



The Leader in Polar Adventures

ARCTIC 2025

# South Greenland Adventure

The Majestic Alpine Arctic

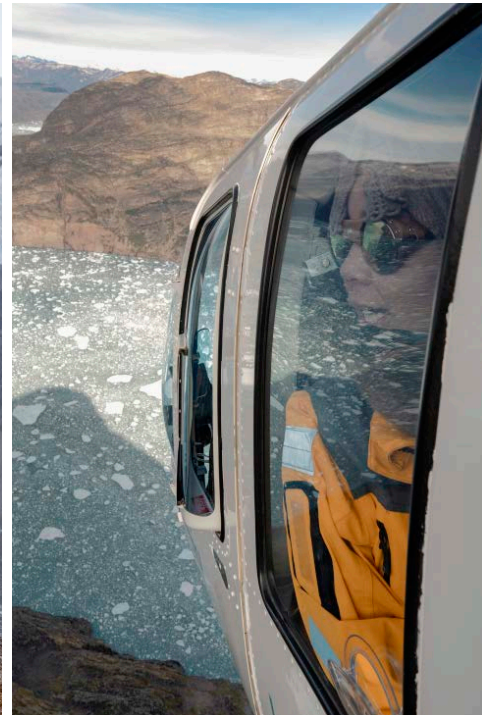


## ULTRAMARINE

DESIGNED TO GO BEYOND

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# Overview

## South Greenland Adventure: The Majestic Alpine Arctic

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

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

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

### EXPEDITION IN BRIEF



Marvel at South Greenland’s alpine peaks and remote ridges during included Heli Hiking and Flightseeing adventures



Experience Greenlandic cultural highlights with local partners



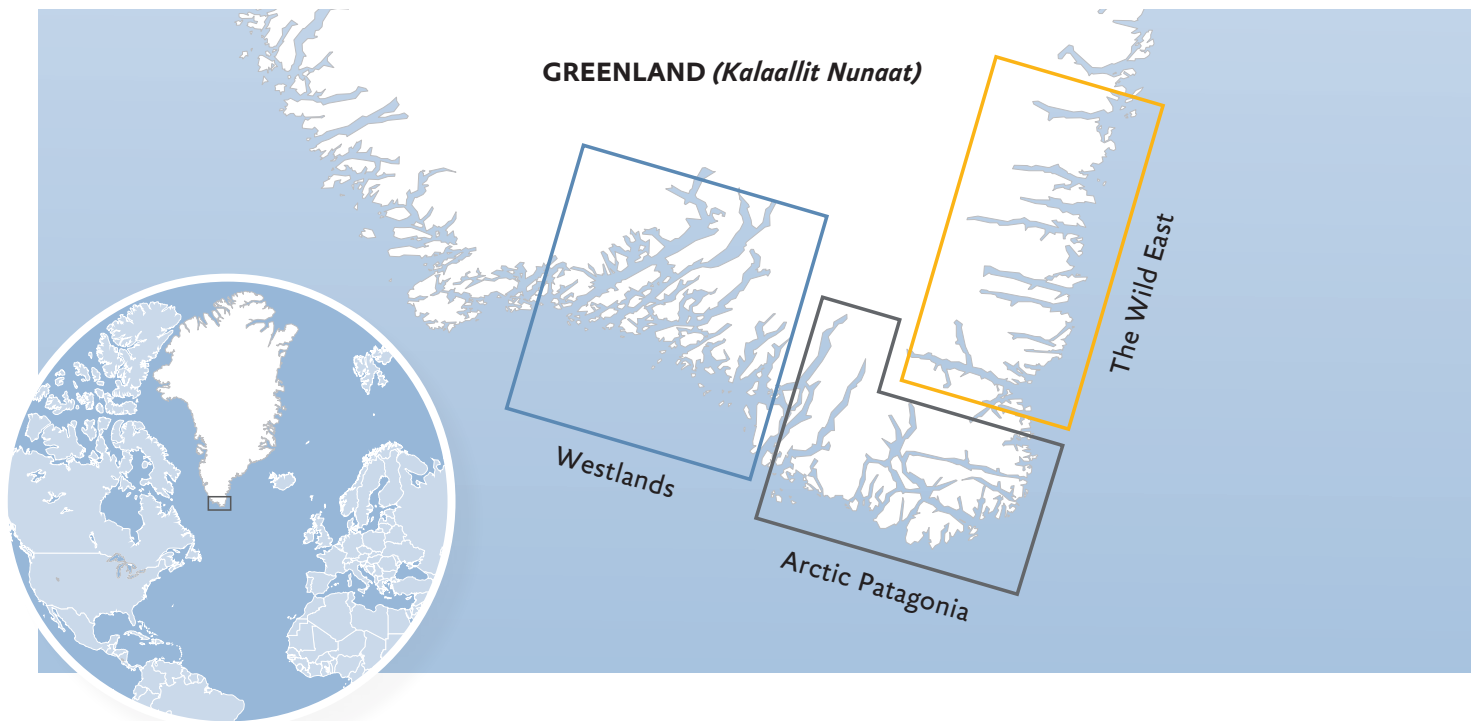
Set foot on the Greenland Ice Sheet, the second-largest ice mass in the world



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



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



# The Best of the Arctic

## Three Perspectives of South Greenland

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

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

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

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

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

If ideal night sky conditions prevail, it could be possible to witness one of nature's most impressive and intimate displays: the Northern Lights (*Aurora borealis*). On this experience-packed voyage, you will be able to savor and explore the best of South Greenland from every perspective: land, sea and sky.



Photo Credit: Maas Pihl - Visit Greenland

# Itinerary

## DAY 1 | ARRIVE IN TORONTO

Arrive at Toronto Pearson International Airport and make your way to your included hotel. You will have the rest of the day to explore this cosmopolitan Canadian city on your own.

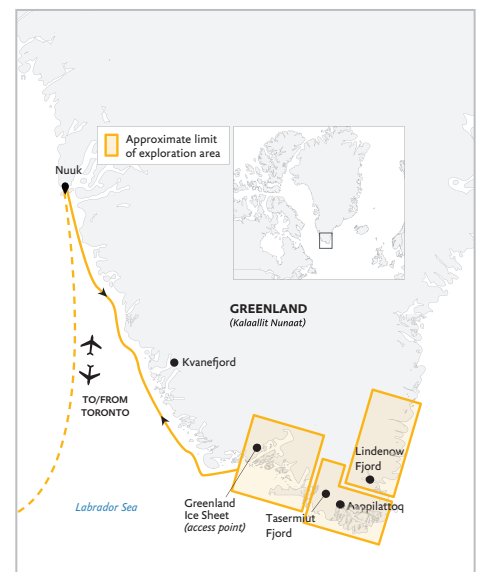
## DAYS 2 | FLY TO NUUK

In the morning after breakfast, guests and their luggage will be transferred to the airport for their charter flight to the Greenlandic capital of Nuuk. This picturesque city of 17,000 is situated on a fjord with the Sermitsiaq mountain in the background. Upon arrival, guests will be transferred to their ship.

## DAYS 3 - 5 | FROM NUUK TO THE WESTLANDS

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

Today, we'll head south along the spectacular west coast of Greenland on our way to the The Westlands. Following in the footsteps of the Greenlandic Norse into the Western fjords, it's easy to appreciate why Erik the Red chose this land as his home and gave Greenland its name: every direction you look rewards visitors with vistas of blue, ice-strewn waters set against a breathtaking backdrop of lush, verdant valleys and pastures bursting with blooms.



**South Greenland Adventure:  
The Majestic Alpine Arctic**  
Onboard the *Ultramarine*  
Flight to/from Toronto

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

Also in the West, we find the perfect access points to the Greenland Ice Sheet, which we'll reach by helicopter. You'll enjoy the most incredible views of the largest mass of ice in the northern hemisphere and second largest in the world, flowing from the heights of the polar plateau to sea level. Become one of the very few people to ever set foot on this incredible body of ice during our included Greenland Ice Sheet Experience. Over these two days you will have the opportunity to explore the Ice Sheet, hike the surrounding foothills, cruise or paddle through the azure ice-filled waters, and engage with our local friends and partners during the most meaningful and in-depth community

experiences offered on any Quark Expeditions voyage.

Guests will learn more about the history and culture of this region at the Kujataa UNESCO World Heritage Site, which is a living history lesson in Viking farming. We hope to offer you the opportunity to visit charming Qassiarsuk, a small sheep farming settlement across the fjord from Narsarsuaq, where you can experience true South Greenland hospitality and gain insight into the fascinating lives of sheep farmers living at the edge of the Ice Sheet. We suggest you take time to explore the remains and replicas of Brattahlíð, Erik the Red's estate, once the epicenter of the Greenland Norse Eastern Settlement.

#### **DAYS 6 - 8 | ARCTIC PATAGONIA**

Spectacular fjordlands and iconic peaks

The stunning maze of fjords, sounds, islets, inlets and skerries (rocky islands) in and around Cape Farewell (Nunap Isua) at Greenland's most southern tip possesses its own particular magic. Transiting the 100-km long Prins Christian Sund (Ikerasassuaq)—one of the world's most scenic fjords—will be truly unforgettable. Guests can then

look forward to dramatic mountain and seascapes with glaciers tumbling down to down to the sea, and stunning vistas around every corner. Inhabiting this domain are Southern Greenlanders living on the frontier, a people as unique as the landscape they call home. This is where the migrating hunting peoples from the east finally settled around the European trading posts.

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

If you are looking for the most iconic peaks of South Greenland, you'll be in your glory when we reach the Tasermiut Fjord in the heart of what's known as "Arctic Patagonia," where guests can sign up for overnight camping (with local



hosts) along the 70-km fjord. Marvel at the impressive Sermeq glacier at its head with rivers of ice tumbling almost down to sea level, and the imposing peaks of Nalumasortoq and Ulamertorsuaq dominating the skyline, making for the most scenic backdrops to your hike or helicopter-enabled excursions.

#### **DAY 9 - 11 | THE WILD EAST & JOURNEY BACK TO NUUK (NORTHBOUND)**

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

the backdrop of cascading glaciers and steep-walled mountains.

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

#### **DAY 12 | DISEMBARKATION, EXPLORE NUUK, FLIGHT TO TORONTO**

After breakfast, guests will be transferred from the pier to the town. 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. You will also have an opportunity to visit the

Greenland National Museum & Archives to view the collections and exhibitions and to better understand Greenland's cultural heritage, such as the significance of the kayak, which is Greenland's national symbol and can be traced back over 4,000 years. There will also be an opportunity to visit the famous 500-year-old Greenlandic mummies.

After a half-day of exploring Nuuk, guests will meet at a designated spot in town for the transfer to the airport for their charter flight to Toronto.

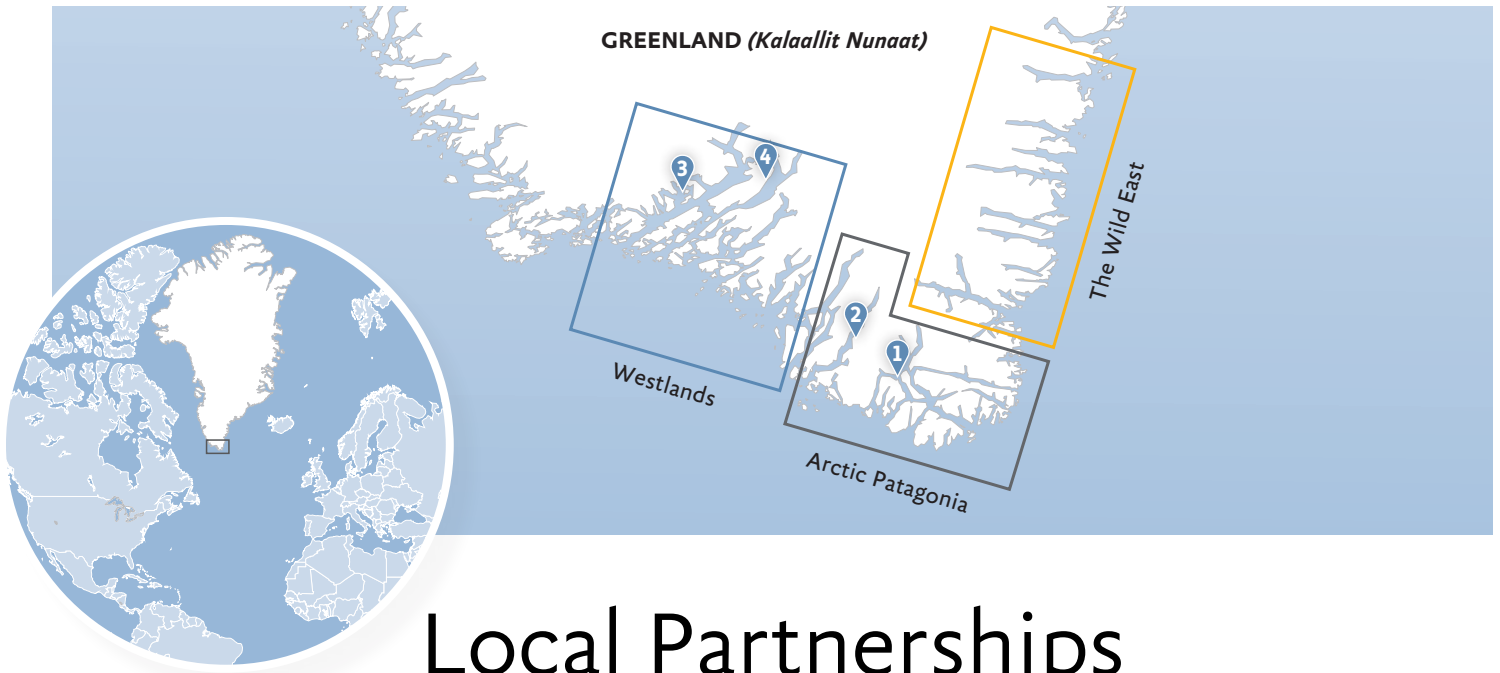
#### **DAY 13 | DEPART TORONTO**

After a restful night at your included hotel, make your way to Toronto Pearson International Airport for your onward flight, or continue your independent explorations of Toronto at your leisure.



#### **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.



# Local Partnerships

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



### 1 | AAPPILATTOQ

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



### 2 | TASERMIUT CAMP

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



### 3 | TAMASSA

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



### 4 | QASIARSUK

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





# Arrival and Departure Details, and International Flight Planning



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 1 — ARRIVING AND HOTEL NIGHT IN TORONTO

Arrive in the multicultural city of Toronto on Day 1 of the itinerary and make your way to your included hotel. You will have the rest of the day to explore the city on your own.

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

On the morning of Day 2, guests and their luggage will be transferred to the airport for their charter flight to Nuuk, where they will embark on their ship.

## PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Toronto and Nuuk. 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 NUUK

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

## 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; you require a transfer to the city, 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.

## 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

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.

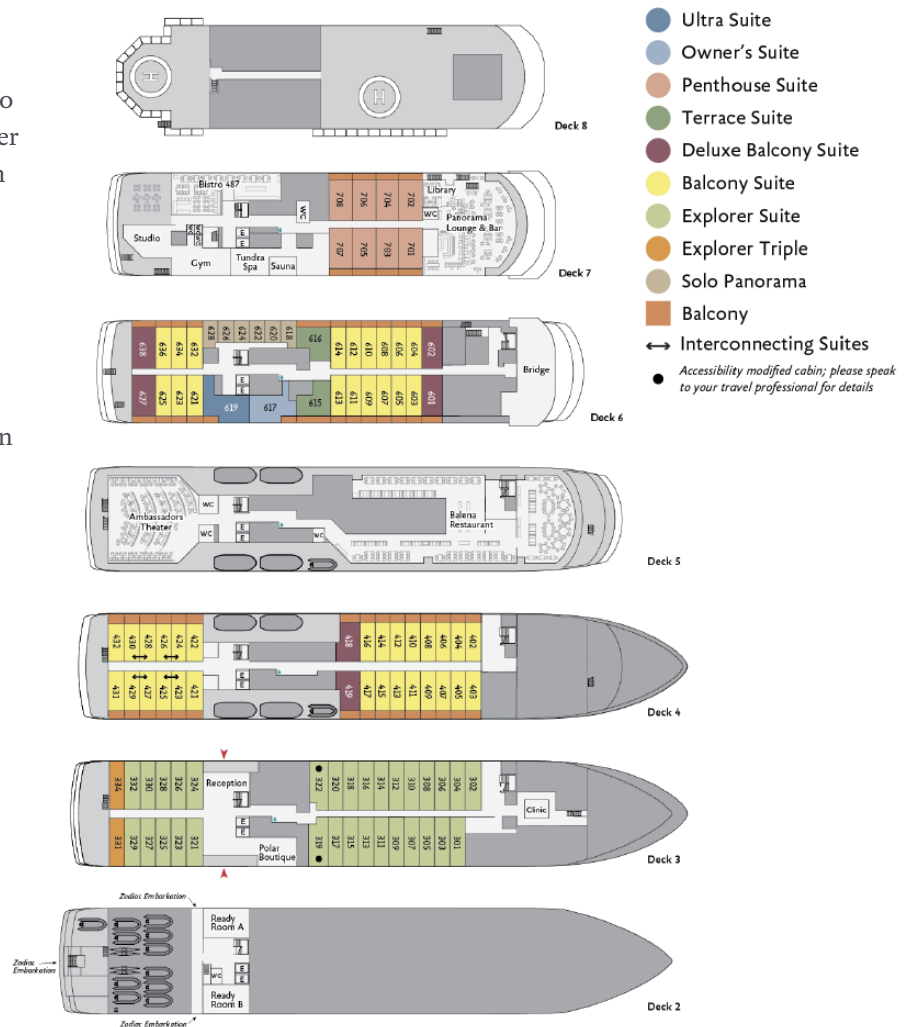
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

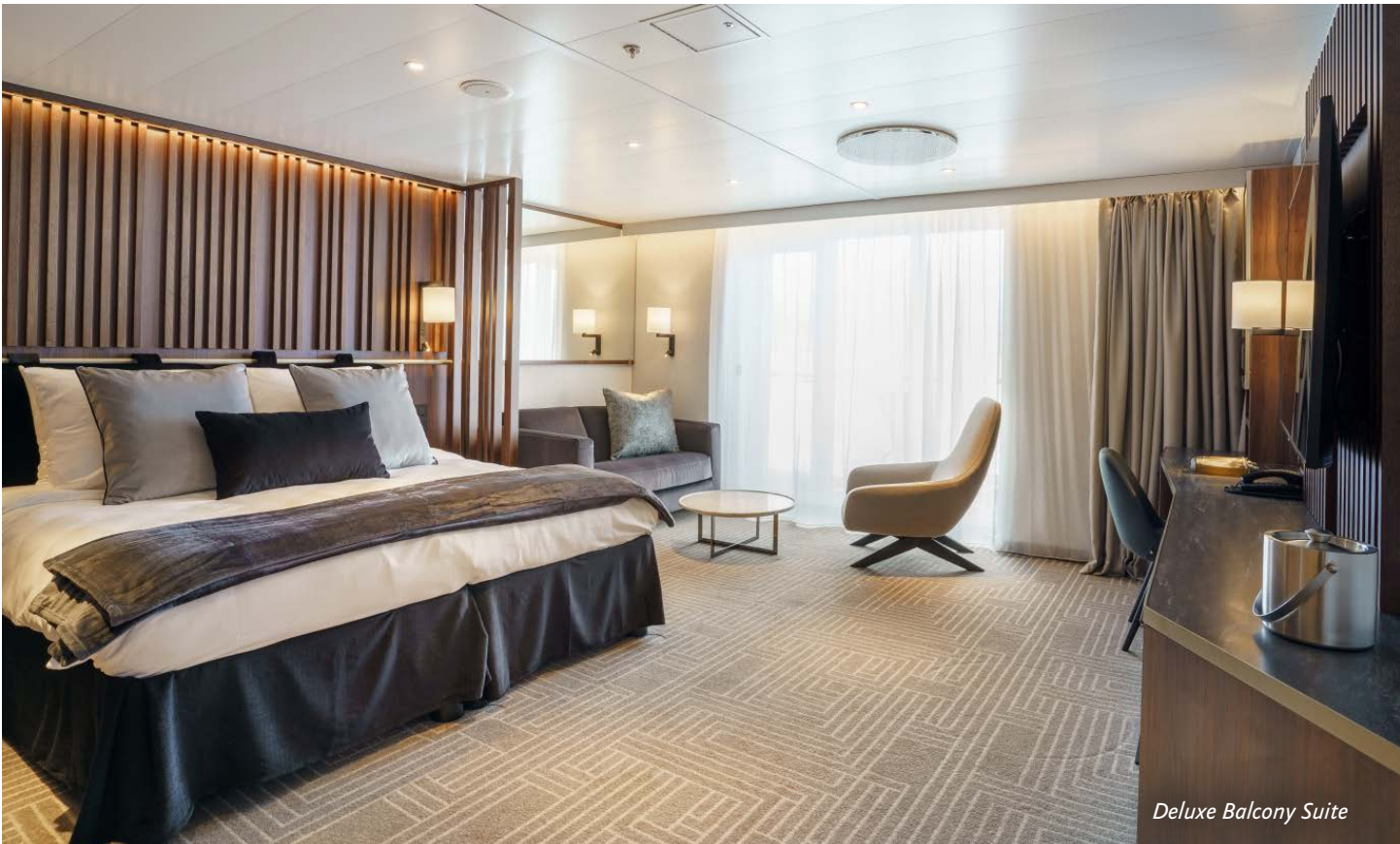
### SHIP SPECIFICATIONS:

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

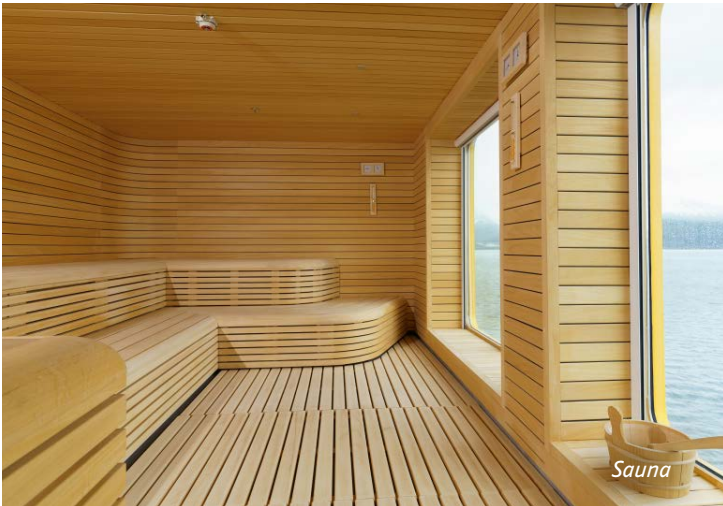
Visit [QuarkExpeditions.com](http://QuarkExpeditions.com) to view deck plan details.

All images are artist's renderings.





*Deluxe Balcony Suite*



*Sauna*



*Panorama Lounge*



*Fitness Center*



*Balena Restaurant*



# Included Activities

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



## HELI HIKING

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



## ICE SHEET EXPERIENCE

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



## 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.



### **COMMUNITY VISITS**

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



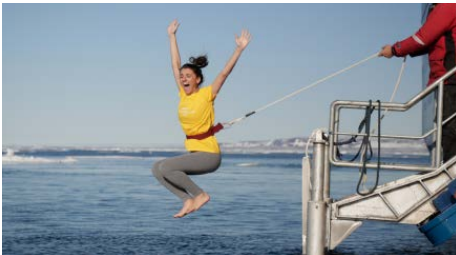
### **PADDLE EXCURSION**

Join us for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. *Included with limited availability.*



### **ZODIAC CRUISING**

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



### **POLAR PLUNGE**

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



### **PHOTOGRAPHY**

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



### **HIKING**

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



### **PRESENTATIONS**

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

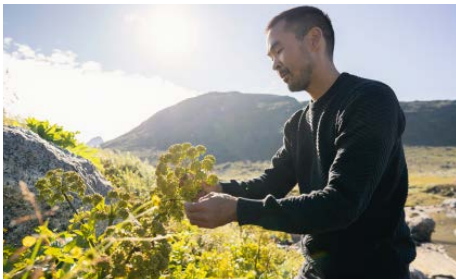
*Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities and Adventure Options, including required experience, physical requirements and cost.*



# Adventure Option

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

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## GREENLAND CAMP EXPERIENCE

Join local hosts at Tasermiut Camp, one of the most exclusive camps in Greenland. Our local guides will lead you through the wonders of their homeland. Spend ample time, in intimate groups, walking through the beautiful landscapes and pristine valleys, roam the tundra with a local chef who will show you fresh ingredients and then prepare an incredible meal together. Overnight at the camp and, if conditions are right,

experience the magnificent colours of the polar twilight which will bring the beautiful mountainous surroundings into full effect. Depending on conditions, this is also an excellent venue to enjoy the Northern Lights.








### **PLEASE NOTE**

For all paid activities, pre-booking is required. We recommend booking early as spaces fill quickly.



# Departure Dates

South Greenland Adventure: The Majestic Alpine Arctic

| <i>Dates</i>          | <i>Days</i> | <i>Start / End</i> | <i>Transfer Package</i> |  <i>Paddle Excursion</i> |  <i>Flightseeing</i> |  <i>Ice Sheet Experience</i> |  <i>Zodiac Cruising</i> |  <i>Polar Plunge</i> |  <i>Heli Hiking</i> |  <i>Greenland Camp Experience</i> |
|-----------------------|-------------|--------------------|-------------------------|---|---|---|--|---|--|--|
| <b>ARCTIC 2025</b>    |             |                    |                         |   |   |   |  |   |  |  |
| JUL 29 - AUG 10, 2025 | 13          | Toronto            | \$                      | Included  | Included  | Included  | Included   | Included  | Included   | \$   |

\$ Paid Activities





# Inclusions and Exclusions

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## Inclusions

### RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage. Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ship's galley cannot prepare kosher meals.
- Select beer and wine during dinner; and coffee, tea and cocoa available around the clock

- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Greenland voyages cruise passenger tax

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Toronto
- Charter flights between Toronto and Nuuk
- Group transfers between the Nuuk airport and the ship
- Group transfer from Toronto airport to hotel on disembarkation day
- One night's post-expedition airport hotel accommodation in Toronto

## 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 domestic and international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone and Internet charges (connectivity may vary by location)
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Adventure Options not listed in Included Activities.



## Your Expedition Team

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

With over 30 years of experience bringing guests to remote Polar Regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard-earned experience is passed on, all our expedition staff undergo comprehensive training at Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage, as well as ongoing training for experienced staff.





# Meals on Board

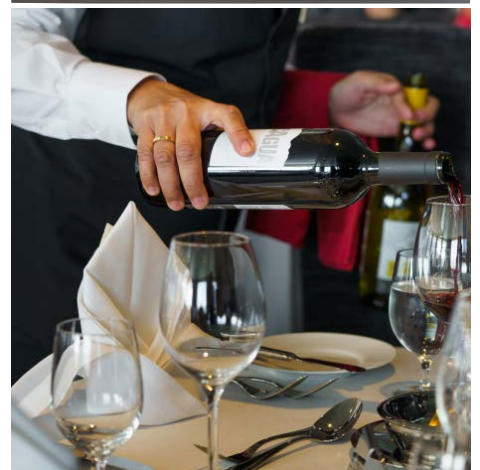
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If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

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

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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, helicopter, or shore landing.

## Greenland

### BRATTAHLÍÐ

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

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

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

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

### GREENLAND ICE SHEET

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



## KIJATAA

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

## KANGERLUSSUATSIAQ (LINDENOW FJORD)

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

## AAPPILATTOQ

Aappilattoq, home to about 100 people, is the only settlement in the remote Kujalleq region of South Greenland. Inhabited since the 19th century, Aappilattoq was only founded in 1922. Its name derives from the Greenlandic word for “red,” inspired by the red mountain towering above the settlement.

## NUUK

Nuuk may be the world’s smallest capital city (population: 17,000) but the Greenlandic capital delivers an unforgettable visitor experience. For starters, it’s picturesque: the city’s waterfront is lined with rows of brightly colored houses against the backdrop of the Sermitsiaq mountain. Situated on a fjord, Nuuk is a rarity in that the city views include waterfalls and icebergs. One of the must-visit venues is the Greenland National Museum: it houses scores of archeological, cultural and historical artifacts, as well as art and handicrafts. The most viewed exhibit is that of the four Qilakitsoq mummies,

the remains of three women and a baby which were discovered in a tomb in 1972. Experts believe the mummies date back to 1475 AD.

## IKERASSUAQ (PRINS CHRISTIAN SUND)

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

## TASERMIUT FJORD

Paddling and Zodiac cruising into Tasermiut Fjord allow for a closer connections with the landscape that is considered one of the most beautiful places in Greenland. At 43 miles (70 km) long, this picturesque fjord will be a highlight of your south Greenland experience, even if you don’t opt to camp.



## EXPEDITION SPIRIT

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 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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Contact your Travel Professional  
or a Quark Expeditions® Polar Travel Adviser

**TOLL FREE AND LOCAL NUMBERS:**

North America (Toll Free) **1 888 332 0008**

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U.K. (Toll Free) **0 808 120 2333**

Australia Tel **+61 2 72580333**

Australia (Toll Free) **+61 1800 953518**

France Tel **+33-1 80 14 01 05**

France (Toll Free) **08 05 08 66 46**

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Photos captured with a telephoto lens from a responsible distance, following regulatory/AECO guidelines.

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EXPEDITION BROCHURE  
September 12, 2023

