



The Leader in Polar Adventures

ARCTIC 2026

Iceland Circumnavigation

Helicopters, Glaciers and Volcanoes

ULTRAMARINE

DESIGNED TO GO BEYOND

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Overview

Iceland Circumnavigation: Helicopters, Glaciers and Volcanoes

Iceland, the mystical island nation sculpted by fire and ice, is popular for its thunderously cascading waterfalls, towering cliffs, geysers spontaneously erupting in full furies of steam, stunning shorelines dotted with fishing villages, expansive glaciers, rarely-visited wild places, and hard-to-reach coastal areas of breathtaking splendor. This enchanting northern domain is a living testament to nature's raw, untamed power, and to the resilient, steadfast people who've made this island their home.

But how does a traveler experience all the wonders Iceland has to offer? Most visitors have confined themselves to very established tourist routes, largely by automobile, and thus have limited their experience of Iceland.

That's the challenge we presented to our team of innovators: how can you do it all on a trip through Iceland? How can you authentically explore the entire country, take in all of its main attractions—while also exploring the rarely-visited side of Iceland?

That kernel of inspiration led to the creation of our 12-day *Iceland Circumnavigation: Helicopters, Glaciers and Volcanoes*, which enables us to take travelers around the entire island—a complete circumnavigation starting and ending in Reykjavik—and explore by small polar ship, Zodiac, coach bus, kayak and helicopter.

By working closely with local partners, we've created an itinerary that balances natural wilderness areas with cultural experiences. This curated adventure differs from the standard "tour of Iceland" options that are commonly offered to visitors. We'll explore on our technologically-advanced *Ultramarine*—with its two twin-engine helicopters and fleet of 20 quick-deploy Zodiacs—and enlist coach buses with local guides, where necessary, as we transport guests from ship to destination.

In addition to circumnavigating Iceland, you'll get to heli-flightsee over hard-to-reach wilderness areas, explore two national parks, and cross the Arctic Circle by ship. You'll also have opportunities to visit numerous iconic Iceland destinations: Europe's tallest bird cliffs at Látrabjarg; the enormous puffin colonies on Vestmannaeyjar (The Westman Islands); and various parts of Iceland used in the filming of the award-winning "Game of Thrones," including Vatnajökull glacier, Kirkjufell Mountain and Kirkjufellsfoss Waterfall, among others.

Get ready for this one-of-a-kind circumnavigation around The Land of Fire and Ice.

EXPEDITION IN BRIEF



Circumnavigate the entire island nation



Heli-flightsee over remote parts of Iceland



Explore two national parks



Cross the Arctic Circle by sea



Photograph Kirkjufell Mountain and Kirkjufellsfoss waterfall



Visit Látrabjarg, the tallest bird cliff in Europe



Observe iconic puffins



Visit Vatnajökull glacier



Itinerary

DAY 1 | ARRIVE IN ICELAND

Arrive at the international airport in Keflavik, and transfer independently to your included hotel in Reykjavik, which is about 40 minutes away. Depending on your arrival time, you may wish to explore Iceland’s fascinating capital. Plenty of cultural and historical landmarks are located right near the walkable city center.

DAY 2 | EMBARK ON ULTRAMARINE

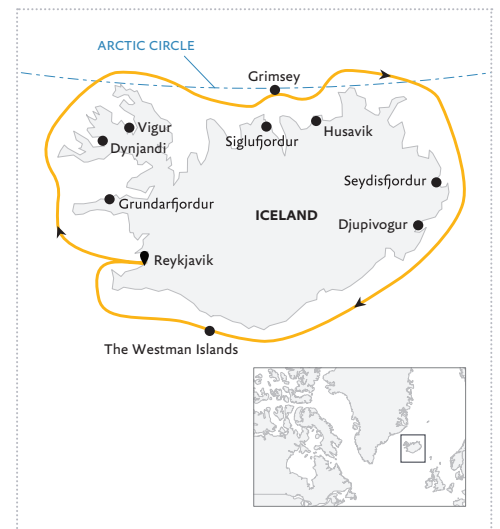
Enjoy your complimentary breakfast at the hotel. Your transfer to the ship is scheduled for the afternoon, leaving you time to explore Reykjavik in the morning and have lunch on your own before you rendez-vous back at the hotel for the bus transfer to the port.

DAY 3 | THE WEST-SNAEFELLSNES PENINSULA: DRAMATIC LANDSCAPES

The scenic Snaefellsnes Peninsula in West Iceland is renowned for its diverse landscapes: glaciers, mountains, lava fields, geothermal areas and

ruggedly beautiful coastlines. Often referred to as “miniature Iceland” or “Iceland in a nutshell,” the Snaefellsnes Peninsula, while not vast, is a microcosm of all of the natural wonders and dramatic landscapes you’ll see throughout Iceland.

This exciting day begins with guests disembarking *Ultramarine* and traveling by coach bus—with local guides and members of our expedition team—to visit the lonely Kirkjufell (“Church Mountain”), which rises from the sea as a dramatic backdrop for Kirkjufellsfoss waterfall—undoubtedly the most photographed location in all of Iceland. Kirkjufell may be extra familiar to fans of “Game of Thrones” in which the mountain appeared as one of the landmarks beyond “The Wall.” The tour of the peninsula may also include visits to some of the tiny, beautiful villages that dot the peninsula. The majority of these small settlements, the most notable of which



ICELAND CIRCUMNAVIGATION:
Helicopters, Glaciers and Volcanoes

— Onboard *Ultramarine*

include Arnarstapi, Grundarfjörður and Stykkishólmur, are located on the northern side of the peninsula, where communities rely on the rich fishing grounds of Breiðafjörður Bay. Tourism and fishing drive the local economy.

You'll also be able to stretch your legs on a short walk along a craggy but undemanding foot path along coastal cliffs that offers views of the Arnarstapi rock arch, also known as Gatklettur, formed from massive basalt columns. A section of this short trail passes through a lava field, a signature Icelandic experience. Other highlights of today's outing include a visit to the Bjarnarhöfn Shark Museum, and an Icelandic food tasting experience. You can't leave Iceland without sampling hakarl (fermented shark).

DAYS 4 TO 6 | THE WESTFJORDS: HIDDEN GEM OF ICELAND

Each region of Iceland has its own appeal for nature seekers, birding enthusiasts and history-lovers, and the seldom-visited Westfjords, where the land meets the sea in the most dramatic fashion, is no exception. Often referred to as "Iceland's best-kept secret," this rugged peninsula at the country's remote northwestern tip is rife with fjords, and mountains that slope gracefully down to the sea. We'll spend our time exploring the fjords and shores of Iceland's oldest region, enjoying its kaleidoscope of diverse land and seascapes. Here, tumbling cliffs and gushing waterfalls alternate with colorful beaches, and rolling green hills lead up to high moorlands dotted with rocky outcrops, small lakes, and the occasional shaggy Icelandic sheep or pony grazing in the distance. A few modest outposts of

civilization, in the form of small fishing communities nestled along the fjords and shores of the Denmark Strait, face out into the mighty Atlantic—keeping alive a maritime heritage going back to the Viking days.

The Westfjords are the least developed parts of Iceland's coastal areas and, consequently, the wildest. Guests will venture into this territory on Zodiac cruises and during guided shore landings at unspoiled wilderness areas where they can hike and explore on foot. We also hope to visit remote settlements such as the island farm at Vigur, and witness the thousands of seabirds—including puffins, guillemots, fulmars and razorbills—at Látrabjarg, one of the largest bird cliffs in Europe. This is a much sought-after destination for birders and ornithologists from around the world. We'll also visit



the Heritage Museum at Hnjótur, which showcases the history of everyday life in the Westfjords.

If weather conditions are favorable, we aim to take guests heli flightseeing during our time in the Westfjords.

DAYS 7 & 8 | NORTHERN ICELAND (NOROURLAND): WATERFALLS, LAVA FIELDS AND GEOTHERMAL AREAS

Iceland is truly a land of contrasts. This becomes increasingly evident over the next two days as our coach bus follows the iconic Diamond Circle route. You'll soon learn that the north of Iceland, with its long valleys and peninsulas, is interspersed with mountains, lava fields, and smooth hills carved out over time by the unceasing river flow. Many first-time visitors to the region are surprised to discover that the deep and numerous indentations along the northern coasts are alternately lush with vegetation—or completely barren. Your sense of awe will be intensified as we approach the

Arctic Circle and the captivating brilliance of the midnight sun.

Prepare to be overwhelmed by some of the most impressive waterfalls in Europe: Dettifoss (unrivaled in its thunderous roar), the historic Goðafoss (also known as “Waterfall of the Gods”) and the beautiful Aldeyjarfoss (which cascades 20 meters over a wall of hexagonal basalt columns). You'll be equally awestruck by the spectacular Kolugljúfur and Jökulsárgljúfur gorges, the rocky sea stacks of Hvítserk and Stórákarl, the horseshoe-shaped Ásbyrgi Canyon, the geological wonders of Mývatn and the lava fields of Dimmuborgir—which appeared in numerous scenes in “Game of Thrones.” Anticipate some surreal moments at Hverir, where you'll witness bubbling mud pots and geothermal vents, and likewise at Skútustaðir, where you'll encounter pseudocraters, volcanic features formed not by eruptions but by steam from underground.

You can also fulfill a polar milestone on this voyage by crossing the Arctic Circle. In fact, you'll get to visit the small island of Grímsey (population: 70), which is the only part of Iceland that lies within the Arctic Circle. Expect to see large populations of puffins.

While the stunning scenery will prompt you to reach for your camera over and over again, we invite you to stand still for a moment, put down your device, and simply embrace the wonder of this enchanting landscape.

DAYS 9 & 10 | EAST ICELAND (AUSTURLAND): FJORDS, MOUNTAINS AND HELICOPTERS

East Iceland is characterized by fantastic scenery, featuring deep narrow fjords, and tall mountains. The region is home to the country's largest forest (Hallormsstaðaskógur), lush farmlands and plenty of streams and mountains. Thanks to the abundant fjords and their natural harbors, picturesque fishing



villages line the coast. Iceland's biggest rhyolite (volcanic) formations—those easily accessible from an inhabited area—are found around the village of Borgarfjörður Eystri, while impressive magma chambers filled with colorful mineral deposits can be visited along the eastern coast. In the summer months, the east of Iceland becomes a creative hub for artists and young people from Iceland and abroad.

You'll have opportunities on these two days to view some of this stunning scenery during a heli flightseeing adventure (weather permitting, of course), and during a coach excursion to Vatnajökull National Park, with its abundance of glaciers (notably Vatnajökull), volcanoes, waterfalls and geothermal springs. Plentiful activities await us in the park: we'll travel to Jökulsárlón Glacier Lagoon, a stunning glacial lake; explore the spectacular icebergs at Jökulsárlón; spend time at black sand Diamond Beach; and take a guided glacier hike in Skaftafell area.

DAY 11 | THE WESTMAN ISLANDS (VESTMANNAEYJAR): NATURE-RICH ARCHIPELAGO

Today we journey to The Westman Islands by ship and Zodiac. The archipelago of 15 islands, and surrounding sea cliffs, are teeming with birdlife. In fact, The Westman Islands group is home to one of the largest puffin colonies in the world, and is also renowned for its rich fishing grounds and whale population. Formed by below-sea-level eruptions, the islands' soil is shallow and not suitable for agriculture. You'll see large stretches of rocky soil and lava. However, some rare plants grow in Herjólfsdalur valley. We'll also visit Heimaey, the only inhabited island, to see the puffins at Stórhöfði. There's also a beluga sanctuary and an oceanarium.

DAY 12 | DISEMBARK REYKJAVIK

You'll disembark in Reykjavik, Iceland's bustling capital, at the end of your journey. If you have booked post-expedition accommodation, we provide a transfer to a central downtown location.

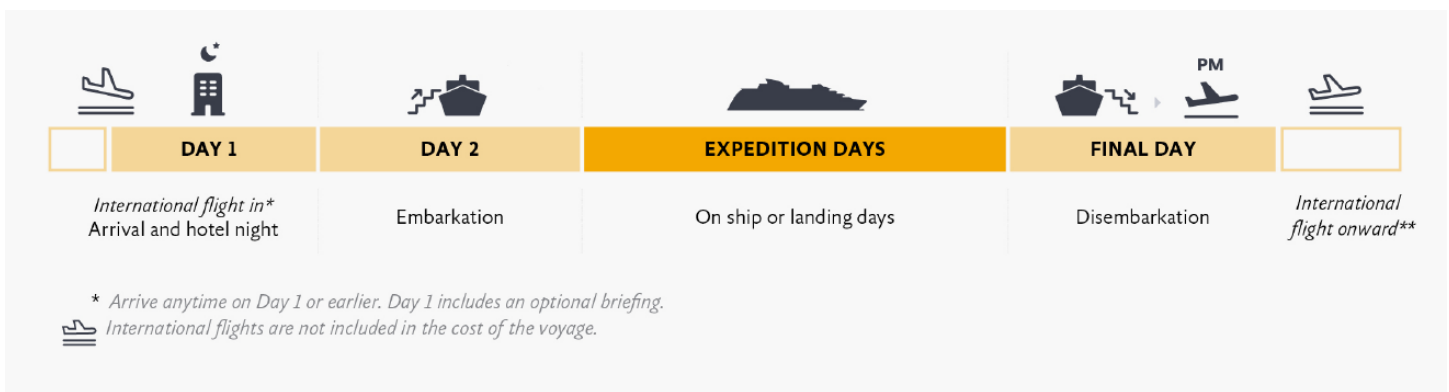
EXPEDITION SPIRIT

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 a guarantee.





Arrival and Departure Details, and International Flight Planning



As you prepare for your journey, you may be interested to know your arrival and departure details. Since air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights.

Arrival Day and Embarkation

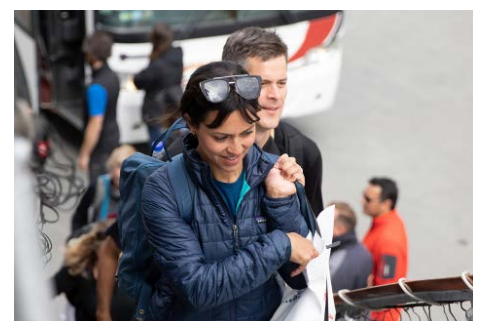
ARRIVING IN REYKJAVIK

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

EMBARKATION IN REYKJAVIK

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

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



Final Day and Departure

DISEMBARKATION IN REYKJAVIK AND ONWARD

Your ship is scheduled to arrive in Reykjavik between 7 am and 8 am local time. After breakfast, and once the ship has docked, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour. After disembarkation, you will transfer to a central downtown location.

Arrival and Departure Transfers

REYKJAVIK AIRPORT TRANSFERS

ARRIVAL

An arrival transfer from the Keflavik International airport to Reykjavik is not included. If you require a transfer to the city, you will need to arrange your own transportation. Most airports used on our voyages have good taxi ranks in the arrivals area, or you can often pre-book a transfer online.

DEPARTURE

A transfer is provided from the Reykjavik port to a central downtown location at the end of the expedition. A transfer to the airport is not included.

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 are arriving prior to Day 1 of your expedition or are staying after the disembarkation day, you can book directly with the hotel or through a third party.





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

ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to immerse guests in parts of the Polar Regions where few humans have ever set foot.

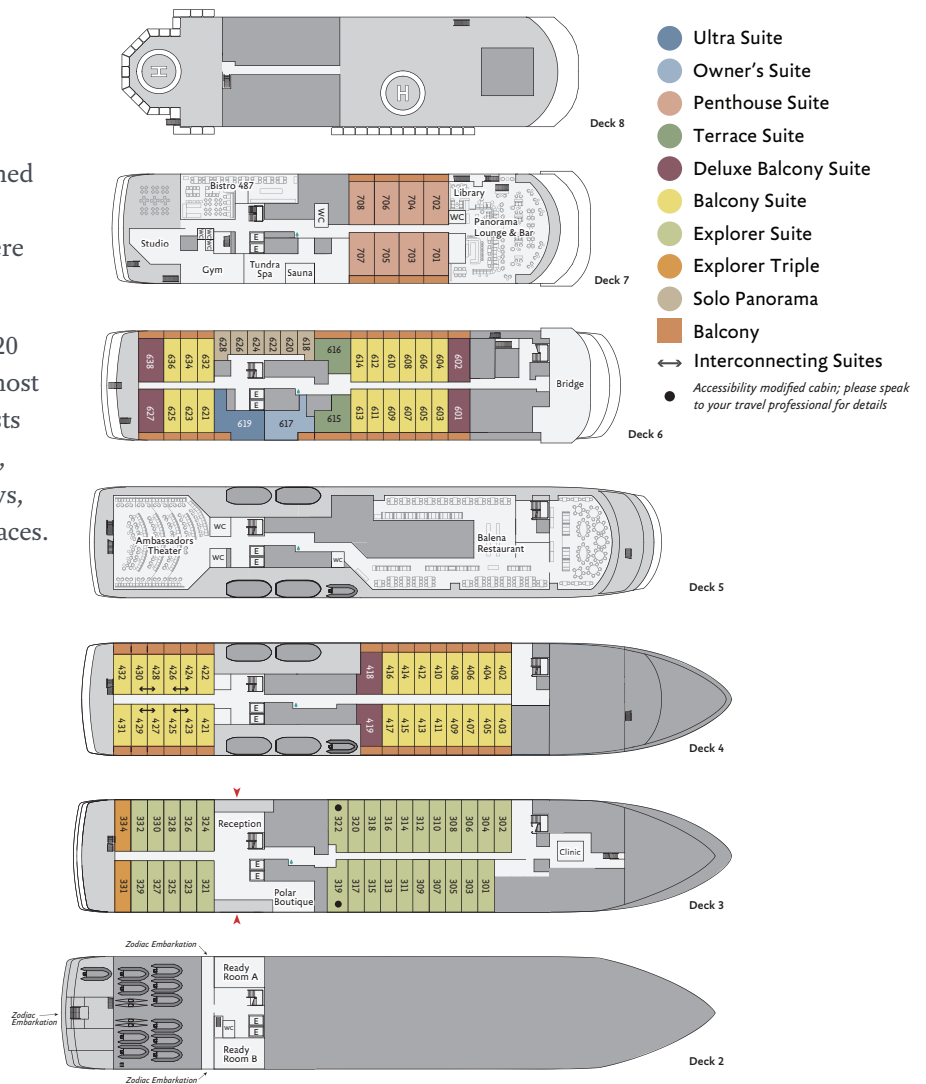
Equipped with two twin-engine helicopters and 20 quick-launching Zodiacs, *Ultramarine* offers the most off-ship adventure activities in the industry. Guests can enjoy two restaurants (Balena and Bistro 487), Tundra Spa, a sauna-with floor-to-ceiling windows, spacious suites and abundant wildlife-viewing spaces. *Ultramarine* also features advanced sustainability systems—which exceed all industry standards.

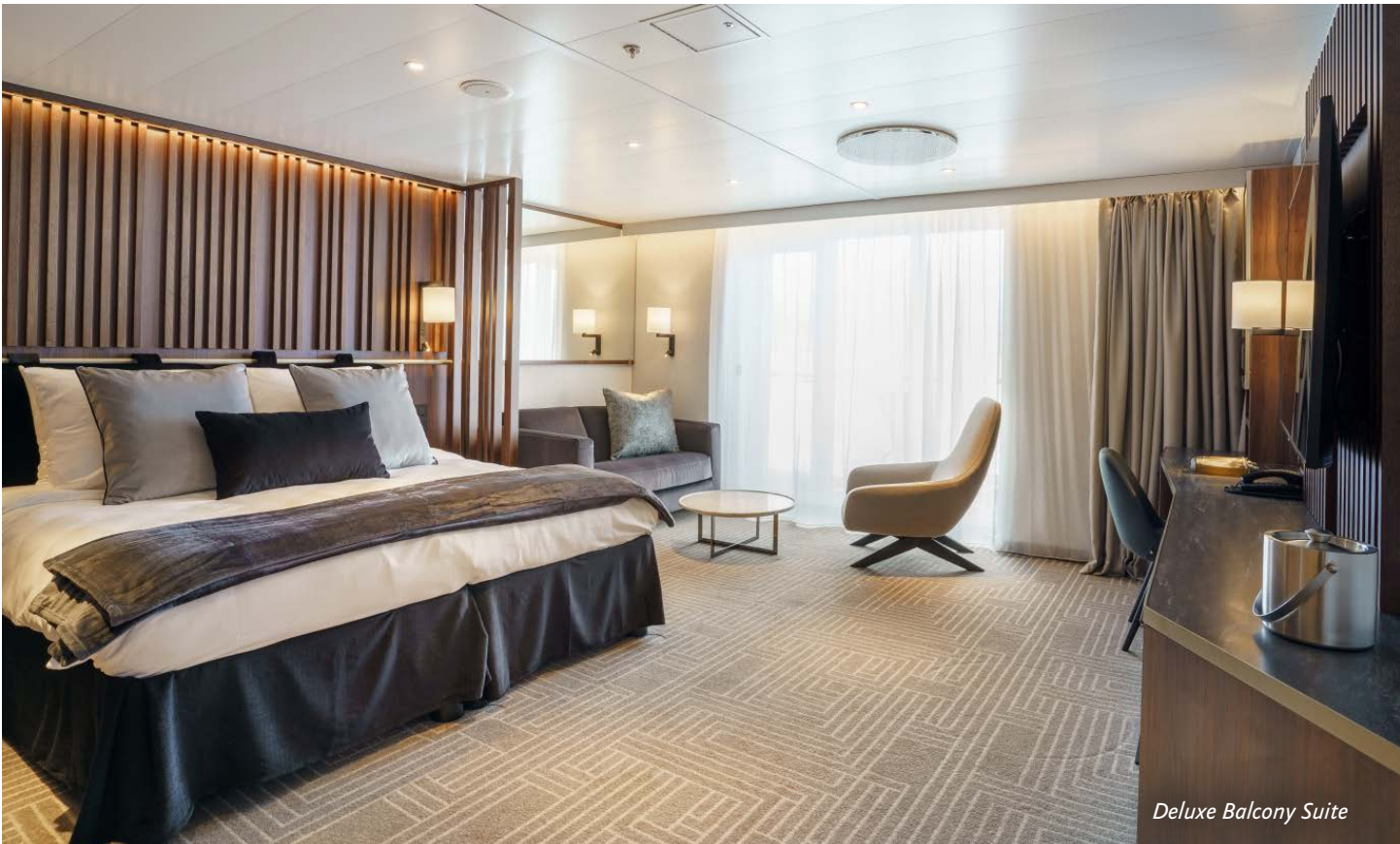
Ultramarine is perfectly designed to deliver the ultimate polar expedition experience.

SHIP SPECIFICATIONS:

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

Visit QuarkExpeditions.com to view deck plan details.





Deluxe Balcony Suite



Sauna



Panorama Lounge



Fitness Center



Balena Restaurant



Included Activities

These off-ship activities are included in your voyage.

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 fewer than 10, 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.

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.

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.

PHOTOGRAPHY

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

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!

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

These off-ship activities cost extra and should be booked in advance.



PLEASE NOTE

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

SEA KAYAKING

Imagine gliding across the surface of a bay or paddling alongside coastal shorelines in some of the most remote areas of the world. 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.



Departure Date

Iceland Circumnavigation: Helicopters, Glaciers and Volcanoes

ULTRAMARINE

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Sea Kayaking	 Paddling Excursion
ARCTIC 2026				
JUL 27 - AUG 7, 2026	12	Reykjavik	\$	\$

\$ Paid Activities



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- **NEW** Free 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:

- International airfare
- Arrival and departure transfers in Reykjavik
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone 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



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.

Balena Restaurant, the main diningroom on Deck 5 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.

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

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, helicopter, Zodiac cruise or shore landing.

The West Snæfellsnes Peninsula

SNÆFELLSJÖKULL NATIONAL PARK

The centerpiece of Snæfellsjökull National Park is the volcano, which towers over the surrounding scenic landscape. The name translates to “snow-mountain-peninsula” in reference to the iconic ice-capped stratovolcano Snæfellsjökull that rises from the sea at the end of the peninsula. The park is steeped in mythical stories.

GRUNDARFJÖRÐUR

The picturesque town of Grundarfjörður sits on Breiðafjörður fjord. Its standout landmark is the striking, conical shaped Mt. Kirkjufell, visible from anywhere in the town. You will find vibrant birdlife, spectacular waterfalls and great hiking trails. Expect seals and whales to make an appearance every now and then.

The Westfjords

DYNJANDI WATERFALL

Dynjandi, meaning “thunderous,” is without doubt one of the most spectacular waterfalls in Iceland—if not the world. The water plunges from a height of 100 meters (328 feet), tumbling down over numerous ledges, creating an ethereal, otherworldly ambience.

RAUÐASANDUR

Rauðasandur, Icelandic for “red sand,” is one of the most famous beaches in Iceland. The beach is flanked by the contrasting black cliffs and the deep blue ocean. Visitors will typically see a resident seal colony, including grey seals and harbor seals. It’s not rare at the peak of summer to witness a hundred seals sunbathing on the beach.

The North

GRIMSEY

The green island of Grímsey is the only part of Iceland that lies within the Arctic Circle. In 2017, an eight-ton giant ball, called “Orbis et Globus” (meaning Circle and Sphere), was installed on the northern tip of Grímsey Island to mark the Arctic Circle. The “sculpture” was designed to be moved incrementally each

year to align with the ever-shifting—and invisible—Arctic Circle. From Grimsey, home to about 70 people, visitors can look beyond the horizon to the Atlantic Ocean in the north, or turn south to view the glistening mountain tops of North Iceland. Wildlife outnumber humans, especially in April when puffins descend upon the cliffs during their seasonal nesting before heading back to the sea in August. Chances are high that you’ll spot grazing sheep.



HÚSAVÍK

Húsavík, the Whale Capital of Iceland, is one of the oldest settlements in the country. As the translation implies, people come here for the whale-watching tours in Skjálíandi. Up to 23 species of whales, including Blue whales, as well as large colonies of puffins, frequent the bay.

The East

HÓLMANES NATURE RESERVE

Part nature reserve, part public park, this hiker-friendly nature hotspot allows ramblers to bird-watch or look for wildlife (reindeer, in this case) while hiking the somewhat hilly terrain. Hólmanes is also known for its interesting geological features.

STUÐLAGIL

Stunning blue-green glacial water flows through this unique basalt canyon in the beautiful Efri-Jökuldalur valley, a natural gem within the Fljótshálsa region, which in recent years has established itself as one of the most exciting destinations in East Iceland for hiking and other outdoor activities.

SKÁLANES NATURE RESERVE

Situated around a long-abandoned farm, east of Seyðisfjörður, Skálanes Nature Reserve is known for its lush flora: fields of lupines stretch as far as the eye can see. The towering cliffs dominating the horizon provide nesting habitat for 40 bird species. Reindeer and foxes inhabit the surrounding meadows. The farm also functions as a hub for education, environmental research, and historical exploration of Iceland's past.

Vestmannaeyjar (The Westman Islands)

ELDFELL VOLCANO, HEIMAÆY ISLAND

Eldfell Volcano has become the main attraction of Heimaey Island, which is the largest in the Westman archipelago, also known as Vestmannaeyjar. Follow a scenic hiking trail for 45 to 60 minutes to the summit for a fantastic panoramic view. With gravity on your side, you can hike down in about 30 minutes. The trail is steep in places but not difficult. The views from the top are worth the effort. Bring your water bottle.

HERJOLFSDALUR

Herjolfsdalur is a lush valley in The Westman Islands and is celebrated for its rich Viking history that dates back over a millennium. Archeologists in the 20th century undertook excavation expeditions which provided evidence of Viking activity at Herjolfsdalur and Heimaey. Important artifacts include ruins and traces of traditional houses and sheds.

EXPEDITION SPIRIT

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What to pack on your 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.



The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

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

TOLL FREE AND LOCAL NUMBERS:

North America (Toll Free) 1 888 332 0008

U.K. Tel +44 203 514 2712

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

[QuarkExpeditions.com](https://www.QuarkExpeditions.com)

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EXPEDITION BROCHURE
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