

ARCTIC 2024

GEMS OF WEST GREENLAND

Fjords, Icebergs and Culture



ULTRAMARINE
DESIGNED TO GO BEYOND

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Overview

Gems of West Greenland: Fjords, Icebergs and Culture

Immerse yourself along the dramatic coast of West Greenland, exploring deep into fjords and stunning islands. This trip features the best sites of West Greenland and delivers an in-depth experience in just 12 days. You'll have opportunities to visit towns such as Sisimiut and Uummannaq, both rich with culture. Find yourself coasting by massive glaciers while enjoying all the comforts *Ultramarine* has to offer. At the peak of summer months, you'll enjoy the long sunny days, clear vistas, and abundant opportunities to see wildlife.

EXPEDITION IN BRIEF



We'll take you deeper into Uummaanaaq and Eternity Fjords than any other operator



Experience the beauty of these landscapes from the air thanks to *Ultramarine's* twin-engine H145 helicopters



Experience Greenlandic culture by exploring with local partners



Visit three of Greenland's most picturesque, iconic regions in a single voyage



Join unique and immersive optional activities, such as our exclusive heli-landing and mountain biking adventures



Itinerary

DAY 1 | ARRIVE IN TORONTO, CANADA

Arrive at Toronto Pearson International Airport and make your way to your included hotel in Toronto. The rest of the day is yours to explore the multicultural city of Toronto.

DAY 2 | FLY TO KANGERLUSSUAQ AND EMBARK

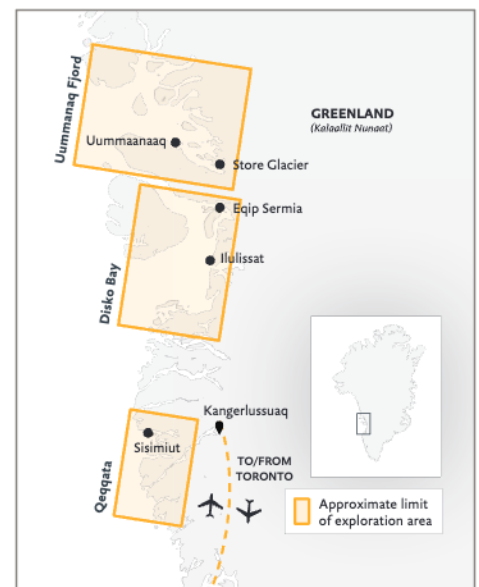
This morning you'll catch your charter flight to Kangerlussuaq, where you'll board your vessel and begin your expedition. Get ready for a great adventure ahead! Expect a welcome and safety briefing from your Expedition Leader.

DAY 3 | AT SEA

As we sail north along the west coast to our first area of exploration, your Expedition Team will prepare you for the adventures that lie ahead. Once activity and excursion briefings are completed, our education team will schedule presentations on the wildlife and fascinating history of Greenland, its geology, ecology and climate, and the incredible sights you will soon explore.

DAYS 4 - 6 | UUMMANAQ FJORD

Uummanaq Fjord is the second-largest fjord system in Greenland surpassed only by Scoresbysund in east Greenland. On these itinerary days you will have the opportunity to become one of few people ever to explore this area in



GEMS OF WEST GREENLAND:
Fjords, Icebergs and Culture
Onboard the *Ultramarine* ———
Flight to/from Toronto - - - - -

depth and travel beyond the predictable tourist destinations. The fjord is full of cultural and natural wonders. Potential excursions include visits to the town of Uummanaq, venturing into Qilakitsoq (the site where the famous Greenland Mummies were discovered) and excursions focused around Store Glacier and its immense discharge zone. You'll embrace the expeditionary spirit as we pioneer new destinations within the labyrinth of valleys and channels in the depths of the fjord.

Quark Expeditions' core belief in working closely with our local partners will enhance every experience as we explore alongside local experts. We'll draw on our team's collective knowledge and expertise to deliver incredible experiences.

DAYS 7 & 8 | DISKO BAY

Disko Bay is a wide, southeastern inlet of Baffin Bay and is the largest open bay in western Greenland. Try to get out on

deck as we navigate into this iconic bay where whales are often spotted. Disko Bay is full of exciting destinations for us to explore. We will almost certainly visit the community of Illulissat, which is situated at the head of outlet fjord for Sermeq Kujalleq (Jakobshavn Glacier), known for discharging 35 billion tons of ice each year. Declared a UNESCO World Heritage Site in 2004, the fjord is immensely beautiful and we will encourage you to explore it via one of the many marked hiking trails.

Another area we will consider for this itinerary is the wild beauty of Equip Sermia or Torsukatak Fjords, located in the northeast corner of Disko Bay. Both of these remote areas offer fantastic vistas of large active glacial faces and provide plenty of opportunities for hiking, paddling, and Zodiac cruising. This is also an area where, if conditions allow, we will consider utilizing our twin-engine helicopters to get you in the air to

appreciate the immensity of this region.

DAYS 9 & 10 | QEQQATA

Qeqqata (meaning centre) municipality is Greenland's second smallest administrative region. Situated in the middle of the country's western coast, Qeqqata is home to almost 20% of Greenland's populace, most of whom reside in Sisimiut and Maniitsoq.

During these two days your expedition team will work with our local partners to curate a balance of community and wilderness-focused activities. We are likely to visit Sisimiut, where you can wonder through the open air museum, participate in local tastings or join a hiking group to venture beyond the town limits along one of many incredible hiking trails on Sisimiut's doorstep. This is where we will also offer the (paid) mountain biking activity.

Further south, the areas surrounding Maniitsoq are equally stunning. One of



our favorite destinations in the area is the picturesque alpine lake of Innussuit Tasersuat, which we can hike and share a picnic with friends from Maniitsoq. The fjord systems behind Maniitsoq are deep and seldom visited. Our team will seek to take you beyond the ordinary and into these fjords for magical one-of-a-kind experiences, one of which is Eternity Fjord, which is home to the tallest mountains in all of West Greenland.

DAY 11 | KANGERLUSSUAQ

Today, we disembark in Kangerlussuaq and transfer you to your charter flight to Toronto, where you'll spend the night in your included hotel.

DAY 12 | TORONTO

Today, make your way to Toronto Pearson International Airport to catch your homeward flights, or spend more time exploring the largest urban center in Canada. The multicultural city of Toronto is known for its galleries, museums, waterfront attractions and thriving ethnic neighborhoods.



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, and International Flight Planning

DAY 1	DAY 2	EXPEDITION DAYS		DISEMBARKATION DAY	FINAL DAY
International flight in* Arrival and hotel night	Charter flight to embarkation point and embarkation	On ship or landing days		Disembarkation, charter flight and hotel night	Leave hotel International flight onward

* Arrive anytime on Day 1 or earlier. Day 1 includes an optional briefing.
 International flights are not included in the cost of the voyage.

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.

Arrival Day and Embarkation

DAY 1 — ARRIVING AND HOTEL NIGHT IN TORONTO

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

DAY 2 — TRANSFER TO AIRPORT, FLIGHT TO KANGERLUSSUAQ AND EMBARKATION IN KANGERLUSSUAQ

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

Upon arrival at Kangerlussuaq, guests and their luggage will be transferred to the pier, where they will be transported to their awaiting ship by Zodiac.

PLEASE NOTE

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

You will find in your final documents:

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

Final Day and Departure

DISEMBARKATION IN KANGERLUSSUAQ AND CHARTER FLIGHT

Your ship is scheduled to arrive in Kangerlussuaq and you will disembark after breakfast. The disembarkation process takes about an hour. After disembarkation, you will be transferred to the airport for the return charter flight to Toronto.

DEPARTING FROM TORONTO

Upon arrival in Toronto, 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.

Arrival and Departure Transfers

TORONTO AIRPORT TRANSFERS

An arrival transfer in Toronto is not included in the expedition; If you require a transfer, you will need to arrange your own transportation. Most airports we travel in and out of have good taxi ranks in the arrivals area, or you can often pre-book a transfer online.

Your final night's included accommodation will be provided 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 Toronto after the expedition; be sure to make the appropriate arrangements.

PLEASE NOTE

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 would like to extend your stay, you can book directly with the hotel or through a third party.





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.

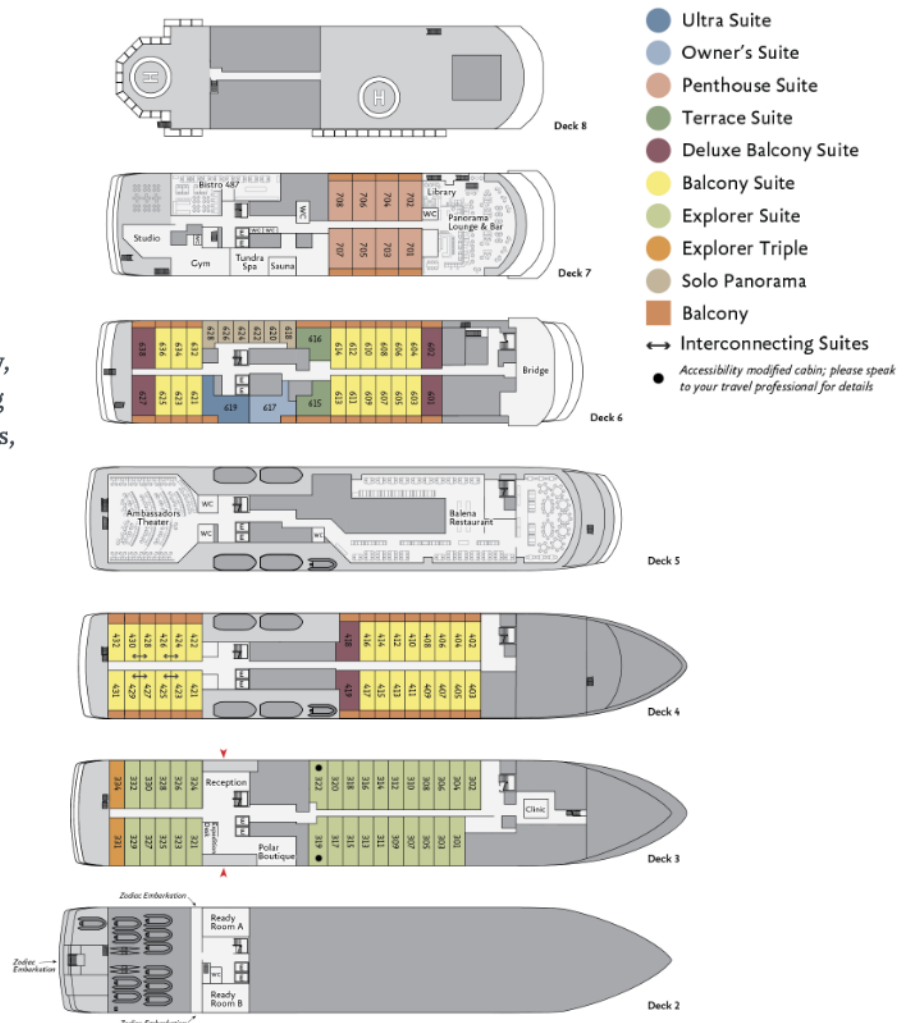
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

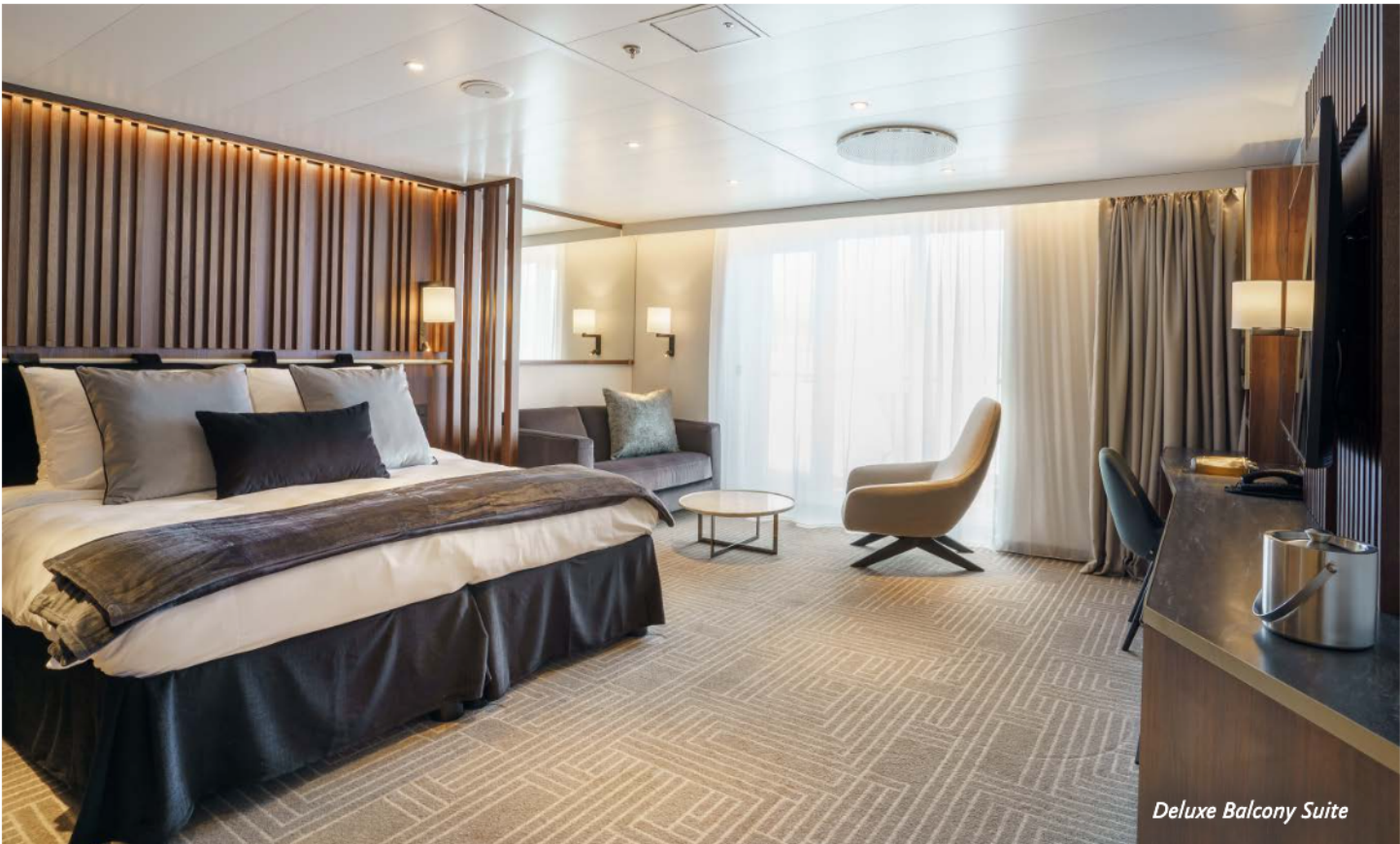
SHIP SPECIFICATIONS:

- 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

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



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

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.

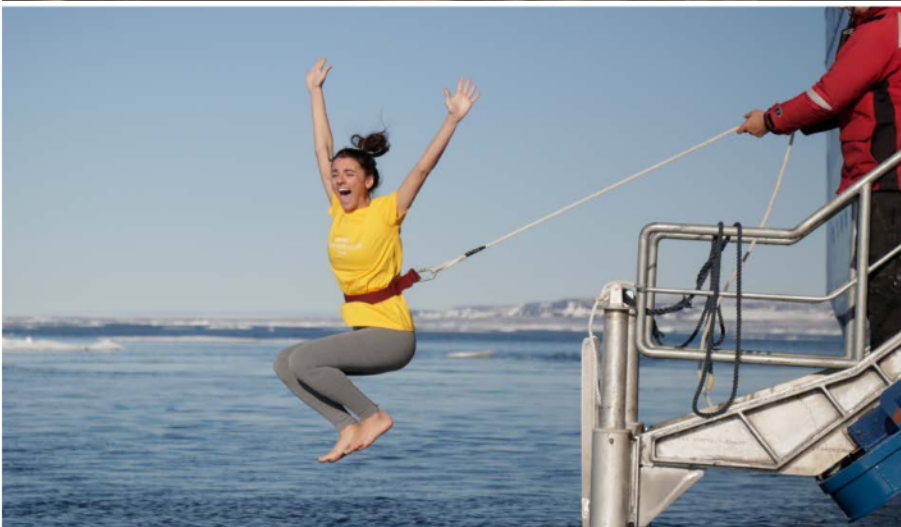
POLAR PLUNGE

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

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



SEA KAYAKING

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

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



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.



MOUNTAIN BIKING

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

Participants must be fit, and intermediate to intermediate-strong mountain bikers. Riders should expect a combination of singletrack and remote gravel roads. Riders should be able to roll over small obstacles (like roots or rocks), and shift gears comfortably when anticipating and responding to changing terrain.



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.

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 amphitheaters, 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*.

Each exclusive heli-landing experience is uniquely curated by our expedition team, taking conditions, regulations and location capacity into consideration.

TUNDRA TO TABLE

Our ground-breaking Tundra to Table experience offers guests a one-of-a-kind adventure into the culinary traditions of the Inuit in Greenland and Nunavut. You'll savor food made with ingredients direct from the sea and surrounding Arctic land—prepared by local chefs. Enjoy an evening of Inuit storytelling as you dine on traditional dishes of the Inuit of Greenland and Nunavut, including beer-braised muskox served with Greenlandic mashed potatoes, and pickled halibut served with lumpfish dip and bread. Our on-ship Tundra to Table experience is the only exclusively Inuit culinary offering of its kind in the world.



Departure Dates

Gems of West Greenland: Fjords, Icebergs and Culture

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Sea Kayaking	 Paddling Excursion	 Exclusive Heli-Landing	 Mountain Biking	 Tundra to Table
ARCTIC 2024							
JUL 14 - 25, 2024	12	Toronto	\$	\$	\$	\$	\$
JUL 23 - AUG 3, 2024	12	Toronto	\$	\$	\$	\$	\$

\$ Paid Activities



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- An official Quark Expeditions® parka to keep
- 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
- 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 Toronto
- 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 Toronto
- Charter flight from Toronto to Kangerlussuaq
- Group transfer from the ship to the Kangerlussuaq airport on disembarkation day
- Charter flight from Kangerlussuaq to Toronto
- Group transfer from Toronto Pearson International Airport to airport hotel
- One night's post-expedition airport hotel accommodation in Toronto

PACKAGE PRICE: \$1,995 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.





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.

Balena Restaurant, the main diningroom on Deck 7 of *Ultramarine*, features tables that accommodate 2 to 10. Guests can enjoy a quiet dinner with a loved one or join a larger table of new friends. Guests will enjoy views from every seat in addition to direct access to the wraparound deck. Guests can also enjoy a meal in Bistro 487, which offers an indoor/outdoor dining experience—perfect for enjoying the polar landscapes.

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.

West Greenland

DISKO BAY

Disko Bay is the largest open bay in western Greenland. It measures 150 km from north to south, 100 kilometers from east to west and has average depth of 400 metres. After the disappearance of the Norse in the 15th century, the Thule Inuit established themselves in the Disko Bay area and Europeans did not reappear until Danish colonization in the 18th century, apart from an English expedition in 1587. The nutrient-rich waters of Disko Bay sustain abundant marine life, such as capelin and cod fish, and migratory seals

such as harp, ringed, hooded and bearded seals. The bay is also a gathering place for humpback and bowhead whales.

EQIP SERMIA

With an ice front of just under 2.5 miles (4 km), Eqip Sermia is a truly massive glacier, with huge chunks of ice seen—and heard—calving into the water below. Navigating the narrow sound on the way to the glacier requires traversing ice-clogged water, which produces an ethereal feeling as bergs glide around the ship's hull.

QEQERTARSUAQ

One of the oldest settlements in Greenland, Qeqertarsuaq was settled by whalers in 1773, but archeological evidence suggests that people lived here at least 6,000 years earlier. The town and surrounding area stand apart as the island's only volcanic region. The area offers unusual geology and colorful



landscapes, with particularly lush vegetation. More than half of Greenland's plant species are found here, tucked between columns of basalt rock and black sand beaches littered with ice fragments. In town, you don't want to miss Qeqertarsuaq's Vorherres Bleaekhus, which hosts musical performances by resident artists. Local guides will also lead walking tours to visit the church, Qeqertarsuaq's shopping area and businesses, and the local museum. If time and weather permit, there's the chance of an extended hike to the incredible basalt columns 10 km down the coast. This hike isn't for the faint of heart.

UUMMANAQ FJORD

Uummannaq Fjord (meaning heart-shaped) is a small island community of approximately 1,500 people about 600 km (375 miles) north of the Arctic Circle. The small village is located at the foot of a towering rock rising steeply

out of the ocean, giving the island its name. It's a truly spectacular setting! The mountain (1,450 m / 4,640 ft.) is composed of granitic gneiss, sometimes called "basement gneiss." This rock was originally granite and then subjected to heat and pressure several kilometres below the Earth's crust, causing the minerals to form metamorphic rocks. The landscape you'll see has been dramatically eroded, particularly in the areas where faults have occurred in the mountain structure. These areas weathered and were subsequently overrun by glaciers that carved the dramatic fjords.

STORE GLACIER

Store Glacier is massive. It's 5.5 km wide at its front and is ranked third in iceberg discharge for West Greenland. It's stunningly beautiful—yet rarely visited. It is one of a number of remarkably stable

Greenland ice sheet outlets. Scientists report there's been no significant change in its front position, based on imagery going back to 1964. It's believed that Store Glacier is heavily grounded, dragging securely along its steep bed.

ILULISSAT

Ilulissat (formerly Jakobshaven) lies approximately 350 km north of the Arctic Circle. With a population of over 4500, it is the third-largest city in Greenland, after Nuuk and Sisimiut. Founded by Danish trader Jacob Saverin as a trading post in 1741, Ilulissat today is a center for shrimp-fishing in the region. Directly translated, "Ilulissat" is the Kalaallisut word for "icebergs." The town is situated 2 km north of the legendary Ice Fjord, through which colossal icebergs travel out to sea. Ilulissat is also the birthplace of noted polar explorer and anthropologist Knud Rasmussen, Greenland's revered native son. You'll



be able to enter the house where he was born in 1879 as it's now a small museum dedicated to his achievements. From 1906 until the early 1930s, Kununnguaq, or "Little Knud," devoted his life to Arctic studies. His greatest achievements included the Danish Ethnographical Expedition to Arctic North America, also known as the Fifth Thule Expedition, which enabled Rasmussen and his team to take archaeological, geographical and natural history data from Greenland right across the North American Arctic.

SISIMIUT

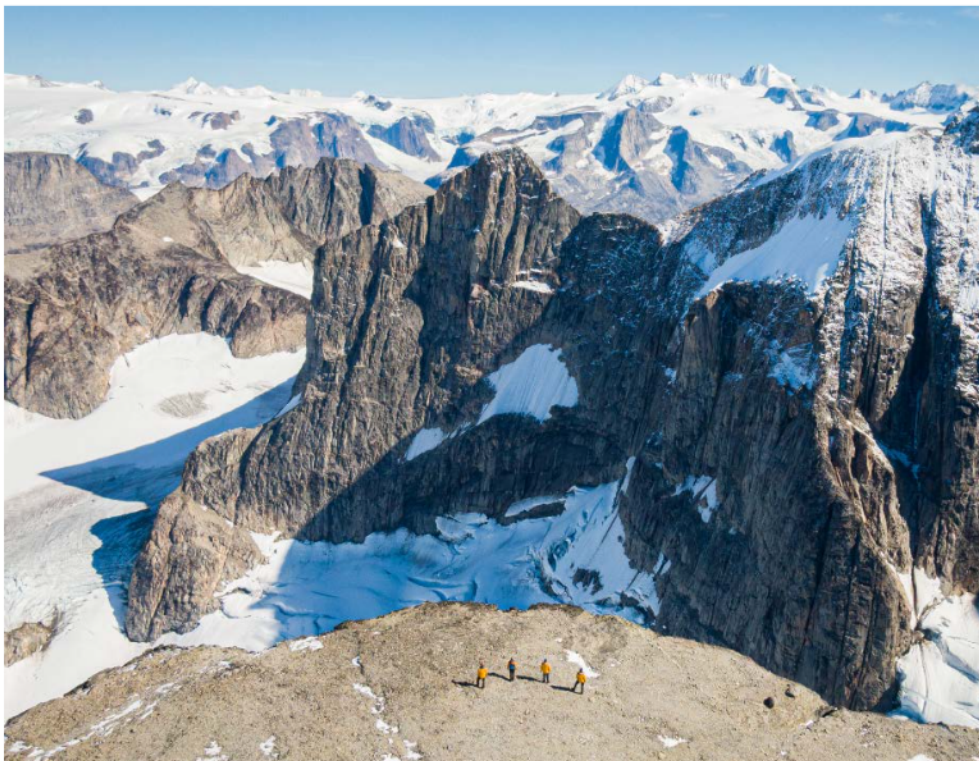
Sisimiut is located just above the Arctic Circle on the west coast of Greenland, approximately 320 km north of Nuuk. The second-largest city in Greenland, Sisimiut has been inhabited for thousands of years. It's a city of contrasts: in a single day you can walk in the footsteps (and observe the homes) of prehistoric peoples, and next

you'll visit one of Sisimiut's fashionable craft stores where you can purchase art that combines traditional and modern techniques. Sisimiut means "the residents at the foxholes." The site has been inhabited for the last 4500 years, first by peoples of the Saqqaq culture, then Dorset culture, and then the Thule people, whose Inuit descendants form the majority of the current population.

MANIITSOQ

Maniitsoq is hidden behind a series of jagged peaks, which perhaps explains why it's a little-known gem until recently. Visitors are drawn to the area's pristine rivers, huge mountains, seemingly endless glaciers and deep fjords, especially Eternity Fjord, which is one of the longest in Greenland. These diverse features makes Maniitsoq one of the most alluring and wild regions of West Greenland. Vertical cliffs attract thousands of birds, while

rivers are teeming with Arctic char. Maniitsoq offers excellent whale-watching opportunities. One of our favorite experiences in the Maniitsoq area is a hike with our local partners to a remote and picturesque lake, Innussuit Tasersuat, where guests can enjoy a picnic of local delicacies with our Greenlandic friends.



EXPEDITION SPIRIT

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What to pack on your Greenland expedition

BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac and helicopter ride)
- Base-layer wool or synthetic top* Mid-layer warm or fleece bottom*
- Base-layer wool or synthetic bottom* Mid-layer warm or fleece top*
- Warm hat that covers ears (bring an extra)
- Scarf, buff, or other face protection
- Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- Waterproof gloves or mitts (bring an extra, lighter pair for hiking)
- Glove liners* Hand and feet warmers* Binoculars
- Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- Sunscreen Ski goggles (for Zodiac cruising on snowy or windy days)
- Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera & gear dry)

*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- Worn-in Hiking footwear: While Muck-boots are provided and encouraged for most shore excursions, additional hiking footwear (Goretex-lined boots or similar water-proof hiking boots) can add to your hiking comfort, especially if you are a keen hiker
- (Smart) Wool or synthetic hiking socks for above footwear (bring an extra pair)
- Lightweight and quick-dry, trekking pants that may or may not convert to zip-off shorts* (*depending on your thermo-regulation)
- Breathable waterproof pants* and rain jacket** for outdoor activities in inclement weather (*can be the same pair you use for Zodiac operations / ** can be outer shell of complimentary Quark 3in1 Parka)
- Comfortable long or short-sleeve shirt for hiking either synthetic/quick-dry or merino (smart) wool
- (Hiking) gloves (medium thickness, waterproof preferred)
- Hat, buff or scarf (for wind and weather protection)
- UV protection (hat, polarized sun glasses, sun block, lip balm)
- Collapsible walking sticks for hikes (if required)
Quantities are available to borrow on every vessel
- Additional reusable thermos or water bottle
(in addition to the reusable collapsible water bottle provided)

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 BOARD

- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- Workout attire (for the fitness center and other indoor activities)
- Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)

Just a reminder: No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so!

ADDITIONAL ITEMS

- Passport, visas, immunization records, travel documents, etc. as required
- Camera gear—complete with charger, storage medium, transport & cleaning kit (lens cloth etc.) and extra batteries
- Waterproof cell phone case or rain sleeve for camera
- Earplugs and eye masks for sleeping
- Voltage converters and plug adapters (see ship book for details)
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Seasickness, indigestion, headache, or other medications
- Small amount of local currency (see pre-departure book for more details)
- Insect repellent Mosquito netting



Scan this QR code or [click here](#) to watch our video on what to pack before you go!

- › To view our packing checklist online, visit: [QuarkExpeditions.com/What-to-Pack/Greenland](https://www.quarkexpeditions.com/What-to-Pack/Greenland)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.quarkexpeditions.com/Frequently-Asked-Questions)

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.



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