



Pedersen, M. W. et al. (2016) Postglacial viability and colonization in North America's ice-free corridor. *Nature*, 537(7618), pp. 45-49.

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Deposited on: 16 August 2016

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1 **Postglacial viability and colonization in North America's ice-free corridor**

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23

1 **Abstract**

2 **During the Last Glacial Maximum, continental ice sheets isolated Beringia**
3 **(northeast Siberia and northwest North America) from unglaciated North**
4 **America. By around 15 to 14 thousand calibrated radiocarbon years before**
5 **present (cal. kyr BP), glacial retreat opened an approximately 1,500-km-long**
6 **corridor between the ice sheets. It remains unclear when plants and animals**
7 **colonized this corridor and it became biologically viable for human migration.**
8 **We obtained radiocarbon dates, pollen, macrofossils and metagenomic DNA**
9 **from lake sediment cores in a bottleneck portion of the corridor. We find**
10 **evidence of steppe vegetation, bison and mammoth by approximately 12.6 cal.**
11 **kyr BP, followed by open forest, with evidence of moose and elk at about 11.5 cal.**
12 **kyr BP, and boreal forest approximately 10 cal. kyr BP. Our findings reveal that**
13 **the first Americans, whether Clovis or earlier groups in unglaciated North**
14 **America before 12.6 cal. kyr BP, are unlikely to have travelled by this route into**
15 **the Americas. However, later groups may have used this north–south**
16 **passageway.**

17

1 **Introduction**

2

3 Understanding the postglacial emergence of an unglaciated and biologically viable
4 corridor between the retreating Cordilleran and Laurentide ice sheets is a key part of
5 the debate on human colonization of the Americas^{1, 2, 3}. The opening of the ice-free
6 corridor, long considered the sole entry route for the first Americans, closely precedes
7 the ‘abrupt appearance’ of Clovis, the earliest widespread archaeological complex
8 south of the ice sheets at ~13.4 cal. kyr BP^{4, 5}. This view has been challenged by recent
9 archaeological evidence that suggests people were in the Americas by at least 14.7
10 cal. kyr BP^{6, 7}, and possibly several millennia earlier⁸. Whether this earlier presence
11 relates to Clovis groups remains debated⁹. Regardless, as it predates all but the oldest
12 estimates for the opening of the ice-free corridor^{10, 11}, archaeological attention has
13 shifted to the Pacific coast as an alternative early entry route into the Americas^{1, 11}.
14 Yet, the possibility of a later entry in Clovis times through an interior ice-free corridor
15 remains open^{1, 9, 12}.

16

17 Whether the ice-free corridor could have been used for a Clovis-age migration
18 depends on when it became biologically viable. However, determining this has proven
19 difficult because radiocarbon and luminescence dating of ice retreat yield conflicting
20 estimates for when the corridor opened, precluding precise reconstruction of
21 deglaciation chronology^{10, 13, 14, 15, 16, 17}. Once the landscape was free of ice and
22 meltwater, it was open for occupation by plants and animals, including those
23 necessary for human subsistence. On the basis of studies on modern glaciers¹⁸, the
24 onset of biological viability could have been brief (for example, a few decades) if

1 propagules were available in adjacent areas, and assuming they were capable of
2 colonizing what would have been a base-rich (high pH) and nitrogen-poor, soil
3 substrate (such as nitrogen-fixing plants like *Shepherdia canadensis* (buffaloberry)).
4

5 Establishment of biota within the corridor region must have varied locally depending
6 on the rate and geometry of ice retreat, the extent of landscape flooding under
7 meltwater lakes, and the proximity of plant and animal taxa and their dispersal
8 mechanisms^{1, 19, 20}. Some areas were habitable long before others. Although the
9 corridor's deglaciation history was complex, broadly speaking it first opened from its
10 southern and northern ends, leaving a central bottleneck that extended from
11 approximately 55 °N to 60 °N^{1, 10, 13, 14, 15, 21}. On the basis of currently available
12 geological evidence, this was the last segment to become ice free and re-colonized by
13 plants and animals^{1, 13, 22, 23, 24}.

14
15 Although palynological and palaeontological data can be used to help study the
16 opening of the corridor region, these are limited in several respects. First, not all
17 vegetation, particularly pioneering forbs and shrubs, produce pollen and macrofossils
18 with good preservation potential that will be detectable in available depositional
19 locales. Hence, timing of plants' appearance may be underestimated. Second, pollen
20 can disperse over long distances and have limited taxonomic resolution, differential
21 preservation, and variable production rates, all of which can bias vegetation
22 reconstruction²⁵. Third, fossil evidence for initial large mammal populations that
23 dispersed into the newly opened corridor is sparse. The fossil remains suggest the
24 presence of bison, horse and mammoth, and probably some camel, muskox and

1 caribou^{26, 27}. Yet, the oldest vertebrate remains after the Last Glacial Maximum are no
2 older than ~13.5 cal. kyr BP², and those specimens are found outside the bottleneck
3 region^{1, 3, 26, 28, 29}. These animals would have been the source populations to recolonize
4 the newly opened landscape, and thus their presence within the bottleneck region can
5 indicate when the corridor became a viable passageway over its entirety.

6

7 **Samples and analytical approaches**

8 To overcome current limitations of the palaeoecological record, and develop a more
9 precise chronology for the opening and biological viability of corridor's bottleneck
10 region, we collected nine lake sediment cores from Charlie Lake and Spring Lake in
11 the Peace River drainage basin (Fig. 1). These are remnants of Glacial Lake Peace,
12 which formed as the Laurentide Ice Sheet began to retreat in this region around 15 to
13 13.5 cal. kyr BP and blocked eastward draining rivers^{10, 13, 14, 15, 21} (Extended Data Fig.
14 1). Glacial Lake Peace flooded the gap between the ice fronts until about 13 cal. kyr BP,
15 sometime after which Charlie and Spring lakes became isolated¹³. Thus, this area was
16 amongst the last segments of the corridor to open and is pivotal to understanding its
17 history as a biogeographic passageway^{1, 13, 14, 16, 22, 24}.

18 Of the nine cores obtained from Charlie Lake and Spring Lake, one from each lake
19 predates the Pleistocene to Holocene transition, the oldest dating to ~12.9 cal. kyr BP
20 (modelled age). We sampled the cores from both lakes for magnetic susceptibility,
21 pollen^{30, 31}, micro- and macrofossils, including ¹⁴C-dateable material for subsequent
22 robust Bayesian age-depth modelling (Fig. 2, Methods, Extended Data Figs 2, 3, 4 and
23 Supplementary Information). In addition, we obtained environmental DNA (eDNA)³²,
24 representing molecular fossils of local organisms derived from somatic tissues, urine

1 and faeces³³, but rarely pollen³⁴. eDNA complements traditional pollen and macrofossil
2 studies³⁵, and is especially useful for establishing the likelihood that a taxon occurred
3 within a particular time period^{36, 37}. Furthermore, eDNA enables identification of taxa
4 even in the absence of micro- and macrofossil material, thus improving the resolution
5 of taxonomic richness surveys³⁶. However, amplification of short and taxonomically
6 informative DNA metabarcodes³⁸ can be biased towards taxa targeting³⁵. We used
7 shotgun sequencing of the full metagenome in the DNA extracts to reveal the whole
8 diversity of taxonomic groups present in the sediment³⁹ (Fig. 2, Methods, Extended
9 Data Figs 5 and 6 and Supplementary Information). We confirmed the sequences
10 identified as ancient by quantifying DNA damage⁴⁰, and found the DNA damage levels
11 to accumulate with age (Pearson correlation coefficient = 0.663, P value = 0.00012)
12 (Methods and Extended Data Fig. 7a, b).

13

14 **Biological succession within the corridor bottleneck**

15 The basal deposit in the Charlie Lake core is proglacial gravel, previously reported from
16 the area²², above which are laminated lacustrine sediments, principally composed of
17 silt-sized grains²⁴ (Extended Data Fig. 2). We interpret these as deposits from Glacial
18 Lake Peace Stage IV (ref. 13), the >15,000 km² proglacial lake that covered the Peace
19 River area of northeastern British Columbia and northwestern Alberta. A subsequent
20 lithological change from silt to sandy organic rich mud (gyttja) at the onset of Holocene,
21 around 11.6 cal. kyr BP, reflects a change in sediment source and lake productivity we
22 interpret as Charlie Lake becoming isolated from Glacial Lake Peace (Fig. 1). This is
23 followed by a decrease in pollen influx in both lake records at ~11.5 cal. kyr BP that
24 coincides with an increase in pre-Quaternary palynomorphs. At Charlie Lake there is
25 then a marked increase in pollen influx at ~11.3 cal. kyr BP. We interpret these

1 fluctuations as responses of a highly dynamic landscape to paraglacial and aeolian
2 redepositional processes.

3

4 Our palynological and eDNA-based taxonomic identifications, respectively, reveal the
5 development of biota in the regional and local environment surrounding each lake (Fig.
6 2, Extended Data Figs 3, 4, 5, 6). Prior to ~12.6 cal. kyr BP (Charlie Lake, pollen zone
7 I, ~13 to 12.6 cal. kyr BP), the bottleneck area appears to have been largely unvegetated,
8 receiving low pollen influx (<50 grains cm^{-2} y^{-1}) with little organic content
9 (incoherent/coherent ratio) and low DNA concentrations (<5 ng per g of sediment).
10 During the later phases of Glacial Lake Peace, both pollen and eDNA indicate grasses
11 and sedges were early colonizers. Charlie Lake pollen zone II (~12.6 to 11.6 cal. kyr
12 BP) contains evidence of steppe vegetation, including *Artemisia* (sagebrush),
13 Asteraceae (sunflower family), Ranunculaceae (buttercup family), Rosaceae (rose
14 family, rosids in eDNA), *Betula* (birch), and *Salix* (willow). A similar plant community
15 is recorded at Spring Lake (pollen zone 1), with substantial abundances of *Populus* and
16 *S. canadensis*, probably due to elevation differences and because by this time Spring
17 Lake was no longer part of the Glacial Lake Peace system.

18

19 eDNA indicates the steppe vegetation supported a variety of animals including *Bison*
20 which appear at ~12.5 cal. kyr BP, and *Microtus* (vole) and *Lepus* (jackrabbit) by ~12.4
21 cal. kyr BP (Fig. 3). After 12.4 cal. kyr BP, *Populus* trees became more dominant and
22 *Cervus* (elk), *Haliaeetus* (bald eagle) and *Alces* (moose) appear in the eDNA record.
23 The productivity of the bottleneck increased to a peak at ~11.6 cal. kyr BP. The presence
24 of *Esox* (pike), a top aquatic predator, implies that by ~11.7 cal. kyr BP, a fish
25 community was already established. After 11.6 cal. kyr BP, *Picea* (spruce), *Pinus* (pine)

1 and *Betula* pollen increased in the Charlie Lake pollen record, reflecting the
2 establishment of boreal forest.

3 Around 11.5 cal. kyr BP, a distinct decline occurred in pollen influx at both lakes. High
4 abundance of *Botryococcus* (green algae) in each is probably a response to changing
5 nutrient sources, lake chemistry, sediment input and possibly reduced turbidity
6 following isolation of these basins from Glacial Lake Peace⁴¹. *Botryococcus*
7 dominated the early Holocene sequence in Spring Lake (11.7–11.5 cal. kyr BP) but
8 declined relative to *Pediastrum* (green algae) after 11.0 cal. kyr BP, consistent with
9 eutrophication in a more productive ecosystem. Pollen and plant macrofossils indicate
10 *Alnus* (alder) was in the vicinity of Spring Lake at about 7.0 cal. kyr BP, although it is
11 not evident in eDNA until approximately 5.5 cal. kyr BP.

12
13 We used non-metric multi-dimensional scaling (NMDS) based on Bray–Curtis
14 similarity measures to explore whether the eDNA plant communities, excluding algae,
15 reflect the pollen data (Fig. 2b, d). In eDNA samples, the first NMDS axis matches the
16 clear separation between major pollen zones at Spring Lake and Charlie Lake. The only
17 exception is represented by the 12.2 cal. kyr BP sample at Charlie Lake, which does not
18 cluster with other samples of similar age (~12.6–11.6 cal. kyr BP) but is closer to the
19 arboreal and younger samples from pollen zone I. Nevertheless, consistency between
20 the main pollen zones and clustering of eDNA samples confirms that large ecological
21 changes found in pollen records can be identified using eDNA.

22
23 Despite good conformity between palynological and eDNA data, some discrepancies
24 suggest these proxies are variably affected by a plant's reproductive process and
25 taphonomic history (see Supplementary Information). The most notable of these

1 discrepancies is the *Populus* record. In Charlie Lake, its pollen and eDNA signals are
2 congruent from ~11.6–11.2 cal. kyr BP, whereas earlier (~12.4–12.1 cal. kyr BP) the
3 eDNA signal for *Populus* is more pronounced. In Spring Lake, *Populus* pollen only
4 occurs towards the base of the record and in upper zone III, whereas in the eDNA record
5 it is abundant throughout. This discrepancy is probably due to *Populus* reproducing
6 vegetatively, and its notoriously low detection rates and poor pollen preservation,
7 which often render it palynologically ‘silent’⁴². The eDNA reveals that poplar was
8 probably more abundant in the regional vegetation than has previously been shown with
9 palynology. This has important implications for human occupation as poplar would
10 have provided wood for fuel, shelter, and tools, as well as browse feeding for animals.

11

12 The differences between the pollen and eDNA evidence for plants might also reflect
13 dispersal factors. Wind-dispersed pollen is more likely to be encountered in lake-based
14 pollen records, whereas predominantly insect-pollinated taxa are less likely to settle in
15 lake sediments and be detected. Many willows (*Salix* spp.), for example, are insect
16 pollinated. Their pollen is present in low percentage (5%) in zone II in Charlie Lake,
17 but in higher abundance in zones II and III in the eDNA record (Extended Figs 5 and
18 6). This suggests the eDNA comes more from macrofossils and plant debris than from
19 pollen.

20

21 The eDNA record also detects taxa not present in fossil bone assemblages, including
22 terrestrial and aquatic vertebrates. In particular, it identifies top-level aquatic (*Esox*)
23 and avian (*Haliaeetus*) predators, which indicate a rich supporting community at lower
24 trophic levels. *Cervus* is evident in the Charlie Lake record at about 11.5 cal. kyr BP,
25 whereas its earliest fossil remains from the area date to about 10.2 cal. kyr BP⁴³. Small

1 mammals, such as *Microtus* are documented in the Charlie Lake eDNA at 12.4 cal. kyr
2 BP confirming the *Microtus* colony found just west of Charlie Lake, at Bear Flats⁴³.
3 Yet, there are also notable absences in eDNA compared to the vertebrate record. For
4 example, faunal remains from the adjacent Charlie Lake Cave, dated to ~12.4 cal. kyr
5 BP⁴⁴ are rich in waterfowl and other birds and fish not detected by eDNA. In the Spring
6 Lake eDNA record, *Castor* (beaver) appears between 5.4 and 3 cal. kyr BP, whereas
7 evidence from Wood Bog⁴⁵ ~60 km to the south suggests that the beaver was part of
8 the local fauna since at least 11 cal. kyr BP.

9

10 When the evidence from these multiple proxies is combined, it provides a more robust
11 record of the presence of plants and animals than any single indicator. It is, of course,
12 possible that some taxa arrived on the landscape earlier and escaped detection, thus
13 appearing absent. However, there was only a narrow window of time between when the
14 bottleneck region was beneath the waters of Glacial Lake Peace and impassable, and
15 when these proxies first detect the presence of plants and animals. The eDNA data are
16 particularly important for indicating the earliest occurrence of terrestrial fauna in the
17 bottleneck region, particularly the game animals that would have been key subsistence
18 resources for hunter-gatherers⁴⁶.

19

20 **Discussion**

21

22 Although ice sheet retreat led to the corridor physically opening in the bottleneck region
23 starting around 15–14 cal. kyr BP¹⁰, deglaciation was followed by regional inundation
24 below the waters of Glacial Lake Peace for perhaps up to 2,000 years¹³. By around 12.6
25 cal. kyr BP the ice sheets were several hundred kilometres apart and the landscape had

1 become vegetated. Large and small animals came in soon thereafter, around 12.5 cal.
2 kyr BP, making the corridor capable of supplying the biotic resources, including high-
3 ranked prey such as bison, required by human foragers for the 1,500 km traverse⁴⁷. This
4 result is consistent with the recent finding that the oldest of the southern bison clade
5 specimens (clades 1a and 2b) found north of the bottleneck region postdates 12.5 cal.
6 kyr BP, though not with the finding that it opened earlier³ (see Supplementary
7 Information).

8

9 From our findings, it follows that an ice-free corridor was unavailable to those groups
10 who appear to have arrived in the Americas south of the continental ice sheets by 14.7
11 cal. kyr BP^{6, 7}, and also opened too late to have served as an entry route for the ancestors
12 of Clovis who were present by 13.4 cal. kyr BP^{1, 9}. Not surprisingly, the earliest
13 archaeological presence in the Peace River region, at Charlie Lake Cave (Fig. 3) and
14 Saskatoon Mountain^{45, 47}, postdates 12.6 cal. kyr BP. More striking, once opened, the
15 corridor was not used just for southbound movement: archaeological evidence suggests
16 that people were moving north as well, potentially renewing contact between groups
17 that had been separated for millennia^{1, 9}. Bison³ were also colonizing the corridor and
18 moving north and south; it is uncertain whether other species, such elk² and brown
19 bears⁴⁸, were moving similarly.

20

21 More broadly, although Clovis people may yet be shown to represent an independent
22 migration separate from the peoples present here by 14,700 cal. kyr BP, they must have
23 descended from a population that entered the Americas via a different route than the
24 ice-free corridor. This conclusion is relevant to the recent finding⁴⁹ that ancestral Native
25 Americans diverged into southern and northern branches ~13 cal. kyr BP (95%

1 confidence interval of 14.5–11.5 cal. kyr BP). This implies that if that split occurred
2 north of the ice sheets, there must have been two pulses of migration to the south. As
3 the Anzick infant’s genome, dated to 12.6 cal. kyr BP and associated with Clovis
4 artefacts, is part of the southern branch⁵⁰, its ancestors must have travelled via the coast.
5 However, this does not preclude the possibility that ancestors of the northern branch
6 left Alaska later, through a then-viable ice-free corridor. Alternatively, if the divergence
7 occurred in unglaciated North America, as recently proposed⁴⁹, it implies a single
8 ancestral population came via the coast. It further raises the possibility that the northern
9 branch—the descendants occupying Alaska today—made their way north to Alaska via
10 the corridor after 12.6 cal. kyr BP. Further investigations of ancient DNA may help
11 resolve this issue.

12

13 **Methods**

14

15 **Sediment sampling.** We obtained 23 sediment cores from 8 different lakes by using a
16 percussion corer deployed from the frozen lake surface⁵¹. To prevent eventual internal
17 mixing, we discarded all upper suspended sediments and only kept the compacted
18 sediment for further investigation. Cores were cut into smaller sections to allow
19 transport and storage. All cores were taken to laboratories at the University of Calgary
20 and were stored cold at 5 °C until subsequent subsampling. Cores were split using an
21 adjustable tile saw, cutting only the PVC pipe. The split half was taken into a positive
22 pressure laboratory for DNA subsampling. DNA samples were taken wearing full body
23 suit, mask and sterile gloves; the top 10 mm were removed using two sterile scalpels
24 and samples were taken with a 5 ml sterile disposable syringe (3–4 cm²) and transferred
25 to a 15 ml sterile spin tube. Caution was taken not to cross-contaminate between layers

1 or to sample sediments in contact with the inner side of the PVC pipe. Samples were
2 taken every centimetre in the lowest 1 m of the core (except for Spring Lake, the lowest
3 2 m), then intervals of 2 cm higher up, and finally samples were taken every 5 cm, and
4 subsequently frozen until analysed. Pollen samples were taken immediately next to the
5 DNA samples, while macrofossil samples were cut from the remaining layer in 1 cm or
6 2 cm slices. Following sampling, the second intact core halves were visually described
7 and wrapped for transport. All cores were stored at 5 °C before, during and after
8 shipment to the University of Copenhagen (Denmark).

9

10 **Core logging and scanning.** An ITRAX core scanner was used to take high-resolution
11 images and to measure magnetic susceptibility at the Department of Geoscience,
12 Aarhus University. Magnetic susceptibility⁵² was measured every 0.5 cm using a
13 Bartington Instruments MS2 system (Extended Data Fig. 2).

14

15 **Pollen and macrofossil extraction and identification.** Pollen was extracted using a
16 standard protocol³⁰. *Lycopodium* markers were added to determine pollen
17 concentrations⁵³ (see Supplementary Information). Samples were mounted in (2000 cs)
18 silicone oil and pollen including spores were counted using a Leica Laborlux-S
19 microscope at 400× magnification and identified using keys^{30, 53, 54} as well as reference
20 collections of North American and Arctic pollen housed at the University of Alberta
21 and the Danish Natural History Museum, respectively. Pollen and pteridophyte spores
22 were identified at least to family level and, more typically, to genera. Green algae
23 coenobia of *Pediastrum boryanum* and *Botryococcus* were recorded to track changes
24 in lake trophic status. Pollen influx values were calculated using pollen concentrations
25 divided by the deposition rate (see Supplementary Information). Microfossil diagrams

1 were produced and analysed using PSIMPOLL 4.10^(ref. 31). The sequences were zoned
2 with CONIIC³¹, with a stratigraphy constrained clustering technique using the
3 information statistic as a distance measure. All macrofossils were retrieved using a
4 100 µm mesh size and were identified but not quantified.

5

6 **Radiocarbon dating and age-depth modelling.** Plant macrofossils identified as
7 terrestrial taxa (or unidentifiable macrofossils with terrestrial characteristics where no
8 preferable material could be identified) were selected for radiocarbon (¹⁴C) dating of
9 the lacustrine sediment. All macrofossils were subjected to a standard acid-base-acid
10 (ABA) chemical pre-treatment at the Oxford Radiocarbon Accelerator Unit (ORAU),
11 following a standard protocol⁵⁵, with appropriate ‘known age’ (that is, independently
12 dendrochronologically-dated tree-ring) standards run alongside the unknown age plant
13 macrofossil samples⁵⁶. Specifically, this ABA chemical pre-treatment (ORAU
14 laboratory pre-treatment code ‘VV’) involved successive 1 M HCl (20 min, 80 °C),
15 0.2 M NaOH (20 min, 80 °C) and 1 M HCl (1 h, 80 °C) washes, with each stage
16 followed by rinsing to neutrality (≥3 times) with ultrapure MilliQ deionised water. The
17 three principal stages of this process (successive ABA washes) are similar across most
18 radiocarbon laboratories and are, respectively, intended to remove: (i) sedimentary- and
19 other carbonate contaminants; (ii) organic (principally humic- and fulvic-) acid
20 contaminants; and (iii) any dissolved atmospheric CO₂ that might have been absorbed
21 during the preceding base wash. Thus, any potential secondary carbon contamination
22 was removed, leaving the samples pure for combustion and graphitisation. Accelerator
23 mass spectrometry (AMS) ¹⁴C dating was subsequently performed on the 2.5 MV
24 HVEE tandem AMS system at ORAU⁵⁷. As is standard practice, measurements were
25 corrected for natural isotopic fractionation by normalizing the data to a standard δ¹³C

1 value of -25% VPDB, before reporting as conventional ^{14}C ages before present (BP,
2 before ad 1950)⁵⁸.

3

4 These ^{14}C data were calibrated with the IntCal13 calibration curve⁵⁹ and modelled using
5 the Bayesian statistical software OxCal v. 4.2 (ref. 60). Poisson process
6 ('**P_Sequence**') deposition models were applied to each of the Charlie and Spring
7 Lake sediment profiles⁶¹, with objective '**Outlier**' analysis applied to each of the
8 constituent ^{14}C determinations⁶². The **P_Sequence** model takes into account the
9 complexity (randomness) of the underlying sedimentation process, and thus provides
10 realistic age-depth models for the sediment profiles on the calibrated radiocarbon
11 (IntCal) timescale. The rigidity of the **P_Sequence** (the regularity of the
12 sedimentation rate) is determined iteratively within OxCal through a model averaging
13 approach, based upon the likelihood (calibrated ^{14}C) data included within the model⁶⁰.
14 A prior '**Outlier**' probability of 5% was applied to each of the ^{14}C determinations,
15 because there was no reason, *a priori*, to believe that any samples were more likely to
16 be statistical outliers than others. All ^{14}C determinations are provided in Extended Data
17 Table 1; OxCal model coding is provided in the Supplementary Information; and plots
18 of the age-depth models derived for Spring and Charlie Lakes are given in Extended
19 Data Fig. 2.

20

21 **DNA analysis.** All DNA extractions and pre-PCR analyses were performed in the
22 ancient DNA facilities of the Centre for GeoGenetics, Copenhagen. Total genomic
23 DNA was extracted using a modified version of an organic extraction protocol⁶³. We
24 used a lysis buffer containing 68 mM N-lauroylsarcosine sodium salt, 50 mM Tris-HCl
25 (pH 8.0), 150 mM NaCl, and 20 mM EDTA (pH 8.0) and, immediately before

1 extraction, 1.5 ml 2-mercaptoethanol and 1.0 ml 1 M DTT were added for each 30 ml
2 lysis buffer. Approximately 2 g of sediment was added, and 3 ml of buffer, together
3 with 170 μ g of proteinase K, and vortexed vigorously for 2×20 s using a FastPrep-24
4 at speed 4.0 m s^{-1} . An additional 170 μ g of proteinase K was added to each sample and
5 incubated, gently rotating overnight at 37°C . For removal of inhibitors we used the
6 MOBIO (MO BIO Laboratories, Carlsbad, CA) C2 and C3 buffers following the
7 manufacturer's protocol. The extracts were further purified using phenol-chloroform
8 and concentrated using 30 kDa Amicon Ultra-4 centrifugal filters as described in the
9 Andersen extraction protocol⁶³. Our extraction method was changed from this protocol
10 with the following modifications: no lysis matrix was added due to the minerogenic
11 nature of the samples and the two phenol, one chloroform step was altered, thus both
12 phenol:chloroform:supernatant were added simultaneously in the respective ratio
13 1:0.5:1, followed by gentle rotation at room temperature for 10 min and spun for 5 min
14 at 3,200g. For dark-coloured extracts, this phenol:chloroform step was repeated. All
15 extracts were quantified using Quant-iT dsDNA HS assay kit (Invitrogen) on a Qubit
16 2.0 Fluorometer according to the manufacturer's manual. The measured concentrations
17 were used to calculate the total ng DNA extracted per g of sediment (Fig. 2). 32 samples
18 were prepared for shotgun metagenome sequencing⁶⁴ using the NEBNext DNA Library
19 Prep Master Mix Set for 454 (New England BioLabs) following the manufacturer's
20 protocol with the following modifications: (i) all reaction volumes (except for the end
21 repair step) were decreased to half the size as in the protocol, and (ii) all purification
22 steps were performed using the MinElute PCR Purification kit (Qiagen). Metagenome
23 libraries were amplified using AmpliTaq Gold (Applied Biosystems), given 14–20
24 cycles following and quantified using the 2100 BioAnalyser chip (Agilent). All libraries
25 were purified using Agencourt AMPure XP beads (BeckmanCoulter), quantified on the

1 2100 BioAnalyzer and pooled equimolarly. All pooled libraries were sequenced on an
2 Illumina HiSeq 2500 platform and treated as single-end reads.

3

4 **Bioinformatics.** Metagenomic reads were demultiplexed and trimmed using
5 AdapterRemoval 1.5 (ref. 65) with a minimum base quality of 30 and minimum length
6 of 30 BP⁶⁶. All reads with poly-A/T tails ≥ 4 were removed from each sample. Low-
7 quality reads and duplicates were removed using String Graph Assembler (SGA)⁶⁷
8 setting the preprocessing tool dust-threshold = 1, index algorithm = 'ropebwt' and using
9 the SGA filter tool to remove exact and contained duplicates. Each quality-controlled
10 (QC) read was thereafter allowed equal chance to map to reference sequences using
11 Bowtie2 version 2.2.4 (ref. 68) (end-to-end alignment and mode -k 50 for example,
12 reads were allowed a total of 500 hits before being parsed). A few reads with more than
13 500 matches were confirmed by checking that the best blast hit belonged to this taxon,
14 and that alternative hits have lower e-values and alignment scores. We used the full
15 nucleotide database (nt) from GenBank (accessed 4 March 2015), which due to size
16 and downstream handling was divided into 9 consecutive equally sized databases and
17 indexed using Bowtie2-build. All QC checked fastq files were aligned end-to-end using
18 Bowtie2 default settings. Each alignment was merged using SAMtools⁶⁹, sorted
19 according to read identifier and imported to MEGAN v. 10.5 (ref. 70). We performed
20 a lowest common ancestor (LCA) analysis using the built-in algorithm in MEGAN and
21 computed the taxonomic assignments employing the embedded NCBI taxonomic tree
22 (March 2015 version) on reads having 100% matches to a reference sequence. We call
23 this pipeline 'Holi' because it takes a holistic approach because it has no a priori
24 assumption of environment and the read is given an equal chance to align against the
25 nt database containing the vast majority of organismal sequences (see Supplementary

1 Information). In silico testing of ‘Holi’ sensitivity (see Supplementary Information)
2 revealed 0.1% as a reliable minimum threshold for Viridiplantae taxa. For metazoan
3 reads, which were found to be under-represented in our data, we set this threshold to 3
4 unique reads in one sample or 3 unique reads in three different samples from the same
5 lake. In addition, we confirmed that each read within the metazoans by checking that
6 the best blast hit belonged to this taxon, and that alternative hits have lower e-values
7 and alignment scores⁷¹. We merged all sequences from all blanks and subtracted this
8 from the total data set (instead of pairing for each extract and library build), using
9 lowest taxonomic end nodes. Candidate detection was performed by decreasing the
10 detection threshold in ‘Holi’ from 0.1% to 0.01% to increase the detection of
11 contaminating plants, and similar for metazoans, we decreased the detection level and
12 subtracted all with 2 or more reads per taxa (see Supplementary Information). We
13 performed a series of in silico tests to measure the sensitivity and specificity of our
14 assignment method and to estimate likelihood of false-positives (see Supplementary
15 Information).

16

17 We generated 1,030,354,587 Illumina reads distributed across 32 sediment samples and
18 used the dedicated computational pipeline (‘Holi’) for handling read de-multiplexing,
19 adaptor trimming, control quality, duplicate and low-complexity read removal (see
20 Supplementary Information). The 257,890,573 reads parsing filters were further
21 aligned against the whole non-redundant nucleotide (nt) sequence database⁷². Hereafter,
22 we used a lowest common ancestor approach⁷⁰ to recover taxonomic information from
23 the 985,818 aligning reads. Plants represented by less than 0.1% of the total reads
24 assigned were discarded to limit false positives resulting from database mis-annotations,
25 PCR and sequencing errors (see Supplementary Information). Given the low number

1 of reads assigned to multicellular, eukaryotic organisms (metazoans), we set a minimal
2 threshold of 3 counts per sample or 1 count in each of three samples. For plants and
3 metazoans this resulted in 511,504 and 2,596 reads assigned at the family or genus
4 levels, respectively. The read counts were then normalized for generating plant and
5 metazoan taxonomic profiles (Extended Data Figs 5 and 6). Taxonomic profiles for
6 reads assigned to bacteria, archaea, fungi and alveolata were also produced (see
7 Supplementary Information).

8

9 **DNA damage and authenticity.** We estimated the DNA damage levels using the
10 MapDamage package 2.0 (ref. 40) for the most abundant organisms (Extended Data
11 Fig. 7b). These represent distinctive sources, which help to account for potential
12 differences between damage accumulated from source to deposition or during
13 deposition. Input SAM files were generated for each sample using Bowtie2^(ref. 68) to
14 align all QC reads from each sample against each reference genome. All aligning
15 sequences were converted to BAM format, sorted and parsed through MapDamage by
16 running the statistical estimation using only the 5'-ends (-forward) for single reads. All
17 frequencies of cytosine to thymine mutations per position from the 5' ends were parsed
18 and the standard deviation was calculated to generate DNA damage models for each
19 lake (Extended Data Fig. 7a and Supplementary Information).

20

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19

20

21 Supplementary information accompanying this paper is available online at

22 www.nature.com/nature

23

24 **Acknowledgements**

1 We thank Mary Lynn Tobiaz, Tyler Murchie, Mel Reasoner, Keary Walde, Derek
2 Wilson, Farzin Malekani, Andrea Freeman, and the Danish National Sequencing Centre
3 for help and support. The study was supported by the Danish National Research
4 Foundation (DNRF94), the Lundbeck Foundation, and KU2016.

5

6 **Author contributions**

7 EW initiated and led the study. MWP, KHK, and EW designed and conducted the study.
8 AR, CS, HF processed and counted pollen and microfossils. RAS performed the ¹⁴C
9 dating and Bayesian age modelling. NKL and RAR scanned cores for XRF/MS. MWP
10 performed the molecular work under supervision by LO and EW. MWP, CS, ABB,
11 BAP, DJM, KHK and EW made the main interpretations of the results. MWP, DJM
12 and EW wrote the paper with input from all authors.

13

14 **Author information**

15 DNA sequence data will be uploaded to the NCBI SRA archive
16 <http://www.ncbi.nlm.nih.gov/sra>, pollen counts can be found at the North America
17 Pollen Database (NAPD) <http://www.neotomadb.org/> and bioinformatics scripts are
18 available at <https://github.com/ancient-eDNA/Holi> upon acceptance.

19

20 Reprints and permissions information are available at www.nature.com/reprints

21

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24

1

2

3

1 **Figure captions**

2

3 **Figure 1 | Setting and study area.** During the Last Glacial Maximum, the Laurentide
4 Ice Sheet and the Cordilleran Ice Sheet coalesced in western mid-Canada creating a
5 physical barrier to north–south migration. Following the Last Glacial Maximum, the
6 ice retreated creating an ice-free corridor (IFC). **a**, Ice extent¹⁰ during two periods, Last
7 Glacial Maximum 21.4 cal. kyr BP (off-white) and Late Pleistocene 14.1 cal. kyr BP
8 (light-blue). **b**, Topography of the Peace River basin with Glacial Lake Peace Phase III
9 (white lines with blue outlines) and Phase IV¹³ with ice extent¹⁰ (light-blue and dark-
10 blue) at around 14.1 cal. kyr BP and 13 cal. kyr BP, respectively. The red and white lines
11 mark topographic transects of the lakes which in relation to the four phases of Glacial
12 Lake Peace¹³ is found in Extended Data Fig. 1.

13

14 **Figure 2 | Selected pollen, DNA and biometrical results.** **a, c**, Pollen are presented
15 as influx (area) and DNA taxa presented with normalized counts (bars). HS asteraceae,
16 high spike asteraceae. Metazoans are presented with bullet points indicating their
17 presence. The 5 point average (5p) of the incoherent/coherent (incoh/coh) ratio is
18 derived from the X-ray fluorescence results and an increasing ratio represents increased
19 organic content. **b, d**, Non-metric multi-dimensional scaling plots; grey ellipses marked
20 I, II, and III encircle the samples corresponding to the respective CONIIC pollen
21 zonation. Coloured dots indicate each taxon identified. The coloured categories are
22 identical to the pollen and DNA taxa in Charlie Lake (**a**), and Spring Lake (**c**).

23

24 **Figure 3 | Ecological interpretation and implications of this study.**

1 Timeline of the biology in the bottleneck area linking it with evidence of human
2 occupation and the first appearance of Clovis technology (see also Fig. 4). Grey animal
3 silhouettes are vertebrate genera that were identified by environmental DNA in both
4 lake cores.

5

6 **Figure 4 | Colonization models.** Comparison of models of Paleoindian colonization
7 (number of pulses, timing, and route(s)) that are supported or rejected by our data. All
8 ages are in calibrated years before present.

9

10 **Extended Data Figures**

11

12 **Extended Data Figure 1: Topographic transects.**

13 The red and white lines on Fig. 1b mark topographic transects of Charlie Lake and
14 Spring Lake in relation to the four phases of Glacial Lake Peace¹³. CIC, Cordilleran
15 ice complex; m.a.s.l., metres above sea level.

16

17 **Extended Data Figure 2: Visual and physical descriptions and age-depth model 18 for the studied lake sediments.**

19 **a, b**, Charlie Lake (**a**) and Spring Lake (**b**) span the Pleistocene to Holocene transition
20 (dotted grey line); magnetic susceptibility (continuous black line); and compressed
21 high-resolution images from the ITRAX core scanner and the sedimentary log are
22 shown. Age-depth models for Charlie Lake (**a**) and Spring Lake (**b**) were generated
23 with **P_Sequence** deposition models in OxCal v. 4.2 using the IntCal13 radiocarbon
24 calibration curve^{57, 59, 61}. The probability envelopes represent the 68.2% and 95.4%
25 confidence ranges, respectively (see Methods and Supplementary Information).

1

2 **Extended Data Figure 3: Charlie Lake pollen and microfossil diagrams.**

3 **a**, Pollen are presented as influx and bullet points indicate taxa with less than 2 grains
4 $\text{cm}^{-2} \text{ year}^{-1}$. The diagram was zoned using CONIIC³¹ with a stratigraphically
5 constrained cluster analysis on the information statistic. **b**, Relative proportions of
6 ecologically important taxa. **c**, Macrofossils were identified but not enumerated. Bullet
7 points represent presence.

8

9 **Extended Data Figure 4: Spring Lake pollen and microfossil diagrams.**

10 **a**, Pollen are presented as influx and bullet points represent taxa with less than 50 grains
11 $\text{cm}^{-2} \text{ year}^{-1}$. The diagram was zoned using CONIIC³¹ with a stratigraphically
12 constrained cluster analysis on the information statistic. **b**, Relative proportions of
13 ecologically important taxa. **c**, Macrofossils were identified but not enumerated. Bullet
14 points represent presence.

15

16 **Extended Data Figure 5: Charlie Lake DNA diagram.**

17 DNA results are presented as normalized counts to allow comparison on the temporal
18 scale for each taxon. All are unique sequences with 100% sequence identity to taxa.
19 Histogram width equals the accumulation period. **a**, Viridiplantae, bullet points
20 represent counts less than 50. **b**, Algae, bullet points represent counts less than 50. **c**,
21 Metazoans, bullet points represent counts equal to 1.

22

23 **Extended Data Figure 6: Spring Lake DNA diagram.**

24 DNA results are presented as normalized counts to allow comparison on the temporal
25 scale for each taxon. All are unique sequences with 100% sequence identity to taxa.

1 Histogram width equals the accumulation period. **a**, Viridiplantae, bullet points
2 represent counts less than 50. **b**, Algae, bullet points represent counts less than 50. **c**,
3 Metazoans, bullet points represent counts equal to 1.

4

5 **Extended Data Figure 7: DNA damage accumulation model.**

6 Maximum-likelihood DNA damage rates were estimated from nucleotide
7 misincorporation patterns using MapDamage2.0 (ref. 40). **a**, Each full circle is the mean
8 of cytosine to thymine mutation frequencies at the first position ($n \geq 2$ species) with
9 above 500 reads aligned to reference bars that represent ± 1 s.d. **b**, Table of species used
10 for determining the DNA damage rates.

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12 **Extended Data Tables**

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14 **Extended Data Table 1: AMS ^{14}C determinations of terrestrial plant macrofossil**
15 **samples from Charlie and Spring Lakes.**

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