

# 16 DAY THE HEART OF GREENLAND AND DISKO BAY EXPEDITION - ITINERARY 1

## DESTINATIONS

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## TOUR ITINERARY

### DAY 1

Destination	Reykjavik 
Meals included	Dinner
Accommodation	N/A

Reykjavik is the northernmost capital city in the world. The name means 'Smokey Bay', so called because of the columns of steam that rise from the many hot springs in the area. It is well worth booking a Pre-Programme to explore the surrounding geysers, mountains, glaciers and geothermal baths before embarking MS Fridtjof Nansen.

### DAY 2

Destination	 Denmark Straight
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


We leave Iceland behind and sail across the Irminger Sea. This is the same crossing that was used by the Vikings to migrate from Iceland to Greenland some 1,000 years ago.

### DAY 3

Destination	 Denmark Straight
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Another day at sea today where you can enjoy introductory lectures on local history and biology for insights into the upcoming destinations.

### DAY 4

Destination	 Qaqortoq
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Many consider Qaqortoq one of the most beautiful towns in Greenland for its colourful houses and photogenic setting. It is the biggest town in South Greenland, with some 3,000 inhabitants, but still easy to explore on foot. You can also join one of our excursions to get even more insight into local culture.

### DAY 5


Destination	 Kvanefjord
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We discover the beautiful region of Paamiut by sailing deep into Kvanefjord. Our experienced captain and Expedition Leader will take advantage of the current weather and ice conditions to identify our activity for the day. This could be a hike ashore for a scenic view of the area, or possibly small-boat cruising or kayaking.

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### DAY 6

Destination	 Maniitsoq
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Maniitsoq was founded in 1755 and its name means 'The Uneven Place', referring to the rocky hills and mountains shaping the layout of the town. It is also known as the 'Venice of Greenland' as it is situated in an archipelago, intersected by natural canals. The local museum charts the town's rich history and culture.

### DAY 7

Destination	 Sisimiut
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Sisimiut is situated 40 km north of the Arctic Circle. The name means 'The People Living in a Place of Fox Dens'. This is the second largest town in Greenland, a modern, picturesque settlement that maintains ancient traditions. We offer a variety of exciting excursions to discover the many things to do in Sisimiut.

### DAY 8

Destination	 Ilulissat
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Ilulissat is set in the stunning scenery of the Ilulissat Icefjord UNESCO World Heritage Site. At the mouth of the fjord you can see enormous icebergs that have run aground. These ice masses originate from the Jakobshavn Glacier, one of the fastest-moving glaciers in the world. Join one of our many excursions here.

### DAY 9

Destination	 Vaigat Sound
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Exploration day at Vaigat Sound. We now arrive at the northernmost point in our itinerary. There are several excellent landing sites in Vaigat Sound offering breathtaking landscape and Arctic flora. Our experienced captain and Expedition Leader will take advantage of the current weather and ice conditions to identify our activity for the day.

### DAY 10

Destination	 Evighed Fjord
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Another amazing day of exploration. On one side of the meandering Evighed Fjord is an ice cap that often crashes massive chunks of ice into the water. Around us are the highest mountains in West Greenland with peaks, up to 2,000 m (6,600 ft.) in height, sometimes swirling with mist. Conditions on the day will determine the final programme and

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the range of activities on offer by the Expedition Team.

### DAY 11

Destination	 Nuuk
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


Nuuk is situated at the mouth of one of the most spectacular fjord systems in the world. The capital city is where old and new traditions meet, from historic buildings in `Kolonihavnen´ to the modern Centre for Greenland Self Rule. Another feature is the National Museum - home to the famous mummies of Qilakitsoq.

### DAY 12

Destination	 Ivittuut
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A


According to archaeologists, Vikings settled in the Ivittuut area more than a thousand years ago but didn't remain. Ivittuut is believed to be the last Norse settlement in Greenland, but first to be abandoned. Nowadays, the only inhabitants that might appear in the town are wandering muskoxen which normally graze in the nearby plains.

### DAY 13

Destination	 Prins Christian Sund
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

This long fjord is surrounded by mountains that reach over 1,200 metres (3,900 ft), and up to 2,220 metres (7,280 ft) high. Many glaciers go straight into its waters where they calve icebergs of all shapes, shades, and sizes. If the channel is blocked with ice, we will sail around Nunap Isua (Cape Farewell) instead.

### DAY 14

Destination	 Irminger Sea
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

After exploring exhilarating Greenland, we set course back to Iceland. Spend the days at sea recapping your experiences, having fun in the Science Center or just relaxing on deck, looking at the sea birds which follow our ship or maybe even spotting whales.

### DAY 15

Destination	 Irminger Sea
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

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Today is our last day at sea, why not take advantage of the ship's hot tubs, infinity pool, panoramic sauna, outdoor and indoor gyms, and outdoor running track.

### DAY 16

Destination	Disembark Ship - Reykjavik
Meals included	Breakfast
Accommodation	N/A

You arrive back in the Icelandic capital early in the morning. If you want to explore more of the country, add one of our Post-Programmes before you head home, or simply extend your stay to enjoy the trendy city and its surrounding geothermal features.

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## TOUR ITINERARY

### Inclusions

#### WHATS INCLUDED

This voyage begins and ends in Iceland, taking you to the western Greenlandic coastline with its charming scenery and many colorful settlements.

You will meet the warm people who thrive here and learn more about their traditions and modern culture. Disko Bay is also renowned for its Arctic landscape of glaciers and impressive icebergs.

44 Meals - 15 Breakfasts - 14 Lunches - 15 Dinners including beverages (house beer, wine & soda)

Sail on board the MS Fridtjof Nansen in a Polar Outside cabin

Escorted landings with small expedition boats

Loan of boots, trekking poles, and all equipment for activities

Complimentary wind and water-resistant expedition jacket

Expedition Photographers help with your camera settings before landings

### Fine Print

#### HOW TO BOOK & PAYMENTS

##### Deposit & Payments

Book now and secure your package with only a 20% deposit per person.

Pay a 2nd instalment of \$1000 per person within 28 days.

You will then be invoiced for final payment 120 days prior to departure.

##### Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)

Then select the purple 'Book now' tab of the tour you have selected

Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests

Click the purple 'Proceed to Secure Checkout' tab

Enter your credit card or PayPal details to secure your

deposit/payment. You may also pay via BPAY (not available within 70 days of departure)

Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking

Your position on the tour will be confirmed within 48 hours of completing your order. If your place cannot be confirmed, a full refund of the deposit will occur

## TOUR ITINERARY

OPTIONAL TOURS	Qaqortoq - Kaffemik, a traditional Greenlandic experience with a local family - from \$66 pp Qaqortoq - Great Greenland Tannery - from \$74 pp Sisimiut - City tour by bus - from \$93 pp Sisimiut - Hike to Palasip Qaqqaa - from \$112 pp Ilulissat - Boat trip to the Icefjord - from \$168 pp Ilulissat - Hike to Holms Bakke - from \$130 pp Nuuk - Cultural history walk - from \$74 pp Nuuk - Nuuk City tour - from \$74 pp
EXCLUSIONS	Airfares Personal Expenses Travel Insurance Optional activities Anything not mentioned in the itinerary or optional
CRUISE DETAILS	For detailed information on your ship, the MS Fridtjof Nansen, click <a href="#">HERE</a> .  Compulsory Cruise Forms  Personal Questionnaire - This form must be received by Hurtigruten at least 8 weeks prior to your voyage departure. Medical Certificate - If applicable, the cruise Medical Certificate is to be completed and approved by your personal physician not more than 8 weeks before your departure date. The completed forms must be presented to the ship's doctor upon boarding. Boarding will be denied if part III of the Medical Certificate is not approved by your personal physician. Even if the forms have been duly submitted and approved by your personal physician, the ship's doctor and the captain reserve the right to deny the boarding of guests who do not seem to be sufficiently fit for travel.  For more information, click <a href="#">HERE</a>

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### IMPORTANT INFORMATION

#### Accommodation

The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.

#### Single Supplement

A single supplement is available on all nights of this trip from an extra \$4,800 subject to availability.

#### Triple Share

Not available.

#### Children

Children must be 5 years old or over and share a room with parents at all times. Children are charged the same price as adults.

#### Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.



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### CABIN BEDDING AND UPGRADES

Bedding on board the cruise is restricted to the following configurations. If you wish to upgrade your cabin, the following amounts are payable in addition to the package price prior to travel:

Polar Outside Window cabin: INCLUDED. The Polar Outside cabins are primarily on the lower/middle decks with windows, they are spacious, have flexible sleeping arrangements (double or twin), TV and Ensuite for excellent and high standard accommodation.

Arctic Superior Balcony cabin: from \$1,800 per person, twin share (subject to availability) \*Great for wildlife photography\* Arctic Superior class cabins are comfortable and roomy accommodation and have balconies. They have flexible sleeping arrangements (double or twin), TV and ensuite and other features make this one of our most popular categories.

Suite cabin - from \$4,900 per person, twin share (subject to availability) \*Great for wildlife photography\* Suites feature a private balcony, top-high decks, ensuite, flexible sleeping arrangements, some with sofa bed, TV, minibar, amenity kit, bathrobe, kettle, tea and coffee, espresso maker. They have flexible sleeping arrangements (double or twin). Enjoy free access to the upscale Lindstrom restaurant for breakfast and dinner.

Please request your cabin upgrade in the 'special requests' field. Availability and price will then be confirmed and added to your invoice upon acceptance.