

Glaciers and Icebergs – Excursions 2010

We recommend that you pre-book any of the optional excursions that you wish to participate in, as numbers may be limited and any remaining places will get booked up very quickly on-board the ship.

For all excursions we recommend sturdy and comfortable footwear due to the different terrains that are visited, as well as wind and waterproof clothes. We also suggest wearing several layers which will enable you to adapt to the changing temperatures easily. Taking sunglasses, sun lotion with a high protection factor and mosquito repellent is also advisable.

Should you wish to pre-book any excursions, please call us on 0844 4487 654

Please note: on days with more than one excursion it may be possible to combine them.

The excursions are divided into different degrees of difficulty:

Degree 1 – Suitable for everyone.

Degree 2 – Suitable for most passengers. Some walking on easy terrain may be involved.

Degree 3 – Passengers should be in a relatively good physical condition and able to walk on rugged terrain. Not advisable if you have knee or hip problems.

Degree 4 – Strenuous and requires good physical condition.

Degree 5 – Very good physical condition.

Day and port of call:

Day 1: Kangerlussuaq

Day 2: Sisimiut

Day 3: Qeqertarsuaq

Day 4: Uummannaq/ Ukkusissat

Day 5: Eqip Sermia

Day 6: Ilulissat

Day 7: Itilleq

Day 8: Kangerlussuaq

Day 1 – Depart Kangerlussuaq

Town sights - Modern Greenland/Culture

Upon arrival you will be collected and transferred by bus to the port. En-route you will receive a panoramic sightseeing tour of Kangerlussuaq.

Day 2 – Sisimiut

Town Walk – *Modern Greenland/Culture*

An on-board presentation of Sisimiut along with a city map will be provided with a basic orientation of Sisimiut, which can then be explored, on foot, at leisure. Guides will be located at various orientational points around the town for your convenience. Explore the historical centre of Sisimiut with its unique architectural heritage dating back to the 17th century; along with Sisimiut Museum, which provides an insight into Greenland's trade, industry and shipping. The museum itself is housed in a beautiful old building originating from the colonial period and is located close to the harbour.

Tour #	Duration	Degree	Max nos.	Price
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N/A	1hr	2	Unlimited	Included
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Boat trip to Assaqtuaq – Nature Walk

In the 1960s and 1970s several Greenlandic settlements were abandoned for reasons of economic prosperity and moved to larger cities. Assaqtuaq, located at the foot of Sisimiut's famous mountain, the Kællingehætten, is such a settlement. Today it is used as a summer camp for the local schools but for a short period in June, it becomes a vibrant hub of life when the inhabitants from Sisimiut gather to fish for the capelin, a small local fish. A short boat trip to Assaqtuaq is followed by a leisurely walk through the village visiting the old fishing factory, the summer camp and the small church beautifully situated top of a hill. However, the highlight has to be the passing Humpback whales, which can often be spotted.

Tour #	Duration	Degree	Max nos.	Price			
G-SIS3	2.5hr	1	70	NOK795	£79	€ 99	\$128

Children 0-11 years receive a 50% discount

Historical Hike to Teleøen - Nature, History and Modern

Experience ancient and modern Greenland! On Teleøen, formerly known as Tømmermandsøen (The Hangover Island) there are cultural and historical monuments which date back 2500 years BC, to the era of the 'Saqqaq'; a community which has lived and survived in Greenland for over 4000 years.

Tour #	Duration	Degree	Max nos.	Price			
G-SIS2	2.5hr	3-4	125	NOK275	£27	€34	\$44

Children 0-11 years receive a 50% discount

Combination: The Boat trip to Assaqtuaq and Historical Hike to Teleøen cannot be combined.

Hike to Palaasip Qaqq Mountain

Enjoy a beautiful hike with stunning views of the town and the sea. The hike takes you through a surprisingly fertile terrain with a rich abundance of flora and fauna. Along the way several small waterfalls can be sighted, and provide a resting spot to relax and refill the water bottles with fresh spring water. From the top of Qaqq mountain there is an amazing view over the town in the south and the Kangerluarsuk Tulleq Fjord in the north.

Tour #	Duration	Degree	Max nos.	Price			
G-SIS4	5-6	1	20	NOK520	£52	€65	\$84

Combination: Hike to Palaasip Qaqq Mountain is not combinable with other excursions.

Day 3 –Qeqertarsuaq

Town walk including Museum - Modern, Culture, Tradition and Inuit

After the on-board introduction, explore this ancient 'capital' of Northern Greenland, yourself, with a local map. Guides will be located at various orientational points around the town for your convenience. Wander through the old quarter and take note of the octagonal church, curiously named 'Our Lord's Little Ink Pot'. Additionally, your walk may lead you further through town where you will get a vivid impression of the Qeqertarsuaq of today, which still relies on hunting, for its sustainability. A visit to the museum is a key highlight and will provide an explanation into the town's history. Entrance fee of approx 25 DKK.

Tour #	Duration	Degree	Max nos.	Price
N/A	1hr	1	Unlimited	Included

Hike in Blæsedalen (The Valley of the Winds) – Nature Walk

A walk over Rødeelv (the Red River) through Blæsedalen (the valley of the winds) is a highlight. Walk through characteristic mountain heath to see flora specific to Disko Island. The hike starts from the Women's House (marked on the map) and ends at the waterfall, but passes by the stunning 900m high Skarvefjeld (Mountain of the Cormorant).

Tour #	Duration	Degree	Max nos.	Price
N/A	3hr	2-3	Unlimited	Included

Day 4 - Uummannaq & Ukkusissat

Uummannaq Town walk – Modern, Culture, Tradition and Inuit

The introduction on-board will give you an overview of these charming settlements; after which these can be explored independently on-foot. A guide will be at your disposal at various points throughout the walk. Uummannaq Church made of huge granite blocks is right in the centre of the town and nearby you can visit the traditional turf huts. The town museum displays replicas of the costumes of the famous Qilakitsoq mummies and collections of traditional arts and crafts. The focal point centres on a special exhibition about the expedition of the German meteorologist Alfred Wegener. Both the church and the museum have an entrance fee of approx 20 DKK.

Tour #	Duration	Degree	Max nos.	Price
N/A	1hr	1	Unlimited	Included

Hike along the "Heart Shaped Mountain" – Nature Walk

The walk starts adjacent to the harbour, by the landing site, and ascends through Uummannaq town, and veers off. Behind Uummannaq town is Santa Claus' cabin which he uses to build up his strength for the stressful Christmas month and your 'wish lists' can be left here for him! Be warned, as the last part of this hike navigates through some steep terrain and for those not accustomed to hiking in hilly places, you may wish to sit and enjoy the views overlooking Uummannaq and Santa's cabin. During the hike you get a sense of how small the Island is and you will be surprised by the rich flora of this area. From the cabin you will have a marvellous view of the sea towards Nuussuaq Peninsula.

Tour #	Duration	Degree	Max nos.	Price
N/A	3hr	4-5	Unlimited	Included

Greenlandic Lunch at Uummannaq Hotel – Traditional Lunch

Right beside the harbour, overlooking the fjord is the comfortable Uummannaq hotel. Here you can enjoy your lunch (beverage not included) offering key Greenlandic specialities, whilst enjoying the splendid views and the maritime life of Uummannaq.

Tour #	Duration	Degree	Max nos.	Price			
G-UUM2	1-2hr	1	100	NOK275	£27	€34	\$44

Combination: The Greenlandic Lunch in Uummannaq Hotel cannot be combined with the Hike along the 'Heart Shaped Mountain' tour.

Sailing to the Red Desert – Nature Walk

Sailing amongst the magnificent icebergs through the fjord, sights of special interest en-route to the Red Desert will be pointed out by the expert tour guide. The Red Desert is an incredible mineral landscape, where minerals high in sulphur and iron content have reacted to produce deposits of yellow sulphur. Only few plants can grow here and the landscape appears extraterrestrial.

Tour #	Duration	Degree	Max nos.	Price			
G-UUM1	4-5hr	3	34	NOK1350	£134	€169	\$218

Combination: The Sailing to the Red Desert tour cannot be combined with any other excursions.

Talk with Young People

An engaging and interesting way to meet the local youth, and learn about their everyday life in North Greenland and their hopes and dreams for the future, of this unique place.

Tour #	Duration	Degree	Max nos.	Price			
G-UUM3	1hr	1	15	NOK85	£8	€11	\$14

Combination: Combinable with the Greenlandic Lunch in Uummannaq.

Talk with Local Hunter

The art of local fishing and hunting, which was developed over hundreds of years, has been of paramount importance to the small Greenlandic communities. An informal lecture by a local hunter/fisherman, who will provide you with an insight into the way of life for this community.

Tour #	Duration	Degree	Max nos.	Price			
G-UUM4	1hr	1	15	NOK110	£11	€14	\$18

Combination: Combinable with the Greenlandic Lunch in Uummannaq.

Ukkusissat Settlement Visit – Culture and Tradition

Onboard introduction to this settlement will provide you with the general background. However, be sure to explore this small settlement made up of about 190 people, to get an insight into their lives and their livelihoods which, even today, is dependant upon fishing and hunting.

Tour #	Duration	Degree	Max nos.	Price			
N/A	2hr	1	Unlimited	Included			

Day 5 Eqip Sermia

Fjord Walk - Nature Walk and BBQ.

The Fjord of Eqip Sermia is still guarded by a thick ring of melting drift ice. Enjoy the eeriness created by the depth of the drifting icebergs, and explore the fjord on foot with varying degrees of hikes that are on offer. The day will end with a BBQ feast, in a setting where the crystal clear sea mirrors the surrounding landscape.

Tour #	Duration	Degree	Max nos.	Price
N/A	2-3hr	1/2-4	Unlimited	Included

Day 6 Ilulissat

Town Walk - Modern, Culture, Tradition, Inuit History

An on-board introduction to Ilulissat, along with a map, and access to a guide should provide you with the basic information. However, be sure to explore on foot in order to learn about Greenlandic history and the complexity of today's society. You can visit the church of Zion and the Knud Rasmussen museum to learn about his famous North Pole expedition (entrance fee not included).

Tour #	Duration	Degree	Max nos.	Price
N/A	2hr	1	Unlimited	Included

Hike to Sermermiut - Nature, Culture and Heritage

Take a guided hike to the ancient settlement of Sermermiut, where archaeological evidence of a settlement date back 3000 years and UNESCO has declared this as a World Heritage sight. The settlement is located approximately 1.5 kilometres south of the city at the estuary of the Icefjord. Visit sights of interest and receive explanations about life amongst the inuit people, before the arrival of the Europeans. No visit to Sermermiut is complete without a trip to the "Old Woman's Cliff".

Tour #	Duration	Degree	Max nos.	Price
N/A	3hr	3-4	Unlimited	Included

Boat Trip to the Icefjord - Nature

Ilulissat is renowned for its beautiful and breathtaking Icefjord - best experienced from a boat. Sail in traditional red cutters to the estuary where gigantic icebergs in the northern part of the fjord are stranded and there is an opportunity for seal watching. Coffee/tea will be served on board. (Wildlife sightings cannot be guaranteed).

Tour #	Duration	Degree	Max nos.	Price			
G-ILU1	2hr	1	240	NOK575	£57	€72	\$93

Children 0-11 years receive a 50% discount

Helicopter Ride to the Icecap – Nature (only bookable onboard)

Fly at low altitude over the icebergs that fill this 40 kilometre long fjord. The helicopter will fly close to the glacier and land on the rock at Kangia with a view over the glacier and the ice cap. After a brief stop on the ground, continue over the Icefjord to the icebergs stranded at the mouth of the fjord. Magnificent views with an opportunity to see some seals. (Animal sightings are not guaranteed).

Tour #	Duration	Degree	Max nos.	Price
N/A	1.5hrs	1	54	NOK3350

Combination: Boat Trip to the Icefjord & Helicopter Ride to the Icecap are combinable, if including Ilulissat Settlement Walk (bookable onboard and maximum 2 guests per party)

Hike to Holms Bakke - Nature Walk

After months of winter darkness, it is traditional for the people of Ilulissat to hike to "Holms Bakke" on the 13th January to welcome the sun after the long dark winter. It is a time for festivity and community where the rejoicing is not complete without food, drink and merriment. Holms Bakke has a magnificent view over the Jakobshavn Icefjord, where the icebergs move at an average speed of 19 meters a day. This glacier produces approximately 10% of all calving of ice in Greenland.

Onwards to the abandoned settlement of Sermermiut and the old inuit graves, before stopping for lunch. After which the hike continues along the ice fiord where information will be provided about the local flora & fauna, as well as glaciology. Please take note that this splendid hike requires good hiking skills.

Tour #	Duration	Degree	Max nos.	Price			
G-ILU3	4-5hrs	4	54	NOK520	£51	€65	\$84

Combination: *Combinable with 2 extra optional excursions as well as Ilulissat Town Walk.*

Rodebay

Rodebay is a small typical Greenlandic settlement with approximately 40 inhabitants and 200 Greenlandic dogs. It is situated 12 km north of Ilulissat. A breathtaking boat ride to Rodebay (or Oqaatsut as it is called in Greenlandic), followed by a short walk through the settlement will give an insight into the life and history of this small Greenlandic community. Enjoy the fabulous lunch served at the "Restaurant H8", where certain Greenlandic meat dishes can be enjoyed.

Tour #	Duration	Degree	Max nos.	Price			
G-ILU4	4-5hrs	2	24	NOK1450	£144	€181	\$234

Combination: *Not possible to combine with any other excursion*

Day 7 Itilleq - Town Visit

A small community that, even in the modern times, throws its doors open to its guests. Feel free to visit local homes that have opened their doors for a "kaffemik" (cup of coffee) and enjoy a cup of coffee whilst peeking into an old fashioned way of life.* Be sure to visit the local library and school, or even the "old shop" which offers a lovely array of local arts and craft gifts (cash only). Revel in a little bit of jovial competition by either joining or supporting the MS FRAM football team, who will be playing against the hosts.

Tour #	Duration	Degree	Max nos.	Price			
N/A	3-4hr	1	Unlimited	Included			

* It is customary to remove shoes prior to entering your hosts' home.

Day 8 Disembark in Kangerlussuaq

Bus Tour to the Icecap - Nature

During our drive to the icecap you may get the chance to see reindeers, musk oxen, arctic foxes and a variety of birdlife. You will also experience pristine tundra as our expedition vehicles take you through beautiful scenery towards the enormous Greenland Ice Cap. One of the most remarkable features is the moraine landscape, which is probably how most of Europe looked some 10-15,000 years ago at the end of the last Ice Age.

On arrival you have the opportunity to set foot onto the ice that covers 85% of the island and holds 10% of the planet's fresh water reserve. The drive to the icecap is about 1 hour each way, and is off-road, thereby making it quite bumpy. (Wildlife sightings are not guaranteed).

Tour #	Duration	Degree	Max nos.	Price
N/A	4hr	1	Unlimited	Included

BBO

In the late afternoon you are welcome to join an outdoor lunch in the beautiful surroundings of Lake Ferguson.

Tour #	Duration	Degree	Max nos.	Price
N/A	1-2hr	1	Unlimited	Included

We recommend that you pre-book to secure space on your chosen excursions. Excursions can be pre-booked up to two weeks prior to departure. If you book excursions on board you will be charged in Norwegian Kroner and the ship's exchange rate is used. The price in your local currency may therefore be different due to fluctuations in the exchange rate.

Physically demanding/disabled people: Unfortunately our excursions have not been specifically adapted for people with disabilities and some are not suitable for people with walking difficulties. Please see notes on individual excursions.

NB: All durations given are approximate and excursions may be subject to minimum/maximum numbers as well as local weather conditions. The operators reserve the right to change the contents of any excursion without prior notice. When combining excursions, you will be informed on board as to in which order they will take place.