



Summer Sample Itinerary









Churchill Northern Studies Centre

The Centre

The Churchill Northern Studies Centre (CNSC) is an independent, non-profit research and education facility, located 23 km outside of Churchill, MB.

The CNSC facilitates scientific research and programming on the natural sciences and the environment in pursuit of its mission to understand and sustain the north.

No matter the season, guests enjoy a variety of immersive experiences in subarctic surroundings, all while benefiting from the CNSC's community atmosphere, which includes dorm-style bedrooms and a vibrant cafeteria, where researchers and visitors alike can mingle and share ideas.

-  On-site accommodations (up to 84 people)
-  Full service cafeteria
-  Five laboratories
-  Three classrooms
-  Audio-visual lounge
-  360° Aurora viewing dome
-  Fitness room
-  Outdoor viewing platform

Itinerary Overview

This sample itinerary is for six days and five nights at the Churchill Northern Studies Centre. All meals, activities, and lodging are included in the booking fees, with the exception of one meal at a local restaurant.

Each night, an expert will provide an engaging lecture on your featured topic.

In this itinerary, featured activities include:

- Green Building Tour
- Estuary Tour
- Kayak Adventure
- Twin Lakes Hike
- Cape Merry Tour
- Tidal Flats Walk
- Prince of Wales Fort Tour
- Parks Canada Visitor Centre
- Ramsay Trail Hike
- Churchill and Area Tour
- Itsanitaq Museum

Other activities may be available depending on the time of year and size of your group.



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DAY 1

- 10:00 **Arrival and pick-up in town**
- 11:00 **Supply run to stores in town**
- 12:00 **Lunch at CNSC**
- 13:00 **Orientation**
- 14:00 **Green Building Tour**
Enjoy a compelling journey through the CNSC's environmentally friendly 27,000 sq. ft. LEED-certified research station.
- 17:00 **Dinner at CNSC**
- 19:00 **Evening lecture**

7:00 **Breakfast at CNSC**

8:30 **Estuary Tour**
Marvel at the pods of up to 3,500 belugas from a zodiac boat at the mouth of the Churchill River.

10:30 **Polar Bear International**
Learn about the natural history, behaviour, and adaptations that polar bears have evolved to live in the harsh Arctic environment.

12:00 **Lunch at CNSC**

14:30 **Kayak Adventure**
Spend the afternoon in the Churchill River estuary with only a kayak separating you from the curious whales.

18:00 **Dinner at CNSC**

19:00 **Evening lecture**

DAY 2

8:00 **Breakfast at CNSC**

9:00 **Twin Lakes Hike**
Explore the boreal forest and keep an eye (and an ear) out for local birds.

10:30 **Cape Merry Tour**
A beautiful walk along a boardwalk takes you to a lone cannon and a crumbling wall, evidence of the area's enthralling history.

12:00 **Lunch at CNSC**

13:30 **Tidal Flats Walk**
Head to Bird Cove for an interpretive low tide walk and the chance to see local birds.

17:00 **Dinner at CNSC**

19:00 **Evening lecture**

DAY 3

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8:00 **Breakfast at CNSC**

9:30 **Prince of Wales Fort Tour**

Explore the 250-year-old building and get another opportunity to see belugas on this boating adventure, complete with a chance to listen to their calls with a hydrophone.

13:00 **Lunch at CNSC**

14:00 **Ramsay Trail Hike**

Take a guided tour around Ramsay Lake trail to observe and understand the various species of flora and fauna in our unique environment, while passing by remaining rockets and materials from the neighbouring historic Rocket Research Range

17:00 **Dinner at CNSC**

19:00 **Evening lecture**

DAY
4

DAY
5

8:00 **Breakfast at CNSC**

10:00 **Churchill and Area Tour**

See the town's famous landmarks — including the MV Ithica shipwreck, the polar bear holding facility, and the Miss Piggy plane wreck — on this guided driving tour.

11:45 **Lunch at local restaurant**

12:45 **Free time to visit gift shops and murals**

14:00 **Itsanitaq Museum**

Explore various Inuit carving and artefacts with an interpretive tour.

15:00 **Parks Canada Visitor Centre**

Take an interpretive tour and learn about the town's history.

17:00 **Dinner at CNSC**

18:00 **Traditional Food and Farewell Gathering**

DAY
6

8:00 **Breakfast at CNSC**

9:00 **Check Out**

12:00 **Departure for airport**