic river views on the fishing trip of a lifetime.

Voyages Eeyou Istchee  
Baie-James,  
Oujé-Bougoumou,  
Quebec







Pow Wow Wendake,  
Quebec

### **Pow Wow Wendake**

Summer in Wendake, just 20 minutes away from Quebec City, brings the annual Pow Wow, which welcomes Indigenous Nations from across North America to celebrate and share authentic First Nations Traditions and Culture through song, dance, and ceremony. Feel part of the thriving Culture of the Huron-Wendat Nation! Tap your feet to the infectious beats of the jingle and grass dances; marvel at the skill of hoop dancers; browse unique handicrafts in the artisan fair; stop by to see a demonstration of porcupine quill beading; feast on bannock treats.

### **Presence autochtone**

For ten days each August, Montreal becomes the beating heart of the cultural renaissance of Indigenous Peoples around the world with the Montreal First People's Festival. From cinema to live music, visual art to multi-media installations, immerse in the collective creativity of the First Peoples. Visit the giant teepee in the Place des Festivals, a place of connection, creation, and discovery; attend a National Film Board of Canada masterclass; help support endangered languages and watch a Kanien'keha screening in Kahnawake; dance to the foot stomping beats of electro-pow-wow!



Musée amérindien  
de Mashteuiatsh, Quebec





Restaurant Sagamité,  
Quebec

### Restaurant Sagamité

Named after the tasty home-grown 'Three Sisters' squash, corn and red bean soup enriched with game that's at the heart of Huron-Wendat culinary culture, the Sagamité restaurant has been delighting locals and visitors from around the world since it opened in 1999. Blending a potent brew of history, crafts, art, and gastronomy through a love of food and Huron-Wendat Culture, take a seat at the table and enjoy an immersive experience. Don't miss the house speciality, the Yatista, which shares the importance of fire to the Wendat Nation through a stunning flaming centrepiece.

### Secteur Tourilli

Feel the legendary hospitality of the Huron-Wendat People at Secteur Tourilli located in the Réserve Faunique des Laurentides, near Quebec City. Enjoy 400 km<sup>2</sup> of territory dotted with more than 50 lakes teeming with brook trout in the company of your Indigenous guides who know the very best places to make your fishing or hunting trip the stuff of campfire legends! Camp in the wild or stay in a cozy well-equipped chalet. Upgrade for the trip of a lifetime with a helicopter-fishing experience in association with our partners Hôtel-Musée Premières Nations.

### Site d'interprétation Micmac de Gespeg

Live the Mi'gmaq experience in Gaspé and step back in time to 1675 to understand how the Mi'gmaq Nation survived and thrived throughout all four seasons. Known as the 'People of the sea' discover the deep connection the Nation's Traditional and contemporary life has always had to the water. Take a guided tour with a member of the Nation through the interpretation centre; explore the summer camp and traditional village reconstruction; join in a creative crafting session and weave a cedar basket; browse beautiful community-created souvenirs in the gift shop.

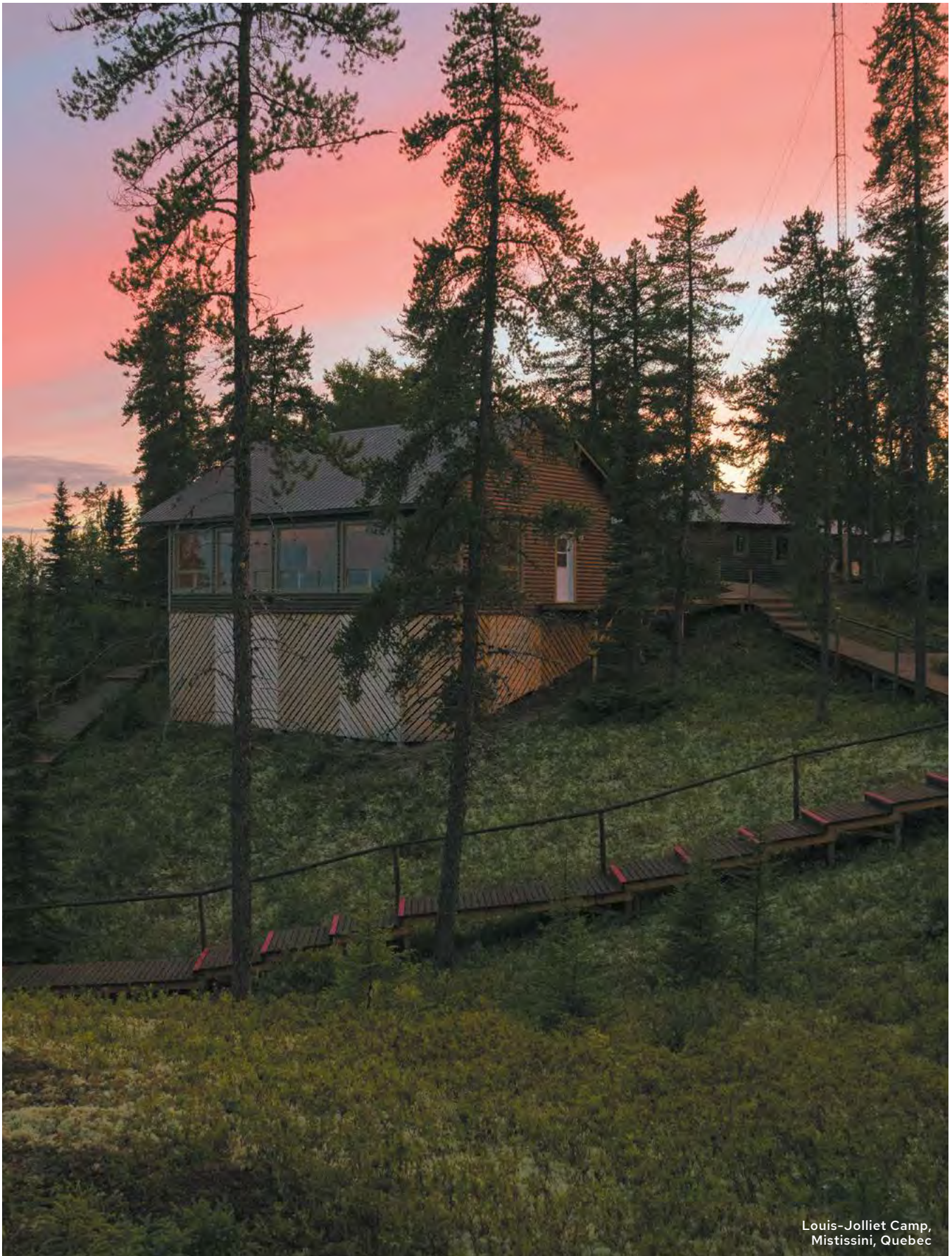
### Voyages Eeyou Istchee Baie-James

Unwind and relax in the unspoiled wilderness of Eeyou Istchee Baie-James with its vast lakes, rushing rivers, shaded forests, wealth of wildlife and shimmering Northern Lights. An outdoor lover's dream destination, choose from summer fishing, kayaking, and hiking to winter snowmobiling, cross-country skiing, and ice fishing! Stay in a floating rustic cabin on magnificent Lake Waconichi; sip craft beers made with ingredients harvested from the boreal forest; learn more about Cree history, Traditions and Culture. Discover the secrets of this lightly visited destination with EIBJ Travel's trusted guides and local experts. ❄️



Voyages Eeyou Istchee  
Baie-James,  
Oujé-Bougoumou, Quebec





Louis-Joliet Camp,  
Mistissini, Quebec



REGIONAL SPOTLIGHTS

# The North

Travelling to the North is almost like visiting another planet, with its vast tundra landscapes and glimmering rays of cosmic light swaying across the night sky. Not to mention the full-dark winters, where you could be watching aurora in the middle of the day, or its long summer days where you might find yourself basking in midnight sun.

Learning the art of ice fishing from Dene guides, adventuring through the Arctic on a traditional dog sled or eating lunch on the shores of a traditional Hän village site are just some of the experiences you can immerse yourself in.

BY TIM JOHNSON






### **North Star Adventures**

Looking up at the night sky to see the dancing streams of vivid light, known as the aurora borealis, is a spectacular experience—and the North is the best place in the world to sight this wonder. With a strong rooting in Dene teachings, North Star Adventures calls their tours “aurora hunting.” Guides offer their deep knowledge of the land to take guests to the best viewing spots, while offering teachings along the way. Depending on the time of year, the Yellowknife company also offers buffalo viewing tours, ice fishing excursions and more.

### **Castaways Cabins & Campground**

Experience the remote North but with the comforts of home by staying at Castaways Cabins & Campground. Their relaxing cabins and campsite are located at the south shores of Tu Nedhé (Great Slave Lake), where guests can enjoy the water in the summertime and experience epic views of the aurora in the winter. The company also offers rental kayaks, canoes, snowshoes and ice fishing equipment. Since the cabins are Indigenous-owned, local designs are woven throughout the cabins’ decor, and there is an emphasis on promoting cultural events—just ask the staff what’s happening when you stay.





North Star Adventures,  
Yellowknife,  
Northwest Territories

### Frontier Lodge

Thaidene Nënë means “land of the ancestors” in Dënesųłiné—and this 26,000-square-kilometre area within Łutsël K’é Dene homelands has been designated as an official Indigenous Protected Area. The Frontier Lodge is located here, at the eastern arm of Tu Nedhé (Great Slave Lake), and offers some of the best fishing in the world. The lodge will take care of you as you hook massive lake trout, arctic grayling and northern pike—all meals are also included in fishing packages including hearty pancake breakfasts and shore lunches of freshly-caught grilled fish.

### North of 60 Aurora Adventures

Ripping through the icy northern landscape on a dog sled is a classic Arctic adventure, and North of 60 Aurora Adventures offers an authentic experience. With deep knowledge of the territory rooted in generations of Indigenous knowledge, this family-owned business offers traditional and stand-up dog sled rides—as well as a popular aurora dog tour. During the tours, guests experience Dene culture with hands-on experiences like fileting white fish and cooking bannock over an open fire. And, of course, spending time with the hard-working dogs (and sometimes puppies) is a highlight.



### Fishwheel Charter Services

Tommy Taylor has spent his entire life on or around the Yukon River—and so have countless generations of his family. Taylor's company Fishwheel Charter Services is based in traditional Hän ways of life before Dawson City was founded. Two-hour tours consist of a float past the village of Moosehide to Fort Reliance, then "we'll stop at Dog Island where my family's fish camp is located," explained Taylor. Here, guests will also be able to view a fishwheel, "one of the most important tools of the Hän way of life for thousands of years."

### Shakat Tun Adventures

Having started as a family trap line, and now turned into a wilderness camp, Shakat Tun Adventures has been owned by the Allen family for many generations—and they continue to generously share their deep knowledge with visitors. Three hours from Whitehorse, visitors can stop in off the Alaska Highway for a restorative two-day camp under snow-capped mountains and alongside Kluane Lake. Led by knowledge-keepers James and Barbara Allen of the Champagne and Aishihik First Nations, guests will experience story-sharing by the fire, medicine walks, moosehide tanning and more.

### Tutchone Tours

Teri-Lee Isaac, a Selkirk First Nation (Hücha Hudän) citizen, was raised by her grandmother who often brought her to spend time in their ancestral homelands at Fort Selkirk in the Yukon. As an adult, Isaac recognized a gap in the area's tourism industry, which is why she started Tutchone Tours—a company that offers expert-led guided boat tours to Fort Selkirk, which was a Hücha Hudän village for most of history before becoming a trading post in 1852. There are options to take a five-hour day tour, or camp out for the weekend.

### B. Dene Adventures

Join Bobby Drygeese, owner of B. Dene Adventures, on the shores of Great Slave Lake at Akaitcho Bay for some of the best Aurora Borealis viewing just outside of Yellowknife. Watch the shimmering northern lights from the comfort of a heated lakeshore cabin and hear stories, Dene history and legends; see Yellowknife from the water on an epic fishing trip on Great Slave Lake, cruise the island-dotted inside passage and visit historic Wool Bay; take part in a Cultural adventure through the communities of Yellowknife, Dettah and N'dilo. ❄️



Shakat Tun Adventures,  
Haines Junction, Yukon



North Star Adventures,  
Yellowknife,  
Northwest Territories



## REGIONAL SPOTLIGHTS

# The Atlantic

From crashing waves to vertiginous sea cliffs, verdant forest, fjords, beaches and rolling mountains, the deep and rich history of Indigenous People in this region is cradled in great beauty. From the Mi'kmaq in the south to the Inuit in the north, and everyone in between, they await to offer so many experiences, from clams and bannock in the sand to polar bear expeditions. Come, share, and learn and enjoy, here on the east coast.

The Tourism Association of PEI, the Lennox Island Development Corporation, the Nunatsiavut Government, and the Qalipu First Nation are leaders and great resources for Indigenous Tourism in the Atlantic. More details in their listings below.

BY TIM JOHNSON





PHOTO: NLITA

### **Alexis Hotel**

With the last few stretches of the 1,149-kilometre route just completed in the summer of 2022, the Trans-Labrador Highway is a truly epic drive. Rambling over undulating headlands and across unbelievable subarctic scenery, it'll take you right to the Alexis Hotel, in Port Hope Simpson, where you can experience all the best of this untamed region. Hike, bike, kayak and fish in the warmer months, or use those local trails for Nordic skiing or snowshoeing in winter. You can even take a ferry ride up part of Iceberg Alley, and spot dolphins and whales, as well. Then return for classic Labrador meals and a comfortable sleep—their rooms include modern conveniences like cable tv and high-speed internet, and some suites even have fireplaces and hot tubs.

### **Metepenagiag Heritage Park**

The building is modern but the history it showcases is ancient. A walk through Metepenagiag Heritage Park takes you back “30 centuries” to the time when the Mi'kmaq First Nations lived in a thriving fishing community. Take a self-guided tour or join a Mi'kmaq guide who will take you around the park, tell you about the archeological finds of villages and cemeteries and answer your questions about the recent and not so recent history of the Mi'kmaq.

### **Appalachian Chalets & RV**

This lovely string of bright, ultra-comfortable chalets was built for those who love life on the trail. Here, you can roll out of bed one second and, in the next, find yourself rolling through the grand splendour of Western Newfoundland. Connected directly with hundreds of kilometres of trails suited to ATVs in the summer and snowmobiles in the winter, it is also set directly on the Appalachian Trail and other paths that wind along rail beds and streams, perfect for hikers and bikers. And once you've had your fill of fresh air, return to the comfort of your one or two bedroom chalet, which comes with its own fire pit, barbecue, full kitchen, cable TV, and high-speed wifi.



### Big Land Fishing Lodge and Tours

There's really no thrill like reeling in a fighting sport fish. That skip of a heartbeat when you realize you have a big one on the line. The adrenaline pumping as you bring it to shore and land your flashing catch. Located amongst the some of the biggest, broadest landscapes in the world, this lodge is located right next to the Pinware—one of the country's premiere fishing rivers. Spend the day seeking salmon, trout and Arctic char. Tour nearby to the Strait of Belle Isle to spot majestic humpback and minke whales, as well as shimmering icebergs. Then return to the lodge for a hearty meal and a nightcap in the pub, so you can catch another big one, tomorrow.

### Gros Morne Adventures

Arrive here ready for some heart-pumping outdoor adventures, where you'll make Gros Morne—one of the world's greatest national parks—your personal playground. Rent a kayak or stand-up paddle board to navigate on your own, or take a guided tour on the water to learn about this truly unique ecological and geological area, while you paddle. Zoom around in their zodiac—or take a hike. They offer a number of amazing itineraries on foot, all of them filled with breathtaking vistas. Their experienced guides will take you on everything from relatively simple strolls across the Table Lands to challenging routes right up Gros Morne Mountain, plus multi-day tours and backpacking trips for those a little more hardcore.



Gros Morne Adventures,  
Norris Point,  
Newfoundland and Labrador



Kluskap Ridge RV and Campground,  
Englishtown, Nova Scotia

### Kluskap Ridge RV and Campground

Home to the world-famous Cabot Trail and green highlands that unfold like a dream, Cape Breton Island is a natural wonder. And at Kluskap Ridge, nestled into a hillside overlooking the ocean at St. Ann's Bay, you can revel in the cultural treasures, too. Owned and operated by two members of the Membertou First Nation, a stay in their tipis, campsites and other accommodations can include lessons in Indigenous arts and crafts, as well as a Mi'kmaq word of the day. Drive the Trail, hike nearby, then return here for a campfire under the stars and a night in one of their glamping tents.

### Indigenous Tourism Association of PEI

Mi'kmaq have lived on Epekwitk—the land now known as Prince Edward Island—for at least 12,000 years. A brand-new not-for-profit organization, ITPEI works with local partners to showcase this deep and beautiful culture, supporting a wide variety of indigenous tourism operators, from business owners to community operators, to individual artists and artisans. A good example: a new tour to the Mi'kmaq community of Abegweit, which includes a smudging ceremony and lessons from a Knowledge Keeper about traditional medicines and the Seven Sacred Teachings.





Lennox Island  
Development Organization,  
Prince Edward Island

### Jackladder Property

Set right at the entrance of the legendary Viking Trail, the Jackladder, and its chalets, restaurant, RV park and more, is situated in the middle of Newfoundland's very best attractions. Turn left, and you'll find the comely shores and beaches of Deer Lake, and to the right, just a little way up the road, the dramatic peaks, valleys and Tablelands of Gros Morne National Park, a UNESCO World Heritage Site. Or just hang out here, amongst so much rugged beauty. Bonne Bay Big Pond is just across the road, its calm waters the perfect place to fish, swim or skim along in a boat. Then head back to the restaurant for one of the most delicious moose burgers you'll find anywhere.

### Lennox Island Development Organization

An island-off-an-island, Lennox has long welcomed guests to their 540 hectares of heaven. Located in Malpeque Bay off the coast of PEI, you can stroll their nature trails through blueberry fields, and engage in a number of cool cultural activities. These include opportunities to make traditional pieces, like quill work on birch bark, as well as beaded flowers and rattle making. And when you've worked up an appetite, make bannock in the sand and enjoy some super-local clams while you listen to stories about life on this small but mighty island.





Nunatsiavut,  
Newfoundland  
and Labrador



### Nunatsiavut Government

Stretching along the northern reaches of Labrador, this autonomous, Inuit territory is a land of mystery and adventure. Rugged, ancient and vaster than you can even imagine, a trip here includes a rich mix of culture, history, nature and outdoorsy pleasures. Reached by air and ferry from Goose Bay, come and experience throat singing and drum dancing and traditional Inuit games. Cruise the coastline through fjords in search of seals, whales and polar bears, fish for Arctic char or massive trout, or seek out caribou on a hike inland. Then bed down for the night under a million stars, and the northern lights.

### Pirates Haven ATV Friendly Park & Chalets Adventure

Sitting right on the Newfoundland T’Railway, near the point where Robinson’s River meets the sea, this is one of the best bases in the province to launch big-time outdoor adventures. Slip on some hip-waders and slide into the river to fly-fish for Atlantic Salmon. Ride the T’Railway, where big freight trains once rolled island-wide, a path that extends almost 900 kilometres and welcomes those on foot, bicycle, snowmobile, cross-country skis, or astride an ATV. At the end of the day, Pirates will be your haven, with a hot tub and both RV sites and four-star chalets overlooking the flow of that cold, clean, beautiful river.

### Qalipu First Nation

The Mi’kmaq of Western and Central Newfoundland, the Qalipu are the oldest living culture in the province. Their endless landscapes, craggy ridges and deep fjords and windswept peninsulas offer so many experiences. Outdoor adventures, myths and music, dance, arts and crafts, natural wonders. Learn more about the unique and deep history at the Mi’kmaq Cultural Centre in Cape St George. Connect with the earth and time-honoured Indigenous practices at ShaMaSha in George’s Brook. Learn beading, and weaving, hike, hunt and fish. And so much more.



Pirates Haven ATV  
Friendly Park & Chalets  
Adventure, Newfoundland



**On one side, whales and dolphins frolic. Behind, just a few minutes away, mountains, and hiking trails in the soaring Tablelands. And right in the middle of it all, these five suites provide so much comfort and luxury. Patios on the bay, with Adirondack chairs and barbecues.**

### Royal Inn and Suites

Whether you're weary from a big day driving the Trans-Labrador Highway, a vacationer in town, or here in Happy Valley-Goose Bay on business, this hotel will treat you like a king (or queen). Nearby, you can walk the boardwalk of the Birch Island Trail through local wetlands, or visit the Labrador Interpretation Centre to learn more about the Innu, Inuit and the people of Nunatukavut. Sea planes take flight nearby, to remote corners of the province. And the accommodations here are truly luxurious. Guest rooms are stylish and comfortable, while suites include separate living rooms and kitchens. And the Signature Suite is outfitted with a fireplace, deep-soaker tub and a private patio, complete with its own barbecue.

### Seaside Suites

Woody Point is a very special place—that becomes clear the moment you roll into town. Perched on the edge of Bonne Bay, and encompassed by Gros Morne National Park, this was once the most industrious and significant community in Western Newfoundland. Handsome remnants of those times remain in the registered historic district: boutiques and homey pubs and restaurants with waterfront patios line up along the ocean. On one side, whales and dolphins frolic. Behind, just a few minutes away, mountains, and hiking trails in the soaring Tablelands. And right in the middle of it all, these five suites provide so much comfort and luxury. Patios on the bay, with Adirondack chairs and barbecues. Open-concept floor plans and living rooms with cushy couches and fireplaces. Plus kitchenettes and four-piece bathrooms with soaker tubs. As well as some of the very best views you'll find anywhere.

### The Torngats

These massive mountains at the jagged northern tip of Labrador are part of a legendary landscape. Here, everything is huge—the polar bears, the icebergs, and the stories told

around a fire at night. This base camp and research station makes all that wilderness accessible. Fish for Arctic char, hike to waterfalls, dine water-side, even soar above it all in a helicopter, visiting islands and beaches and fjords. Along the way, learn thousands of years of Inuit history, both on the tours, and back at camp, where you'll tuck into a warm bed and do it all over again, tomorrow.

### Under the Stump

A trip with this family-run operator is a chance to get up close, and personal, with the hidden side of a legendary national park. You'll roll out of Rocky Harbour in a luxury ATV, through the back door of Gros Morne, seeing its flashing waterways and rugged rises, and spotting, if you're lucky, wildlife like moose and, in season, Caribou. This is a secret part of the park that few get the chance to experience, and afterward, on select tours, you'll return to the hillside family cabin for more fun. Songs, and stories, and snacks (including face n eyes biscuits), and a chance to play (and maybe even make) that great Newfoundland piece of percussion, the ugly stick.

### Wild Gros Morne

Set on a particularly stunning curve of shoreline on Bonne Bay, a dramatic, double-armed glacial fjord carved in the last ice age, drive to their little lighthouse to find all sorts of outdoorsy enjoyment. In addition to hiking, walking, kayaking and stand-up paddle boarding tours, take a spin in their zodiac. You'll learn more about land and sea in this UNESCO World Heritage Site, how somehow the earth's mantle thrusts to the surface at The Tablelands, all the while keeping an eye out for tumbling waterfalls and even whales in the bay. And foodies will love the opportunity to forage and eat fresh seafood, right on the shore, with food tours and culinary adventures a key part of their offerings, a perfect way to see, touch, smell—and taste—this special corner of the world. 🌿





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



# Game of Chance

Indigenous Casino and hospitality centers across the country are some of the best Canada has to offer. From outstanding art and vendors to top-tier conference centers, these locations are much more than just spectacular casinos and hotels. Walking into these places and feeling connected to the Blackfoot, Cree, Ktunaxa, or Stoney Nakoda land they are on is unlike any other casino, hotel or golf experience you have ever had.

BY TRAVIS KLEMP

Located on traditional Whitecap Dakota Unceded Territory (outside Saskatoon, Saskatchewan), nestled within a beautiful river setting and surrounded by gently rolling natural sand dunes, **Dakota Dunes Resort & Casino** is Saskatoon's first full-service resort experience. This newly built 155-room resort is a tribute in design to its indigenous heritage with its angular window trims and exterior wood panels echoing the traditional tipi. Only 20-minutes from downtown Saskatoon, discover your oasis in the refined comfort of our pristine accommodations, be inspired by gorgeous views of unspoiled nature, gather and connect in our state-of-the-art convention space, and enjoy a multitude of unique services and activities.



Dakota Dunes,  
Saskatchewan





Grey Eagle Resort and Casino, Calgary, Alberta

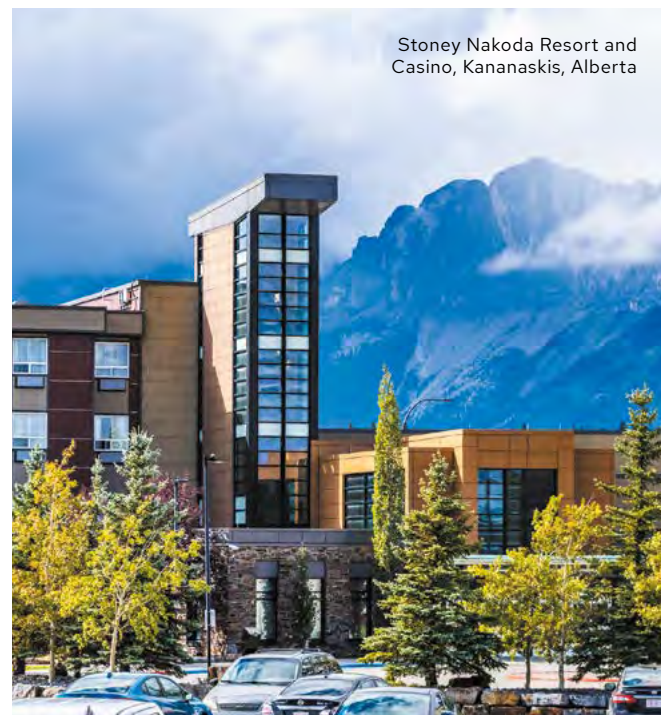
Conveniently located in the City of Calgary on Tsuut'ina Nation land is the **Grey Eagle Resort and Casino**. Opened in 2007, Grey Eagle is one of the premier meeting and event centers in Alberta. The land itself was once located within the city limits but was ceded back to the Tsuut'ina nation in the 1990's. A welcoming doorstep to the Rocky Mountains, Grey Eagle is home to the most luxurious (and largest) collection of table games, slot machines and, of course, bingo, in Calgary. With over 84,000 square feet of gaming space, there is no shortage of excitement to be had.

If Grey Eagle is the doorstep to the Rockies, **Stoney Nakoda Resort and Casino** is the basecamp. A blend of a tranquil and relaxing visit to the majestic mountains and as well as high-energy fun and excitement, this resort in Kananaskis, Alberta has it all. For one, in a long list of many, Alpine Heli tours are based at the resort. Take in breathtaking views of the mountains in a way that very few get to experience in the world. Within the resort, the Stoney Nakoda: Peoples of the Mountains cultural and history display offers a fascinating and introspective look at the Stoney Nakoda People and the land you will be making your stay on.

Heading north up Highway 2, **River Cree Resort and Casino** in Enoch, just outside of Edmonton, offers an unforgettable experience itself. The hotel offers 249 full-service rooms including 11 luxurious suites. If you can't keep yourself busy by attending a concert or comedy show at the entertainment center, or at the extravagant casino, which is all very unlikely, then you can head down the road 20 minutes to the famous West Edmonton Mall. Also, check out the twin arenas on site for some public skating or to take in some of the local hockey, ringette or figure skating talent!

In British Columbia, **St. Eugene Golf Resort and Casino** is unlike any other. The golf course is designed by Les Furber, who has designed courses across Canada and internationally. The 18 holes, driving range, and proshop are an exemplary addition to the resort and casino. A tribute to the Ktunaxa Nation and people in the area, St. Eugene is not only a resort but a cultural and educational hub. Indigenous awareness training and guided tours are offered through the Ktunaxa interpretive centre to help ground guests on the land of the Ktunaxa People. St. Eugene Resort is an inspiring story of the resilience of a proud nation determined to reconnect with their past, honour the present and build a bright future.

**Talking Rock Golf and Quaaout Lodge** on the shores of Little Shuswap Lake in BC has views of the provincial interior that cannot be matched. An unfortunate fire in May of 2022 has taken the guest wing at Quaaout lodge was a devastating loss but by June the immaculate Le7ke Spa and restaurant were re-opened. The golf course, Talking Rock, has cracked the Top 20 list of public golf courses in Canada voted by the PGA of Canada—no small feat! And it is obvious why it has received accolades once you step foot on that first tee box. The course meanders through a sandy forest and ends with a breathtaking 18th hole running along the Little Shuswap Lake shoreline. It is unmissable for golfers and vacationers alike. 🌲



Stoney Nakoda Resort and Casino, Kananaskis, Alberta



# What's New

Across the country, more and more Indigenous communities and entrepreneurs are creating new experiences welcoming visitors to their traditional territories as they always have, closely guided by time-honoured values and cultures. From legendary hospitality to extraordinary wildlife encounters, take a transformative journey from coast to coast to coast to experience the beauty of these lands through an Indigenous lens with these new Indigenous tourism experiences.

BY RYAN ROGERS





**Knowledgeable and welcoming hosts share diverse wilderness experiences in the legendary Great Bear Rainforest, home to the famous cream-coloured black bear, also known as the Spirit Bear.**



Coastal Rainforest Safaris,  
Port Hardy, British Columbia

### **Coastal Rainforest Safaris**

Departing from Port Hardy on Northern Vancouver Island, Coastal Rainforest Safaris offers an immersive nature experience told from a unique Indigenous perspective that explores the culture and history of the Kwakwaka'wakw People and their connection to the land, sea and wildlife. Knowledgeable and welcoming hosts share diverse wilderness experiences in the legendary Great Bear Rainforest, home to the famous cream-coloured black bear, also known as the Spirit Bear.



Homalco Wildlife  
& Cultural Tours,  
British Columbia

### **Homalco Wildlife & Cultural Tours**

Xwémalhkwu (Homalco) means “people of the fast running waters.” The Homalco People’s traditional territory runs from Dent Island to Raza Passage including all of Bute Inlet. These lands and waterways have been integral to the Homalco People since time immemorial and their connection to this land is told through Homalco Wildlife & Cultural Tours’ new experience, People, Water and Land Cultural Tour. Departing from Campbell River, venture on this wildlife and cultural excursion through the Salish Sea to learn more about the Xwémalhkwu (Homalco) People while visiting the historical village of Aupe (Church House) and see the beautiful wildlife that shares their home.



### Klahoose Coastal Adventures

Klahoose People's traditional territory spans from Cortes Island to Toba Inlet just south of Bute Inlet. Klahoose First Nation works with their sister Nations, Homalco, Tla'amin, and Comox, to support the revitalization of their shared language, Ayajuthem, while sharing their connection to these lands and waters with visitors from around the world. Indigenous tourism development has become a driving force for the Klahoose Nation with the recent acquisition of Klahoose Wilderness Resort in 2021. Explore this pristine region rich in diverse wilderness, cultural significance and wildlife with Klahoose Coastal Adventures, including grizzly bear viewing tours in Toba Inlet. Coinciding with the annual summer salmon run, watch grizzly bears in their natural habitat respectfully on this intimate viewing experience.

### Métis Crossing

Built on the original river lots of Métis settlers in this region in the late 1800s, Métis Crossing opened in the Fall of 2020 along the North Saskatchewan River in Smokey Lake, Alberta—conceived, designed, built and operated by Métis People to tell their story. Enjoy a wildlife tour through Métis Crossings' Visions, Hopes and Dreams Wildlife Park featuring rare white bison, wood bison, plains bison, elk, and Percheron horses. The tour is more than an opportunity to see rare heritage species up close; it's a cultural and historical tour paired with a legendary wildlife experience. Stay in comfort in a new 40-room guest lodge designed in partnership with a Métis architect and including eco-minded qualities and works from Métis artists.



Klahoose Coastal Adventures,  
Powell River, British Columbia



Métis Crossing,  
Alberta





Tundra North Tours, Inuvik, Northwest Territories

### Tundra North Tours

After moving from Ontario to the North at age 16, Kylik Kisoun Taylor, owner of Tundra North Tours, was fortunate enough to spend time with Inuit family members who were attuned to their Culture. Since then, Kylik has been delighting visitors, creating culturally based jobs for locals, and winning a solid reputation for excellence. The latest endeavour by this Inuvialuit/Gwich'in entrepreneur and storyteller is Okpik Arctic Village, 16 km north of Inuvik in the beautiful Northwest Territories. This authentic Arctic Village welcomes visitors to live in harmony with nature combining traditional values and practices with today's technology. Experience the revitalization of culture and learn about cabin building, harvesting and food processing getting as close to nature as possible.

**Experience the revitalization of culture and learn about cabin building, harvesting and food processing getting as close to nature as possible.**



Wanuskewin Heritage Park, Saskatoon, Saskatchewan

### Wanuskewin Heritage Park

Completing a major \$40M expansion in 2020, Wanuskewin Heritage Park located on Saskatoon's northern edge works to advance the understanding and appreciation of the evolving cultures of the Northern Plains Indigenous Peoples. The park contains some of the most exciting archaeological finds in North America, many of which pre-date the pyramids of Egypt. Just last year in 2021, after conservation efforts reintroduced Saskatchewan bison to their traditional lands, they helped archaeologists uncover 1,000-year-old petroglyphs and the tool used to carve them. Already designated a National Historic Site, Wansuskewin is on the tentative list to become a UNESCO World Heritage Site. 🌿







# Indigenous Gift Guide

From the Salish Sea to to Mi'kma'ki, Indigenous artists are sharing their age-old craft. Now more than ever, these products are accessible for consumers to view, purchase and learn from. Indigenous artisans and craftspeople in Canada weave cultural traditions and modernity to create high-quality and striking goods. Indigenous merchandise sometimes integrates traditional craftsmanship passed down through Oral Traditions, or it may represent a fusion of Indigenous and non-Indigenous practices. No matter your budget or taste, shopping for Indigenous goods in Canada will leave you impressed and inspired.

BY ANGELA RYDER







Atelier-Boutique  
Atikuss

### Atelier-Boutique Atikuss

Slip your foot into a cosy and stylish boot! At Atelier-Boutique Atikuss in Quebec, they strive to have comfy, stylish Hopeboots, mukluks and moccasins to keep your feet warm year-round! Owner, Josée Leblanc uses traditional methods of tanning beading and weaving to make footwear and accessories. With natural materials from an environmentally-responsible hunt while supporting Indigenous women artists along the way.

### Aurora Heat

Aurora Heat, located in Fort Smith, Northwest Territories, produces handmade, natural and reusable hand, foot and body warmers. Each product has been from sustainably harvested and sheared beaver fur, one of the warmest and softest furs available. These hand warmers are safe, 100% biodegradable and hypoallergenic! One dollar from every product purchased is contributed to on-the-land initiatives for Indigenous youth, educators and Knowledge Keepers.



Aurora Heat

### Bill Reid Gallery of Northwest Coast Art

The Bill Reid Gallery of Northwest Coast Art is located in downtown Vancouver, British Columbia. Browse the stunning collection and special exhibitions of contemporary Indigenous art of the Northwest Coast of North America. Stop at their gift shop, where you have the opportunity to purchase products that have been inspired by the artist featured throughout the gallery. This gift shop supports contemporary Northwest Coast Indigenous artists and proceeds from all purchases support the Bill Reid Gallery artistic and educational programs.



Transformation  
Fine Art

### Transformation Fine Art

Transformation Fine Art, Calgary's first Inuk-owned art gallery shares tradition, culture and motivation from an Inuit perspective. Owner Sophia Lebessis says "Inuit art is an extractive process, where the artist captures a freeze frame of reality in a beautiful form." By appointment only, step back in history and enjoy the wonder of the Inuit's imagination through the next generation of art promoters.



### Tea Horse Teas

Tea Horse Teas is an Anishinaabe-owned business located in Thunder Bay, Ontario. They focus on health and wellness through teas, herbal infusions and wild rice. Tea Horse Teas has engaged with Elders and harvesters of the traditional plants for guidance about how they can proceed with creating non-timber forest resources initiations that will support and empower Indigenous Peoples and communities.

### Indigenous World Winery

Indigenous World Winery merges modern culture with Indigenous history. This world-class winery sells award-winning wine on the traditional, unceded territory of the Okanagan Syilx People. As you enjoy your glass of wine, taste the fruit of the land that has supported the Syilx people for over 10,000 years. In the last few years, they have added the Indigenous World Spirits line which includes gin, vodka and whiskey.

### Raven Rising Enterprises

Located in Sudbury, Ontario, Pastry Chef Tammy Maki creates beautiful and tasty treats for the chocolate lover in your life. When possible, they use traditional ingredients that have been sourced from Indigenous people and businesses in Canada and globally. Raven Rising strives to offer sustainable, ethically sourced, Fair Trade and organic ingredients. Raven Rising also has chocolate memberships! This is a semi-annual membership that delivers these tasty treats right to your door! This gives you the opportunity to not only support a small Indigenous-owned business but the ability to share them with others around you!

### I-Hos Gallery

Visit I-Hos Gallery in Courtenay, British Columbia! This gallery invites visitors to view their stunning collection of traditional and contemporary Northwest Coast art. As you wander through their gallery, you will see that First Nations culture is expressed through their art. I-Hos Gallery directly deals with each artist that is featured throughout the gallery and website and that the art is authentic and one-of-a-kind.

### Moonstone Creation

Moonstone Creation, located in Calgary, Alberta, is a family-run Indigenous art gallery. Here, you can browse one-of-a-kind handmade pieces along with curated works from more



I-Hos Gallery

than sixty Indigenous makers and artists from across Canada. Moonstone Creations also offers in-person and online classes where you can learn to bead, sew moccasins or make drums. This is a truly unique experience that you don't want to miss!

### Nk'Mip Cellars

Nk'Mip Cellars, is the first Indigenous-owned winery in North America. Forever linked and inspired by the land and the culture, they offer a wide range of award-winning fine wines. With long hot summer days and cool nights, nature helped create one of the most spectacular grape-growing regions in the Okanagan. When you visit Nk'Mip Cellars, you will be surrounded by unique Indigenous art, a beautiful landscape and a stunning view of the winery.



Skwachays Lodge Hotel and Gallery

### Skwachays Lodge Hotel and Gallery

Skwachays Lodge Hotel and Gallery, located in downtown Vancouver is truly a unique experience that is making a difference. The building features a boutique hotel with eighteen stunning Indigenous-themed rooms that six Indigenous artists worked to create, a street-level art gallery that celebrates the artistic and cultural talents of Indigenous artists from around the world and an Artists in Residence program that has on-site housing and studio spaces for twenty-four Indigenous artists. 🌸



# Nourished Lands

Destination Indigenous and the Indigenous Culinary of Associated Nations presents an intimate series of character lead stories exploring the heritage and values of ancestral First Nation and Inuit culinary practices in Canada.

BY PACHAMAMA FILM

WATCH  
EPISODES



Through the eyes of five acclaimed Indigenous chefs, we are taken on a culinary journey to explore Indigenous cuisine, the values upheld and the in-depth processes passed down through generations, with the spiritual and cultural meaning it has for them and their communities.

## EPISODE 1

### Siila Flaherty - "The Thrill of the hunt"

Silla Flaherty, an Inuk chef residing in Iqaluit, Nunavut guides us through her journey of cultural rediscovery through cooking. Join a hunt on the frozen sea ice where we learn the importance of food sovereignty, and the traditional practices followed as uncovering the realities of subsistence living in the arctic tundra.

## EPISODE 2

### Joseph Shawana - "Food is life"

Chef Joseph Shawana explores his culinary journey, addressing the significance his youth and heritage played in it. For Joseph, 'food is life', demonstrating that it is readily available all around us, should you take the time to look and learn. He is constantly fusing Indigenous culinary teachings and flavourings with western styles.

## EPISODE 3

### Cezin Nottaway - "Sugar Bush Girl"

This episode follows chef Cezin Nottaway on her daily routines in the forrest of Kitigan Zibi. On a hiatus a from her career as a prestigious chef, Cezin is reconnecting with her roots and traditional foodways. We join her as she harvests the bounties nature provides; from maple tapping to hide tanning.

## EPISODE 4

### Scott Iserhoff - "Concrete Roots"

Scott Iserhoff, founder of Pei Pei Chei Ow, explores indigenous cuisine through his own memories. Now residing in Edmonton with his wife and daughter, we learn how he uses food to reconnect people and place, evoking a feeling of comfort and nostalgia.

## EPISODE 5

### Paul Natrall - "The Bannock Brotherhood"

We join Paul Natrall, known locally as 'Mr Bannock' as he takes us through his home territory, the Squamish Nation. We explore the significance of community leadership and the importance of sourcing local ingredients in the creation of his world famous food truck. 🌿



Cezin Nottaway



Siila Flaherty







## Thanks for Reading

From oral traditions to pictographs to time-honoured songs, storytelling is tantamount to the Indigenous way. Following in the sacred footsteps of our Elders and Knowledge Keepers, Nations aims to harness our culture's reverence for community and story, while making it accessible to all. With that, you may have noticed Nations' gradual evolution from travel trade publication to narrative-driven editorial journal. One that both uplifts ITAC's cherished operators while engaging a wide audience through thought-provoking words and dazzling imagery. Ultimately, we aim to curate something that subverts the expectations of conventional print/digital media and resembles something of an heirloom—echoing the ethos of sharing that is so intrinsic to our people.

As we conclude this literary journey through our traditional lands, I would like to thank Nations' contributors who, year after year, artfully weave a narrative thread through ITAC's lengthy membership catalogue. It brings me great pride to acknowledge that over 70 percent of Nations' commissioned writers are Indigenous, while the remaining minority are tried and true allies of our industry. Your unique faculty for the written language is deeply valued.

I would also like to commend our trusted designers and publishers at Maison 1608, who routinely rise to the challenge of curating our extensive asset library for print. It's a delight watching you carefully advance a .zip file full of word documents into a tour de force worthy of coffee table real estate. All this to say, you make my job incredibly easy.

Finally, I want to personally extend my gratitude to our readers for their indelible support of Nations and the Indigenous tourism industry at large. While the development of Nations predates my tenure at the organization, I (along with my first-rate marketing team) take great pride in innovating and elevating every edition. Encapsulating the industry's unparalleled spirit in a tangible format is an undeniably daunting but incredibly enriching opportunity that I look forward to fostering for years to come.

To support our small but mighty publication and the businesses it so proudly represents, please share the FREE digital version of Nations on social media.

Maarsii,



**Zane Buchanan**  
Editor, Nations Magazine  
Creative Manager, ITAC









A man with long dark hair, wearing a white t-shirt, a black vest with white patterns, and plaid shorts, stands on a wooden dock. He is holding a large, round, light-colored drum in front of him. The background features a calm lake and a steep, forested mountain under a clear sky.

# INDIGENOUS TOURISM IS RECONCILIATION IN ACTION

EXPLORE INDIGENOUS CANADA





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FRANÇAIS

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FOR  
GLOWING  
HEARTS

DESTINATION  
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