



## Arctic Complete - M/V Greg Mortimer

GREENLAND, ICELAND, SPITSBERGEN - TRIP CODE GMAC

POLAR

### Why book this trip?

This voyage combines the best of Spitsbergen and Greenland, with a taste of Iceland. Spitsbergen's rugged northwest coast comprises mountains, tundra and fjords. While crossing the icy waters of the Greenland Sea, our onboard experts share their knowledge of the region's plants, animals and history. Greenland's remote east coast shows off the immensity of the icecap, fantastic icebergs and a fairytale landscape of granite spires rising 1000 m above exquisite fjords! The local Inuits welcome us and share their unique culture.

- **Experience complete wilderness** - in remote Northeast Greenland
- **Arctic highlights** - experience three Arctic regions in one voyage
- **Sail to the Land of Ice and Fire** - Iceland

**INCLUDED MEALS**

Breakfast: 24  
Lunch: 22  
Dinner: 24

**TRIP STAFF**

Expedition  
Crew  
Naturalist(s)

**TRANSPORT**

M/V Greg  
Mortimer  
Zodiac

**ACCOMMODATION**

23 nights premium  
boat  
1 nights premium  
hotel

**TRIP PACE:**

Relaxed

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Trip starts in Oslo

Arrive into Oslo (OSL) and make your way to the airport hotel, across from the terminal building. Upon check-in, reception staff will provide you with your cabin tags. Please fill out the luggage tags clearly, showing your name and cabin number so that your luggage is delivered to the correct cabin. Enjoy a welcome drink at the evening briefing and meet fellow expeditioners, before spending the night in preparation for your flight to Longyearbyen.

**ACCOMMODATION:**

Hotel in Oslo to be confirmed (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: DINNER

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## DAY 2 - Fly to Longyearbyen. Embark the Greg Mortimer

Fly to Longyearbyen in the morning. Upon arrival, you will be met by a representative to commence a tour of Longyearbyen. On the drive to Camp Barentz located in the Advent Valley, your guide will give you an introduction to Longyearbyen's fascinating history. At Camp Barentz enjoy a presentation in the large lavvo - a traditional building common in northern Norway. You will also have the opportunity to meet the friendly huskies and perhaps pick up some souvenirs. A visit to the Svalbard museum is included back in town, before embarking the vessel in the late afternoon. You will have time to settle into your cabin before the safety briefings. Your voyage commences, cruising out of the beautiful Isfjorden, escorted by gliding fulmar and perhaps the occasional puffin. Find a spot in one of the observation areas watching seabird, including graceful ivory gull, kittiwake and guillemot. They rise and fall skilfully, using the air currents created by the ship to gain momentum.

Please note : sometimes our ship is unable to dock in Longyearbyen port due to space and capacity. In these instances, you will reach the ship by Zodiac. Please ensure that you keep your wet-weather gear in your hand luggage to use in the Zodiacs, if this situation arises. You will be advised if this is required at your briefing in Oslo on Day One.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST & DINNER

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## DAY 3 - Explore Spitbergen

Over the following days, the Svalbard Archipelago is ours to explore. Our experienced expedition team, who have made countless journeys to this area, will use their expertise to design our voyage from day to day. This allows us to make best use of the prevailing weather, ice conditions and wildlife opportunities. There are many exciting places we can choose to visit and the order in which we see these, will vary from trip-to-trip.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 4 - Explore Spitzbergen

Phenomenal fjords, magnificent mountains ranges and a polar desert rich in fossils set the stage for heroic tales of early exploration. See walrus hauled-out on sea ice or on beaches. On land, stretch your legs on walks across tundra coming out in brightly-coloured wildflowers. We visit towering cliffs noisy with nesting guillemot and puffin, and

scree slopes that hold Svalbard's largest little auk colonies. Most memorable are encounters with the majestic polar bear on pack ice. Your expedition team is just as keen as you are to find them and will be on constant watch to spot these inspiring creatures.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 5 - Explore Spitzbergen

We cruise northwards, along the west coast of Spitsbergen, visiting intriguing places like Magdalenefjorden, located inside the Northwest Spitsbergen National Park. According to historical sources, Magdalenefjorden was first used by the English in the early days of the whaling era. They erected a land station on the headland and named the area Trinity Harbour. The station was closed in 1623. The spectacular alpine scenery is lined with jagged mountain peaks, to which Spitsbergen (pointed mountains) owes its name. The topography of the area is mostly rocky, shorelines are covered with stones and walking here can be challenging. Vegetation in the area is limited to mosses and lichens which grow near to the bird colonies. Little auks breed here in large numbers in the scree slopes everywhere around Magdalenefjorden. Amazingly, reindeer occasionally roam around on mossy slopes and polar bear as well as walrus are regularly seen here.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 6 - Explore Spitsbergen

In the far north at Nordvesthjornet and Raudfjorden, Willem Barentsz and his crew discovered new land on 17 June, 1596. They described the land as being 'rugged for the most part and steep, mostly mountains and jagged peaks, from which we gave it the name of Spitsbergen.' In the centuries that followed, the large number of bowhead whales found here attracted whalers from the Netherlands and various other countries, and the area became a place of high activity, both on the shore and in the surrounding sea. This is why Nordvesthjornet offers the largest concentration of cultural artefacts on Spitsbergen, all dating back to this first era of the exploitation of Svalbard's natural resources.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 7 - Explore Spitsbergen

Located along the north coast, Woodfjorden, Liefdefjorden and Bockfjorden are rarely visited places. This is the land of contrasts. By the large, flat Reinsdyrflya there is a great fjord system that stretches towards several mountain ridges of varying shapes and ages, including alpine summits of very old granite, majestic red mountains of Devonian sandstone, cone-shaped remnants of three volcanoes and even hot springs. Large glacier fronts calve into the sea, while polar bear are busy hunting for ringed seal and sweeping the islets for bird eggs. Walk on smooth raised beach terraces to a superb viewpoint, or hike in the mountains on the tundra where pretty brightly coloured wildflowers and lichen grow and where reindeer graze. We may visit trapper huts of yesteryear where Russian Pomors would hunt and survive the cold harsh winters, all while remaining alert for wandering polar bear and their cubs.



ACCOMMODATION:  
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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 8 - Explore Spitsbergen

The Svalbard Nature Reserve of Nordaust is the northernmost high-Arctic part of Svalbard. The fjords here are covered in ice, and drift ice floats around the islands for most of the year and glaciers cover large areas of the terrain. This is the kingdom of the polar bear and walrus. It has been protected as a nature reserve since 1973. Nordaustlandet is the second largest island in Svalbard. The two large ice sheets of Austfonna and Vestfonna cover large areas of the island. The landscape is open and majestic with different types of landscapes, from the prominent fjords in the west and north to the massive glacier front facing east and south. From a distance, Nordaustlandet appears cold, unfriendly and unproductive. However, many places are unexpectedly lush, especially close to the bird cliffs. The vegetation on land and the production in the sea have together formed a foundation for the terrestrial and marine wildlife, creating hunting opportunities for people. There are fewer signs of human activity on Nordaustlandet than in the rest of Svalbard, although there are cultural remains from Russian and Norwegian overwintering trapping, from scientific research and expeditions and from World War II.



ACCOMMODATION:  
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**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 9 - Explore Spitbergen

Moffen Island is situated directly north of 80°N. After the near extinction of walrus in Svalbard in the middle of the 20th century, Moffen Island played an important role in re-establishing the species here, a process which is still going on. Today, there are often larger numbers of walrus hauled out at the southern tip of the island. This is the reason why Moffen is protected. Approach during the summer (15th May to 15th September) is limited to a minimum distance of 500 metres.

In the very north of Svalbard, in the ocean north of Nordaustlandet, is the little archipelago of Sjuoyane, known as the Seven Islands, with its characteristic hat-shaped mountains. The hard granite mountains have acquired a green covering of moss due to thousands of breeding seabirds. Walrus dive for clams in the waters between the islands and in the bays. Most of the islands have been named after the English North Pole expeditions led by Phipps (1773) and Parry (1827). When the ice breaks up around Sjuoyane and the first seabirds return in April-May, the islands wake again after a long winter, during which the only wildlife is the odd polar bear, Arctic fox, reindeer and walrus. There is a large number of bird cliffs in Sjuoyane, scattered around most of the islands. Little auks come in the largest numbers, but there are also several smaller colonies of Atlantic puffin and Brunnich's guillemot. Common guillemot nests are scattered around the islands. One of the few known colonies of ivory gulls can be found on Phippsøya. There are also several haul-out sites for walrus on Sjuoyane. The most reliable place to encounter them is Isflakbukta on the island of Phippsøya, where up to 100 animals can be seen on the beach, and normally walrus are very active in the shallow bay. Polar bears can be seen anywhere on Sjuoyane. The polar bear distribution is strongly related to the distribution of sea ice. If there is drift ice around the islands it is more likely that there will be polar bear on the islands. Usually there are also a few polar bear remaining in the area over the summer, as well as reindeer and arctic fox.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 10 - Explore Spitzbergen

Along the northeast coast of Spitzbergen we enter a different world a polar desert. If ice conditions allow we will pass south through the narrow Hinlopen Strait. The Strait is flanked by creamy coloured slabs of rock that are rich in fossils, as we will discover for ourselves when we go ashore. We may visit Alkefjellet in the Strait, where a series of one-hundred metre high dolerite towers are home to nearly a million nesting Brunnich's guillemot, known as the penguins of the north, who occupy every available nook and cranny. Elsewhere, we seek out eider duck and geese and hope to spot Arctic fox and the beautiful ivory gull. Polar bear are common in the Hinlopen area. Normally a few summer bear can be spotted on the islands or around the bird cliffs. In spring, Hinlopen Strait is full of life, when the seabirds return. There is lots of noise out in the sound, as the little auk, Brunnich's guillemot and northern fulmar all make their presence known. Most birds go to the western part of the Strait, from Lomfjorden and southwards. Alkefjellet to the south of Lomfjorden is the largest bird cliff in the area, with several hundred thousand black-legged kittiwake and as many Brunnich's guillemot. There are also several colonies of northern fulmar in the area, and little auks nests scattered in and around the Strait.



ACCOMMODATION:  
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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 11 - Explore Spitzbergen

Majestic peaks and dramatic fjords make a visit to Hornsund special. The highest summits are often shrouded in mist, but if you are lucky you might get a glimpse of Hornsundtind, peaking at 1,431 metres. Hornsund is the southernmost fjord in Svalbard, located in Spitzbergen National Park. Traces of human activity spanning 400 years can be found almost anywhere, where there are possible landing sites. With regards to birdlife, Hornsund is mainly the domain of the little auk, due to the large scree slopes - their typical nesting habitat. With abundant plankton and crustacean, Hornsund and the areas off the west coast represent a giant food reservoir for the little auk. The West Spitzbergen Current - a branch of the Gulf Stream brings temperate waters north along the western Spitzbergen coast and provides favourable

conditions for biological production in the area. Northern fulmar can be seen in several colonies in Hornsund. Brunnich's guillemot and kittiwake nest at the same locations. Dunoyane and Isoyane are important nesting areas for barnacle geese, and the islands were protected as bird sanctuaries in 1973. The sanctuaries and the strand flats on the west coast are important migrating localities for barnacle geese, pink-footed geese and brent geese. Pink-footed geese nest in large numbers on Dunoyane and on the scree slopes and hillsides close to the sea, including in Hyttevika north of Hornsund and Gnalodden. Eider duck nest in the sanctuaries and at most headlands and islets in the Hornsund area.



ACCOMMODATION:  
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**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## **DAY 12 - Longyearbyen**

During the early morning we sail into Longyearbyen. As this voyage is a combination of two trips, we will bid our fellow passengers farewell in Longyearbyen but also welcome some new expeditioners aboard, for the next leg of our journey. You will be offered an activity in Longyearbyen in the morning upon disembarkation, followed by lunch and free time in the town, where you can catch up on emails or contact family and friends. You will re-board the M/V Greg Mortimer in the afternoon to continue on with your adventures.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## **DAY 13 - Explore Spitsbergen**

Over the next few days we will continue to explore the magical icy wonderland of Svalbard, constantly in search of the majestic polar bear hunting on pack ice and on land. Our expert expedition team will use their extensive experience of the region to design an exciting program and give you the best possible experience to encounter wildlife, Zodiac-cruise amongst frozen landscapes, hike through polar desert ecosystems and practice your photography skills.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 14 - Explore Spitsbergen

On our landings and during our informative lectures, we will learn about the fascinating history of exploration and exploitation of the area. We may duplicate some of the landings points from your previous week, but every trip is different, and the wildlife and conditions that you encounter can vary dramatically between visits.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 15 - Explore Spitsbergen

As we journey northwards towards Northern Svalbard, we will keep watch for Polar bear and walrus haul-outs on the ice and enjoy further landings and Zodiac cruises within the various bird colonies along the way.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 16 - Cross the Greenland Sea

As we cruise west across the Greenland Sea - the main outlet of the Arctic Ocean - we may encounter whales feeding in the productive waters of the north. Sightings of fin whale are common and blue whale have been seen in more recent years. As we begin to approach Greenland, we will likely encounter the East Greenland pack ice and if we are lucky, we will see polar bear hunting for prey.



### ACCOMMODATION:

M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 17 - Cross the Greenland Sea

The strong icy currents have isolated East Greenland from the Polar Basin, attracting large numbers of fish, seal and whale. Climatic conditions and the concentration of ice in the vicinity, often create thick morning fog that vanishes with the onset of the midday sun. Our experts will inform and entertain us with fascinating discussions on plants, animals, ice, and early explorers like Nansen, Andree and Scoresby.



### ACCOMMODATION:

M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 18 - Explore the East Coast of Greenland

Conditions permitting, there may be a chance to cruise in the sea ice with Zodiacs. Perhaps if we have had a good crossing, we may even have the opportunity to make our first landing on the Greenland coast, weather permitting. This stretch of coastline is ripe for exploration, with its many secrets locked in place by drift ice, for up to eight months each year. Home to polar bear, snowy owl and musk ox, it's the world's largest national park, covering 972,000 square kilometres; most of which is inland ice and the rest, a composite fjord landscape.

**ACCOMMODATION:**

M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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**DAY 19 - Explore the East Coast of Greenland**

We will attempt to enter Kaiser Franz Josef Fjord, a remote and rarely visited fjord system with countless opportunities for exploration within the Northeast Greenland National Park. Cruising through Kong Oskar Fjord, we will marvel at the geological beauty of the mountains, and land in a few places to explore the landscape and wildlife of Greenland. We will then head south along the coast of Liverpool Land, with our passage dependent on ice conditions. We aim to reach Scoresbysund, the world's largest fjord and a favourite hunting ground of the local Inuit.

**ACCOMMODATION:**

M/V Greg Mortimer (or similar)



**Grade: Premium Boat**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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**DAY 20 - Explore the East Coast of Greenland**

Massive glaciers dump into this fjord, the birthplace of the famous big Greenland icebergs. We hope to visit the remote and colourful Inuit community of Ittoqqortoormiit (Scoresby Town) and to hike across the tundra in search of ancient graveyards and summer villages occupied 3,000 years ago by Paleo-Eskimos. This area provides excellent opportunities for sea kayaking in its maze of calm, interconnecting waterways. We will keep a sharp eye out for musk oxen, Arctic hare and seal, and maybe if we are very lucky even a polar bear or narwhal. Scoresbysund offers many opportunities for walking and zodiac-cruising, so we will spend our days exploring the land, the ice and the sea. Over the next few days, we hope to visit various settlements, hike up to impressive viewpoints and enjoy the incredible scenery that is found here, visiting places such as Cape Hombolt, the Sefstrom Glacier, Sydkap and the island of Rode O.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 21 - Explore the East Coast of Greenland

At Cape Humboldt, a beautiful point on Ymer Island, there is a good chance to take a tundra walk and witness musk oxen grazing. We will also keep a lookout for Arctic fox and ptarmigan. A lone trapper's hut looks over the bay, with a magnificent view of icebergs. We hope to visit Blomsterbugten, an important site for paleo-eskimoos and more modern trappers. Here, we may have the opportunity to walk on the tundra to a spectacular viewpoint, overlooking Lake Noa.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 22 - Explore the East Coast of Greenland

At Sefstrom Glacier, which adorns the narrow- peaked waterway in Alpefjord. We will Zodiac cruise around the nose of the glacier and deeper into the fjord behind it. We can return along magnificent cliffs that are festooned with small colourful gardens of Arctic flowers, growing wherever water is available.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 23 - Explore the East Coast of Greenland

We have one final day to explore the delights of Eastern Greenland before heading out to sea, across the Denmark Strait.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 24 - Sail the Denmark Strait towards Iceland

In the Denmark Strait, we sail towards Iceland. Keep a lookout for whale blows and the many seabird that trail our ship in the ever present Arctic winds. Enjoy the time to reflect on your recent adventures, share and exchange photos, and soak up the fresh ocean air. As we near Iceland, you will find we are returning to the rest of the world as we encounter fishing vessels working the coastal waters.



ACCOMMODATION:  
M/V Greg Mortimer (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 25 - Trip ends in Reykjavik

During the early morning, we arrive into the northern Icelandic town of Akureyri. Disembark after breakfast and enjoy a scenic transfer to Reykjavik downtown or to the airport.



MEALS PROVIDED: BREAKFAST

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# Trip information

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## Climate and country information

### Greenland

#### Climate

Greenland has an Arctic climate with average temperatures in the North that do not exceed 10° C in the warmest summer months. In the southern part of the country and the innermost parts of the long fjords, the temperature can, however, rise to more than 20° C (68° F) in June, July and August.

#### Time difference to GMT

UTC±00:00 to UTC-04:00

#### Religion

Church of Denmark

#### Language

Greenlandic however, Danish and English are recognised languages.

### Iceland

#### Climate

Iceland has a cool and temperate climate and, despite its location just south of the Arctic Circle, its northerly latitude is counteracted by the warm waters of the North Atlantic Drift which encircles the island. Temperatures in winter can fluctuate between about 10°C and -10°C and precipitation in the form of rain, sleet or snow is to be expected at any time. Days will be short, with daylight often only guaranteed between about 11 am and 4 pm in December. The best time for seeing the Aurora Borealis is October to March. Summer is generally cool with average temperatures for June and July around 12 - 15 degree centigrade in Reykjavik, although is known to be warmer in other parts of the country. In June and July you can enjoy continuous daylight and see the Midnight Sun, whilst late spring and early autumn offer long twilights.

#### Time difference to GMT

0

#### Plugs

2 Pin Round

#### Religion

National Church of iceland

#### Language

Icelandic

### Spitsbergen

#### Climate

Between May and September is the best time to visit this region, with summer temperatures reaching a maximum of 5 degrees centigrade. North of the Arctic Circle, the sun does not set between the middle of May and the end of July, so you can expect to encounter the midnight sun during this period.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Whilst landings are included in the cost of your trip as per the outline itinerary, some departures aboard the MV Greg Mortimer have additional optional excursions which can be pre-booked with the ship operator directly. These will be charged at an additional fee, depending on the excursion and we recommend booking these in advance to ensure availability. Please speak to a member of our Polar team who will advise you on the booking process.

### Clothing

#### Parkas

A complimentary parka is provided for you on board the ship and is yours to keep after the voyage. It has a comfortable wind-resistant inner jacket, which is detachable from the waterproof outer shell, and is designed to be worn over your essential base layers.

#### Gloves

Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outergloves. This allows you some protection from the cold when removing your gloves to operate your camera etc. We strongly recommend that you bring more than one pair of gloves, in case one gets wet (or lost).

#### Hat/Cap

Warm, woollen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection, such as a balaclava.

#### Trousers

Water-resistant trousers of coated nylon or, even better, Gore-Tex® are essential for your comfort. They can be worn over your regular clothes to keep you warm and dry. We suggest that you purchase trousers a few sizes larger than you normally wear as you will be wearing them over other clothing. Gore-Tex® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. Rain gear and Gore-Tex® products can be found in any outdoor sport clothing store. In addition to your waterproof trousers, warm ski pants are suggested if you have them. Warm trousers such as jeans, corduroys etc are also good.

#### Socks

Warm wool socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet.

Outer Clothing Woollen, knit or cotton sweaters/tops, polar fleece tops (medium weight), several cotton turtlenecks and T-shirts for layering on and off the ship.

#### Underclothing

Thermal underwear is highly recommended as it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version.

## Footwear

Complimentary waterproof boots will be supplied on-board. However, if you have extra small or large feet, you are advised to bring your own.

Also ensure you take good walking boots and trainers for relaxing.

## Luggage

20kg

## Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

## Equipment

Sunglasses and sun cream

Insect repellent

Personal toiletries

A refillable water bottle

Books/reading material

Camera and memory cards

Seasickness remedy

## Tipping

### Local crew

Gratuities are included in the cost of your voyage.

## Greenland

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

### Foreign Exchange

#### Local currency

Danish krone (DKK)

## Iceland

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£12.00-16.00	£18.00 - 24.00	£4.00 - 6.00	£2

## Foreign Exchange

### Local currency

Icelandic Krona (ISK).

### Recommended Currency For Exchange

Both GBP and USD are readily exchanged at banks and post offices.

### Where To Exchange

Both GBP and USD are readily exchanged at banks and post offices

### ATM Availability

Cash can be drawn on credit cards from ATM's in Reykjavik and at the airport.

### Credit Card Acceptance

Most shops and restaurants take credit cards.

### Travellers Cheques

Can be exchanged at banks and post offices.

## Spitsbergen

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price	Beer price	Water price
£35.00-40.00	£6.00-8.00	£2.00-3.00

## Foreign Exchange

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## Transport, Accommodation & Meals

## Transport Information

M/V Greg Mortimer, Zodiac

## Ship description

The MV Greg Mortimer is a 104-metre ship, purpose-built in 2019 for expedition travel. Capable of

negotiating the strongest winds and waves, the vessel is being built to world-class polar standards and has been designed in close consultation with expedition specialists. The MV Greg Mortimer is limited to just 138 passengers and guests can enjoy some added comforts such as spacious stateroom cabins, a large mud room with easy boarding access and a hydraulic viewing platform, offering unobstructed views of the wildlife. Other features include a library, Wellness Centre with a gym, sauna and spa and a multimedia room for keen photographers wishing to edit their photos after a day of exploration. As a modern and custom-designed ship, this vessel is at the cutting edge of nautical technology and will ensure a comfortable and safe passage through polar waters.

## Cabins

The lead-in prices on our website are based on triple outward facing, Stateroom cabins. All staterooms have private bathrooms, ample storage, with twin beds. Many of the stateroom categories, have floor to ceiling windows that offer prime observation opportunities around the clock. Additionally, there are private balconies in most of the staterooms, allowing you to watch the world float past and take in the salty air of the open ocean. A full layout of the deck plan can be found under the Polar Ships section on our website. Your confirmed cabin type will appear on your Booking Confirmation, which will be sent on receipt of your deposit payment.

## Ship dining

Meals are served in the large, spacious dining room with an open seating arrangement, perfect for swapping stories with your extended expedition family. A range of courses is offered at each meal time and you can enjoy a variety of house wines, beers and soft drinks which are included with your evening meal. Complimentary coffee, tea and snacks are available throughout the day and any additional drinks can be purchased at the fully-stocked bar.

## Food and drink

Here are the average costs of drinks, in USD, on board - please bear in mind, they are subject to change:

Bottle of wine - from \$12

Bottle of beer - from \$3

Spirits (gin, whisky, vodka, port, rum) - from \$5

Cocktails - from \$5.50

Soft drinks (fizzy, fruit juice and water) - from \$2.50

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## Essential Information

### Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign, Commonwealth & Development Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

## **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa and Passport Information**

Norway: Entry visas NOT required by UK, AUS, NZ, USA, CAN Citizens. Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## **Transfers**

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Greenland**

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## **Iceland**

### **Vaccinations**

Nothing compulsory; tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding

vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

## Spitsbergen

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### Polar information

#### Ship information

The MV Greg Mortimer is a 104-metre ship, purpose-built in 2019 for expedition travel. Capable of negotiating the strongest winds and waves, the vessel is being built to world-class polar standards and has been designed in close consultation with expedition specialists. The MV Greg Mortimer is limited to just 138 passengers and guests can enjoy some added comforts such as spacious stateroom cabins, a large mud room with easy boarding access and a hydraulic viewing platform, offering unobstructed views of the wildlife. Other features include a library, Wellness Centre with a gym, sauna and spa and a multimedia room for keen photographers wishing to edit their photos after a day of exploration. As a modern and custom-designed ship, this vessel is at the cutting edge of nautical technology and will ensure a comfortable and safe passage through polar waters.

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### Additional Information



## Reviews

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