

### **Tale of Two Ice-Lands – 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 020 8846 2666.**

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: Reykjavik

Day 2: Grundarfjörður

Day 3: Denmark Strait

Day 4: Prins Christian Sund

Day 5-6: South Greenland

Day 7: Nuuk

Day 8: Queqertarsuaq

Day 9: Uummannaq and Ukkusissat

Day 10: Eqip Sermia

Day 11: Ilulissat

Day 12: Sisimiut

Day 13: Itilleq

Day 14: Kangerlussuaq

## **Day 1 - Reykjavik**

Reykjavik is the world's northernmost capital city and home to about 171,514 people. In relative close surroundings of Reykjavik one can find glaciers, waterfalls, geysers and mountains. Reykjavik, itself, has a vast selection of restaurants, museums and shops. Embark the MS Fram for your Tale of 2 Ice-Lands adventure

## **Day 2 - Grundarfjörður**

### **Highlights of Snæfellsnes National Park–**

Grundarfjörður is a charming fishing village on the north coast of the Snæfellsnes peninsula. It lies in a beautiful fjord and is surrounded by spectacular mountains, most notably Mt. Kirkjufell, the lone mountain that is the towns' landmark. We continue through the fishing villages of Ólafsvík, Rif Hellissandur and around the west edge of Snæfellsnes. The landscape is characterised with sandy beaches, rocky shoreline and jagged mountains, crowned by the mysterious shimmering cone of the Snæfellsjökull glacier, starting point for Jules Verne's Journey to the Centre of the Earth.

At Djupalonssandur we take a short hike to the impressive shoreline with its strange rock formations. Afterwards we will continue onwards to Londrangar where the two prominent rocks jut out from the ground, just east of the lighthouse at Malarrif on the southern side of the Snæfellsnes peninsula, and onwards to Arnarstapia.

Arnarstapia is a small fishing village with a harbour surrounded by cliffs, considered by some to be the most beautiful harbour in Iceland. Hiking starts at the harbourside, and will initially hug the cliff side, in an effort to sight and photograph one of the largest flock of seabird societies in Iceland. The hike ends at the mighty memorial of Bardur Snæfellsas. A continuation of the drive leads us to Budir, where a lunch stop is made at the Hotel Budir; before a short walk to the hauntingly beautiful church and one of the rare golden beaches in Iceland. From Budir, the drive continues over the Frodarheidi Heath, well-known in the past for one of the most haunted areas in Iceland and returning back to Grundarfjörður in the late afternoon.

Tour #	Duration	Degree	Max nos.	Price			
G-GRU1	5.25hrs	3	400	NOK750	£74	€93	\$120

### **Boat Tour of the Breiðafjörður Bay**

The Snæfellsnes peninsula is one of the most enchanting landscapes in Iceland. Aside from brimming with lava caves, waterfalls and mineral hot springs, at the tip of it is the majestic Snæfellsjökull glacier. Onwards to the picturesque fishing village of Stykkisholmur and from here a boat trip out on to the still waters of Breiðafjörður (Breiðafjörður) Bay amid the peace of wild things. The bay is one of the most beautiful and unspoiled places in Iceland, and is rich in birdlife. White-tailed eagles circle the skies and plump puffins congregate on the rocky banks. Bird species can be observed nesting and breeding in the cliffs from a few meters away. This tour also takes you to the basalt cliffs of Gerðuberg, which appear completely vertical to the eye; and to the pure natural spring of Oldkelda.

One of the high point of the trip is when we set out our net-plough and fish on the bottom of the ocean and guests have a chance to taste sea-urchin roe (an Icelandic delicacy) as well as newly caught shellfish and other seafood. This will be followed by lunch at a local restaurant and then back to Grundarfjordur in the late afternoon.

Tour #	Duration	Degree	Max nos.	Price			
G-GRU2	4 hr	1	12	NOK1200	£119	€150	\$194

**Combination:** Highlights of Snaefellsnes National Park & Boat Tour of the Breidafjordur Bay are not combinable.

### **Day 3 - Denmark Strait**

While crossing the Denmark Strait we follow in the wake of the great Norse settlers who left the shores of Iceland and Norway more than 900 years ago.

### **Day 4 - Prins Christian Sund**

Greenland's southern shores contain some of the most culturally and scenically diverse regions of the island. Enjoy breathtaking scenery as we navigate dramatic Prins Christian Sund, a narrow, often ice-choked 70-mile-long channel across the southernmost point of Greenland. Huge glaciers tumble down from the Ice Cap.

### **Day 5 & 6 - South Greenland**

We will visit small communities of Southern Greenland. In this area we find unique Viking history, historic sites, arts and crafts, and majestic scenery.

Our final route in this area will depend on weather and ice conditions, one of our possible landing sites will be Qassiarsuk, a community with a population of 56 people, known for the settlement of the Viking Erik Raude (Eric the Red). He was banished from Iceland and escaped to the land he called Greenland. In Qassiarsuk we'll find the reconstructions of his farm. Here you may join a guided walk through the settlement where you will learn more about the history of the region. You can visit the reconstruction of Erik Raude's longhouse and the church that Erik's wife Tjodhildur made him build. The walk will also include a visit at the church used today.

### **Qaqortoq Town - Culture, History, Inuit and Modern.**

The on-board introduction will provide you with an overview Qaqortoq, a colony dating back to the 1800. Qaqortoq Museum is located in the oldest building in town from 1804 by the main fountain and exhibits some old inuit boats, hunting equipment, national dresses and Viking artifacts. One of the features is the reconstructed 'blue room' and 'red room' where Knud Rasmussen (Polar explorer and Anthropologist) and Charles Lindberg (Aviator) have slept. Much of the Inuit culture can be seen around this area along with old brewery and the old meeting hall. Ensure that you visit the Saviours church, which was constructed in 1832. Entrance fee of approx 20 DKK payable locally.

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

### **"Stone and Man" Tour – Art, Tradition and Culture.**

The cultural project 'Stone and Man' can be seen as an open invitation to explore the town to find the 30 different motifs that are chiselled into rocks and stones by local and Scandinavian artists. Vor Frelser Kirke (the Church of Our Saviour) from 1832 and the town's two museums along with the Great Greenland Fur-house are also well worth a visit.

Tour #	Duration	Degree	Max nos.	Price			
G-QAQ1	1.5hr	2	88	NOK260	£26	€33	\$42

### **Great Greenland Tannery & Fur House - Modern.**

Visit the leading industry in producing skin from Greenland. Great Greenland is known for their modern designs in coats all over the world. Besides sealskin they also stock, amongst others, polar bear skin. Included in the tour will be the design and production process, as well as the opportunity to stroke the softness of the skin delivered by the native Greenlandic hunters; and the possibility of purchasing it locally.

Tour #	Duration	Degree	Max nos.	Price			
G-QAQ2	1hr	1	25	NOK140	£14	€18	\$23

### **Greenlandic Specialities - Traditions/Culture.**

Try traditional Greenlandic specialities after an explanation into the preparation and presentation of the dishes. In an ever changing world it is still incredibly refreshing to learn about the dependence on local and seasonal produce offered by mother-nature.

Tour #	Duration	Degree	Max nos.	Price			
G-QAQ3	40 mins	1	40	NOK250	£25	€31	\$40

**Combinaton:** 2 out of 3 of the following excursions are combinable ('Stone and Man' Tour, Great Greenland Tannery & Fur House and Greenlandic Specialities

### **Day 7 – Nuuk**

The capital of Greenland houses about 15 000 people and holds the political and social centre of Greenland. Nuuk is the oldest town in Greenland founded by the Danish-Norwegian missionary Hans Egede in 1728. The name Nuuk means peninsula in English, an accurate description of the city's location, on the tip of a large peninsula at the mouth of one of the largest and most spectacular fjord systems in the world.

Today the town is a place where old and new traditions meet, from picturesque old buildings in "Kolonihaven" to the building of the Greenland Home Rule. Being the capital, Nuuk also houses a university, a teachers training college, churches and the Greenland National Museum where the mummies from Qilakilsoq are to be found.

## **Day 8 –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 payable locally).

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 9 - 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's 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 (entrance fee for the church and the museum is approx 20 DKK, and is payable locally).

Tour #	Duration	Degree	Max nos.	Price
N/A	3hr	5	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 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 Uummannaq 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	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	20	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 10 - 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 11 - 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 and 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 kilometres 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 13<sup>th</sup> 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 approx 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 help 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 12 – 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 17<sup>th</sup> 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			
N/A	1hr	2	Unlimited	Included			

### **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

### 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

**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 Fiord in the north.

Tour #	Duration	Degree	Max nos.	Price			
G-SIS4	5-6	1	20	NOK600	£60	€75	\$97

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

### Day 13 – 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" 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 14 - 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

### *BBQ*

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.**