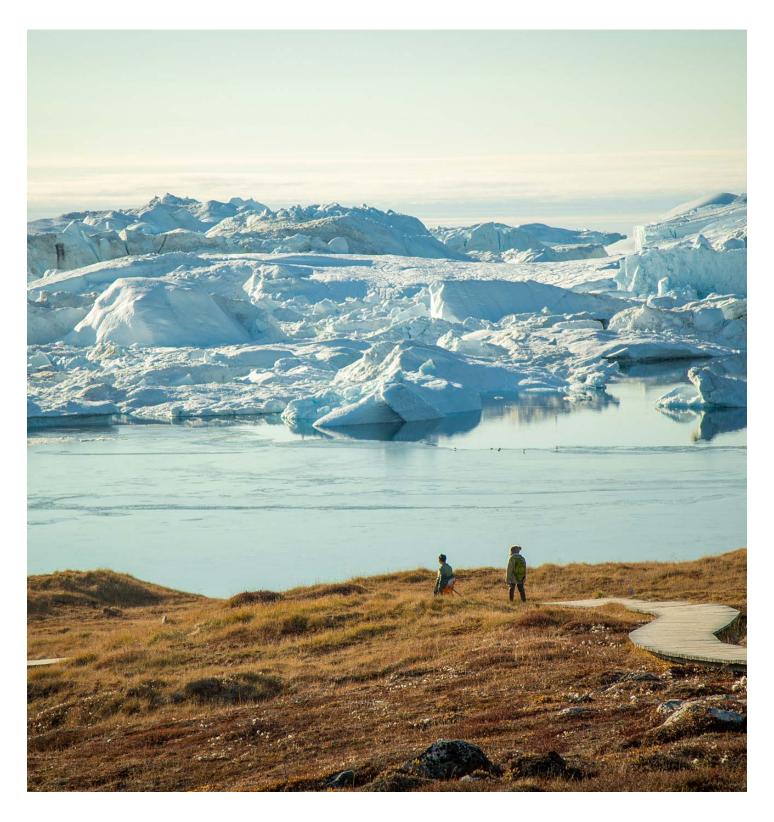


# West Greenland: Discovering Massive Icebergs and Inuit Communities, Northbound

Onboard Ocean Explorer



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## **Expedition Overview**

West Greenland: Discovering Massive Icebergs and Inuit Communities, Northbound

Our 11-day West Greenland: Discovering Massive Icebergs and Inuit Communities, Northbound itinerary is designed for travelers who want the most immersive journey possible into West Greenland—where tidewater glaciers, storied fjords, colossal icebergs, and picturesque coastal communities bring the spirit of the region to life. You will journey deep into both Eternity Fjord—and the rarely-visited Itilleq Fjord. You'll also explore Ilulissat, Eqip Sermia and Uummannaq— West Greenland's crown jewels of ice and stone—all in one seamless trip. And thanks to our partnerships with locals, we'll take you beyond the guidebooks, connecting you with Greenland through those who call it home. Plus, you'll cross the iconic Arctic Circle.

#### **Highlights**

Dive deep into Eternity and Itilleq fjords



Cross the Arctic Circle by ship See three of West Greenland's



most spectacular wonders on one epic trip: Ilulisat, Eqip Glacier and Uummannaq



Experience authentic Greenlandic culture through the eyes of our local partners



Join unique off-ship activities mountain biking.



# Itinerary

#### **DAY 1** | ARRIVE IN REYKJAVIK, ICELAND

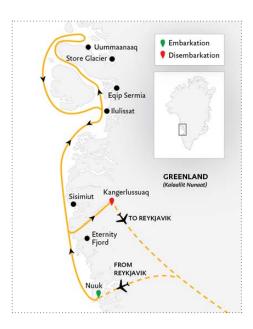
Arrive in the Icelandic capital and make your way to the group hotel near Keflavik Airport. You will have the rest of the day to explore this fascinating city, known for its Norse history, and stunning architecture. If you plan to visit the city of Reykjavik, allow for a one-hour transfer between Keflavik and Reykjavík.

#### DAY 2 | FLY TO NUUK, **GREENLAND AND EMBARK**

After an early breakfast at the hotel, the group will transfer to the airport and board our private charter flight to Nuuk, Greenland. Upon arrival, you will be transferred to a central downtown location to enjoy time on your own to explore this quaint port town—which is the capital of Greenland-before making your way to the pier for a lateafternoon embarkation.

#### **DAY 3** | ETERNITY FJORD: **TOWERING CLIFFS AND GLACIERS**

Eternity Fjord lives up to its name—its beauty feels endless. You will be surrounded by precipitous mountains rising straight out of the sea and glaciers spilling down deepcut valleys. Within the fjord, you may explore by Zodiac or foot-or both—with the potential to cruise the coastlines and floating glacial ice. You can anticipate a range of hiking or on-shore walks—always accompanied by our seasoned team, whose expertise bring the world's largest island into focus. Transiting the fjord by ship will provide excellent opportunities for you to soak in the scenery from the outer decks of the vessel.



WEST GREENLAND: Discovering Massive Icebergs and Inuit Communities, Northbound

Onboard Ocean Explorer Flight to/from Reykjavik - - - - -

#### **DAY 4 | SISIMIUT: FIRST STOP** ABOVE THE ARCTIC CIRCLE

Congratulations, you've crossed 66°33° north latitude. On our firstoff ship excursion in the Arctic, we'll visit Sisimiut, a community rich in Greenlandic history and culture. As we approach via the inner harbor, you'll spot locals coming and going from the marina, bringing halibut, shrimp and other seafood freshly harvested from Baffin Bay. Upon reaching shore, we'll walk winding roads past colorful homes and Arctic cotton grass blooming under the summer sun. While the waterfront may be lively with boat traffic, life uphill moves at a relaxed pace. You may hear children laughing, sled dogs barking, and locals exchanging greetings-sounds that often bring smiles to both visitors and residents.

Greenlandic dogs, often seen in kennels throughout town, reflect the deep bond between owners and their canine teams. As in any Arctic community, always ask before petting or approaching these working dogs.

During our visit, we aim to team up with our local mountain-biking partners in Sisimiut, exploring trails that lead outside the town limits. Our expedition team and local partners will lead guided walks and provide insight into daily life in Greenland—and you will be able to share your own story with locals, who will be eager to learn about your part of the world. One scenic walk leads to the Taseralik Cultural House, beside Nalunnguarfiup Tasia, a small tranquil lake at the base of a 780-meter (2,560 mile) Nasaasaaq mountain. You'll walk the same paths locals use every day, experiencing not just the look of Sisimiut, but its rhythm, sounds and genuine sense of place.

#### DAY 5 | EQIP SERMIA: **EPIC TIDEWATER GLACIER**

Today you'll visit Eqip Sermia, also known as Eqi Glacier. This wide-faced tidewater glacier is renowned for its frequent calving, sending chunks of ice crashing into the sea. You'll likely see icebergs drifting in the bay, accompanied by smaller chunks called brash ice. On quiet days, listen for the soft crackle of those floating shards, and, if you're lucky, the thunderous roar of calving ice from the glacier's face.

While the glacier is the main attraction, the surrounding landscape is perfect for shore excursions. You can wander the tundra, photographing the summer vegetation and stunning Arctic scenery, or hike farther (and a little uphill) for an elevated view of the glacier and bay. The terrain, a mix of rock and vegetation, allows for various hiking options. We'll take care not to disturb the delicate plant life that flourishes during Greenland's brief summer.

Following an invigorating morning ashore—perhaps hiking across ancient tundra—you'll return to the ship, where warmth, a freshly prepared lunch, and a chance to reset await. But the wild Arctic experience isn't over for the day. From the outer decks, you can watch as icebergs drift by like sculpted monuments, seabirds trace circles overhead, and the vast silence of the Arctic settles around you.

Humpback whales are known to frequent the area on their annual return to the Arctic, lured by rich feeding opportunities, so you may spot them through your binoculars as they swim among the drifting icebergs. This is what





we call the quiet middle—where comfort meets wilderness—as the ship carries you steadily toward your next experience.

### **DAY 6** | UUMMANAQ: MOUNTAINS, ICE AND GREENLANDIC SMILES

We arrive in Uummannaq Fjord in the morning and cruise toward the community of Uummannaq. In Greenlandic, Uummannaq translates to "heart-shaped," inspired by the dramatic mountain that rises above the town. Visiting this remote community is a rare privilege. We reach town by Zodiac and may be greeted by locals—and the ever-smiling chief of police. It's said that smiles here are as common as drifting icebergs.

Winding roads take you past colorful homes before reaching a meadow of turf houses beside a stone church. You can visit the local museum and artisan market for a glimpse of life in northern Greenland. Another nearby museum honors artist Rockwell Kent, who was inspired by the landscapes of Uummannaq Fjord and Disko Bay. You

may choose to join a guided walk or explore on your own. Several homes may open for *kaffemik*—a social gathering with warm drinks, light snacks, and a chance for locals and visitors to connect. Rest assured, the people of Uummannaq will be curious about your part of the world. Shy smiles and translated conversations are natural parts of these authentic cultural exchanges—and often become some of the most memorable moments of visiting this remote Greenlandic community.

A parting gift from one local fisherman: "Keep life simple—simple is beautiful."

#### DAY 7 | DISKO BAY & ILLULISAT: EXPLORE A UNESCO WORLD HERITAGE SITE

Ilulissat, located in Disko Bay, is home to the UNESCO World Heritage Site of Ilulissat Icefjord, which serves as the thoroughfare for countless icebergs calved from the world's fastest-moving glacier, Sermeq Kujalleq. A small boardwalk leads to an elevated overlook, where you can view bergs of all sizes

spread out before you. From this vantage point, it feels as though you're standing where the town ends and the wilderness begins—where the sweeping view of ice evokes a humbling sense of scale. You will also notice the Arctic cotton grass and summer wildflowers thriving in the long daylight hours.

The inner harbor often holds evidence of the icefjord's reach, with drifting icebergs mingling among fishing boats and skiffs. The town itself is well worth exploring, and has become one of Greenland's top destinations.

Recent years have brought growth—colorful homes now sit beside new restaurants, boutique hotels and small businesses. History buffs will be excited to know Ilulissat is the birthplace of Arctic explorer Knud Rasmussen, who traveled by dog sled from Greenland to Alaska (and briefly Siberia) during the Fifth Thule Expedition (1921-1924). Fluent in Kalaallisut, he learned from and documented the Circumpolar Inuit he met—considered one of the Arctic's



#### **EXPEDITION SPIRIT**

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice, wildlife, and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you'll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife sightings as described are expected but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not a guarantee.

greatest expeditions. The dramatic landscapes around Ilulissat inspired Rasmussen's life of exploration. As we approach town, watch out for whales, which occasionally frequent the icebergladen waters.

#### DAY 8 | ITILLEQ FJORD: GLACIERS, SNOWFIELDS, PICTURESQUE VALLEYS **AND JAGGED PEAKS**

We will spend the afternoon in Itilleq Fjord, a place that feels both beautifully raw and peaceful at the same time. Elevation rises in all directions, and from the right vantage point, the mountain ranges seem to continue in layers, endlessly into the horizon. A visitor to Itilleq Fjord once said, "I'm not quite sure where Earth stops and heaven begins, but it seems to be somewhere right out there."

Conditions permitting, your Expedition Team will help you explore the shorelines by Zodiac, on foot—or perhaps both. Rivers wind between jagged peaks, descending picturesque mountain valleys and providing several hiking options. In summer, the shorelines and valleys come alive with

grasses, wildflowers, succulents, lichens, and even mushrooms. Small glaciers and snowfields linger year-round at higher elevations, completing this striking mountainous coastal landscape.

You may spot the occasional small boat in the fjord—likely belonging to a local fisherman from the nearby town of Itilleq. Moments like these often leave our guests reflecting on this life—one shaped by the tides, weather, and the rhythms of land and sea.

#### DAY 9 | ITILLEQ TOWN: A GREENLANDIC WELCOME

The small settlement of Itilleq has always been a favorite among guests and Expedition Team members, thanks to the warm welcome we've received over the years. The 100 residents live among brightly painted homes—greens, pinks, purples, baby blues, mustard yellows, and chocolate browns—and many people earn their living at sea, as evidenced by the small seafood processing building near the pier. Despite its size, the village is full of life, from respected elders to playful children. You may be invited to a kaffemik, where people socialize over

coffee and cake, or follow a short dirt road to a viewpoint overlooking the fjord and surrounding mountains. Watch your step-lichens, succulents, and mushrooms thrive underfoot.

A longstanding tradition features a friendly football (soccer) match with locals, including guests, staff, crew and residents. It's a fun, memorable experience—whether you're on the field or cheering from the sidelines.

#### DAY 10 | DISEMBARK AT KANGERLUSSUAQ AND FLY TO REYKJAVIK

Today, we disembark in Kangerlussuaq, formerly known as Søndre Strømfjord, and transfer you to your charter flight to Reykjavik, where you'll spend the night in your included hotel, both of which are included in your Charter Flight & Hotel Package.

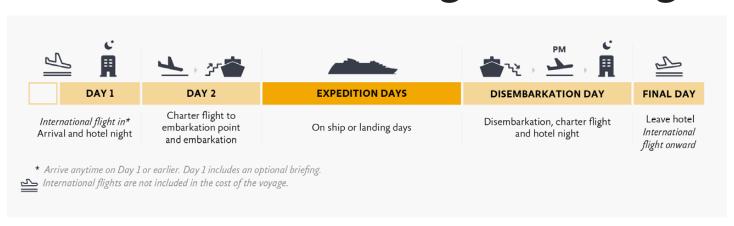
#### **DAY 11 | DEPART REYKJAVIK**

Today, after breakfast, make your way independently to the airport for your flight home, or continue your personal travel plans as prearranged.





# Arrival and Departure Details, and International Flight Planning



### Arrival Day and Embarkation

#### DAY 1 — ARRIVING AND HOTEL NIGHT IN REYJKAVIK

You may arrive at any time on Day 1 of the itinerary. Make your own way to the group hotel, conveniently located near Keflavik International Airport. Your hotel night is included in the Charter Flight & Hotel Package. A Quark Expeditions representative will be available in the lobby later in the day to answer any questions.

#### DAY 2 — CHARTER FLIGHT TO NUUK AND EMBARKATION

On the morning of Day 2, guests and their luggage will be transferred to the airport for the flight to Nuuk.

Upon arrival at Nuuk, guests and their luggage will be transferred to the pier. If time allows, there is a chance guests may be able to explore Nuuk.

#### PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Reykjavik and Nuuk, and Kangerlussuaq and Reykjavik. Should you have additional luggage, it can be stored at the hotel in Reykjavik. There is NO option to pay for additional luggage.

#### You will find in your final documents:

- ) Luggage weight restrictions on charter flights.
- ) Hotel information and check in time
- ) Charter flight time to embarkation point
- ) Embarkation plan
- Departure charter flight time

Otherwise, they will be transported to their awaiting ship by Zodiac.

#### Final Day and Departure

#### **DISEMBARKATION IN KANGERLUSSUAO**

Your voyage is scheduled to end back in Kangerlussuaq where you will disembark after breakfast. The disembarkation process takes about an hour. After disembarkation, you will be transferred to the airport for the return charter flight to Reykjavik.

#### **DEPARTING FROM REYKJAVIK**

Upon arrival in Reykjavik, there will be a group transfer to your included postexpedition hotel. After breakfast the following morning, you may make your way to the airport to connect with your homeward flight, or stay longer if you have booked additional accommodation.

### Arrival and Departure Transfers

#### **REYKJAVIK AIRPORT TRANSFERS**

Arrival and departure transfers in Reykjavik are not included; if you require a transfer, you will need to arrange your own transportation. Most airports we travel in and out of have reliable taxi ranks in the arrivals area, or you can often pre-book a transfer online.

#### **PLEASE NOTE**

#### Reykjavik Hotel **Accommodations:**

The Charter Flight & Hotel Package for this expedition includes two nights of hotel accommodations (on Day 1 and Day 10 of your expedition) at a hotel close to Keflavik International Airport, which is outside the city of Reykjavik. If you wish to visit the city of Reykjavik, allow for one-hour to transfer (by taxi or public transit) to and from Keflavik and Reykjavik city. You may want to factor this distance into your accommodation plans if you intend to do additional sightseeing beyond the expedition.





#### **OCEAN EXPLORER**

The modern and elegant *Ocean Explorer* is one of the newest additions to our fleet. The 142-passenger vessel features the ULSTEIN X-BOW®—cutting-edge marine engineering that ensures smooth, comfortable sailing.

Spacious cabins feature bespoke Scandinavian design, most with verandas. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the ship. *Ocean Explorer* guests have access to ample outdoor viewing areas and multi-height outer decks, ideal for long-view photography and wildlife viewing.

A fleet of 15 Zodiacs ensures guests disembark quickly and safely for unforgettable off-ship adventures. *Ocean Explorer* has an industry leading mix of sustainability systems, including fuel-efficient Rolls Royce engines.

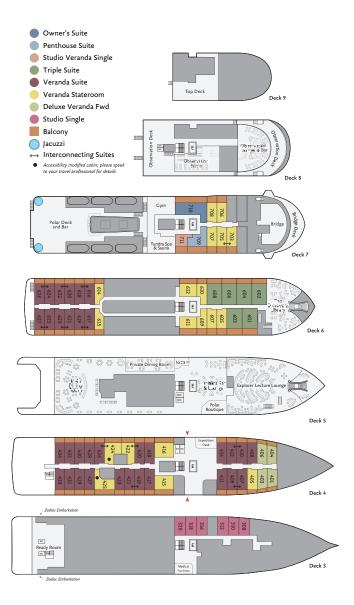
Wellness options on *Ocean Explorer* feature VOYA spa treatments, sauna and Jacuzzi hydrotherapy, morning stretch sessions, a gym, and health-conscious dining —everything you need stay healthy throughout your expedition.

#### **SHIP SPECIFICATIONS:**

Staff and Crew: 105

Guests: 142 Lifeboats: 2 Ice Class: 1A, PC6

Visit QuarkExpeditions.com to view deck plan details.





### Included Activities

All of these activities are included in the price of your trip.

Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of recreational activities to enhance your polar experience.

#### **ZODIAC CRUISING**

Zodiacs are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for unique wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

#### **HIKING**

Led by experienced staff, exploring on foot is one of the best ways to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels.

#### **PRESENTATIONS**

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

#### **POLAR PLUNGE**

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Arctic waters under the watchful eye of our staff—and just about every single camera on board.

#### **PHOTOGRAPHY**

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you hone your skills to capture the beauty of the polar regions.

#### **COMMUNITY VISITS**

Thanks to Quark Expeditions' longstanding partnerships in the Arctic, our expedition team will plan community visits-dependent, of course, on weather and ice conditions. These community opportunities always coordinated in advance with the collaboration of local partners enable guests to learn more about the culture, traditions, food and lifestyles of Arctic people. Many feature visits to Indigenous communities, often the Inuit of either Nunavut or Greenland. Music, dance, food and storytelling are some of the experiences guests can expect.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities.



# Adventure Options

All of these activities cost extra and should be booked in advance of your trip.



#### **★ SEA KAYAKING**

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.



#### X PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-ontop kayaks—perfect for anyone with minimal or no kayaking experience.

Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Two groups of 10 will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



#### MOUNTAIN BIKING

Feeling like a more active adventure? Our team has joined with local partners to identify incredible mountain biking routes through the stunning scenery just beyond the town boundaries of Sisimiut, Greenland. While others explore the community our expert guides and local partners will take you to the best terrain to start your adventure and be with you throughout the activity.

Participants must be fit and comfortable biking on dirt roads and trails. Riders should expect a combination of wide trails and remote gravel roads. Riders should be able to roll over small obstacles (like roots or rocks), and shift gears comfortably when anticipating and responding to changing terrain.



# Our Commitment to Conservation & Community

We're proud to partner with local communities to create immersive guest experiences that build respect for wildlife, culture and the land, and to work with leading scientists to support the conservation of the Arctic regions.

#### **Empowering Local** Development

We champion Arctic communities' goals for economic development and sustainable tourism through local hiring, infrastructure support, and advance visit planning.

#### **Investing Directly** in Communities

With guest support, we help fund community-led projects from food banks to cultural and language-based programs.

#### Co-creating with **Community Partners**

By partnering with local groups, we create authentic guest experiences—such as our two Tundra to Table programs. Tundra to Table: Inuit Culinary Experience, developed with Igapall, enables Inuit chefs to share Greenlandic cuisine and culture. Tundra to Table: Iceland, which takes guests on a culinary journey through Iceland, the Faroe Islands and Greenland, is created in partnership with local culinary experts. These programs are available on select *Ultramarine* itineraries that operate in Greenland, the Canadian High Arctic and Iceland.



#### **Community**

We deliver authentic experiences for our guests that benefit local partners and the communities we visit.

To also learn about our conservation efforts, and how we connect guests to the natural world through hands-on experiences and education, visit us online at Community & Conservation.



# Departure Date

West Greenland: Discovering Massive Icebergs and Inuit Communities, Northbound

#### **OCEAN EXPLORER**

Dates	Days	Start / End	Sea Kayaking	Paddling Excursion	Mountain Biking
ARCTIC 2027					
AUG 17 - 27, 2027	11	Reykjavik	\$	\$	\$

\$ Paid Activities



## Inclusions and Exclusions

#### **Inclusions**

#### **RATES INCLUDE:**

- · An official Quark Expeditions® parka to keep
- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- · All shore landings as per the daily program
- · Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible.)
- Complimentary select beer, wines and cocktails during bar service hours and dinner
- Complimentary coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled

- · A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- · Hair dryer and bathrobes in every cabin
- Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.) Note: Internet access in the polar regions is subject to geography, climate, and other factors beyond our control.
- All miscellaneous service taxes and port charges throughout the program
- · All luggage handling aboard the ship
- · Greenland voyages cruise passenger tax

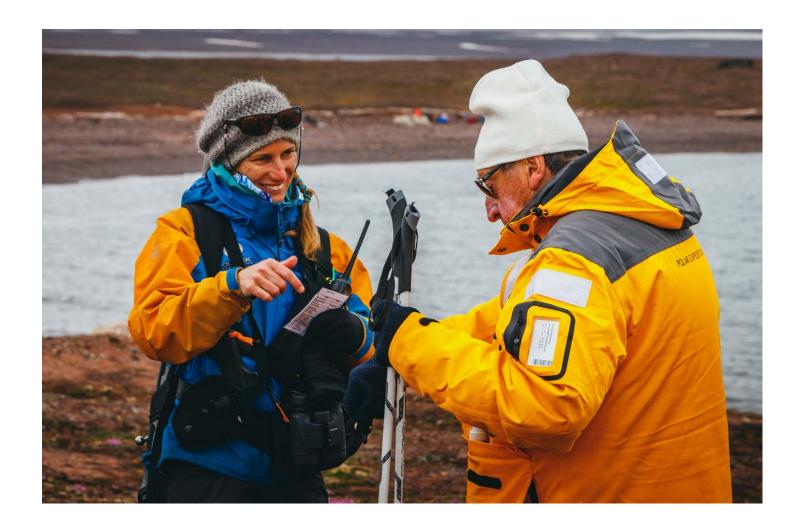
#### **Exclusions**

### RATES SPECIFICALLY DO NOT INCLUDE:

- · Charter Flight & Hotel Package\*
- · International airfare
- Arrival transfers in Reykjavik
- · Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar, spa and other personal charges unless specified
- Phone charges may vary by location
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- · Additional overnight accommodation
- Adventure Options not listed in Included Activities

#### \*CHARTER FLIGHT & HOTEL PACKAGE INCLUDES:

- · One night's pre-expedition hotel accommodation Reykjavik, near Keflavik airport (breakfast included)
- · Charter flight from Reykjavik to Nuuk
- Group transfer from the ship to the Kangerlussuaq airport on disembarkation day
- Charter flight from Kangerlussuaq to Reykjavik
- One night's post-expedition airport hotel accommodation Reykjavik, near Keflavik airport (breakfast included)



# Your Expedition Team

Our Expedition Leaders and their teams bring diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Arctic.

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard earned experience is passed on, our expedition staff receive comprehensive training in Quark Academy, which provides handson polar expedition training prior as part of our onboarding process as well as ongoing training for experienced staff.





# On-Ship Dining

Every on-board meal is included in the cost of your trip.



8 BREAKFASTS



**8 LUNCHES** 



8 DINNERS

If there's one constant on board, it's incredible food. You enjoy three delicious meals daily-all included. Let us know before your expedition about any dietary restrictions.

Breakfasts and lunches are typically buffet-style, while dinners are plated. À la carte meals are made at the time of your order, ensuring top quality every time.

Coffee, tea, cocoa, and water stations are available—at no charge—24/7. Complimentary soft drinks and juices are served during meals and when the bar is open. Bonus: enjoy complimentary alcohol throughout your voyage (see "Raise A Glass" sidebar for details).

Premium wines and champagne are available for purchase. Our well-stocked bars are open late morning, afternoon, and evening—hours may shift slightly to accommodate the expedition schedule.

#### Raise A Glass

Enjoy complimentary select beer, wines and select cocktails during bar service hours and dinnerthroughout your voyage—as part of our "Raise A Glass and Stay Connected" Program.



### Possible Excursions

#### **ETERNITY FJORD**

This long, narrow fjord seems to stretch on for eternity. Beautiful, glaciated mountains line its length. Where we explore will depend on local conditions at the time, but there will likely be opportunities for Zodiac cruising, hiking, and photography. Iceberg-studded landscapes can be viewed from both ship and Zodiac.

#### **EQIP SERMIA**

Equip Sermia, also known as Eqi Glacier, is one of Greenland's most active tidewater glaciers, frequently calving icebergs of all sizes into the sea. The landscape is vast, offering visitors a true sense of scale. The gentle terrain near the glacier offers ample opportunities for hikes of varying levels of difficulty, from slow-paced walks focused on the enormity of the landscape, to more brisk-paced hikes that lead to an elevated view.

#### **ILLULISAT**

Home to the Illulisat Icefjord, the UNESCO World Heritage Site, Illulisat offers visitors access to the world's fastest moving glacier. Here you will see icebergs of all sizes, some towering and some small, all moving down the fjord and out to sea. While icebergs are visible from the ship, a short walk on the boardwalk will provide visitors with a much more memorably view of the fjord itself.

#### **ITILLEQ**

This small community of fewer than 100 residents sits at the mouth of Itilleq Fjord, surrounded by mountains rising 1,000 (3,200 feet) to 1,800 meters (5,900 feet). Itilleq has welcomed Quark Expeditions' guests for years. Visitors can stroll through the village or hike to a nearby viewpoint overlooking the fjord. They may also be invited into residents'





homes for a kaffemik—a social tradition of coffee, cake, and conversation. Activities often include a football match with guests, Expedition Staff, and community members forming teams. If you'd prefer not to play, you're welcome to cheer from the sidelines.

#### **SISIMIUT**

One of Greenland's fastest growing communities and the economic hub north of the capital city, Sisimiut offers visitors a glimpse into the day-to-day life of Greenlanders. The community is picturesque, with colorfully painted homes situated at the base of the 780 meter (2,560 feet) Nasaasaaq Mountain. Walk the streets in town and you may experience local residents wanting to strike up a conversation. You'll appreciate the working harbor of Sisimiut, an active fishing port, and its important relationship with this Arctic community.

#### **UUMMANNAO**

Uummannaq Fjord (meaning heartshaped) is a small island community of approximately 1,500 people about 600 km (375 miles) north of the Arctic Circle. The small village is located at the foot of a towering rock rising steeply out of the ocean, giving the island its name. It's a truly spectacular setting. The 1,450-meter (4,750 feet) mountain is primarily granitic gneiss, sometimes called "basement gneiss." This rock started as granite but was transformed by heat and underground pressure into a metamorphic rock. These areas weathered over time and were subsequently overrun by glaciers that carved the dramatic fjords.

#### **EXPEDITION SPIRIT**

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, the ice and the weather to guide the route and itinerary details. This itinerary is a tentative outline of what you'll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife sightings as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not a guarantee.







# What to pack on your Greenland expedition

WHAT TO BRING Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

#### **BY SEA**

All transfers ship to shore and Zodiac/ship cruising.
☐ Waterproof pants (mandatory for every Zodiac ride)
$\square$ Base-layer wool or synthetic top* $\square$ Mid-layer warm or fleece bottom
$\square$ Base-layer wool or synthetic bottom* $\square$ Mid-layer warm or fleece top*
☐ Warm hat that covers ears (bring an extra)
$\square$ Scarf, buff, or other face protection
☐ Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
☐ Waterproof gloves or mitts (bring an extra, lighter pair for hiking)
$\Box$ Glove liners* $\Box$ Hand and feet warmers* $\Box$ Binoculars
□ Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
☐ Sunscreen ☐ Ski goggles (for Zodiac cruising on snowy or windy days
□ Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera & gear dry)
*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.
BY LAND (Shore Excursions and Hiking) In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:
□ Worn-in Hiking footwear: While Muck-boots are provided and encouraged for most shore excursions, additional hiking footwear (Goretex-lined boots or similar water-proof hiking boots) can add to your hiking comfort, especially if you are a keen hiker
☐ (Smart) Wool or synthetic hiking socks for above footwear (bring an extra pair)
☐ Lightweight and quick-dry, trekking pants that may or may not convert to zip-off shorts* (*depending on your thermo-regulation)
☐ Breathable waterproof pants* and rain jacket** for outdoor activities in inclement weather (*can be the same pair you use for Zodiac operations / ** can be outer shell of complimentary Quark 3in1 Parka)
$\hfill\Box$ Comfortable long or short-sleeve shirt for hiking either synthetic/quick-dry or merino (smart) wool
$\square$ (Hiking) gloves (medium thickness, waterproof preferred)
☐ Hat, buff or scarf (for wind and weather protection)
☐ UV protection (hat, polarized sun glasses, sun block, lip balm)
☐ Collapsible walking sticks for hikes (if required)  Quantities are available to borrow on every vessel
☐ Additional reusable thermos or water bottle (in addition to the reusable collapsible water bottle provided)

#### TO WEAR ON BOARD

jeans, etc. (in case the ship gets warm)		
☐ Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)		
$\hfill\square$ Workout attire (for the fitness center and other indoo activities)		
☐ Swimsuit for the Polar Plunge. Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.		
Just a reminder: No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so.		
ADDITIONAL ITEMS		
☐ Passport, visas, immunization records, travel documents, etc. as required		
□ Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries		
□ Waterproof cell phone case or rain sleeve for camera		
☐ Earplugs and eye masks for sleeping		
$\hfill\Box$ Voltage converters and plug adapters (see ship book for details)		
☐ Moisturizer for face and hands (skin dryness due to wind and temperature changes)		
☐ Seasickness, indigestion, headache, or other medications		
$\hfill \square$ Small amount of local currency (see pre-departure book for more details)		
☐ Insect repellant ☐ Mosquito netting		



Scan this QR code or <u>click here</u> to watch our video on what to pack before you go.

- > To view our packing checklist online, visit: QuarkExpeditions.com/What-to-Pack/Greenland
- Related topics are covered on our Frequently Asked Questions page: QuarkExpeditions.com/Frequently-Asked-Questions



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