



The Leader in Polar Adventures

ARCTIC 2024

ESSENTIAL GREENLAND

Southern Coasts and Disko Bay



ULTRAMARINE

DESIGNED TO GO BEYOND



kenwood cruise
THE ART OF ESCAPE

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Overview

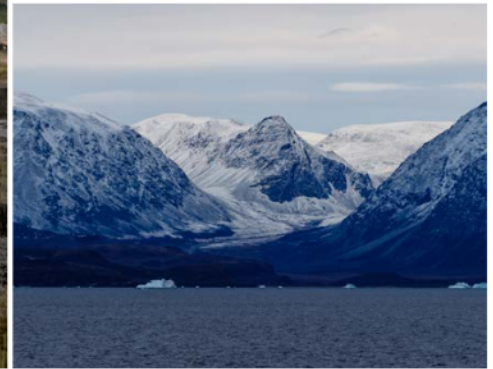
Essential Greenland: Southern Coasts and Disko Bay

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 serene shores, 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 communities 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, verdant valleys and incredible wildflowers 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
-  Experience flightseeing and optional adventure options with *Ultramarine's* two on board helicopters



Itinerary

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 | EMBARK

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

DAY 3 | CRUISING

As we sail 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 South 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 Fjord (Saqqisikuik), where you'll cruise between the mountains to view glaciers deep within the fjords. 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 see the site of an abandoned Inuit settlement, whose inhabitants were relocated to larger, more accessible towns around 1961.

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 (Kangerlussuatsiaq), 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 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 (Ikerasassuaq), 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 (Qaqortukuloq), 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 25 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 tall 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 the newly established UNESCO World Heritage Site Kujataa.

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 communities 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 ptarmigan hunting.

Sisimiut is another interesting place to go ashore. 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. Your expedition will also look to arrange a traditional kayak demonstration. Experiencing a cultural resurgence, the kayak is a symbol of Greenland 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 cruise through the icebergs for a unique perspective not afforded by land. Venturing ashore in 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 in the past, it has been 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 REYKJAVIK

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 REYKJAVIK

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, wildlife, 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

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.

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*

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 H145 helicopters and 20 quick-deploy Zodiacs, *Ultramarine* offers the most robust portfolio of adventure activities in the industry, the most spacious suites in this category, breathtaking public spaces, excellent outdoor wildlife viewing areas, plus an innovative mix of sustainability systems that exceeds all industry standards.

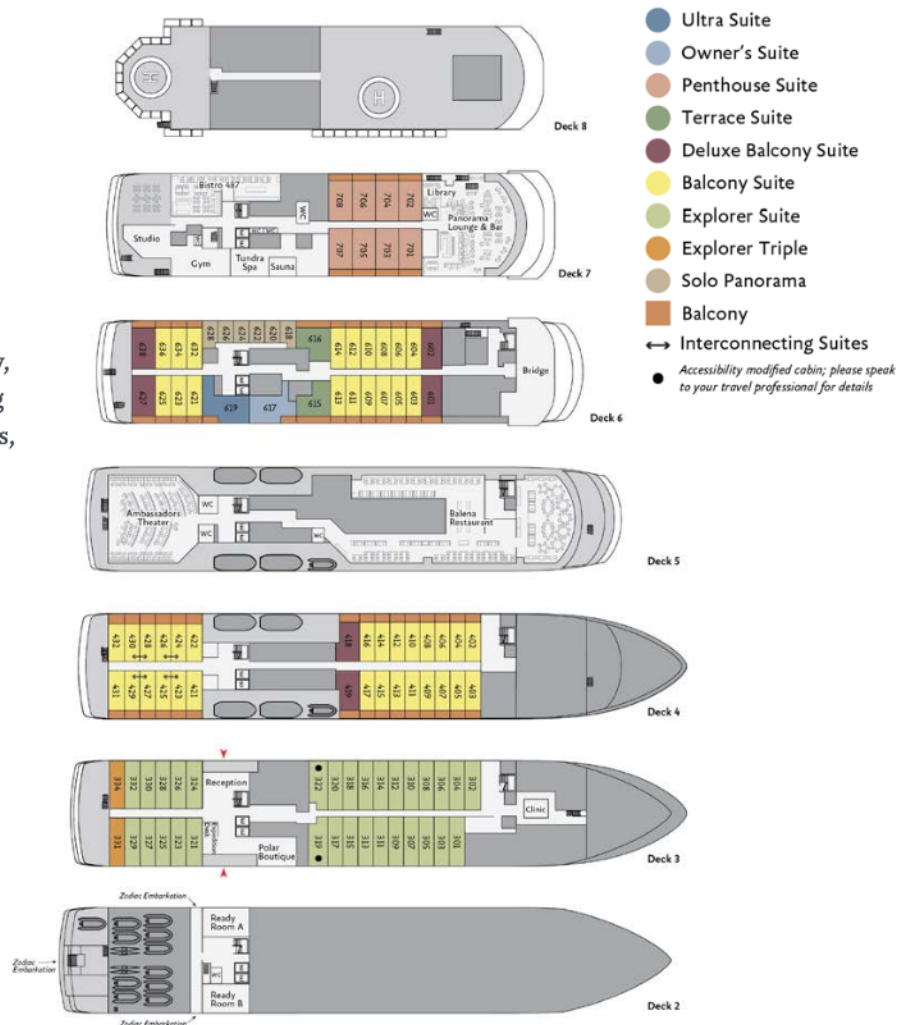
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

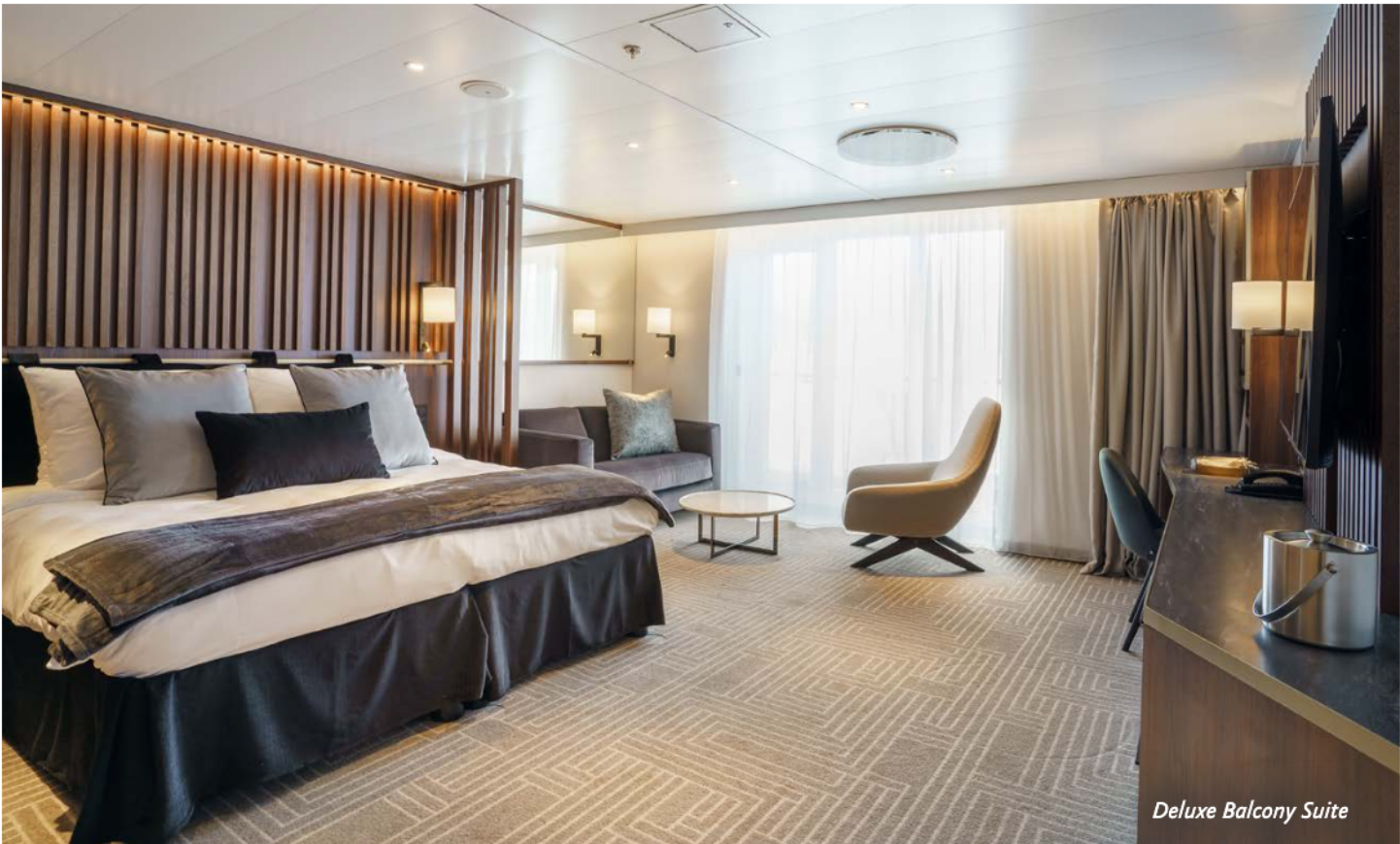
SHIP SPECIFICATIONS:

- 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



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 6-9, 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.

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 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 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.

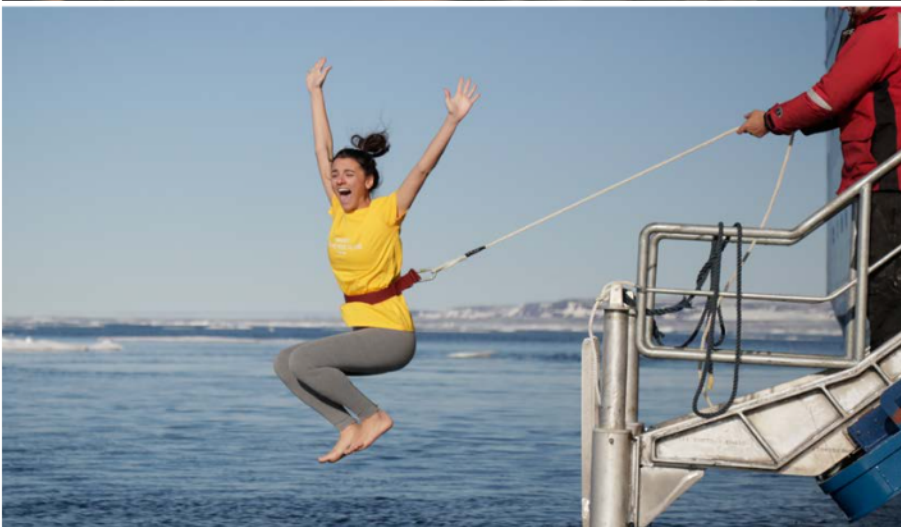
POLAR PLUNGE

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



SEA KAYAKING

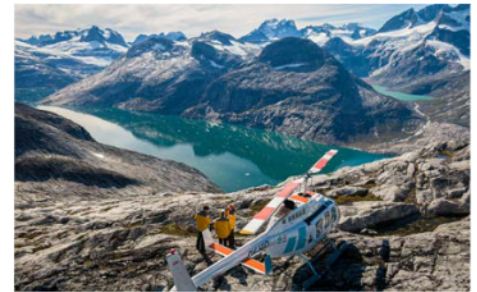
Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

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 groups of 10 will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



EXCLUSIVE HELI-LANDING

Imagine setting foot in an area of the Arctic that can only be safely accessed by helicopter. With a small group of fellow passengers and expert guides, you'll board one of *Ultramarine's* two twin-engine helicopters to soar off to an exclusive polar site where no ships can navigate.

Expect stunning bird's-eye views during your flight, and then, upon arrival, simply sit back, relax and take in the splendor of the Arctic from "the best seat in the house": glacial amphitheatres, breath-taking summits, and more. Traveling in groups of 12 with no more than 4 groups (48 guests) at a time on each landing, you'll have time to relax and quietly reflect on the beauty of your polar surroundings, after which you'll be picked up by the helicopters in the same location and returned to *Ultramarine*.

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

Essential Greenland: Southern Coasts and Disko Bay

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Flightseeing	 Exclusive Heli-Landing	 Sea Kayaking	 Paddling Excursion
ARCTIC 2024						
JUL 2 - 16, 2024	15	Reykjavik	Included	\$	\$	\$
ARCTIC 2023						
JUN 29 - JUL 13, 2023	15	Reykjavik	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 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 and domestic 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

*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

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 hands-on polar expedition training prior as part of our onboarding process 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. If you're traveling 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

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

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 (SAQQISIKUIK)

This fjord offers contrasting colors of bright turquoise 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 relocated by the government in 1961.

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. Surrounding the church are the ruins of a farmstead, including stables and a banquet hall. The site is part of the Kujataa 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).



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.

PRINS CHRISTIAN SUND (IKERASSUAQ)

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, is home to about 100 people and is one

of only two settlements 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 can move as much as 40-60m 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

Nuuk is the epicenter of Greenland's fascinating emerging culture. At population 18,800, one of the world's smallest capital cities is a wonderful and curious mix of the traditional and the new. 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 some of 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, 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 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

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.

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:

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)
- 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!



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



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