



Bullock's Bistro, Yellowknife



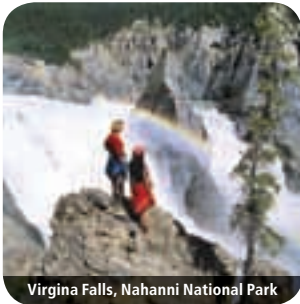
Twin Falls Gorge Territorial Park



Traditional Shore Lunch



Bannockland B&B, Fort Simpson



Virginia Falls, Nahanni National Park



Chef Pierre, LeFrolic & L'Heritage



Dene Boy Playing in the Fireweed



Wildcat Café, Yellowknife

Savouring the North

Discover the cuisine and culture of the Spectacular Northwest Territories

Inside Bullock's Bistro in Yellowknife's Old Town a waitress squeezes between tables, stopping to deposit plates heaped with hand-cut french fries, salad and fish freshly caught from Great Slave Lake. Diners grab a beer from the glass fridge and banter with the cook as he whips up muskox, caribou, bison and fresh fish in the open kitchen. Stickers and messages of appreciation for the food and atmosphere adorn the walls. So famous is the fare here that the fish and chips were recently rated best in Canada by Reader's Digest.

In the Northwest Territories savouring the food also means savouring the land and its history. Long before Yellowknife became the territorial capital in 1967, Old Town boomed after prospector Johnny Baker found gold on the shores of Yellowknife Bay in 1934. It's here, amid the winding streets, that Yellowknife's history comes alive. In the Wildcat Cafe, built in 1937, you can sample such unique fare as muskaboo poutine

while sitting in a relaxed, log cabin style atmosphere.

Pilot's Monument, built on "The Rock," is a landmark hill that serves as a lookout point and offers a panoramic view of Yellowknife, Great Slave Lake and the nearby islands. The monument honours the bush pilots who opened up the North. Great Slave Lake is one of the largest freshwater lakes in North America. Visitors can take a guided day trip in the summer to

catch monster northern pike or Arctic grayling in the East Arm of Great Slave Lake, and stop to fry up their catch for a gourmet lunch onshore.

☉ A Taste of Yellowknife

The contemporary side of Yellowknife, a town of about 20,000 people, is evident in the modern amenities downtown. With three diamond mines about 300 kilometres north of Yellowknife, the city lives up to its aboriginal Dogrib name,

Somba K'e – which means "the money place." Learn about diamonds at exhibits in the Diavik Visitors' Centre and the Northern Frontier Visitors Centre.

At the Prince of Wales Northern Heritage Centre, see the last remaining mooseskin boat the Shuhtaot'ine or Mountain Dene adapted from a fur-trader's York boat. These boats were used from the 1800s to the 1950s to travel from the Mackenzie Mountains to fur trading posts primarily at Tulita, Fort Good Hope, Fort Simpson and Fort Liard. The aviation gallery displays a real bush plane and explains how bush pilots provided a lifeline to the North. Other galleries feature changing exhibits

Yellowknife's cityscape... naturally

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about life in the Beaufort-Delta and Subarctic regions of the Northwest Territories. The museum's Heritage Café serves light meals of homestyle soups, salads and sandwiches at lunch.

Supper awaits at L'Héritage, a French restaurant where Northern specialties are served with a French accent. Musk-ox striploin is adorned with morrel and Armagne sauce, while elk roulade is stuffed with cranberries and pecans and bathed in a maple brandy jus. Everything is served up on white tablecloths in elegant surroundings of polished wood and subdued lighting.

● **Fort Simpson and Virginia Falls**

The next morning it's off to Fort Simpson, a community of some 1,300 people at the confluence of the Mackenzie and Liard rivers in the Deh Cho region, an hour's flight from Yellowknife. Fur trapper and gold prospector Albert Faille is long gone, but his one-room house, which was built around 1920, still displays his personal belongings, including moccasins, snowshoes, a shaving kit and hand-written letters. In fact, it looks as though Faille will return any moment.

At the village's floatplane base, a Cessna whisks passengers off for a flightseeing tour over Nahanni National Park Reserve. The four-seat plane glides over mountain ranges, plateaus and through canyons before stopping at Virginia Falls, which are about twice the height of Niagara Falls. More than an hour later, the plane takes off again to savour more of the North. Enjoy several kinds of bannock and deluxe overnight comfort at Bannockland B&B in Fort Simpson.



Northwest Territories
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For more information, contact Northwest Territories Tourism at www.spectacularnwt.com or 1-867-873-5007.

This promotional feature was prepared for Northwest Territories Tourism by Hélène Katz.

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