



The Leader in Polar Adventures

ARCTIC 2026

# Greenland to Newfoundland

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Mountains, Wildlife and Viking History



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# Overview

## Greenland to Newfoundland: Mountains, Wildlife and Viking History

Our 14-day *Greenland to Newfoundland: Mountains, Wildlife and Viking History* is our only itinerary that features Greenland, the Canadian High Arctic and the East Coast of Canada. This brand-new itinerary is also unique because it enables you to explore both Arctic and boreal environments. This means you'll have the opportunity to experience boreal biomes—also known as taiga—which are cold, dense forests dominated by coniferous trees, boreal woodlands and boreal wildlife such as caribou, black bears, red and Arctic foxes, and peregrine falcons. This is a sharp contrast to what you'll experience in Arctic biomes, treeless regions marked by extreme winters, low vegetation consisting mostly of mosses and lichens, and wildlife species such as polar bears, seals and migratory birds call home.

"Greenland to Newfoundland" starts with a charter flight from Reykjavik, Iceland, to your embarkation port in Kangerlussuaq, West Greenland. Within a few days we'll cross the Davis Strait to Nunavut, then south to Labrador, and ultimately to St. John's, Newfoundland. Our team designed this itinerary so guests could immerse themselves in a cross-section of cultural traditions: Greenlandic culture in places like Sisimiut; Inuit and Nunatsiavut culture in Nunavut and Labrador; Viking history at l'Anse Aux Meadows in Newfoundland; then the welcoming East Coast hospitality of St. John's, famously steeped in Celtic music and history thanks to its vast population of Irish descendants.

On this voyage you'll get to visit three UNESCO World Heritage sites: Greenland's Ilulissat Icefjord, home to some of the most active glaciers on the planet; Red Bay Basque Whaling Station in Labrador; and the 11th century Viking ruins at l'Anse aux Meadows National Historic Site.

*Greenland to Newfoundland: Mountains, Wildlife and Viking History* will deliver one of the most diverse adventures of a lifetime as you journey from the Arctic to the Atlantic.

### EXPEDITION IN BRIEF



Experience the unique features of both Arctic and boreal environments



Witness countless icebergs at Ilulissat Icefjord



Visit the Viking ruins at l'Anse aux Meadows UNESCO World Heritage Site



Explore the unrivalled wilderness of Torngat Mountains National Park



Experience northern Indigenous cultures in Greenland and Labrador



End your voyage in St. John's, Newfoundland, one of the oldest cities in North America.



# Itinerary

## DAY 1 | ARRIVE IN ICELAND

Upon your arrival at Keflavik International Airport, make your way independently to your included hotel in downtown Reykjavik, approximately 45 minutes from the airport. If your arrival schedule allows, you'll have time to explore the fascinating Icelandic capital on your own. Many major tourist attractions and historic sites are within walking distance of the city center.

## DAY 2 | FLY TO KANGERLUSSUAQ, GREENLAND, AND EMBARK ON OCEAN EXPLORER

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

## DAY 3 | EXPLORE SISIMIUT AND MANIITSOQ: FJORDS, MOUNTAINS AND GLACIERS

Today we'll explore two towns in the Qeqqata Municipality on the west coast of Greenland along the Davis Strait. The first is Maniitsoq, which translates into "the place of rugged, uneven terrain." That's precisely what you see in the surrounding terrain: towering mountains, pristine rivers, seemingly endless glaciers and incredibly deep fjords. In fact, one of the day's highlights is a journey along Eternity Fjord, which is 75 kilometers (47 miles) long and reaches a depth of 1,200 meters (3,937 feet).

Later in the day you'll have time to wander through the historic town of Sisimiut, where several 18th-century



### GREENLAND TO NEWFOUNDLAND: Mountains, Wildlife and Viking History

Onboard *Ocean Explorer* ————  
Flight from Reykjavik to Kangerlussuaq - - - - -

colonial buildings still stand, one of which is Bethel Church. Just look for the striking blue-and-red wooden place of worship. Today's activities also include a demonstration of the traditional art of kayak making. 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 transportation. For those inclined to other modes of transport, mountain biking is another option during our visit to Sisimiut.

#### **DAY 4 | ILULISSAT: ICEBERG VIEWING AT THE UNESCO WORLD HERITAGE SITE**

Ilulissat, Greenlandic for icebergs, is one of the highlights of any journey along west Greenland. Declared a UNESCO World Heritage Site in 2004, Ilulissat Icefjord gives birth to countless icebergs. In fact, it's home to one of the most productive glaciers in the northern hemisphere, Sermeq Kujalleq (also known as Jakobshavn Glacier). A Zodiac

excursion is a unique way to enjoy the spectacle of enormous bergs floating out to Disko Bay. We plan to Zodiac cruise ashore to visit the nearby town of Ilulissat, and from there we'll hike to the icefjord, where you can view this incredible parade of icebergs from the rocky shore.

Expect to see a lot of dogs while you're in town. There was a time when sled dogs actually outnumbered citizens in Ilulissat, which, unsurprisingly, is the birthplace of the first European to traverse the Northwest Passage by dogsled, explorer Knud Rasmussen. If time allows, you can visit a local museum dedicated to his memory.

#### **DAY 5 | AT SEA: CROSSING THE DAVIS STRAIT**

As your ship navigates across the Davis Strait, onboard polar experts will present on a variety of topics to deepen your understanding of the places featured in the itinerary. Our experts include glaciologists, historians, wildlife specialists and other polar specialists.

#### **DAY 6 | PANGNIRTUNG: STRONGHOLD OF INUIT CULTURE**

Today is our first day exploring the Canadian Arctic as we arrive in Nunavut, Canada's youngest territory. Nunavut, which means "our land" in the Inuktitut language, stretches north of the Arctic Circle and covers over 1.8 million square kilometers, and is considered the homeland of the Inuit in Canada. Guests will get to spend time in Pangnirtung, located at the mouth of Pangnirtung Fjord, which merges with Cumberland Sound. It's a stronghold of the Inuit community, and an ideal place to learn about Inuit culture while admiring finely crafted traditional art, especially the textiles. You may want to purchase a famous Pang toque, a must-have knit cap for anyone visiting the community.

#### **DAY 7 | CAPE MERCY: A FASCINATING HISTORY LESSON**

History buffs will enjoy a visit to Cape Mercy, an isolated cove at the southern tip of Cumberland Sound in Nunavut. Cape Mercy was named by British



explorer John Davis, who sailed through this part of the Arctic in 1585. Fast-forward several centuries to the 1950s when Cape Mercy was selected as the site of a Distant Early Warning Line (DEW) installation, a system of radar stations set up during the Cold War to detect nuclear attacks. It should be noted that the Inuit hunted and fished in Cape Mercy and the surrounding area long before the arrival of European explorers. You can join a guided shore walk to enjoy incredible views of the vast Davis Strait, which connects Baffin Bay to the Labrador Sea.

#### **DAYS 8 & 9 | TORNGAT MOUNTAIN NATIONAL PARK: EXPLORING THE BOREAL WILDERNESS**

Torngat Mountains National Park will leave you awestruck. Within the 10,000 square-kilometer national park, established in 2008, are Canada's highest

mountains east of the venerable Rockies. The park is a wilderness landscape painting brought to life: breathtaking fjords, dramatic glacial formations, stunning landscapes, boreal woodlands and wildlife.

For students of Indigenous history, Torngat Mountain National Park is especially meaningful: the park is located at the northern edge of autonomous Nunatsiavut territory, which was recognized as the homeland of the Labrador Inuit in 2005, operating under its own constitution and administration. In fact, these lands have been home to the Nunatsiavut and their predecessors for over 7,500 years. We are honored to explore this majestic wilderness territory with you. Torngat, in Inuktitut, means "place of the spirits," which reflects the spiritual significance of the region to the Inuit communities.

As a national park, this wilderness domain offers protection to boreal woodland caribou, black bears, Labrador wolves, red and Arctic foxes, polar bears, and peregrine falcons, among other species. You will have opportunities to explore this national wilderness area during Zodiac and kayaking excursions, as well as guided hikes.

#### **DAY 10 | NAIN, NUNATSIYAVUT: HOME OF THE LABRADOR INUIT**

Nain, which has a population of approximately 1,200, is the administrative capital of Nunatsiavut, the semi-autonomous region in northern Labrador claimed by the Inuit. Visitors can learn about Labrador Inuit heritage through interactive exhibits, artwork, and cultural programs at the very modern-looking Illusuk Cultural Centre. Then, to learn about the other cultural group that influenced the region,



Photo credit © Barrett MacKay

stroll through town to discover the historic Moravian Mission complex, established in 1771. The white-painted church and mission house bear witness to centuries of cultural exchanges between the Inuit and European missionaries. You'll have time to engage with friendly locals to hear stories passed down through the generations, and sample traditional foods like arctic char and cloudberry. There will be a guided hike to take in breathtaking vistas of the surrounding mountains and sea.

#### DAY 11 | AT SEA

As our ship heads south, enjoy the views of the southern coast of Baffin Island Labrador. While at sea for the day, join expedition staff out on deck as they look for whales and birdlife. This is also your chance to relax with a glass of wine or hot tea and simply take in the wondrous beauty around you.

#### DAY 12 | L'ANSE AUX MEADOWS: VIKINGS IN NORTH AMERICA

Consider the wooden longboats that transported the Vikings an incredible 2,180 kilometers from Greenland to Newfoundland in 1000 AD. Today, you're going to visit the archeological remains at the place they landed in their hand-hewn vessels. L'Anse aux Meadows National Historic Site (also a recognized UNESCO World Heritage Site) is the only confirmed Norse or Viking settlement in North America. Join a guided tour to see where Norseman Leif Erikson, son of Erik the Red, is believed to have founded "Vinland" (the East Coast area including what would later be known as Newfoundland) around 1000 AD. Explore the reconstructed sod huts and Norse ruins throughout the historic site—proof that Vikings discovered North America 500 years before Christopher Columbus' much-chronicled arrival.

#### DAY 13 | AT SEA

Your final at-sea day is a great opportunity for you to ask any lingering questions you have for our team of onboard experts, attend one last polar presentation, relax in Tundra Spa & Sauna or in one of the outdoor Jacuzzis.

#### DAY 14 | DISEMBARK IN ST. JOHN'S, NEWFOUNDLAND

Your ship arrives at the pier in St. John's for a morning disembarkation. After breakfast, you may make your way to St. John's International Airport to connect with your onward flight, or stay longer if you have booked additional accommodation.





# Arrival and Departure Details, and International Flight Planning



## Arrival Day and Embarkation

### DAY 1 — ARRIVING AND HOTEL NIGHT IN ICELAND

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

### DAY 2 — TRANSFER TO AIRPORT, FLIGHT TO KANGERLUSSUAQ, GREENLAND, FOR EMBARKATION

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 Reykjavik and Kangerlussuaq. There is NO option to pay for additional luggage. Also, luggage cannot be stored due to the route of the expedition.

### 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 ST. JOHN'S, NEWFOUNDLAND

You will disembark your ship at the pier in St. John's.

## DEPARTING FROM ST. JOHN'S, NEWFOUNDLAND

After disembarkation, you may make your way to the airport to connect with your homeward flight, or stay longer in historic St. John's if you have booked additional accommodation.

# Arrival and Departure Transfers

## AIRPORT TRANSFERS

Arrival and departure transfers are not included in either Reykjavik or St. John's. If you require a transfer, you will need to arrange your own transportation. Most airports we travel in and out of have reliable 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.





*Ultramarine*



*Ocean Explorer*

# Our Fleet of Small Polar Vessels

Quark Expeditions boasts the most diverse polar-class fleet of any polar operator, and the ability to offer you this incredible voyage on one of our ice strengthened vessels.

The entire Quark Expeditions fleet is built for comfort—and for challenging polar environments, allowing us to take you to places ordinary cruise companies wouldn't dream of going.

Plus, you'll do so while enjoying excellent amenities and superbly comfortable cabins.



# Your Ship

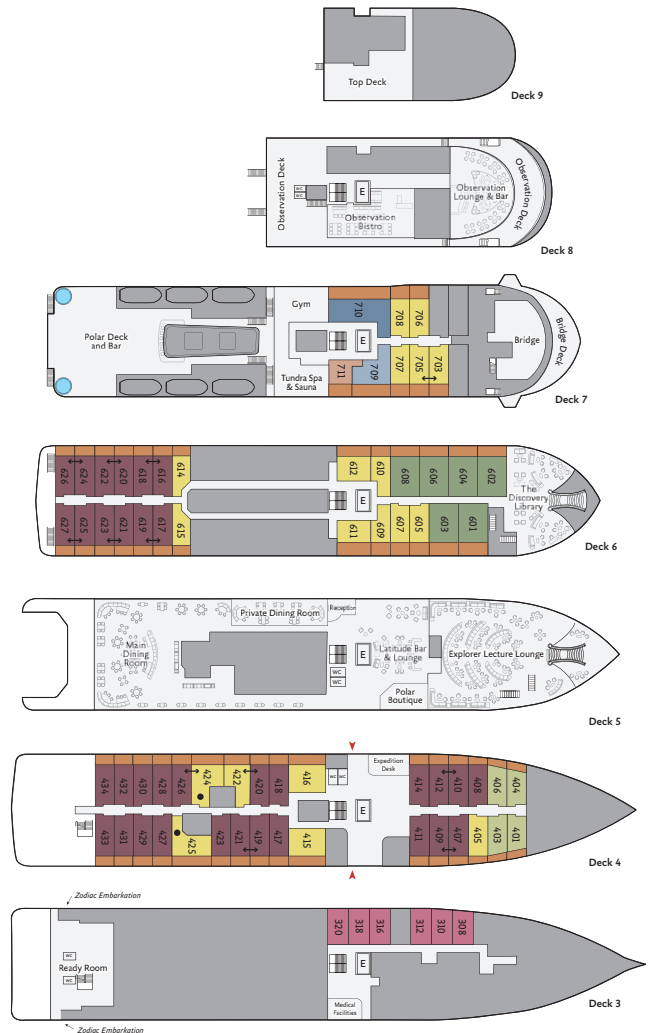
## OCEAN EXPLORER

*Ocean Explorer*, the newest addition to our fleet, is modern, elegant and purpose-built for polar exploration. The 138-passenger vessel has been designed with the latest in expedition ship technology. One of the ship's key features is the ULSTEIN X-BOW®, a marine engineering innovation that ensures a comfortable and smooth sailing experience thanks to the inverted bow. Located at the bow is the two-story, light-filled library, which introduces a welcome airiness to the expedition ship. Spacious cabins feature a modern, bespoke Scandinavian design and almost all have verandas. Guests can relax and find comfort in the spacious gym, sauna with large windows, and two outdoor Jacuzzis. *Ocean Explorer* features ample outdoor viewing areas and multi-height outer decks, which are ideal for long-view photography and wildlife viewing. The vessel is equipped with a fleet of 15 Zodiacs that enable guests to get off the ship quickly and safely for off-ship adventures. In addition to the well-appointed and spacious public areas, *Ocean Explorer* has an industry-leading mix of sustainability systems, including fuel-efficient Rolls Royce engines.

### SHIP SPECIFICATIONS:

- Staff and Crew: 105
- Guests: 138
- Lifeboats: 2
- Ice Class: 1A, PC6

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



- Owner's Suite
- Veranda Suite
- Balcony
- Penthouse Suite
- Veranda Stateroom
- ↔ Interconnecting Suites
- Studio Veranda Single
- Deluxe Veranda Fwd
- Accessibility modified cabin; please speak to your travel professional for details
- Junior Suite
- Studio Single



# 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.

## **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 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.

## **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.

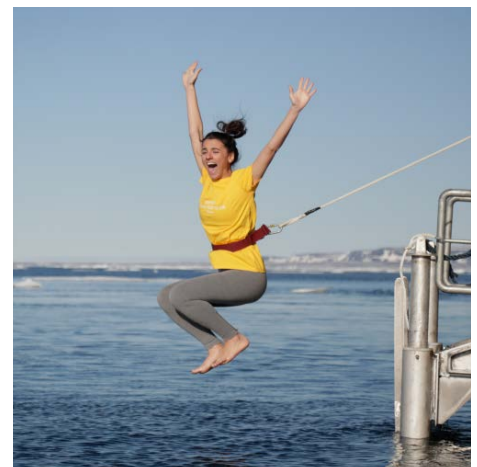
## **ZODIAC CRUISING**

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.

*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.



# Departure Date

Greenland to Newfoundland: Mountains, Wildlife and Viking History

**OCEAN EXPLORER**

| <i>Dates</i>       | <i>Days</i> | <i>Start / End</i>    | <br>Sea Kayaking | <br>Paddling Excursion | <br>Mountain Biking |
|--------------------|-------------|-----------------------|---|---|--|
| <b>ARCTIC 2026</b> |             |                       |   |   |  |
| SEPT 13 - 26, 2026 | 14          | Reykjavik / St.John's | \$  | \$  | \$   |

## Raise a Glass and Stay Connected!

See below for specifics on our complimentary Wi-Fi and bar service, which takes effect November 2024.



# 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.)
- **NEW** Complimentary beer, standard wines, spirits, and cocktails during bar service hours and dinner
- Complimentary 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
- **NEW** Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.)
- 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

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival and departure transfers in Reykjavik and St. John's
- Passport and visa expenses
- Canadian eTA required for non-Canadian or U.S. visa-exempt passengers
- 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 charges 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 airport on Day 2
- Charter flights between Reykjavik and Kangerlussuaq



## 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.





## Raise a Glass and Stay Connected.

See below for specifics on our complimentary Wi-Fi and bar service, which takes effect November 2024.



# 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.

Complimentary coffee, tea, cocoa and water stations are available around the clock, while soft drinks and juices are available during meals and when the bar is open—all included in the cost of your package.

**NEW** Enjoy free beer, standard wines, spirits, and cocktails during bar service hours and dinner as part of our new “Raise a Glass and Stay Connected Free” program. Premium wines and champagne are available at extra cost and can be billed to your shipboard account. The well-stocked bars on the ship are open late morning, afternoon and evening, though hours may occasionally change to accommodate the expedition schedule.





# Possible Excursions

## Greenland

### ILULISSAT

Ilulissat (formerly Jakobshaven) lies approximately 350 kilometers north of the Arctic Circle. With a population of 4,500, it is the third-largest city in Greenland after Nuuk and Sisimiut. Founded in 1741 as a trading post by Danish trader Jacob Saverin, Ilulissat today is the region's center for shrimp-fishing. Directly translated, "Ilulissat" is the Kalaallisut word for "icebergs." The town is situated two kilometers 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. Visitors can 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 include the Danish Ethnographical Expedition to Arctic North America, also known as the Fifth Thule Expedition, which enabled Rasmussen and his team to extract archeological, geographical and natural history data from Greenland right across the North American Arctic.

### KANGERLUSSUAQ

Kangerlussuaq sits at the head of the 190-km (118-mile) fjord that shares its name. The tiny town has Greenland's largest airport and a distinctive history. Although Inuit and their predecessors occupied or visited the area centuries ago, Kangerlussuaq's modern incarnation dates back to beginning of World War II when Greenland was occupied by American forces, who used Kangerlussuaq as their air base.



## 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 to purchase art that combines traditional and modern techniques. Sisimiut means "the residents at the foxholes." The site has been inhabited for the last 4,500 years, first by peoples of the Saqqaq culture, then Dorset culture, followed by the Thule people, ancestors of the modern-day Inuit.

## Canada

### CAPE MERCY

Wild and rocky Cape Mercy, at 66.5 degrees north, lies within the Arctic Circle. A shore landing at Cape Mercy will appeal to travelers longing to experience an "extreme Arctic environment." This remote mountainous wilderness destination, marked by boulder-strewn shores and steep cliffs, has been home to various Indigenous groups, including the Innu and Inuit. Cape Mercy is ideal for hiking. A guided shore walk will deliver incredible views of the vast Davis Strait, which connects Baffin Bay to the Labrador Sea.

### KEKERTON ISLAND AND PANGNIRTUNG

Wandering the Kekerten Island Whaling Station National Historic Site, on this uninhabited island in Nunavut, it's easy to imagine life at the height of the whaling era in Cumberland Sound. This whaling site was charted by Scottish whaler Captain William Penny in 1840 and soon became a major whaling destination. The site was abandoned around 1926, prompted by the decline of the whaling industry, and by the relocation of local Inuit families to the mainland community of Pangnirtung, about 30 miles away, where a trading post was established by the Hudson's Bay Company. As you cruise toward



picturesque Pangnirtung, you'll see why this Inuit hamlet at the mouth of the Pangnirtung Fjord is called the "Switzerland of the Arctic." Tucked beneath the snow-capped peaks of Mount Duval, Pang, as it's known locally, is also a renowned artists' haven. Stop by the studio at the Uqqurmiut Centre for Arts & Crafts to view drawings, prints and paintings. Here, you'll also get a sense of traditional Inuit activities, such as sealing, fishing and hunting.

### L'ANSE AUX MEADOWS NATIONAL HISTORIC SITE

L'Anse aux Meadows National Historic Site, a highly-regarded UNESCO World Heritage Site on the northern tip of Newfoundland, is the only confirmed Norse or Viking colony in North America. Historians believe the settlement, which dates back to 1000 AD, was established by Norse explorer Leif Erikson, son of Erik the Red. Visitors can explore reconstructed Norse buildings and learn about Viking life through exhibits and guided tours,

which offer a fascinating glimpse into early transatlantic voyages by wooden long boats, and Norse culture.

### NAIN, NUNATSIAVUT

Nain, the administrative capital of Nunatsiavut, the semi-autonomous region in northern Labrador claimed by the Inuit, offers a unique glimpse into Inuit culture and history. Upon arriving in this remote coastal town, you'll see colorful houses dotting the rugged landscape. The Illusuak Cultural Centre, a distinctively modern landmark, invites visitors to learn about Labrador Inuit heritage through interactive exhibits, artwork, and cultural programs. There's also the historic Moravian Mission complex, on the site of the original settlement established in 1771. You can get a sense of the centuries-long cultural exchange between Inuit and European missionaries. Sample traditional foods such as arctic char and cloudberries, or join a guided hike to enjoy the scenic views of the surrounding mountains and sea.

### RED BAY

The rugged red granite cliffs of Red Bay, on the southern coast of Labrador, form a natural harbor that made it an ideal site for the Basque whalers in the 16th century. At the visitor center for the Red Bay National Historic Site—also a UNESCO World Heritage Site—you can find a 16th-century Basque chalupa. This whaling boat languished for centuries at the bottom of the harbor until it was reconstructed and restored to help tell the story of Basque whalers. Hikers may also have the opportunity to hike the popular boardwalk trail to the top of Tracey Hill to take in the excellent views of Red Bay and the surrounding landscape.

### SAGLEK FJORD AND SILLUAK

At the southern border of Torngat Mountain National Park, we will sail through the stunning Saglek Fjord toward Silluak (North Arm). Keep an eye out for whales, seals and icebergs, all framed by towering fjord walls that



reach up to 900 meters (3,000 feet). Silluak is an archaeologically rich area where it's possible to see Inuit tent rings, food caches, burial sites, and the stone hunting blinds used for observing caribou movement. If conditions allow, it may be possible to hike to a waterfall. For the more adventurous, a refreshing dip in the cool waters awaits.

### ST. JOHN'S, NEWFOUNDLAND

One of the oldest cities on the continent, St. John's has much to entice world travelers, from its trademark charm and Celtic music to its jelly bean-colored row houses and kitchen party traditions. As North America's easternmost city, it offers a distinctive maritime experience. Take the opportunity to extend your stay and explore the city's rich cultural heritage at The Rooms, a museum-art gallery complex with panoramic harbor views. The windy—and famously hilly—streets of St. John's are home to an eclectic mix of boutiques, pubs, and

restaurants serving local food, especially from the sea. For a taste of nature, hike the scenic trails of Signal Hill or the rugged coastline at Cape Spear.

### TORNGAT MOUNTAINS NATIONAL PARK

Established in 2008, Torngat Mountains National Park is home to Canada's highest mountains east of the venerable Rocky Mountains. The Torngats reach 1,652 meters (5,420 feet) above sea level. The 10,000 square-kilometer park encompasses breathtaking fjords, dramatic glacial formations, stunning landscapes and diverse wildlife, such as boreal woodland caribou, black bears, Labrador wolves, red and Arctic foxes, polar bears and peregrine falcons. The vast wilderness park is located at the northern edge of the autonomous Nunatsiavut territory, which was recognized as the homeland of the Labrador Inuit in 2005. Torngat, in Inuktitut, means "place of the spirits."

### EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.



Photo credit: © Newfoundland and Labrador Tourism



Photo credit: © Barnett Mackay/Photo



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# What to pack on your Arctic expedition

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

## BY SEA

All transfers ship to shore and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac ride)
- 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 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.)
- 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:

- Hat, buff or scarf (for wind and weather protection)
- UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- Collapsible walking sticks for hikes (if required)  
Quantities are available to borrow on every vessel
- Additional reusable (thermos-regulating) water bottle (in addition to the reusable collapsible water bottle provided)

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

## TO WEAR ON BOARD

- The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- 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 and cleaning kit (lens cloth etc.) and extra batteries
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Voltage converters and plug adapters (see ship book for details)
- Seasickness, indigestion, headache, or other medications
- Earplugs and eye masks for sleeping
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Credit Card & Small amount of local currency (see pre-departure book for more details)



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

## 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.



The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

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

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**QuarkExpeditions.com**

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

**PHOTO CREDITS:** *(over all Expedition Brochures for the Arctic 2026 season):*

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**EXPEDITION BROCHURE**  
*October 29, 2024*