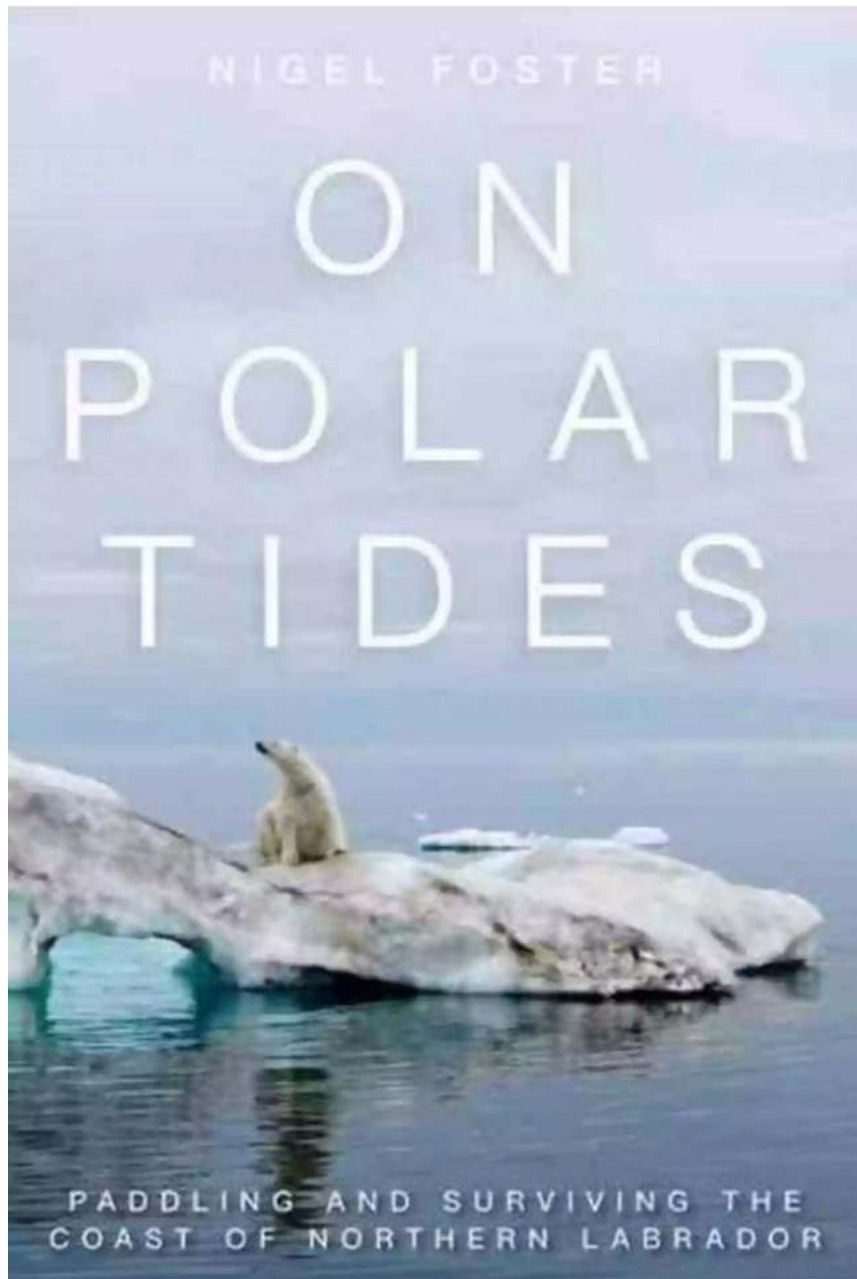


Paddling and Surviving the Coast of Northern Labrador: A Thrilling Adventure!



Welcome to the breathtaking wilderness of Northern Labrador, where untouched beauty and treacherous waters come together to create a dream adventure for any thrill-seeking explorer. Paddling along the rugged coastline offers a once-in-a-lifetime experience that will push your limits, test your survival skills, and leave

you with unforgettable memories. So, gear up and embark on an extraordinary journey as we delve into the challenges and triumphs of paddling and surviving the coast of Northern Labrador.

Exploring the Wilderness

Northern Labrador is a remote and untouched paradise, perfect for those seeking an escape from the hustle and bustle of city life. With its pristine landscapes, towering cliffs, vast fjords, and crystal-clear waters, this region offers a surreal and awe-inspiring experience. But be warned, the untamed nature of the coast demands respect and careful planning.



On Polar Tides: Paddling and Surviving the Coast of Northern Labrador by Nigel Foster (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 12546 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 320 pages



Embarking on this adventure requires a sturdy sea kayak and the necessary camping and survival gear. You'll need to carefully pack provisions such as food, water, a tent, sleeping bags, cooking utensils, and navigation tools. Additionally, it's essential to be well-prepared with knowledge of the local weather conditions, tides, and safety protocols for the region.

Once you're all set, it's time to hit the water and immerse yourself in the extraordinary beauty that Northern Labrador has to offer. Each paddle stroke will take you further into the unknown, surrounded by towering icebergs and majestic sea cliffs. The vastness and solitude of this landscape will make you feel like a tiny speck in the grand scheme of things, reminding you of the raw power of nature.

Surviving the Elements

Survival skills play a crucial role when venturing into the coast of Northern Labrador. While the region's beauty may be captivating, the environment can be unforgiving. From unpredictable weather patterns and challenging sea conditions to encounters with wildlife, there are numerous factors to consider for a safe and successful journey.

It is essential to have a well-thought-out plan and be prepared to adapt to changing circumstances. Understanding the local climate, particularly the wind and tide patterns, will help you make informed decisions about when and where to paddle. Always be aware of the potential risks and carry necessary safety equipment, such as a personal flotation device, first aid kit, and communication devices.

One of the most awe-inspiring and thrilling aspects of paddling along the coast of Northern Labrador is the wildlife encounters. From steadfast seals and majestic whales to curious seabirds, your journey will be enriched by these encounters. However, it's important to maintain a safe distance and respect the animals' habitat to ensure both your safety and their well-being.

A Journey of Endurance and Resilience

Paddling and surviving the coast of Northern Labrador is not for the faint of heart. It requires mental and physical endurance, as well as a resilient spirit. The challenges you'll face along the way will test your limits and push you to dig deep within yourself.

The unpredictability of the weather and sea conditions can present formidable obstacles. Fog, strong winds, and cold temperatures can be disorienting and physically demanding. The ever-changing environment calls for constant vigilance and adaptability.

However, as you paddle through the vast waters and witness the magnificence of nature, you'll find the strength to persevere. The sense of accomplishment and the beauty you'll witness will make all your efforts worthwhile. Each stroke of your paddle will be a testament to your determination and ability to conquer challenges.

As you reach your final destination, you'll be filled with a sense of awe, accomplishment, and gratitude for having experienced the coast of Northern Labrador. You will carry these memories with you forever, cherishing the bond you've formed with nature and the lessons you've learned along the way.

The Call of the Coast

The coast of Northern Labrador beckons adventurers who seek thrilling experiences, unrivaled beauty, and the chance to test their limits. Paddling and surviving this untamed region requires careful planning, survival skills, and a spirit of resilience.

So, if you're ready for the adventure of a lifetime, pack your kayak, gear up with the essentials, and prepare yourself for the wild wonders of Northern Labrador. Embark on this journey, paddle through danger, and emerge triumphantly with a

newfound appreciation for the raw power and extraordinary beauty of our planet's coastlines.



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In 1981, Nigel Foster flew to Canada's Baffin Island to begin a solo kayak trip south toward northern Labrador. After crossing the 40-mile wide Hudson Strait in howling winds and fighting a 10 knot tide race, Foster crash-landed on a small island in the dark. He had frostbitten fingers and was 300 miles from the closest village. With unimaginable good fortune, eight days later he ran across an oil tanker and hitched a ride south. He had survived—marking one of the most notable solo crossings in history—but the failure of the second portion of the trip he had originally planned haunted him.

In 2004, Foster returned to northern Labrador with his then girlfriend (now wife) Kristin Nelson. Launching from Kuujuaq in Northern Quebec, the couple paddled the Ungava Bay coast—which has one of the largest tidal variances in the world—to the place Foster had boarded the oil tanker 23 years earlier. From this remote location, the couple completed the trip to Nain that Foster originally planned for 1981. They encountered more polar bears than people. The story of the two trips forms the backbone for On Polar Tides—Originally self-published as

Stepping Stones in 2009—which offers an intimate and insightful view of Ungava and Labrador. The new, revised edition includes gripping recollections of the polar adventures and 54 color photographs.



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