

CANADIAN NEUROMODULATION SOCIETY

11th Annual Meeting | June 30th-July 2nd 2019 | Iqaluit, Nunavut

Iqaluit Information

Iqaluit (ee-kah-loo-eet) is Nunavut's capital city, where approximately 7,250 people make their home. While 61% of the population is Inuit, Iqaluit is home to people from all across Canada and from around the world. At 63°45'N 68°31'W, and 2090 km north of Ottawa, Iqaluit is closer to the North Pole than it is to Ottawa. Put another way, Ottawa is exactly half-way between Iqaluit and Cancun, Mexico.

Weather in June/July

In the summer, visitors should expect a range of temperatures and weather conditions.

There is little humidity and lots of sunshine. Coastal winds can make it seem even cooler at times.

The average high temperature for late June is 6 °C. Most of the snow in Iqaluit will have melted, but there will still be snow in the hills. Frobisher Bay is usually free of ice by late June, so you may see some of the annual sealift ships in port, offloading fuel and supplies.

Days are long, with almost 24 hours of daylight. It's not uncommon to see cardboard or heavy blankets on bedroom windows in the summer months. While the hotel has excellent blackout curtains, you might consider bringing a sleep mask if you're light-sensitive.

Clothing

Visitors should be prepared for a range of temperatures and weather conditions.

For outerwear, the name of the game is: layers. It might be warm during the day, but cool at night. It's a good idea to bring a fleece base layer or a sweater and a water and windproof shell. It's never a bad idea to pack a hat and gloves, just in case. All of the sidewalks, and many of the roads, are unpaved. This means hiking boots or sturdy shoes rather than dress shoes and high heels. The dress code in Iqaluit can be described as relaxed business casual.

Alcohol

Alcohol consumption is either highly restricted or banned altogether in many communities. These restrictions are strictly enforced to the point where RCMP may search the bags of incoming visitors. Any alcohol brought into 'dry' communities is promptly confiscated.

There is no liquor store in Iqaluit, but there are licensed restaurants and bars. The legal drinking age is 19.

Inuit Art, Books, and Souvenirs

If you enjoy Inuit art, you will really enjoy Iqaluit. You can pick up a variety of Inuit art, particularly prints and sculptures, at gift shops around town. And don't be surprised if you are approached to purchase a small or medium size Inuit sculpture at your hotel or restaurant. Prices are often negotiable, but consider that the artists take considerable time, skill, and effort in making their artwork, and their livelihoods often depend on sales. In the galleries and at the museum, prices will range from \$20 to a few hundred dollars. There is a great selection of local art at **Carvings Nunavut** (Building 626), the **Iqaluit Fine Arts Studio** (Building 1127), and at the **Nunatta Sunakkutaangit Museum** (Building 212). **Arctic Ventures Marketplace** has an excellent local book section. If you'd like to take home some arctic char (smoked or fresh) or other country foods such as caribou or musk ox, a visit to **Iqaluit Enterprises** (Building 158 B) is a must. Frozen arctic char is also available at **Northmart**.

Banking

RBC, CIBC, and First Nations Bank all have branches in Iqaluit, and all have 24-hr. ATM service. Major credit cards are accepted at most retailers. Artists generally only accept payment in cash. The museum accepts cash and cheques.

Local Transportation

Our conference will be held at the Frobisher Inn, which is located in the centre of Iqaluit. Most places of interest are easily reached by foot. Taxi service is available at a \$6 flat rate per person. Taxis may also pick up and drop off other passengers along the way so shared rides with others is the norm.

Where to Eat

Iqaluit has many different types of restaurants, from fine dining to fast food, and even food trucks in the summer.

In the hotel there are three restaurants. **The Frob Kitchen and Eatery**, the more casual **Storehouse Bar and Grill**, as well as **Caribrew**, for coffee, sandwiches and baked goods.

There are other local restaurants that are within walking distance of the hotel.

Dining and Pubs

Big Racks Barbecue 810 Natsiq 867-979-5555

Granite Dining Room Discovery Boutique Hotel 867-979-4433

Kickin' Caribou Pub 923 Federal Road 867-979-472

Water's Edge Seafood & Steakhouse 923 Federal Road 867-979-4726

Fast Food & Coffee Shops

Grind & Brew 116B Sinaa

KFC/Pizza Hut (Take out only) 159 Nipisa Street

The Snack 163 Nipisa Street

Tim Hortons 228 Apex Road

Yummy Shawarma 1089 Mivvik Street

Tourist Activities

If you're sticking around Iqaluit after the conference, or you plan to explore our communities, Nunavut Tourism can help you plan your trip. Check out their website:

www.nunavuttourism.com

Some suggestions...

Visit a wilderness lodge or fishing camp ■ Shop for locally made arts and handicrafts ■ Hike the trails and visit territorial and national parks ■ Experience world renowned wildlife viewing and birding ■ Rent ATVs for a hands-on travel experience ■ Book a boat tour or see the floe edge ■ Try your hand at sea kayaking or canoeing .

Unikkaarvik Visitor Centre — Iqaluit This facility features several cultural exhibits, wildlife displays, special events, guest speakers and visiting exhibitions. You can find many maps, tours and historical information and services here.

St. Jude's Anglican Cathedral – This internationally recognized landmark is not to be missed with its famous igloo design.

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The Nunatta Sunakkutaangit Museum – With changing exhibits and a souvenir shop where you can purchase local art.

The Legislative Assembly of Nunavut – With unique design and architectural elements

Sylvia Grinnell Territorial Park (Iqaluit Kuunga) – Only a quick drive or a 30-minute walk to the park gates. There are hiking trails and a viewing platform with a scenic view of the river, ocean and the twin waterfalls. You can fish for Arctic Char with a Nunavut Sports Fishing License.

Qaummaarviit Territorial Park – Across the bay from Iqaluit is Qaummaarviit which means “the place that shines.” Remnants of sod houses and ancient graves can be found. This small island is accessible by boat in summer and snowmobile in winter.

Alianait Arts Festival-The Festival takes place in Iqaluit in late June each year. These arctic days have 24-hour sunlight – a time of great celebration! Alianait sets the spotlight on Inuit and other circumpolar artists while bringing together exciting world-class musicians, circus acrobats, dancers, storytellers, actors, filmmakers and visual artists from across the globe. For more information on this exciting Northern festival, www.alianait.ca

Canada Day Celebrations- a variety of activities are planned. TBA