

Meals

The voyage includes breakfast, lunch and dinner, with coffee/tea after lunch and dinner. Meals will be inspired by Arctic food using local ingredients. Beverages and other refreshments during the day are not included.

Climate

Greenland has a maritime Arctic climate with average temperatures around 10°C but summers can be relatively mild, especially in the more sheltered fjords, where temperatures can reach up to 20°C. With the majority of Greenland lying above the Arctic Circle the summer months also see the Midnight Sun, with 24-hour daylight from May until the end of July. Sudden weather and temperature changes can occur at any time though so be prepared for inclement conditions, including the possibility of snow during the summer months.

Visas

British citizens do not require a visa to enter Greenland. The majority of other visitors can enter without a visa if their stay is for less than three months but you should check with your local embassy or consulate to confirm this. This information is correct at the time of going to print, it is however the responsibility of passengers to ensure that they comply with the passport and visa requirements applicable at the time of travel.

Luggage

The luggage allowance on flights is usually 44lbs / 20kgs per person. In addition you may take one piece of hand luggage weighing less than eight kg. Please check with your airline for details. You will need to bring a small waterproof rucksack for day hikes and excursions.

On arrival in Kangerlussuaq we transfer out to MS Fram by tender boats so please pack waterproof clothing including trousers in your hand luggage for the short journey out to the vessel. Please note that due to the limited number of buses available, there might be some waiting time before the transfer.

Medical Staff on board

A doctor and nurse are on board throughout the voyage and the crew is all trained in first aid.

Clothing

All passengers will receive a wind and waterproof jacket as a memento (sizes



S-XXL). Several layers of fleeces, woollen sweaters and t-shirts should be worn underneath. You should take long/thermal underwear, a warm hat and woollen socks. We also recommend that you bring warm gloves, several fleeces or woollen sweaters and comfortable sturdy hiking boots for excursions (be advised that good footwear will be required for some of our onshore excursions because of the nature of the hikes and the differing terrain). Life on board the ship is a fairly relaxed affair, so there is no need to pack anything formal. Comfortable clothing is more important for relaxing in, although you may wish to pack a smart set of clothes for the final meal (note that this is in no way compulsory). During the day and for our on-shore excursions, clothing which can be layered is best.

Equipment

A good set of binoculars is essential, as are sufficient film/memory cards for your camera and spare batteries (as a general rule of thumb, bring double what you think you will need). A UV or skylight filter and lens hood may also be useful. Remember to bring insect repellent, sun-cream and good quality sunglasses, as even in the cooler northern climates the sun can still be a major factor in your trip. An alarm clock may also be useful, as will waterproof bags to protect your camera equipment and binoculars. Cabins are equipped with continental two pin plugs, please bring a travel adaptor.

Also remember to pack adequate supplies of any prescription medicine you may need into your hand luggage. Should you feel it necessary you may also want to bring something for seasickness.

Entertainment/lectures on board

The emphasis is on relaxation and on getting close to nature and wildlife of the areas visited. That being the case there is little or no entertainment on board. Our experienced guides will organise talks and information briefings on subjects such as wildlife, geology, local history and environmental aspects of the areas visited. MS Fram boasts an excellent observation lounge and large outside observation terraces, all designed to significantly enhance any natural experiences and wildlife encounters.

Landings/Excursions by Polar Cirkel Boats

These sturdy inflatable boats enable both water based exploration and safe landings in otherwise inaccessible areas. You will need to be fairly agile to board these but there is otherwise no need to worry about



travelling in them. The crew will show you what to do and as long as you follow their instructions, after a few days it will become second nature.

Safety

The ship is fitted with the necessary safety equipment and passengers are required to take part in safety briefings when scheduled. In order to comply with maritime security requirements that apply to all ships and ports worldwide, passengers, crew and visitors to the ship may be subject to security screenings. We appreciate your patience and understanding whenever such screenings are required.

Smoking

Smoking is only allowed in designated outside areas.

Valuables

Safety deposit boxes are available on the MS Fram however we do recommend that you leave jewellery and other valuables at home. Accordingly Hurtigruten Ltd cannot accept custody of or responsibility for guests' money or other valuables while on board.

Recommended Reading

Gretel Ehrlich: This Cold Heaven

Fridtjof Nansen: The First Crossing of Greenland & Farthest North

Peter Stark: Ring of Ice

Knud Rasmussen: Greenland by the Polar Sea and Across Arctic America- Narrative from the Fifth Thule Expedition

Environmental Matters

We are proud to announce that for every person travelling with us, we will make a monetary contribution towards the UK's national charity dedicated to the protection of the marine environment and its wildlife – the Marine Conservation Society (www.mcsuk.org).

We would like to invite you to contribute a small amount per passenger, which will be used by Climate Care on projects designed to offset emissions generated by your air travel.

Greenland..... £8.00

2009 Departure dates

Prices: Please refer to our main Hurtigruten 2009 brochure or website for voyage and flight package prices.

13 Aug – 28 Aug

27 Aug – 11 sep

This dossier is correct at the time of going to print but may be subject to change without notice. Hurtigruten Ltd 2009 brochure terms and conditions apply.

VOYAGE TO THE INUIT NORTH

DISKO BAY & THULE CRUISE 16 days / 15 nights



The Western Fjords and Remote Wilderness of Greenland's Northern Extremes

Your journey begins in Kangerlussuaq, aboard the superbly appointed MS Fram, as she makes her way along the beautiful Sønder Strømfjord, towards Greenland's second largest town, Sisimiut. Here you will get the chance to discover the town's turbulent past. The voyage continues on to the ice strewn waters of Disko Bay to the once thriving whaling port of Qeqertarsuaq, before reaching the remote community of Uummannaq. At Dundas, Siorapaluk and Qaanaaq you will follow in the wake of the ancient Inuit and the more recent Arctic explorers, such as the great Knud Rasmussen. The spectacular delights of Upernavik's bird cliffs and Eqip Sermia's magnificent glacier are other highlights on this voyage. At Ilulissat, you will come across the cathedral-like icebergs of the Jakobshavn Glacier, vast sculptures of ice that clamour to reach the open seas of Disko Bay. There are options to explore this region by boat or helicopter, or a walk to the nearby UNESCO World Heritage Site of Sermermiut reveals an Inuit presence believed to date back some 3500 years. Our last stop is Itilleq where you will get the chance to meet the locals and try their 'Greenlandic Cake' over a cup of coffee before continuing on back to Kangerlussuaq. During your voyage informal lectures by expert guides will add to your enjoyment.

Voyage Highlights

- Cruise through the magnificent Arctic regions of north-western Greenland, including the spectacular Ilulissat Icefjord
- Unparalleled nature viewing
- On board experts and lectures
- Fascinating insight into Inuit culture and history
- Visits to Qeqertarsuaq, Uummannaq and Qaanaaq



VOYAGE ITINERARY

16 days / 15 nights

Fly to Kangerlussuaq from Copenhagen and embark the ship by Polar Cirkel boats. Disembark in Kangerlussuaq and board overnight flight to Copenhagen.

To take account of the changing weather, sea and ice conditions, all our itineraries are flexible and can vary from voyage to voyage. This enables you to make the most of any opportunities that present themselves, as well as to react to the local conditions. Any adjustments will be decided locally by the Captain – if necessary in consultation with the appropriate authorities – with safety being a prime concern.

DAY 1

Arrive Kangerlussuaq & transfer to MS Fram

Your journey begins in the small town of Kangerlussuaq, located at the end of a spectacular 170 kilometre long fjord. On arrival you will be transferred to the superbly appointed MS Fram, located a short distance away. Given that there isn't a deep water harbour capable of accommodating the ship at Kangerlussuaq, you will be transferred out to the ship by tender boats, so please bring waterproof clothing, including trousers in your hand luggage, for the short journey.

DAY 2

Sail to Sisimiut

Sisimiut is Greenland's second largest town with a population of approximately 5200. Translating as 'Inhabitants by the Fox Burrows', Sisimiut is an eclectic mix of the old and the new, where modern trawlers vie for space alongside the old harbour and the streets echo with the sounds of dog sleds. A walk around the town will introduce you to the delights of the town's 17th century heart. A visit to the pretty colonial residence of the Sisimiut Museum will uncover the town's maritime past. For the more active, a walk to the old ruins on Teleøen will reveal a cultural history that dates back nearly 5000 years, to the Saqqaq culture.

DAY 3

Sail to Qeqertarsuaq, landing by Polar Cirkel boats

There is a chance of spotting whales in these dark, still waters as we sail towards the tiny community of Qeqertarsuaq, a once thriving whaling port. The whalers are long gone now but a visit through its narrow streets will help to invoke a sense of the town's vibrant origins. Qeqertarsuaq's fame in more recent times has come from its Arctic Research Station, founded by the botanist Morten



Porsild. The oldest in Greenland it is still an important centre of research into the indigenous flora and fauna of the region. For those who wish to explore there are options to hike to the magnificent 'Valley of the Winds', which provides you with an in-depth look at some of the unique flora of the region.

DAY 4

Sail to Uummannaq, landing by Polar Cirkel boats

Continuing north we sail towards Uummannaq, situated at the foot of an 1170 metre tall heart-shaped mountain. This is Greenland's 'sunshine coast', receiving more hours of summer sun than any other part of the island. Whilst Uummannaq itself is a thriving fishing community, a walk through the town will reveal a history rich in cultural and historical diversity. You will see the huge granite blocks of its central church and visit the museum with its collection of traditional arts and crafts, as well as displays of costumes from the famous Qilakitsoq mummies. You can also hike to the enchantingly named 'Santa's Cabin', where the views out towards the Nuussuaq Peninsula are quite breathtaking.

DAY 5

At sea, alternative landing

We sail along the northwest coast on the Davis Strait from 71° to 76° north, crossing the northernmost point of habitation. A series of lectures will be held on board relating to the area we sail through.

DAY 6

Sail to Dundas and visit an abandoned settlement

Although indigenous people have lived around the area of Dundas for nearly 1000 years, the village itself was actually founded by the explorer Knud Rasmussen in 1910. Rasmussen spent much of his life exploring the Arctic regions and also ensuring that the Inuit way of life, its culture and history survived. On arrival in the now abandoned settlement you will visit the old trading post and the derelict remains of the old turf huts.

DAY 7

Sail to Siorapaluk, cultural visits

As we head even closer to the North Pole, we call into the small community of Siorapaluk. This is a rich hunting ground for the local people, seals, walrus, foxes and Arctic hare are all hunted here. There are a few modern conveniences available in the tiny town of Siorapaluk, these include a store, phones, a new school, public library and annual visits from a doctor and a dentist. But life here for the most part is very much one that reflects their ancestors. At this stopover we will invite the locals on board the MS Fram to exchange cultural experiences.

DAY 8

Cruising along the ice edge

Our plan today is to continue sailing as far north as we can, in the hope of reaching



the 80° parallel. This will very much be dependant upon the prevailing ice and sea conditions.

DAY 9

Sail to Qaanaaq (Thule)

Qaanaaq is located in a region of stunning natural beauty and was originally colonised by the Inuit from the west. A visit to the town will reveal an overwhelming number of dogs, which far outnumber the small human population. These are Greenlandic dogs, working dogs that are closely related to wolves in



behaviour and must be chained up by law. You can visit the Knud Rasmussen Museum or perhaps take a look at the local church, where the figure of Christ is depicted wearing socks, on account of the cold! A short hike takes you into a region filled with unique Arctic flora, whilst a traditional drum dance on board MS Fram allows you to experience the traditions of the area.

DAY 10

At Sea, on board lectures

As we begin our return journey south you will again get to enjoy the breathtaking vistas that are best viewed from on board the MS Fram. Our on board experts will enlighten you with a series of lectures on the history, culture and wildlife of these polar regions.

DAY 11

Visit Upernavik

Founded in 1772, Upernavik's name translates as 'The Place of Spring', reflecting the fact that nomadic hunters would return here from their winter hunting grounds further inland. Seals, beluga whales and polar bears are still hunted here and narwhales are caught from the back of kayaks, much as they have been for millennia. In the shops you are likely to see whale meat for sale alongside other groceries.

DAY 12

Eqip Sermia (Glacier), landing by Polar Cirkel boats

Sailing through the ice packed waters off the coast of Saqqaq we head towards the magnificent bulk of the Eqip Sermia, a glacier with a front edge of some five kilometres. Utilising our tender boats you will land facing the glacier and, for those who wish, take an exhilarating hike in the area. You can also enjoy a BBQ dinner overlooking the glacier in surely what must be the best restaurant in town.

DAY 13

Ilulissat, landing by Polar Cirkel boats

Ilulissat is situated at the head of a vast ice fjord that lies encased in an array of gigantic icebergs. Here you can explore the natural and cultural diversity of the region with a visit to the town and a number of optional excursions. Take the opportunity to sail out to the mouth of the fjord on a traditional red cutter, whilst a helicopter flight over the glacier takes you along the length of the 40km fjord. You can take a guided hike to the nearby UNESCO World Heritage Site of Sermermiut, a settlement where the Inuit presence dates back to approximately 3500 years.

DAY 14

Itilleq

In the early afternoon we reach the small settlement of Itilleq, founded in 1847 on another island it was later moved one kilometre east to its present location, at the head of the Itilleq Fjord. The island has no freshwater and for this reason Itilleq makes use of a facility to convert seawater to freshwater. There is a church in Itilleq with an interesting history, it was built in Thule (Umanak- North Greenland) in 1930 and was moved to Itilleq in 1963.

DAY 15

Voyage ends Kangerlussuaq

Disembarking our ship for the last time, you will return to the now seemingly busy shores of Kangerlussuaq by tender boats. Kangerlussuaq boasts a gravel road that actually leads all the way to the ice cap, some 25km to the east and the ride will take you through a landscape peppered with reindeer, musk oxen, Arctic foxes and birds to the very edge of the ice. This evening you are invited to join us for a final meal before a transfer to Kangerlussuaq airport for your overnight flight home.

DAY 16

Arrive Copenhagen.

Optional Excursions

In addition to the landings and excursions included in your trip, a range of pre-bookable optional excursions is also available, please ask our reservations team for details or download a booking form from our website www.hurtigruten.co.uk

Suite Service

We are pleased to introduce a range of extras if you book a suite on board MS Fram. They include two complimentary shore excursions during your voyage (does not include the Helicopter tour), a selection of beverages at lunch and dinner (water, soft drinks, beer or today's recommendation of wine), a welcome present upon arrival, a complimentary amenities basket, tea/coffee making facilities in your cabin, mini bar items upon arrival (refilling not included), bathrobes in your cabin and an evening turn down service. For an extra fee you also have the option of having breakfast served in your cabin and a laundry service.

GENERAL INFORMATION

Flights and transfers

Fly to Kangerlussuaq from Copenhagen and embark on the ship by Polar Cirkel boats. Disembark in Kangerlussuaq and board overnight flight to Copenhagen.

Tipping

If, at the end of the cruise, you wish to leave a tip, please fill in the form you will find in your cabin and give it to the purser two nights before the end of the cruise. The amount will then be debited to your cruise card. The current recommended tipping amount is NOK 50, approx £5 per person per day.

Money

On board MS Fram, Norwegian currency is used. Visa, American Express, Master Card and Diners Card are also accepted as means of payment. All purchases on board can be signed against your cruise card and payment settled at the end of your voyage.

On shore, Danish currency should be used. We recommend that you take this with you as, given the remoteness of this voyage, it can be difficult to exchange money locally. Major credit cards are accepted in the larger shops but should not be relied upon as your main form of payment.

On Board Prices

The voyage includes breakfast, lunch and dinner, with coffee/tea after lunch and dinner. Beverages and other refreshments during the day are not included. Below you will find a list of sample prices in £s Sterling of some items available. Please note that the prices shown are approximate only and based on the latest information available to us.

Café

Tea	Free
Coffee	Free
Bottled Water	£1.60
Soft drinks	£3.00

Bar/Dining room

Draught beer (0,4liters)	£3.50
Glass of wine	£3.90
Bottle of wine	from £15
Spirit	from £5.00

