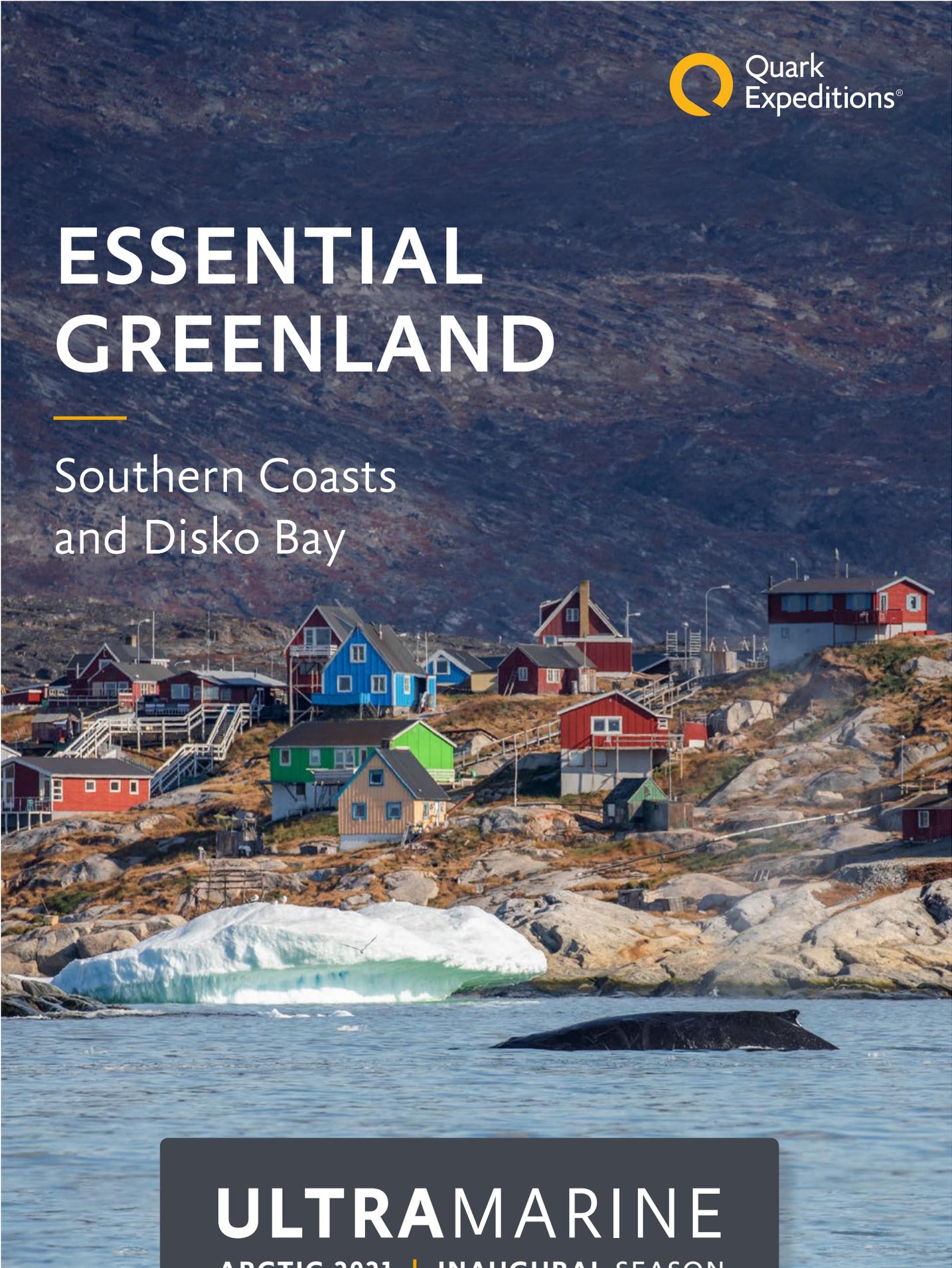


# ESSENTIAL GREENLAND

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Southern Coasts  
and Disko Bay



A scenic view of a coastal village in Greenland. The houses are colorful (red, blue, green, yellow) and built on a rocky hillside. In the foreground, a large, white, rounded ice formation is in the water. A whale is breaching the water in the foreground.

# ULTRAMARINE

ARCTIC 2021 | INAUGURAL SEASON

# Contents

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# Overview

## Essential Greenland: Southern Coasts and Disko Bay

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One of our most popular itineraries, *Essential Greenland: Southern Coasts and Disko Bay*, is elevated to a new level with the newest addition to our fleet, the game-changing polar vessel *Ultramarine*. Enjoy an ultra-immersive exploration of Greenland's most remote regions, sailing the icy waters of the rarely traveled southeast coast, traveling down to the lush southern tip, and stopping to visit local communities and observe imposing glaciers of the west coast - all the while taking advantage of *Ultramarine's* luxurious suites, spa and wellness amenities and incredible wilderness viewing spaces. *Ultramarine* offers guests more Adventure Options than any other operator in the polar regions.

Visits to picturesque villages and Norse ruins will provide guests with an intimate look into Greenland's distinct culture and history, while the rugged landscape, highlighted by dramatic fjords, imposing glaciers, towering mountains and verdant valleys, will leave you breathless. On *Essential Greenland: Southern Coasts and Disko Bay*, spectacular, unspoiled wonders await at every turn, and *Ultramarine* will take you places no other vessel can.

### EXPEDITION IN BRIEF

-  Search for iconic Arctic wildlife, such as whales, seals and seabirds
-  Explore the Ilulissat Icefjord and Kujataa farming communities, both UNESCO World Heritage Sites
-  Meet locals and experience traditional Inuit settlements
-  Visit Norse historical sites and learn about this fascinating culture
-  Cruise in a Zodiac to explore icebergs, glaciers, fjords and more
-  Immerse yourself in the icy realm of the Arctic with optional kayaking adventures
-  Enjoy flightseeing and heli landings with *Ultramarine's* two onboard helicopters



# Itinerary

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## DAY 1 | ARRIVE IN REYKJAVIK, ICELAND

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.

## DAY 2 | EMBARKATION DAY

This afternoon, you'll board your vessel and begin your expedition. Get ready for a great adventure ahead!

## DAY 3 | AT SEA

As we cruise across the Denmark Strait, your Expedition Team will teach you about the wildlife and enthralling history of Greenland, its fascinating geology, ecology and climate, and the incredible

sights you will soon explore. Staff will also keep watch for the seabirds you'll likely see soaring around your ship, as well as the whales that can be encountered here.

## DAYS 4 & 5 | EXPLORING EAST GREENLAND

Your exploration of Greenland begins with East Greenland, one of the least visited and most remote parts of the island. Your days sailing along the coast will be guided by weather and ice conditions, with each day and each excursion presenting new adventures. The region is a sight to behold, boasting a mesmerizing maze of vast glaciers, steep mountains and breathtaking fjords.



**ESSENTIAL GREENLAND**  
 Southern Coasts & Disko Bay  
 Onboard the *Ultramarine* ———  
 Flight from Kangerlussuaq to Reykjavik - - -

One location we hope to visit if conditions allow is Skjoldungen, where you'll cruise between the mountains to view glaciers deep within the fjords surrounding this island. The narrow part of the fjord provides an ideal place to put our Zodiacs in the water for a more in-depth exploration.

If conditions allow, you may also visit the site of an abandoned Inuit settlement, whose inhabitants were relocated to larger, more accessible towns around 1961. Exploring ashore, you'll experience a true Arctic ghost town, complete with abandoned buildings, furniture and even shoes! Hiking the rugged terrain rewards with impressive views of snow-capped mountains, deep green waters and the surprisingly colorful Arctic tundra. This site is prone to insects, however, so have your spray or netting at the ready.

If you're feeling even more adventurous, perhaps you'll treat yourself to an

optional paddling excursion (extra cost), an unforgettable opportunity to glide past icebergs and glaciers and capture some photographs from a unique perspective.

Another possible destination is Lindenow Fjord, and if conditions are favorable, it's a great spot for hiking through lush and varied flora, surrounded by epic mountain vistas. This rarely visited deep fjord is fed by a number of glaciers and offers ample opportunities for your camera to get a workout.

#### **DAYS 6 & 7 | EXPLORING SOUTH GREENLAND**

Sailing on, we'll explore Greenland's fertile southern coast. Nicknamed Arctic Patagonia, this region is as rich in spectacular scenery as it is in history and culture. Here, it's easy to see why Erik the Red gave Greenland its name: everywhere you look rewards with vistas of icy waters set against a backdrop of soaring mountains, crystal-clear

waterfalls and unbelievably lush, green valleys. Scattered around the shores of the fjord systems that dominate the area are several small settlements, both ancient and present day, making South Greenland an ideal place to explore.

The magical Prins Christian Sund, a complex maze of narrow fjords and channels, is a great place for cruising. You'll explore this stunning sound, home to calving glaciers, jagged mountains and sheer cliffs that plunge dramatically into the water. Sailing through this fjord from the vantage point of your ship or a Zodiac is an exhilarating experience. If conditions allow, venturing ashore provides opportunities for all levels of hiking.

Steeped in Norse history, the southern coast of Greenland provides plenty of places to learn about this ancient culture. One such landing we hope to make is at Hvalsey, the site of Greenland's largest and best-preserved Norse ruins.



Exploring the remains of the circa 14th-century church will feel like stepping back in time, as the building appears much as it did when it was abandoned in the 15th century and the surrounding fells and fjord remain similarly untouched.

The little village of Igaliku, home to about 30 inhabitants, is Greenland's oldest sheep-farming settlement. It's a charming place to go ashore, as sheep peacefully graze on the grass, surrounded by bloom-covered rolling valleys and snow-capped mountains. The area is also known for its storied past, as evidenced by the remarkable red sandstone ruins of the Gardar cathedral (the largest church in Greenland in the Middle Ages) and bishop's residence, which date back to the early 12th century, when Greenland's first bishop was appointed. Wandering the foundations, excavated in 1926, you'll get to see a bit of history firsthand as you learn about this interesting relic of the

Viking period. Together with four other historic farming communities, Igaliku is part of a newly established UNESCO World Heritage Site.

### DAYS 8 - 13 | EXPLORING WEST GREENLAND

Boasting spectacular glaciers, mountainous landscapes, and vibrant communities, the west coast of Greenland will leave you awestruck. Heading north, each day we hope to take Zodiac excursions from the ship to explore local bays, channels and landing sites, discovering some of the quaint villages dotting the islands and fjords in the region and cruising in some of Greenland's most picturesque places.

The west coast is home to Nuuk, the charming Greenlandic capital. You'll have time to wander the streets of the historic Old Nuuk neighborhood and see the Hans Egede Church and Hans Egede statue near the waterfront, both named after the missionary who founded the

settlement. History buffs will want to visit the national museum to view the famous Greenlandic mummies, found under a rock outcrop in 1972 by two brothers who were grouse hunting.

Sisimiut is another interesting place to go ashore, as there are more sled dogs here than humans. You'll have time to wander the town's historic area, where several 18th-century colonial buildings still stand, including Greenland's oldest surviving church. You'll also be treated to a traditional kayaking demonstration. Experiencing a cultural resurgence, the kayak is Greenland's national symbol and can be traced back over 4,000 years to the Inuit, who used the vessels for hunting and transport.

Another beautiful locale, and one of west Greenland's highlights is the Ilulissat Icefjord, a UNESCO World Heritage Site. Home to the world's most productive glacier in the northern hemisphere, Jakobshavn Glacier or Sermeq Kujalleq in



Greenlandic, this is a great place to enjoy a Zodiac excursion to experience icebergs from a unique perspective not afforded by land. Venturing ashore at the nearby town, Ilulissat (which means “iceberg”), rewards with its own spectacle: enormous bergs floating out to Disko Bay. A hike from the town to the icefjord will allow you to view this unforgettable river of ice from the rocky shore. Given that it’s also known for having more sled dogs than people, it’s not surprising that Ilulissat is the birthplace of the first European to traverse the Northwest Passage by dogsled, explorer Knud Rasmussen.

Surrounded by sea and mountains, the fishing community of Itilleq (meaning “crossing place”) is situated in a scenic hollow on a small island, about a mile (2 km) above the Arctic Circle. Explore

traditional wooden houses painted in a rainbow of colors, chat with the locals and join a customary football (soccer) match between visitors and residents, and you’ll be experiencing Itilleq’s famous friendly vibe in no time.

#### **DAY 14 | DISEMBARK IN KANGERLUSSUAQ & FLY TO REKYJAVIK**

Enjoy one more Zodiac ride to shore, where you’ll board your charter flight back to Reykjavik, Iceland. Upon arrival in Reykjavik, we will transfer you to your included hotel.

#### **DAY 15 | DEPART REKYJAVIK**

Today, you can make your way home at your leisure or spend some time exploring this artistic city.

### **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 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.





# Arrival and Departure Details

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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 16, learn how to add on a pre- or post-expedition stop—or both!—in Reykjavik or a nearby region of your choice.

## Arrival Day and Embarkation

### ARRIVING IN REYKJAVIK

You may arrive in Reykjavik at any time during Day 1 of the itinerary and make your way to the included hotel.

### EMBARKATION IN REYKJAVIK

On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin.

Ship embarkation will occur on Day 2 of your itinerary, usually around 4pm. You and your shipmates will meet in the lobby of your hotel and board the waiting buses for transfer to the ship. Information about transfer timing will be posted in your Reykjavik hotel.



### PLEASE NOTE

There is a strict luggage limit of 50 lbs (23 kg) checked luggage and 18 lbs (8 kg) cabin baggage on the flight between 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.

## Final Day and Departure

### DISEMBARKATION IN KANGERLUSSUAQ

Your ship is scheduled to arrive in Kangerlussuaq between 7am and 8am local time. After breakfast, and once the ship has anchored, you will have time to bid farewell to your Expedition Team and shipmates before taking one last Zodiac ride to shore. 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 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 included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. 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 the airport will be available on the final day of the itinerary. A transfer to the city is not included if you are extending your time in Iceland after the expedition but one can be arranged for you.





# Your Ship: *Ultramarine*

## NEW! 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.

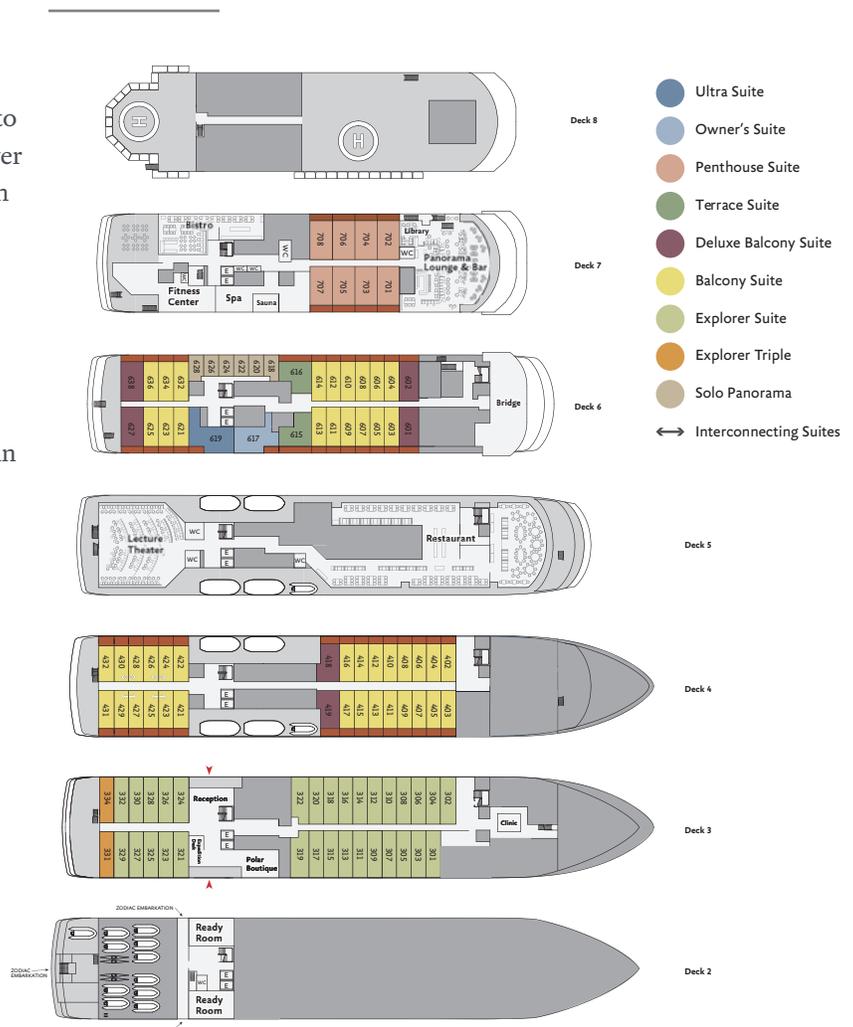
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

### SHIP SPECIFICATIONS:

- Staff & Crew: 140
- Guests: 199
- Lifeboats: 4, fully enclosed
- Ice Class: PC6

Visit [QuarkExpeditions.com](http://QuarkExpeditions.com) to view deck plan details.

All images are artist's renderings.





*Deluxe Balcony Suite*



*Sauna*



*Suite Bathroom*



*Fitness Center*



*Main Restaurant*

*All images are artist's renderings.*



## Included Activities

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

### FLIGHTSEEING

While polar landscapes are spectacular from the sea, they're even more stunning from the air, a view you can enjoy while seated in one of the two twin-engine helicopters stationed on *Ultramarine*. Typically in groups of 7 to 9, you will experience an unforgettable aerial tour of the Arctic during a 10- to 15-minute flightseeing excursion that's included in the cost of the voyage. Additional helicopter activities may also be available for purchase on board. Please note: all helicopter operations are weather- and logistics-dependent.



### HELI-LANDING

You will be transferred from *Ultramarine*'s heli-decks via our two twin-engine helicopters to a pre-selected Arctic destination. You'll have time to explore the location, accompanied by Quark Expeditions team members, after which you'll be picked up by the helicopters in the same location and returned to *Ultramarine*. Note: heli-landings are dependent on weather conditions and logistics.

### 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 the best way to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every passenger. Walking poles are provided at each landing for your convenience. As there are a limited number of poles available, please bring your own if you require them on every landing. Some landing sites will offer more demanding options than others.

### **PRESENTATIONS**

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

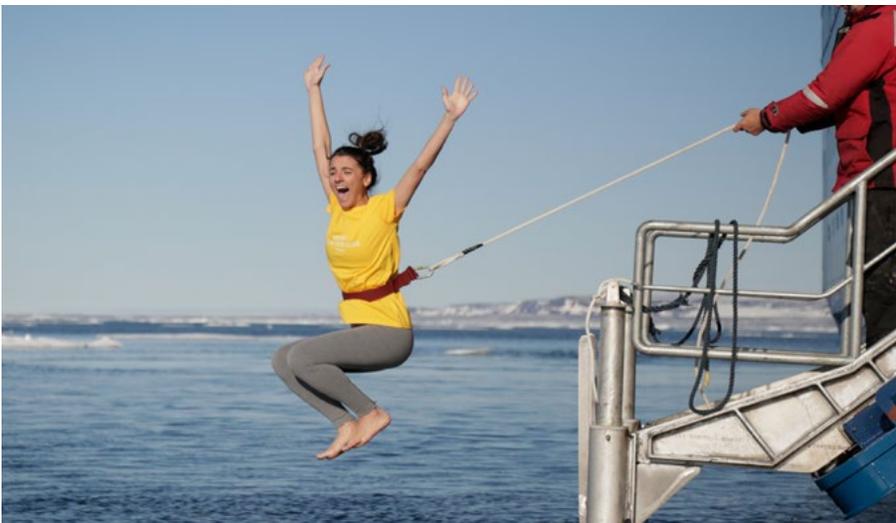
### **POLAR PLUNGE**

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.

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





# Adventure Options

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## **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.

## **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-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. Two outings will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.

### **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.



# Dates and Rates

Essential Greenland: Southern Coasts and Disko Bay

## ULTRAMARINE

Dates	Days	Start / End	Solo Panorama	Explorer Triple	Explorer Suite	Balcony Suite	Deluxe Balcony Suite	Terrace Suite	Penthouse Suite	Owner's Suite	Ultra Suite
<b>ARCTIC 2021</b>											
JUN 25 - JUL 9, 2021	15	Reykjavik	\$14,495	\$10,495	\$13,495	\$14,995	\$17,495	\$18,495	\$19,495	\$24,495	\$26,995

Dates	Days	Start / End	Transfer Package	Adventure Options			
<b>ARCTIC 2021</b>							
JUN 25 - JUL 9, 2021	15	Reykjavik	\$1,295	\$695	\$195	Included	Included

## OCEAN ADVENTURER

Dates	Days	Start / End	Triple	Lower Deck Twin	Main Deck Porthole	Main Deck Window	Superior	Deluxe	Suite	Owner's Suite	Transfer Package	Adventure Options	
<b>ARCTIC 2020</b>													
AUG 29 - SEP 12, 2020	15	Reykjavik	\$8,495	\$9,995	\$10,995	\$11,995	\$13,495	\$14,495	\$15,495	\$16,995	\$1,295	\$695	\$195



# 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 ships' galleys 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

## 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 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
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Adventure Options not listed in Included Activities

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Reykjavik
- Group transfer from the Reykjavik hotel to the ship on Day 2
- Group transfer from the ship to the Kangerlussuaq airport on disembarkation day
- Charter flight from Kangerlussuaq to Reykjavik
- Group transfer from Reykjavik airport (Keflavik) to airport hotel
- One night's post-expedition airport hotel accommodation in Keflavik
- Shuttle transfer to Keflavik airport on last day of itinerary

**PACKAGE PRICE:** \$1,295 USD



# Your Expedition Team

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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 new expedition staff receive comprehensive training in 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

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## **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

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If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know 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, allowing our chefs to prepare each dish to your individual needs, ensuring 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 coffee, tea and water stations are available around the clock - all included in the cost of your package. Spirits, premium wines and champagne are available at extra cost which can be billed to your shipboard account. The well-stocked bars on the ship are open to enjoy with your fellow shipmates in late morning, afternoon and evening.





# Possible Excursions

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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, or shore landing.

## East Greenland

### SKJOLDUNGEN FJORD

This fjord provides a welcome shelter from the open sea, offering contrasting colors of bright green water and piercing white ice. Waterfalls pour down the tall cliffs, with the Thryms Glacier in the distance. The fjord was once home to a small Inuit settlement, which was evacuated by the government in 1961. Today, this stop allows for an interesting day of exploring an Arctic ghost town.

## South Greenland

### HValsey

Also known as Qaqortukuloq, Hvalsey is the site of Greenland's best-preserved Norse ruins. Built around 1300, the medieval church attracted people from near and far to attend Christian festivals throughout the year. The last written record of the Norse in Greenland recounts the wedding of an Icelandic couple here in 1408. Just west of the church are the ruins of a farmstead, including stables and a banquet hall. The area is a designated UNESCO World Heritage Area.

### Igaliku

Part of the UNESCO World Heritage Area known as Kujataa, the small community of Igaliku (Igaliko) was founded in 1783 and is Greenland's oldest sheep-farming settlement. Quite different from the distinctive colorful wooden houses seen



throughout Greenland, the 19th- and early 20th-century stone dwellings of Igaliku incorporate building stones from the Norse ruins of the nearby Gardar cathedral and bishop's farm (the largest in the country).

### KUJATAA

This subArctic 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.

### 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.

## West Greenland

### ILULISSAT ICEFJORD

North of the Arctic Circle, this ice fjord is a UNESCO World Heritage Site. Recognized as one of the fastest-moving glaciers in the world, the Jakobshavn Glacier (or Sermeq Kujalleq in Greenlandic) located at the head of the icefjord moves 62 feet (19 meters) per day. More glacial ice is calved into the ocean here than anywhere else in the Arctic.



## KANGERLUSSUAQ

Kangerlussuaq and the Kangerlussuaq Fjord in West Greenland provide a great backdrop of mountainous landscapes at this port of disembarkation.

## NUUK

Home to 15,000 people, Nuuk is the capital of Greenland and is the largest settlement on the island. A particular highlight is the Greenland National Museum, which offers an insight into social change affecting the country from the 1950s onwards. Other exhibits include the world's oldest rocks (approx. 3.8 billion years found close to Nuuk), and the Qilakitsoq exhibit displaying the mummified remains of 15th century Inuit women and a six-month old child. The Katuaq Culture Centre and Nuuk Art Museum are also worth exploring.

## SISIMIUT

The second-largest town in Greenland, Sisimiut is a place to stretch your legs. Inhabited for more than 4,000 years, Sisimiut has a history that is a mix of Saqqaq, Dorset and Thule cultures. The colorful wooden houses here are typical of Greenlandic communities today. Nasaasaaq, an impressive mountain, provides a scenic backdrop for this settlement.

## 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 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.



# Packing Checklist

## WEATHER CONDITIONS & TEMPERATURES

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

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

## FOR SHORE LANDINGS

- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants (mandatory for every Zodiac ride)
- Waterproof gloves and glove liners
- Sunscreen
- Sunglasses with UV protection
- Spare set of gloves
- Bug spray and bug nets

## SUGGESTED ITEMS

- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the Polar Plunge!)
- Binoculars
- Camera with charger and extra batteries
- Extra memory cards
- Earplugs
- Eye masks for sleeping
- Moisturizer and lip balm (polar air can be drying)
- Seasickness, indigestion, headache or other medicines as required
- Voltage converters and plug adapters (220V/European outlets)
- Ski goggles (for Zodiac cruising on snowy or windy days)

## FOR ON BOARD

- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip closed-toed unheeled shoes (**NOTE:** Flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at [Shop.QuarkExpeditions.com](http://Shop.QuarkExpeditions.com)





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