

Into the Canadian wilderness – 1,500 km by canoe

15 August 2026 · About 1 h 10 min · With Håvard Hasund

Håvard Hasund paddled 1,500 kilometres through northern Canada in 47 days. A conversation about the planning, the safety, the bear encounters and what actually happened out there.

MAIN TOPICS

- Where the idea came from, and why it had to be Canada
- The planning – the date first, everything else after
- The route, from Yellowknife to Baker Lake
- Why they travelled as two groups
- The biggest risk, and why it is not bears
- The safety kit, and the insurance that does not cover it
- Food, weight and the calorie budget
- The fishing, which is nothing like Norway
- The pace – headwind, good days and the hardest leg
- The five-kilometre portage, solved two ways
- When they lost each other, and what they learned
- The watershed, and the rapids
- Day 40, with a wolf, moose and four bears
- Baker Lake, and the cold burger

QUESTIONS THIS EPISODE ANSWERS

- What was the Canada expedition actually about?
- How do you plan a 1,500 km canoe trip?
- What is the biggest risk on a trip like this?
- What first aid and safety equipment should you bring?
- Does ordinary travel insurance cover an expedition?
- How do you handle an encounter with a bear?
- How do you plan food for nearly fifty days?
- What would he do differently next time?

KEY POINTS

- Set a date first, and build the plan backwards from it. The decision was made at Christmas 2023 for the summer of 2025.
- Capsizing into four-degree water is the real risk – not bears. His estimate is about ten minutes.
- Bear spray matters more than firearms, and plenty of people are out there without any firearm at all.
- Ordinary Norwegian travel insurance excludes expeditions in the northern Canadian wilderness, alongside Greenland.

- An emergency beacon does not save you. Help takes hours, and you have to manage until it arrives.
- Two canoes are the safety margin. If one capsizes, the other is the only rescue – which is why the group has to wait for each other.
- Breakfast was porridge with powdered milk, sugar and rapeseed oil, every single day for 47 days.
- A lake trout under a kilo counts as a poor effort. He landed one of eight kilos himself.
- On the worst days they made 2.5 km/h. The hardest day was 85 kilometres in sixteen to seventeen hours.

This is general information, not individual health advice.

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