



The Leader in Polar Adventures

ARCTIC 2024

GREENLAND EXPLORER

Sail and Soar the Alpine Arctic



ULTRAMARINE

DESIGNED TO GO BEYOND

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Photo Credit: Aningaag R. Carlsen - Visit Greenland



Overview

Helicopters, Northern Lights and Inuit Culture

Our Greenland Explorer voyage is designed for travelers seeking to explore the majestic fjords, glaciers and mountains of South Greenland. This itinerary offers guests one-of-a-kind excursions exclusive to Quark Expeditions—some of them only made possible by our newest ship, the technologically-advanced *Ultramarine*, which is equipped with two twin-engine helicopters. On this journey, you can be as active as you like, or you can opt for more relaxing, immersive experiences.

Developed in partnership with local communities—a first of its kind in expedition travel—this itinerary offers unprecedented opportunities to explore the majesty of South Greenland's diverse fjordlands. *Ultramarine's* two helicopters will take you to areas in South Greenland that others can't reach, especially for off-ship excursions. Some of these, such as our Exclusive Heli Landings and the Greenland Ice Sheet Experience, are included for all guests, who can also enjoy hikes, community visits and Zodiac cruises.

This voyage—accessible to guests of all fitness levels—offers something for everyone, whether you're interested in soaking up the serene mountain views, sailing through the icebergs on a Zodiac cruise, or trying optional activities such as heli-hiking or camping in style on the shores of Tasermiut Fjord with local hosts.

EXPEDITION IN BRIEF



Explore remote ridges and vast peaks during an Exclusive Heli Landing, which is included in the trip



Marvel at the Northern Lights lighting up the skies above South Greenland's stunning fjords



Experience Greenlandic cultural highlights with local partners



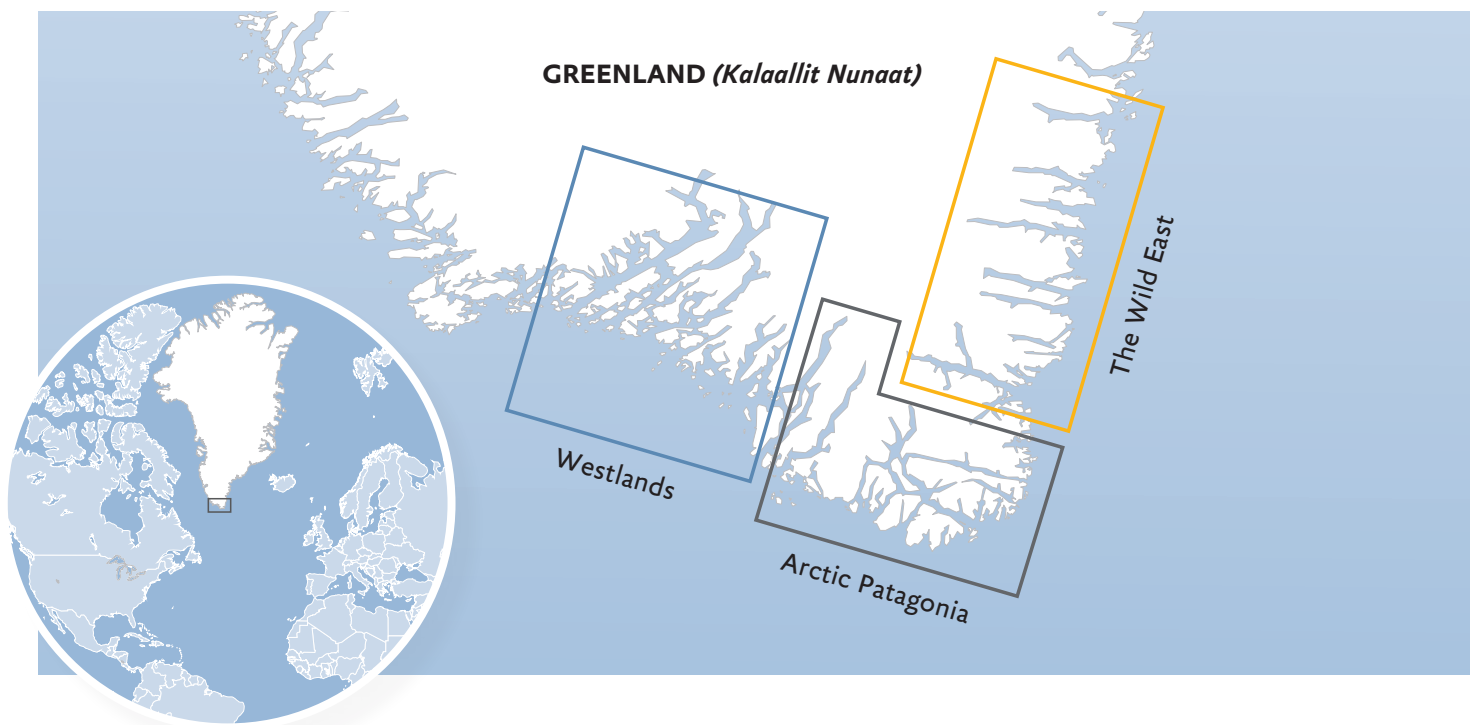
Set foot on the Greenland Ice Sheet, the second-largest ice mass in the world



Choose from off-ship activities geared to all levels of fitness and interests, ranging from relaxed camping to heli-hiking



Visit the Kujataa UNESCO World Heritage site to learn about the intersection of Inuit and Viking cultures.



The Best of the Arctic

Three Perspectives of South Greenland

Remote, authentic and one of the most welcoming places on the planet, South Greenland is a region as rich in spectacular scenery as it is in history. The southern tip of Greenland boasts the greatest variety of landscapes in the country—from serene, sheltered waterways surrounded by towering cliffs to the massive Greenland Ice Sheet to snow-capped mountains that reach for the sky. Luckily for visitors, these diverse landforms translate into a wonderland where you can enjoy the greatest variety of guest experiences in the Arctic.

South Greenland offers the chance to experience three unique regions with distinct natural attributes. There's the Wild East coast where you'll keep your eyes peeled for marine mammals while savoring the dramatic ice-scapes, alpine feel and absolute remoteness of the region. Then there's the Arctic Patagonia

side of South Greenland, known for its stunning fjords, iconic peaks, remote settlements, and some of the most scenic hiking you'll find in the world. And finally, there are the Westlands, where you'll get to explore the impressive Greenland Ice Sheet up close—as well as the starkly different green heart of the island where the fertile soil gives birth to a bounty of home-grown produce, enabling local farmers to live off the land.

Cruising in sublime comfort aboard the newest ship in our fleet, *Ultramarine*, our floating expedition base, we'll explore farther than ever before, positioning ourselves deep in the protected waters of majestic fjords each day. With the largest portfolio of Zodiac- and helicopter-supported excursions in the industry, you'll be able to curate a one-of-a-kind Greenland experience that speaks to your passions.

Thanks to the two twin-engine helicopters onboard *Ultramarine*, you'll take to the skies for stunning aerial views over the polar landscapes, set foot on the Greenland Ice Sheet, experience our Heli-hiking program (suitable for all skill and interest levels), and enjoy the best views of Greenland during our Exclusive Heli Landing excursions. For the first time, the stunning beauty of remote South Greenland is accessible to all!

In the cool solitude of the evening, on clear nights, you're likely to marvel at the skies and witness one of nature's most impressive and intimate displays: the Northern Lights (*Aurora borealis*). On this experience-packed voyage, you will be able to savor and explore the best of South Greenland from every perspective: land, sea and sky.



Photo Credit: Mads Pihl - Visit Greenland

Itinerary

DAYS 1 | ARRIVE IN REYKJAVIK

Arrive in the Icelandic capital and make your way to your included hotel. You will have the rest of the day to explore the city on your own.

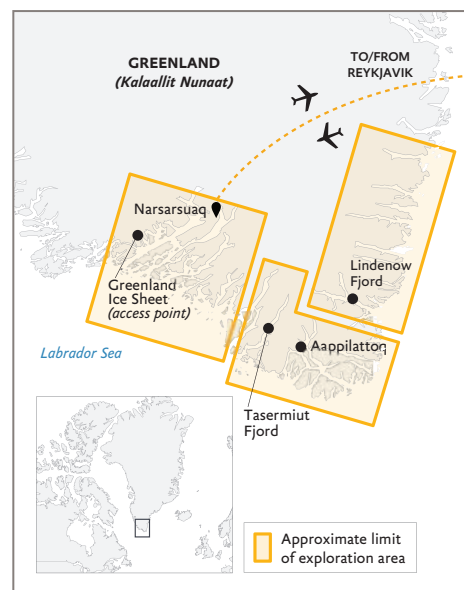
DAYS 2 | FLY TO NARSARSUAQ

In the early afternoon we will transfer you to Keflavik Airport for our private charter flight from the Icelandic capital to Narsarsuaq, Greenland, where you'll set sail on *Ultramarine*. A scenic community deep in Tunulliarfik Fjord, Narsarsuaq is the gateway to South Greenland. Originally established in the 1940s as a U.S. military base, the approximately 2,000-metre paved runway and small terminal are now managed by Mittarfeqarfiit (the Greenlandic Airport Authority).

DAYS 3 - 4 | THE WILD EAST

Jagged peaks, tumbling glaciers, ice-laden landscapes, alpine vistas and the search for the King of the Arctic.

We set out for the wild fjords of the uninhabited east coast, one of which is Lindenow Fjord, also known by its Greenlandic name, Kangerlussuatsiaq. Thousands of years ago, groups of paleo-Inuit hunters and fishermen made their home in these isolated fjords, living off the land and surviving mostly on the resources the sea provided, before European explorers and the subsequent establishment of settlements prompted one of the biggest waves of migration in Greenland. Traces of these once proud peoples can still be found today against the backdrop of cascading glaciers and steep-walled mountains.



Greenland Explorer:
Sail and Soar the Alpine Arctic
 Onboard the *Ultramarine*
 Flight from Reykjavik to Narsarsuaq

These fjords are frequented by marine mammals. Rare sightings of polar bears are possible, as they drift down from the north on sea ice floes propelled by the East-Greenland current. Humpback whales are often sighted when entering fjords as the shallowing seas bring an upwelling of nutrients to the surface. While we keep our eyes peeled for wildlife, the magnificent alpine terrain invites us to explore by sea, land and air to immerse ourselves completely in the remote icescapes of the region. The wild east is ideal for heli landings and hiking, paddle excursions, Zodiac cruises and shore landings.

DAYS 5 - 7 | ARCTIC PATAGONIA

Spectacular fjordlands and iconic peaks

The stunning maze of fjords, sounds, islets, inlets and skerries (rocky islands) in and around Cape Farewell (Nunap Isua) at Greenland's most southern tip possesses its own particular magic. Transiting the 100-km long Prins

Christian Sund (Ikerasassuaq)—one of the world's most scenic fjords—will be truly unforgettable. Guests can then look forward to dramatic mountain and seascapes with glaciers tumbling down to down to the sea, and stunning vistas around every corner. Inhabiting this domain are Southern Greenlanders living on the frontier, a people as unique as the landscape they call home. This is where the migrating hunting peoples from the east finally settled around the European trading posts.

The few villages in this southern region have gained a level of fame thanks to the inhabitants who remain steadfastly faithful to their hunting and fishing heritage. We hope to visit Aappilattoq, perched on the shores of Prins Christian Sund (Ikerasassuaq), to introduce you to our friends and partners there. We hope to offer you the opportunity to listen to their stories, hear their music, taste their food, learn about their hunting traditions, and perhaps even join a friendly game of

soccer as a player or spectator.

If you are looking for the most iconic peaks of South Greenland, you'll be in your glory when we reach the Tasermiut Fjord in the heart of what's known as "Arctic Patagonia," where guests can sign up for overnight camping (with local hosts) along the 70-km fjord. Marvel at the impressive Sermeq glacier at its head with rivers of ice tumbling almost down to sea level, and the imposing peaks of Nalumasortoq and Ulamertorsuaq dominating the skyline, making for the most scenic backdrops to your hike or helicopter-enabled excursions.

DAY 8 - 10 | THE WESTLANDS

The ultimate in contrasts: Greenland Ice Sheet, Viking history and Kujataa UNESCO World Heritage site

Following in the footsteps of the Greenlandic Norse into the Western fjords, it's easy to appreciate why Erik the Red chose this land as his home and gave Greenland its name: every direction



you look rewards visitors with vistas of blue, ice-strewn waters set against a breathtaking backdrop of lush, verdant valleys and pastures bursting with blooms.

Unique to Greenland, and indeed the entire Arctic, warm microclimates deep in the fjords have created a surprisingly fertile Arctic Garden of Eden. South Greenlandic farming traditions dating back to Viking days are still kept alive. Many families work their remote sheep farms along the shores of the fjords, their lives very much attuned to the seasons as they produce a variety of organic home-grown produce (such as potatoes, turnips and kale).

Also in the West, we find the perfect access points to the Greenland Ice Sheet, the largest mass of ice in the northern hemisphere and second largest in the world, flowing from the heights of the polar plateau to sea level. Become one of the very few people to ever set foot on this incredible body of ice during our

included Greenland Ice Sheet Experience.

Over these two days you will have the opportunity to explore the Ice Sheet, hike the surrounding foothills, cruise or paddle through the azure ice-filled waters, and engage with our local friends and partners during the most meaningful and in-depth community experiences offered on any Quark Expeditions voyage.

Before you depart on your charter flight back to Reykjavik in the early evening of day 10, we plan to spend the day visiting the sites surrounding Narsarsuaq, including the Kujataa UNESCO World Heritage Site, which is a living history lesson in Viking farming. We hope to offer you the opportunity to visit charming Qassiarsuk, a small sheep farming settlement across the fjord from Narsarsuaq, where you can experience true South Greenland hospitality and gain insight into the fascinating lives of sheep farmers living at the edge of the Ice Sheet. We suggest you take time to explore the

remains and replicas of Brattahlíð, Erik the Red's estate, once the epicenter of the Greenland Norse Eastern Settlement, before heading back across the bay to Narsarsuaq to visit the museum, hike to Signal Hill for a panoramic view, and enjoy the frontier-town ambience.

Before our early evening charter flight, we will celebrate our voyage with a 'Farewell to Greenland' dinner ashore at the iconic Hotel Narsarsuaq.

Upon landing back at Reykjavik's international airport in the evening, you will be transferred to a hotel in nearby Keflavik.

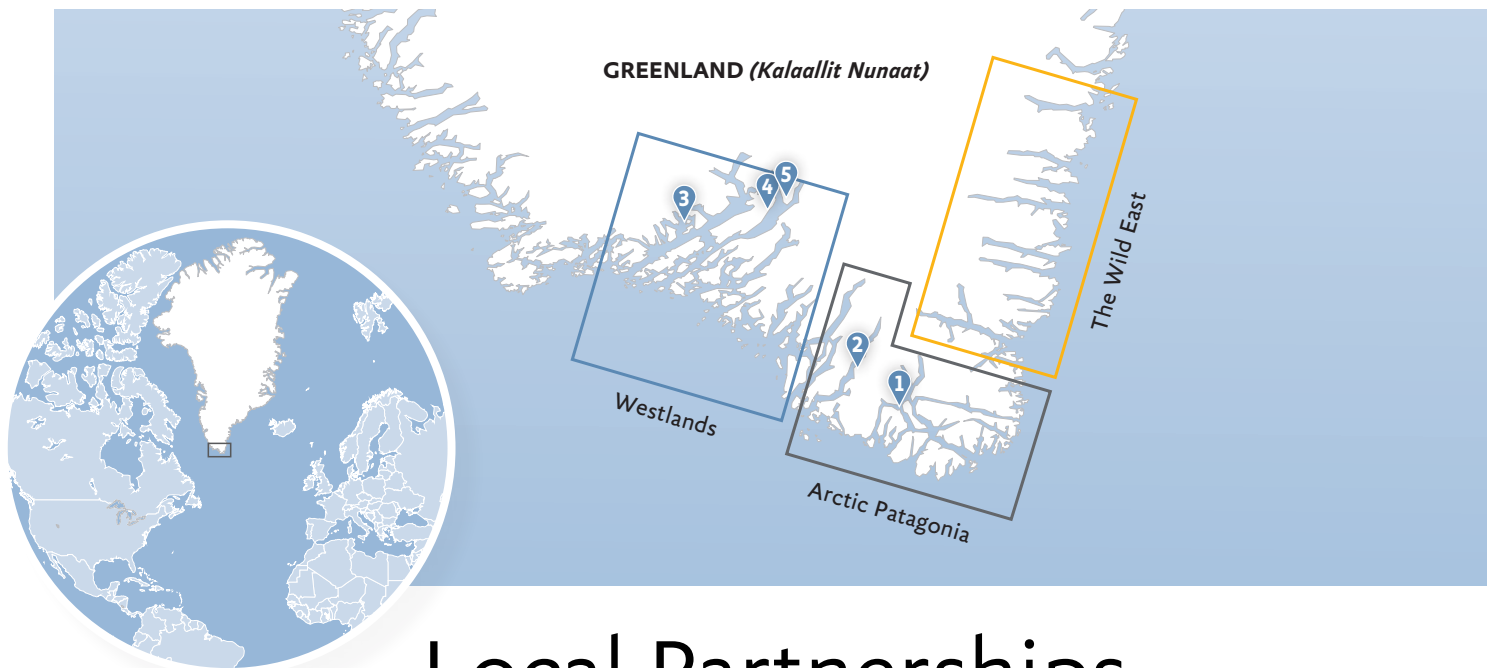
DAY 11 | DEPART REYKJAVIK

Today, you can make your way home at your leisure or continue your independent explorations of Iceland.



EXPEDITION SPIRIT

Embrace 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 and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters 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 guaranteed.



Local Partnerships

The Greenland Explorer: Sail and Soar the Alpine Arctic itinerary is the first of its kind to be designed in full collaboration with local partners. This program not only aligns with local tourism development strategies, but it has been endorsed by Kommune Kujataa, the regional government of South Greenland. We're proud to pioneer this new local engagement ethos. This itinerary will offer more local touch points than any other Quark Expeditions voyage which allows our guests to benefit from the unrivaled hospitality, wisdom, and expertise of the local people.



1 | AAPPILATTOQ

Storytelling, food, music and friendly competition are some of the experiences you can expect during this visit to one of Greenland's smallest communities.



2 | TASERMIUT CAMP

Join your Greenlandic hosts for a taste of overnight life on the land in one of our most immersive local experiences.



3 | TAMASSA

Alongside our Ice Sheet excursions, we welcome a range of local artists, craftspeople, musicians, and chefs onboard for an immersive cultural festival, Tamassa.



4 | QASIARSUK

Learn about South Greenland's agricultural economy at this sheep farming community as part of our final day of excursions.



5 | FAREWELL TO GREENLAND

For our grand finale, we will celebrate our journey with a shore dinner prepared by local chefs as we bid farewell to Greenland before departing on our charter flight.



TUNDRA TO TABLE

Guests can join our chefs for our onboard to Tundra to Table: Inuit Culinary Experience, and forage for local food along the shorelines.



Arrival and Departure Details

As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar expedition? On [page 17](#), learn how to add on a pre- or post-expedition stop—or both!—in Reykjavik or a nearby region of your choice.

Arrival

ARRIVING IN REYKJAVIK AND EMBARKATION IN NARSARSUAQ

Arrive in the Icelandic capital by 3 pm on Day 1 of the itinerary and make your way to your included hotel. You will have the rest of the day to explore the city on your own.



PLEASE NOTE

There is a strict luggage limit of 50 lbs (23 kg) checked luggage and 11 lbs (5 kg) cabin baggage on the flights between Reykjavik and Narsarsuaq. There is NO option to pay for additional luggage.

Final Day and Departure

DISEMBARKATION IN NARSARSUAQ

Your ship is scheduled to arrive back in Narsarsuaq between 7am and 8am local time. We hope to spend the day exploring the area around Narsarsuaq, returning to the ship for lunch.

This is no ordinary disembarkation day. In the morning you will wake up alongside, or anchored off, the shorelines of Narsarsuaq. Enjoy a full expedition day where you can choose your own adventure before flying back to Reykjavik. You can hike up to Signal Hill (a prominent observation point above Narsarsuaq), visit the Narsarsuaq museum, or head across the fjord to visit the small sheep farming community of Qasiarsuk. While walking around Qasiarsuk you will find yourself immersed in one of the most iconic Viking sites in the New World. Qasiarsuk was once known as Brattahlíð, the home of Erik the Red and Leif Erikson. Now part of the Kujataa UNESCO World Heritage Site, the community is home to a replica of

a Norse longhouse and church amongst well-preserved ancient Viking ruins. In the mid-afternoon you will be invited to the iconic Hotel Narsarsuaq (once a U.S. military barracks) for a Farewell to Greenland dinner, prepared by local chefs, before boarding your flight back to Iceland.

DEPARTING FROM REYKJAVIK

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

Included Hotel Accommodations

Your final night's included accommodation will be provided at a hotel close to Keflavik International Airport, outside the city of Reykjavik. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your Polar Travel Adviser

or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

Arrival and Departure Transfers

REYKJAVIK AIRPORT TRANSFERS

An arrival transfer in Reykjavik is not included in the expedition; however, your Polar Travel Adviser or travel professional can arrange one for you.

Your final night's included accommodation will be provided at a hotel close to Keflavik International Airport, and a transfer to Keflavik Airport will be available on the final day of the itinerary. A transfer to Reykjavik's city center is not included if you are extending your time in Iceland after the expedition, but one can be arranged for you.

In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions® at least 30 days prior to traveling.





Your Ship

ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to discover new places, and to immerse you in the best the region has to offer.

Equipped with two twin-engine helicopters, *Ultramarine* offers the most robust portfolio of adventure activities in the industry, and features the category's most spacious suites, breathtaking public spaces, and more outdoor wildlife viewing spaces than other expedition ships its size, complemented by an innovative mix of sustainability features that exceed all industry standards.

With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

SHIP SPECIFICATIONS:

Staff & Crew: 140

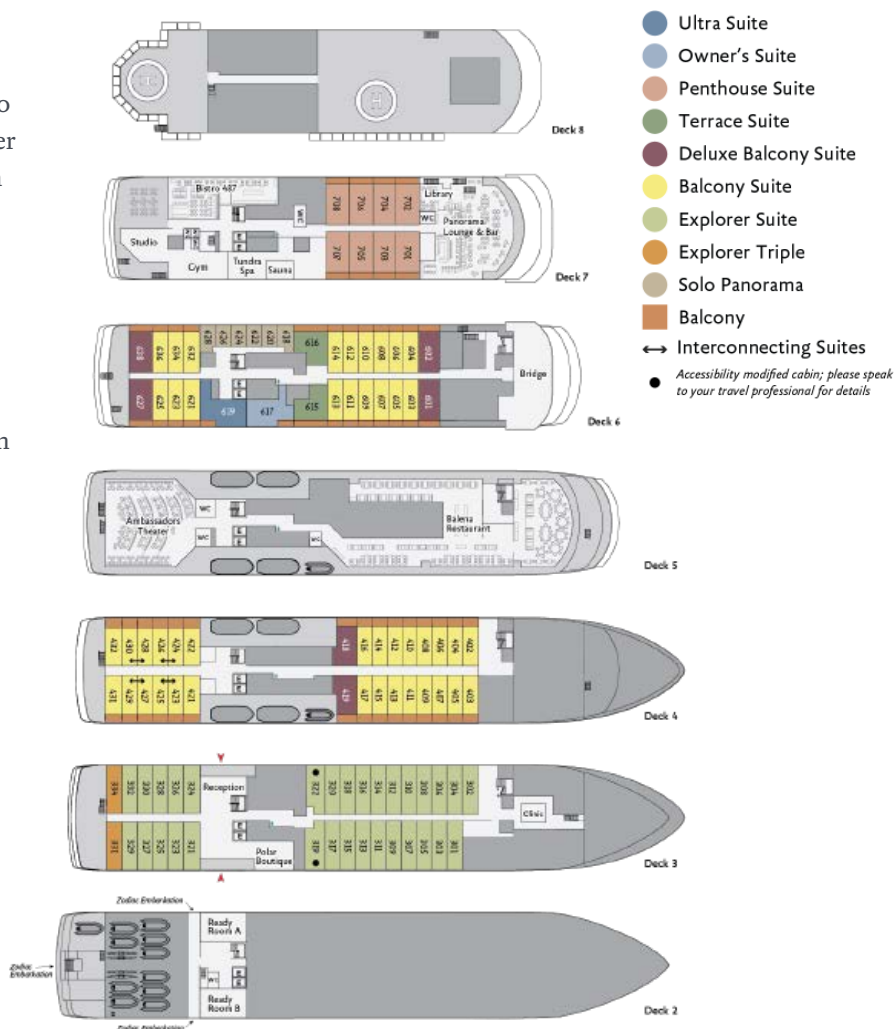
Guests: 199

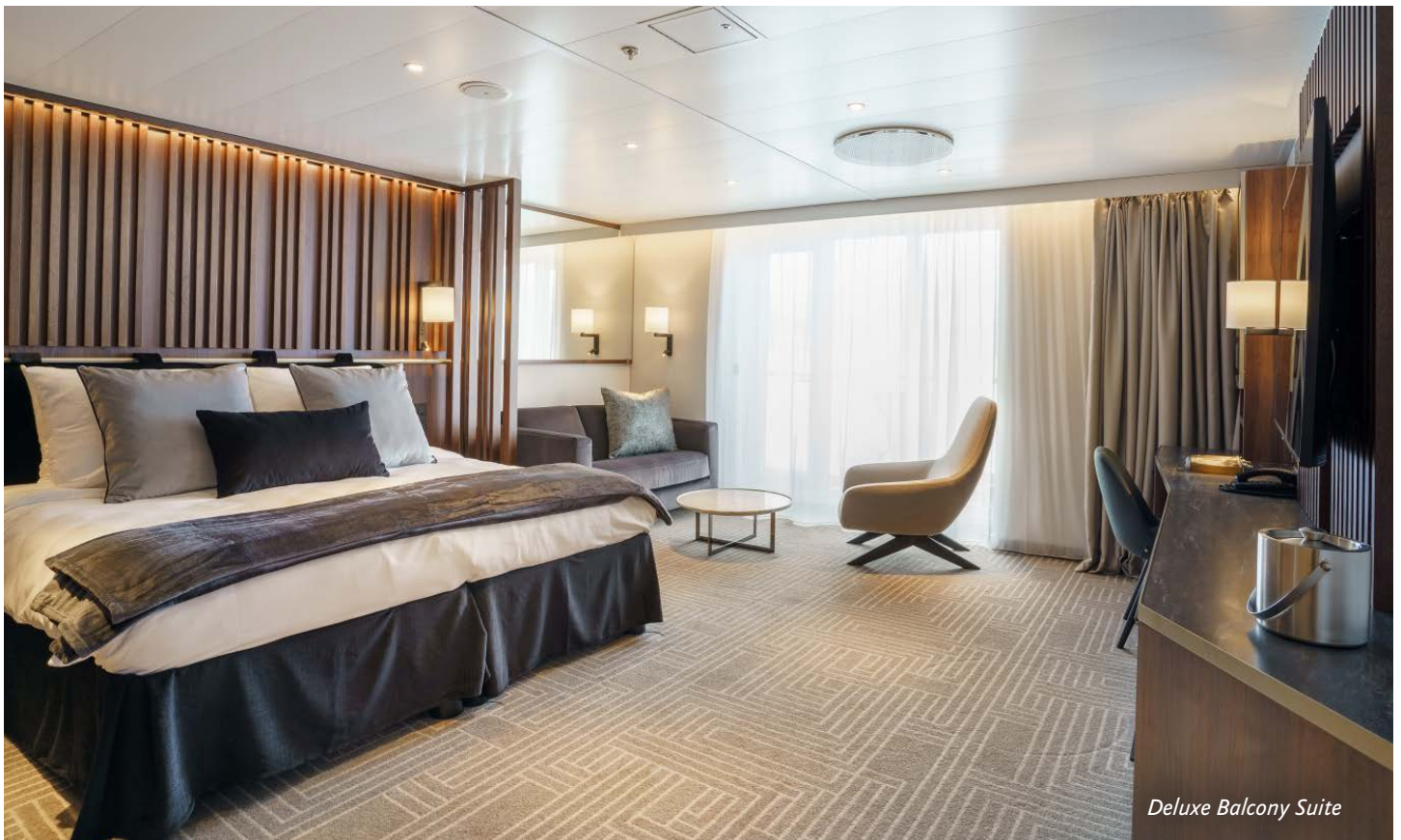
Lifeboats: 4, fully enclosed

Ice Class: PC6

Visit QuarkExpeditions.com to view deck plan details.

All images are artist's renderings.





Deluxe Balcony Suite



Sauna



Panorama Lounge



Fitness Center



Balena Restaurant



Included Activities

Each Quark Expeditions voyage offers a diverse selection of immersive activities (mostly off-ship). Some are included in your trip; others cost extra.



EXCLUSIVE HELI LANDING

Soar off in one of *Ultramarine's* twin-engine helicopters to an exclusive polar site where no ships can navigate. Each heli-landing experience is uniquely curated by our expedition team, taking conditions and location capacity into consideration. Our helicopters will transport you high above the shorelines to the best viewpoints in South Greenland. In small groups, you will be able to enjoy the majestic scenery from the best vantage points.



ICE SHEET EXPERIENCE

Explore beyond cascading coastal glaciers to access the icy realms of the second-largest ice mass in the world, the Greenland Ice Sheet. An excursion on one of *Ultramarine's* two twin-engine helicopters means you'll enjoy views of the Ice Sheet very few other humans get to experience. You'll learn about the dynamics of this environment from our team of glaciologists while you explore this vast, seldom-visited body of ice. This activity is offered over a two-day period to ensure every guest is able to experience this exclusive adventure option.



PADDLE EXCURSION

Join us for a one-time paddle on our stable sit-on-top 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.
Included with limited availability.



COMMUNITY VISITS

Our Greenland Adventure voyages include the widest range of community experiences in the Quark Expeditions portfolio. During this voyage we hope to offer visits to two iconic South Greenlandic communities (Aappilattoq and Qasiarsuk) and provide opportunities for guests to share their journey and engage with our local partners. Learning about the wonders of Greenland from Greenlanders will be a highlight of this voyage.



NORTHERN LIGHTS

The Aurora borealis, widely known as the Northern Lights, is a major feature of this itinerary, and it's included in the price of your trip. All you need to do is come out to the deck of your ship in the wee hours to witness this natural phenomena of exploding lights against a darkened sky. The northerly location, as well as the prevalence of clear night skies, make this region of Greenland one of the best places to realize this bucket list dream.



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.



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.



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 to suit every guest.



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.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities and Adventure Options, including required experience, physical requirements and cost.



Adventure Options

These additional activities, which cost extra, fill up quickly and should be booked in advance.



HELI HIKING

Our twin-engine helicopters will transfer you to the start of the most scenic hiking routes of Southern Greenland and then pick you up at the end point of the route. Each heli-hiking departure will be tailored to your personal needs and level of interest. You may choose to join one of our fast walking groups who will go for exploration and distance, one of our medium hiking routes where there will be plenty of time to stop for photography and reflection, or explore at a slower pace with ample time to enjoy the scenery and immerse yourself in your surroundings.



GREENLAND CAMP EXPERIENCE

Join local hosts at Tasermiut Camp, one of the most exclusive camps in Greenland. Our local guides will lead you through the wonders of their homeland. Spend ample time, in intimate groups, walking through the beautiful landscapes and pristine valleys, roam the tundra with a local chef who will show you fresh ingredients and then prepare an incredible meal together. Overnight at the camp and, if conditions are right, experience the magnificent colours of the polar twilight which will bring the beautiful mountainous surroundings into full effect. Depending on conditions, this is also an excellent venue to enjoy the Northern Lights.



TUNDRA TO TABLE: INUIT CULINARY EXPERIENCE

This one-of-a-kind adventure into the culinary traditions of the Inuit in Greenland and Nunavut is hosted by Inuit chefs who are experts in Indigenous cuisine. Guests get to enjoy four courses of modern Inuit fusion-style cuisine while chefs talk about the origins of the food and elements of Inuit cooking. The dinner, featuring regional tableware, includes cultural storytelling.








PLEASE NOTE

For all paid activities, pre-booking is required. We recommend booking early as spaces fill quickly. Please see your pre-departure book for a list of provided gear for each Adventure Option.



Departure Dates

Greenland Explorer: Sail and Soar the Alpine Arctic

Dates	Days	Start / End	Transfer Package	 Paddle Excursion	 Exclusive Heli-Landing	 Ice Sheet Experience	 Zodiac Cruising	 Polar Plunge	 Heli Hiking	 Tundra to Table	 Greenland Camp Experience
ARCTIC 2024											
SEP 14 - 24, 2024	11	Reykjavik	\$	Included	Included	Included	Included	Included	\$	\$	\$
SEP 22 - OCT 2, 2024	11	Reykjavik	\$	Included	Included	Included	Included	Included	\$	\$	\$

\$ Paid Activities



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- 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. Unfortunately, the ship's galley cannot prepare kosher meals.
- Select beer and wine during dinner; and 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
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Greenland voyages cruise passenger tax

*MANDATORY TRANSFER PACKAGE INCLUDES:

- Charter flights between Reykjavik and Narsarsuaq
- Group transfers between the Narsarsuaq airport and the ship
- Group transfer from Reykjavik airport (Keflavik) to hotel on disembarkation day
- One night's post-expedition airport hotel accommodation in Keflavik
- Shuttle transfer to Keflavik airport on last day of itinerary

PACKAGE PRICE: \$1,495 USD

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival transfers in Reykjavik
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on domestic and international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone and Internet charges (connectivity 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.



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 in the polar environment and further deepen your connection to the Arctic.

With over 30 years of experience bringing guests 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, all our expedition staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage, as well as ongoing training for experienced staff.





Extend Your Trip

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore our gateway city before or after the voyage. Since you're traveling such a long way, you may want to spend extra time in Reykjavik. We have a variety of pre- and post-expedition packages in this fascinating city, known for its vibrant music and art scenes. Enjoy an extensive city tour, explore the Golden Circle, taking in Iceland's most stunning natural wonders, and soak in the famous Blue Lagoon. And maybe fit in some whale watching, too!

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.

FROM TOP: View of Reykjavik; Blue Lagoon



Meals on Board

Delicious, chef-prepared meals feature throughout your voyage! Meal times may change due to landings and wildlife encounters as we aim to maximize your polar experience. (Let us know about any dietary restrictions prior to your expedition.)

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order. Our chefs will ensure you receive top-quality meals during the course of your expedition.

Soft drinks and juices are available during meals and when the bar is open; beer and wine are served with dinner; and complimentary coffee, tea and water are available around the clock (included in the cost of your voyage). Spirits, premium wines and champagne are available at extra cost. Well-stocked bars are open late morning, afternoon and evening.

An additional culinary option available to guests on this voyage is Tundra to Table: Inuit Culinary Experience, hosted by local Inuit chefs, who prepare four courses of modern Inuit fusion-style cuisine. See [page 13](#) for details.





Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, helicopter, or shore landing.

Greenland

BRATTÁHLÍÐ

Brattáhlíð (meaning “the steep slope”) was Erik the Red’s estate in the Viking Eastern Settlement, which he established in 985. Brattáhlíð was the site of the first Greenlandic parliament, as well as Greenland’s first Christian church, built for Erik’s newly converted wife, Tjodhilde. The ruins of several buildings, including living quarters, outhouses and Tjodhilde’s church, are still visible

today, and replicas of the original chapel and longhouse are located nearby.

The present village, Qassiarsuk (the Greenlandic name for Brattáhlíð), was founded in 1924.

The area is home to some of the most fertile land in the country, just as it was when Erik first laid eyes on it.

GREENLAND ICE SHEET

The largest mass of ice in the Northern Hemisphere—one of only two polar ice sheets on the planet, second only to the Antarctic ice sheet—is the dominant feature in Greenland. The Greenland Ice Sheet covers 80 percent of the country’s land area and is nearly 2 miles (3 km) thick. It spans coast to coast, contained to the east and west only by the coastal mountains. Stepping onto the ice, which moves undetected beneath your feet, is a moment you’ll never forget.



KIJATAA

This sub-Arctic farming landscape—the earliest example of agriculture in the Arctic—was designated a UNESCO World Heritage Area in 2017. Featuring archeological sites and agricultural lands, Kujataa is comprised of five areas (Igaliku, Hvalsey, Qassiarsuk, Sissarluttoq and Tasikuluulik) that represent the most comprehensive cultural histories of Norse and Greenlandic farmer-hunters. In honor of the designation, Greenlandic Post issued a stamp in 2018 showcasing the landscape of Kujataa.

KANGERLUSSUATSIAQ (LINDENOW FJORD)

Ships rarely venture into Kangerlussuatsiaq (Lindenow fjord), one of the most beautiful fjords in Greenland. With your Expedition Team in the lead, you may cruise by Zodiac in an arm of the fjord while our staff use their years of Arctic experience to search for wildlife. You may also spot waterfalls along the sheer rock face or enjoy a hike amongst waterfalls, flowers and blueberry fields.

NARSARSUAQ

The settlement of Narsarsuaq (meaning “the large plain”) is the gateway to South Greenland with its numerous hiking trails and Norse sites. It is the lush, fertile land surrounding this area—located deep in the Tunulliarfik Fjord, only about 4 miles (6 km) from the ice sheet—that earned Greenland its name.

IKERASSUUAQ (PRINS CHRISTIAN SUND)

The massive tidewater glaciers and dramatically steep cliffs dominating this picturesque fjord system, named after Christian III of Denmark, are one of the many reasons South Greenland has earned the moniker Arctic Patagonia. Aappilattoq, home to about 100 people, is the only settlement in this remote region. This is an ideal place for ship cruising, as the icebergs here come in all shapes and sizes.

TASERMIUT FJORD

Paddling and Zodiac cruising into Tasermiut Fjord allow for a closer

connections with the landscape that is considered one of the most beautiful places in Greenland. At 43 miles (70 km) long, this picturesque fjord will be a highlight of your south Greenland experience, even if you don't opt to camp.



EXPEDITION SPIRIT

Embrace 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 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 encounters 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 guaranteed.

What to pack on your polar 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:

WEATHER CONDITIONS & TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

TO WEAR ON LANDINGS

- ☐ Base-layer wool or synthetic top
- ☐ Base-layer wool or synthetic bottom
- ☐ Mid-layer warm or fleece top
- ☐ Mid-layer warm or fleece bottom
- ☐ Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- ☐ Glove liners
- ☐ Waterproof gloves or mitts (bring an extra pair)
- ☐ Scarf, buff, or other face protection
- ☐ Warm hat that covers ears (bring an extra)
- ☐ Waterproof pants (mandatory for every Zodiac ride)
- ☐ Waterproof, lightweight backpack or dry sack
- ☐ Polarized sunglasses with UV protection (bring an extra pair)
- ☐ Ski goggles (offers extra protection for adventure options or Zodiac cruising on snowy or windy days)
- ☐ Bug net and bug spray (insects can be encountered in South Greenland)
- ☐ Hiking boots (Because South Greenland is a popular hiking destination, guests can change out of the provided Muck boots and wear their own hiking boots.)
- ☐ Sunscreen
- ☐ Lip Balm

TO WEAR ONBOARD

- ☐ Complimentary Quark 3-in-1 Parka provided on board (wear the waterproof shell out on deck, and the removable liner indoors to stay comfortable)
- ☐ Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- ☐ Comfortable non-slip closed-toed unheeled shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)

ADDITIONAL ITEMS

- ☐ 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.)
- ☐ Light warm jacket to wear during travel to the ship
- ☐ Workout attire (for the fitness center!)
- ☐ Binoculars
- ☐ Hand and feet warmers
- ☐ Camera with charger and extra batteries
- ☐ Extra memory or laptop with spare storage (for saving photos)
- ☐ Waterproof cell phone case or rain sleeve for camera
- ☐ Lens cloth for camera
- ☐ Earplugs and eye masks for sleeping
- ☐ Voltage converters and plug adapters (see ship book for details)
- ☐ Personal alarm such as mobile phone, watch, or alarm clock
- ☐ Moisturizer for face and hands (polar air can be dry)
- ☐ Extra pair of prescription glasses or contact lenses
- ☐ Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- ☐ Seasickness, indigestion, headache, or other medications
- ☐ Hand sanitizer
- ☐ Passport, visas, immunization and vaccination records, travel documents, etc. (as required)
- ☐ Small amount of local currency (see pre-departure book for more details)
- ☐ Water bottle (a collapsible reusable water bottle will be provided onboard)
- ☐ Bug spray

Scan this QR code to watch our video on what to pack before you go!





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EXPEDITION BROCHURE
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