



The Leader in Polar Adventures

ARCTIC 2026

# Iceland to Greenland

Mountains, Glaciers and the Westfjords



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# Overview

## Iceland to Greenland: Mountains, Glaciers and the Westfjords

Our 15-day *Iceland to Greenland: Mountains, Glaciers and the Westfjords* itinerary explores iconic destinations in Iceland and Greenland with a special focus on a hidden gem of Iceland, the Westfjords. We'll also journey above the Arctic Circle to visit Kangerlussuaq. It's not often that you'll get to explore all these areas of Iceland and Greenland in one trip. The other appeal of this itinerary is the mix of Arctic wilderness, stunning landscapes, wildlife, ancient ruins and modern-day culture. Our team curated this expedition to resonate with nature seekers, birding enthusiasts, outdoor adventurers and history-lovers.

In the seldom-visited Westfjords in the western part of the island nation—"Iceland's best-kept secret"—you'll get to explore the rugged peninsula that's renowned for its fjords, towering mountains, bird-dwelling cliffs, gushing waterfalls and rolling green hills. We aim to visit the private island sanctuary of Vigur—which is home to 7,000 eider ducks and 100,000 puffins. In remote Southeast Greenland, we'll explore glaciers, steep mountains and breathtaking fjords. After sailing the length of Prins Christian Sund (Ikerasassuaq)—one of the world's most scenic fjords—we'll immerse ourselves in spectacular glaciers, mountainous landscapes, culturally-rich communities, and visit Nuuk, the capital of Greenland.

Our expedition team will ensure you witness the wonders of some of the longest fjords in Greenland, such as Eternity Fjord, Kangerlussuaq and Tasermiut Fjord. You will explore these natural wonders by ship, Zodiac, kayak and on foot. On the cultural front, you will learn about Norse and Viking cultures, traditional Icelandic ways of life, as well as contemporary Greenlandic customs in settlements such as Nuuk.

### EXPEDITION IN BRIEF



Venture into the Westfjords, Iceland's hidden gem



Sail the length of scenic Prins Christian Sund



Learn about Greenlandic fishing heritage at Aappilattoq



Experience Arctic Patagonia along the 70-km long Tasermiut Fjord



Visit Norse ruins at Hvalsey



Explore Nuuk, the charming capital of Greenland.



# Itinerary

## DAY 1 | ARRIVE IN ICELAND

Arrive at the international airport in Keflavik and transfer independently to your included hotel in Reykjavik. Depending on your arrival time, you may wish to explore Iceland’s fascinating capital. Many cultural and historical landmarks are located in or near the walkable city center.

## DAY 2 | EMBARKATION

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. Embarkation is scheduled for 4 pm. You’ll be notified of official welcome and safety briefings as we set sail for the Westfjords.

## DAY 3 | EXPLORING WESTFORDS, ICELAND’S HIDDEN GEM

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 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



**ICELAND TO GREENLAND:**  
 Mountains, Glaciers and the Westfjords  
 Onboard *Ocean Explorer* ———  
 Flight to/from Reykjavik - - - - -

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 that dates back to the Viking days.

One of today's highlights is a chance to visit Vigur, a private island that provides guests with unique opportunities to delve into Icelandic culture and heritage as early as the 11th century. Vigur is widely regarded as a capsule of Icelandic heritage." Upon arriving on shore by Zodiac, we will be welcomed by the people who own this incredible island. One of the co-owners is polar explorer Felicity Aston, the first woman to ski solo across Antarctica. You'll learn about the Icelandic tradition of eiderdown harvesting, and the wide array of Arctic birdlife and seals that are found in Vigur. It's estimated that the island is home to over 7,000 breeding ducks, 100,000 puffins, Europe's largest colony of black

Guillemot, and huge flocks of Arctic terns. You'll also have opportunities to ramble about the island, taste local food and visit the island café. Today's adventure options include Zodiac cruising, sea kayaking, paddle excursion program, and, potentially, a guided shore hike. Right across the bay is Mongufoss, one of Iceland's most remote and beautiful waterfalls, which we'll visit by ship after our onboard lunch.

#### **DAYS 4 & 5 | AT SEA: CROSSING THE DENMARK STRAIT**

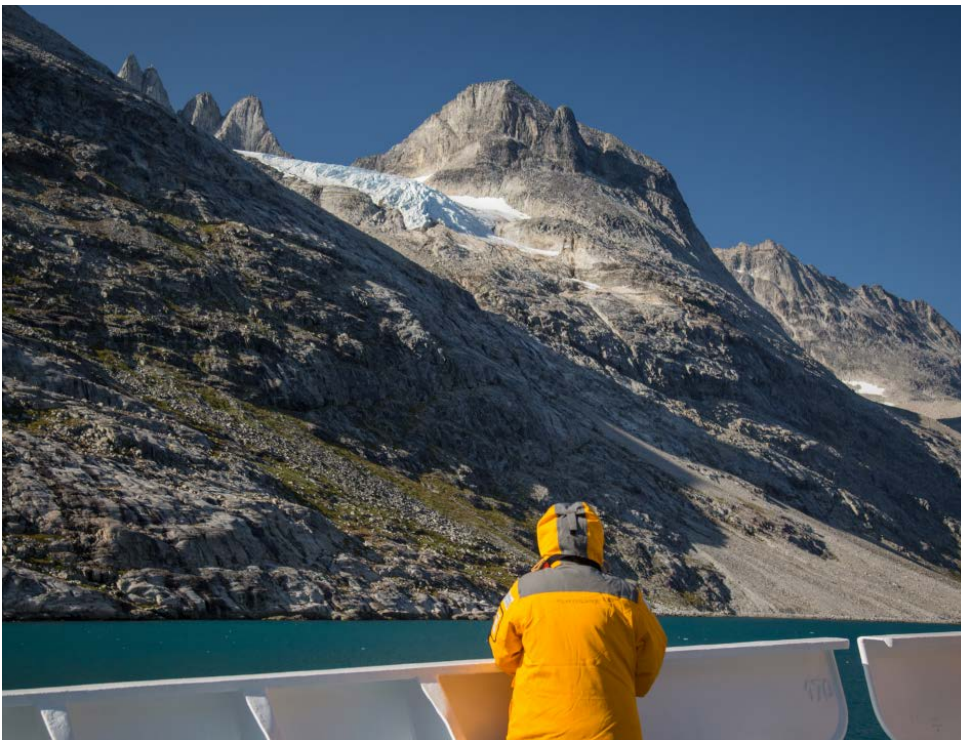
As we sail southwest across the Denmark Strait toward Greenland, your Expedition Team will prepare you for the exciting adventures ahead—both on and off-ship. Our team of polar experts will present on a wide range of topics, including the geology, wildlife, climatology and enthralling history of Greenland. The team will also search for (and identify) the seabirds soaring about the ship—and they'll most certainly alert you whenever there's a whale sighting.

#### **ARCTIC PATAGONIA DAYS 6 - 10 | EXPLORING SOUTHEAST GREENLAND**

Your exploration of Greenland begins with East Greenland, one of the least-visited and most remote parts of the world's largest island. Our journey along the coast will be influenced by weather and ice conditions, with each day—and each off-ship excursion—presenting new adventures. Expect glaciers, steep mountains and breathtaking fjords.

Transiting the 100-km long Prins Christian Sund (Ikerasassuaq)—one of the world's most scenic fjords—will reveal incredible views. Guests can expect dramatic mountain and seascapes with glaciers tumbling down to the sea, and captivating vistas stretching along the entire fjord. The South Greenlanders who live on this frontier are as unique as the region they inhabit. This is where the migrating hunting people from the east eventually settled around the European trading posts.

The handful of villages in this region are



#### **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.

renowned for their inhabitants' strong commitment to traditional hunting and fishing practices. We hope to visit Aappilattoq, perched on the shores of Prins Christian Sund (Ikerasassuaq), to introduce you to some of our local partners, listen to their stories, hear their music, taste local food, learn about the fishing and hunting heritage, 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 Tasermiut Fjord in the heart of what's known as "Arctic Patagonia." We'll offer Zodiac excursions and guided on-shore hikes (tailored for different levels of ability and interest) to view the jagged peaks, tumbling glaciers, ice-laden landscapes, alpine vistas and wildlife. Tasermiut Fjord is ideal for our sea kayaking and paddling programs, as well.

We continue on our quest to explore the wild fjords of the uninhabited southeast coast, one of which is Lindenow Fjord,

also known by its Greenlandic name, Kangerlussuatsiaq. Thousands of years ago, groups of Paleo-Inuit hunters and fish harvesters settled in these isolated fjords, living off the land, and surviving on food from the sea. This preceded the arrival of European explorers and the establishment of settlements which prompted one of the biggest waves of migration in Greenland.

Marine mammals frequent the many fjords in this region. Humpback whales are often observed in the shallow waters at the entrance to the fjords where nutrients are drawn up to the surface. Rare sightings of polar bears are possible as they drift down from the north on sea ice floes propelled by the East-Greenland current. We'll keep our eyes peeled for other wildlife as we continue to explore the remote icescapes of the wild southeast, which is also ideal for hiking, paddle excursions, Zodiac cruises and shore landings.

The southern coast of Greenland is steeped in Norse history. We anticipate

a visit to Hvalsey (Qaqortukuloq), the site of Greenland's largest and best-preserved Norse ruins. Exploring the remains of the church (circa 14th-century) will make you feel like you're stepping back in time, as the building appears much as it did when it was abandoned in the 15th century. The surrounding fells and fjords remain similarly untouched.

Also on our planned itinerary is charming Qassiarsuk, one of the five sites that make up the Kujataa World Heritage Site. It's a small sheep farming settlement where you can experience true South Greenland hospitality and gain insight into the fascinating lives of sheep farmers living at the edge of the massive Greenland 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. During or time in Qassiarsuk, guests will have opportunities to sample local food, enjoy a hike, and, if time and weather allow, we may take a Zodiac cruise amidst towering icebergs.



## DAY 11 | AT SEA

As our ship makes its way up the coast from South Greenland, we set our sights on the endless natural wonders—and small communities—along the rugged west coast of Greenland. We invite you to use this time to attend one of the expert-led polar presentations to learn more about this region of Greenland.

## DAYS 12 - 13 | VENTURING INTO WEST GREENLAND

The sheer beauty of West Greenland can overwhelm first-time visitors: spectacular glaciers, mountainous landscapes, and thriving, culturally-rich communities. As we head north, we hope to embark on Zodiac daily excursions to explore local bays, channels and select landing sites. We'll also explore some of the quaint settlements throughout the picturesque islands and fjords.

Nuuk, the charming Greenlandic capital, is a must-visit destination on the west

coast. You'll have time to wander the streets of the historic Old Nuuk neighborhood and see the Hans Egede Church and Hans Egede statue near the waterfront, both named after the 18th-century missionary who founded the settlement. History buffs will make haste to the national museum to view the famous Greenlandic mummies, which were found under a rock outcrop in 1972. The remarkably preserved mummies of six women and two children date back to the 15th century.

Pride of place for our seasoned expedition team is Eternity Fjord, which is home to the tallest mountains in all of West Greenland. This a favorite spot for us to launch our Zodiacs into the water to explore in-depth—where larger vessels can't navigate. There are few settlements in this long fjord—but you will quickly appreciate nature in its rawest form as you hike among the towering mountains, and photograph the colorful tundra and other dramatic landscapes.

## DAY 14 | EXPLORING KANGERLUSSUAQ AND DISEMBARKATION

Today we'll explore 50 km (31 miles) above the Arctic Circle. Our destination is Kangerlussuaq, which is Greenlandic for "the long fjord." At the end of this 180-km long fjord is a settlement bearing the same name. Fishing boats based in the town of Kangerlussuaq sail the full length of the fjord to access the ocean. The town is known for its stunning natural beauty—and for being the home of the largest airport in Greenland.

You will be ferried from ship to shore on one last Zodiac ride, then transferred to the airport where you will board your charter flight to Iceland's Keflavik International Airport, approximately 45 minutes from Reykjavik. Upon arrival at the airport, you will be transferred to your included hotel for the night.

## DAY 15 | DEPARTING ICELAND

After breakfast in your included hotel in Reykjavik, transfer independently to the Keflavik International Airport for your onward journey.





# Arrival and Departure Details, and International Flight Planning

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

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

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

## Arrival Day and Embarkation

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

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 AND EMBARKATION IN KANGERLUSSUAQ

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

Upon arrival at Kangerlussuaq, guests and their luggage will be transferred to the pier, then 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.

You will find in your final documents:

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



## Final Day and Departure

### DISEMBARKATION IN KANGERLUSSUAQ AND CHARTER FLIGHT

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

### DEPARTING FROM REYKJAVIK

Upon arrival in Iceland, there will be a group transfer to your included post-expedition hotel in Reykjavik. 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

### REYKJAVIK AIRPORT TRANSFERS

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

Your final night's included accommodation will be provided and a transfer to the airport will be available on the final day of the itinerary. A transfer to the city is not included if you are extending your time in Reykjavik after the expedition; be sure to make the appropriate arrangements.

### PLEASE NOTE

#### Included Hotel Accommodations:

Your final night's included accommodation will be provided at a hotel close to Keflavik International Airport, outside the city of Reykjavik. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like to extend your stay, 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

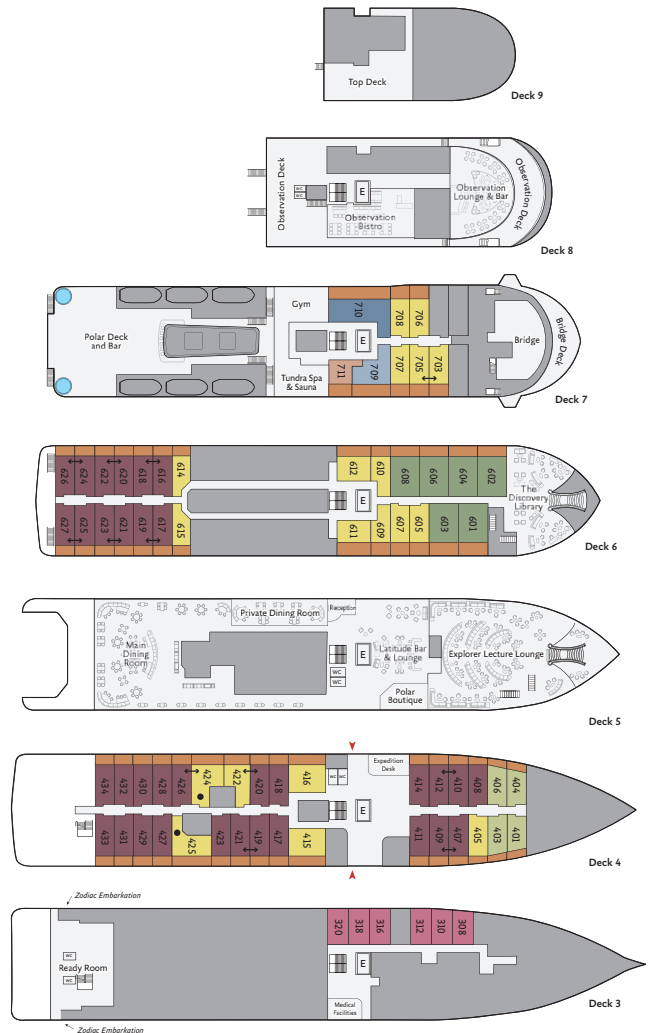
## OCEAN EXPLORER

*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
- Jacuzzi
- Studio Veranda Single
- Deluxe Veranda Fwd
- ↔ Interconnecting Suites
- Junior Suite
- Studio Single
- Accessibility modified cabin; please speak to your travel professional for details



# 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.

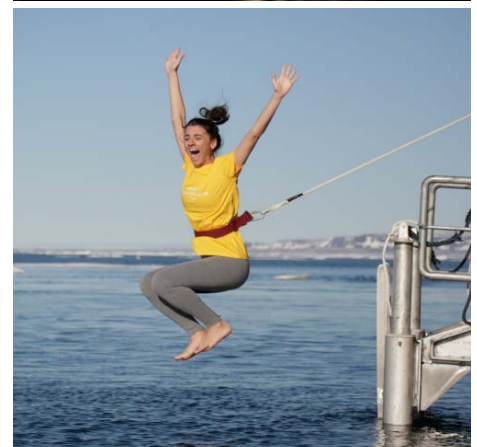
## **ZODIAC CRUISING**

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.



## 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 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.



# Departure Date

Iceland to Greenland: Mountains, Glaciers and the Westfjords

**OCEAN EXPLORER**

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Sea Kayaking	 Paddling Excursion
<b>ARCTIC 2026</b>				
JUL 26 - AUG 9, 2026	15	Reykjavik	\$	\$

\$ Paid Activities

## 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
- An official Quark Expeditions® parka to keep
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- **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
- 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
- Greenland voyages cruise passenger tax

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Reykjavik
- Group transfer from hotel to Keflavik International Airport.
- Charter flight from Iceland to Greenland
- Group transfer from the ship to the Kangerlussuaq airport on disembarkation day
- Charter flight from Greenland to Iceland
- Group transfer from Iceland's Keflavik International Airport to hotel
- One night's post-expedition hotel accommodation in Keflavik

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

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

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

### AAPPILATTOQ

Aappilattoq is home to about 100 people, many of whom rely on fishing and hunting for their livelihood. It's the only settlement in the remote Kujalleq region of South Greenland. While the area has been 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 that towers above the settlement—which offers some of the most picturesque views in Greenland.

### KANGERLUSSUATSIAQ FJORD (ETERNITY FJORD)

Eternity Fjord stretches for 75 kilometers (47 miles), making it one of the longest in Greenland. With its towering cliffs rising up from the water, massive glaciers and remote wilderness, Eternity Fjord is one of Greenland's most popular natural wonders.

### HERJOLSFNESS

The Norse settlement of Herjolfsfness, near the town of Narsaq in southwestern Greenland, was founded in the late 10th century and lasted as a community until the 15th century. As with many Norse Greenlanders, the inhabitants' fate is unknown. Archeologists have discovered remnants of ancient churches and farmsteads that provide a glimpse into Viking life in the Middle Ages.

### HVALSEY

Also known as Qaqortukuloq, Hvalsey is the site of Greenland's best-preserved Norse ruins. Built around 1300, the medieval church attracted people from near and far to attend Christian festivals throughout the year. The last written record of the Norse in Greenland recounts the wedding of an Icelandic couple in 1408. Surrounding the church are the ruins of a farmstead, including stables and a banquet hall. The site is part of the Kujataa UNESCO World Heritage Area.



## 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 into an arm of the fjord while our expert guides search for wildlife. You may enjoy a hike amongst waterfalls, flowers and blueberry fields.

## KIJATAA

The Kujataa heritage site reflects the early days of Norse farming in the Arctic region. 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, the site reflects the cultural histories of Norse and Greenlandic farmer-hunters. Visitors can explore ancient Norse farmsteads and early Inuit camps.

## NUUK

With a population of 18,800, Nuuk is one of the world's smallest capital cities. It's a wonderful and curious mix of the traditional and the new. One of the must-visit highlights is the Greenland National Museum, which offers insight into social change affecting the country from the 1950s onwards. Other exhibits feature some of the world's oldest rocks (including some discovered close to Nuuk that

date back 3.8 billion years), and the Qilakitsoq exhibit which displays the mummified remains of 15th-century Inuit women and children. If time permits, the Katuaq Culture Centre and Nuuk Art Museum merit a visit.

## IKERASSUAQ (PRINS CHRISTIAN SUND)

The massive tidewater glaciers and dramatically steep cliffs that dominate this picturesque fjord system have earned South Greenland the informal designation "Arctic Patagonia." Aappilattoq is one of only two settlements in this remote region. This area is also known for its variously-shaped icebergs.



## EXPEDITION SPIRIT

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## QASSIARSUK

The small sheep-farming settlement at charming Qassiarsuk enables guests to visit remains of Erik the Red's onetime home (formerly Brattahlíð). You can also get a taste of the welcoming South Greenland hospitality and gain insight into the fascinating lives of sheep farmers at the edge of the ice sheet.

## TASERMIUT FJORD

Paddling and Zodiac excursions into the 70-km steep-walled Tasermiut Fjord allow for a closer connection to nature in one of the most beautiful parts of Arctic Patagonia—dominated by dramatic cliffs and towering peaks.

# Iceland

## MONGUFOSS WATERFALLS

Mongufoss is one of Iceland's most remote and beautiful waterfalls, where torrents of glacial meltwater cascade down a 60-meter drop. We'll approach this coastal waterfall by Zodiac, and get a much closer look at the falls during a guided hike.

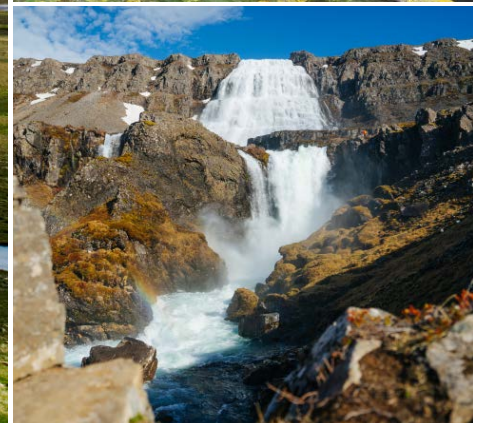
## WESTFJORDS

The Westfjords region, in the northwestern part of Iceland, astounds visitors with its dramatic landscapes and unspoiled natural beauty: jagged coastlines, abundant fjords, towering cliffs, rocky peninsulas that jut out into

the North Atlantic Ocean, and wildlife scenes featuring puffins and seals. The Westfjords is also home to geothermal hot springs, vibrant fishing villages and scenic hiking trails.

## VIGUR

Vigur is the second-largest island in the Ísafjarðardjúp fjord in Westfjords. Located just south of the Arctic Circle, this privately-owned island sanctuary measures two kilometers long and only 400 meters wide. Visitors can explore traditional Icelandic farmsteads, photograph puffins, or simply enjoy the tranquility of this small-town oasis next to the choppy waters of the North Atlantic. One of the co-owners is polar explorer Felicity Aston, the first woman to ski solo across Antarctica.



# What to pack on your expedition

## BY SEA AND AIR

All transfers ship to shore and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac 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

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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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