

EXPLORE!



Spitsbergen, Greenland and Iceland - Expedition

ARCTIC, DENMARK, GREENLAND, NORWAY, SPITSBERGEN - TRIP
CODE ASG

POLAR

Why book this trip?

Sail from Spitsbergen to Greenland, following the ice's edge always on the lookout for wildlife. Navigating south, explore this remote landscape not only by ship but also on foot and by Zodiac inflatable boat. This journey highlights the contrast and change in the Arctic as you move south, finally ending in the Land of Ice and Fire - Iceland. Inuit villages, unique wildlife and remote destinations are some of the highlights on this truly unforgettable voyage through the Arctic.

- **Enjoy contrasting landscapes** - of Spitsbergen, Greenland and Iceland
- **True wilderness** - explore the immense grandeur of remote eastern Greenland
- **Discover the dramatic beauty of Scoresbysund Fjord** - the largest fjord system in the world
- **Search for the mighty polar bear** - the King of the Arctic
- **En route to the Land of Fire and Ice** - cruise in the company of soaring fulmars, kittiwakes and guillemots

**INCLUDED MEALS**

Breakfast: 14
Lunch: 13
Dinner: 14

**TRIP STAFF**

Expedition
Crew
Naturalist(s)

**TRANSPORT**

Expedition
Zodiac

**ACCOMMODATION**

14 nights premium
boat

**TRIP PACE:**

Relaxed

Itinerary

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

DAY 1 - Arrive Longyearbyen

Longyearbyen is the largest settlement on the archipelago of Svalbard with a population of about 2,060 people and about as many snowmobiles. You will transfer to the ship in the afternoon and we will depart Longyearbyen in the evening.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: DINNER

DAY 2 - West Coast of Spitsbergen

We will have four full days to explore a small portion of the western coast of Spitsbergen. During the fall the days are getting shorter so we will try to take advantage of all of the sunlight possible to search for wildlife. By not following a set itinerary, we take on an expedition spirit and are free to take advantage of the best that Svalbard has to offer, both by Zodiac and on our landings ashore.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - West Coast of Spitsbergen

Svalbard is one of the few places in the World that offers a diversity of natural, cultural and historical sites. Highlights include fjords with breathtaking mountain scenery and glaciers flowing into the sea around us. We will spend these few days in search of the elusive polar bear, whilst taking in the other wildlife that this area is renowned for, such as seals and walrus and ofcourse, it's incredible birdlife. At one or more of our stops, we hope to see Svalbard's unique subspecies of reindeer. They are much smaller than their southern relatives, but still carry impressive antlers. We will also have the opportunity to see Arctic foxes, whilst on land.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - West Coast of Spitsbergen

This is also a land of history: from whaling to reaching for the pole, to trapping, coal mining and war and we hope to visit some of these historic sites. We will enjoy Zodiac cruises along the ice edge viewing seals, walrus and possibly whales. There will be plenty of time to cruise amongst the spectacular fjords, with glaciers spilling down to the sea.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - West Coast of Spitsbergen

We will have opportunities to walk on shore, observe and photograph the Arctic flora and fauna. As we are in the land of the polar bear, your expedition staff will carry rifles and flare guns on shore for your protection.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Greenland Sea

Frigid waters escape the Polar Ocean south into the Greenland Sea. There is an opportunity for whale watching here as many species are known to feed here in the summer months. We may see Orca, Humpback, and Minke whales as well as White-Beaked dolphins. The view is often complimented by fulmars, kittiwakes, gannets, guillemots, and razorbills.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Greenland Sea

Lectures by our on board Expedition Staff will increase your appreciation of these animals and the wild coast of Greenland.





ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - East Greenland and Scoresby Sund

We hope to sail through and land in some of the most spectacular fjord country in the world along the coast of Greenland. We will explore rarely visited glaciers, bays and inlets.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - East Greenland and Scoresby Sund

The Northeast Greenland National Park is the largest National Park in the world, nearly impossible to reach except on Expedition ships of this size. Spectacular geology combined with glacial features, create steep mountains raising directly from the sea. Enjoy the picturesque scenery, wildlife and other interesting landing sites in this unspoiled wilderness.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - East Greenland and Scoresby Sund

We will spend two days exploring Scoresby Sund, which is one of the largest fjord systems in the world. The distance from the mouth of the sound to the head of its innermost fjord is 350 km. It is a favoured hunting ground of the Inuit and is home to a variety of wildlife including; - walrus, seals, narwhals, polar bears and muskoxen. You will also find wolves, foxes, ermine and arctic hares, as well as lemmings and a variety of birdlife.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - East Greenland and Scoresby Sund

Walking over lush stands of colourful autumn tundra may lead to opportunities to see muskox grazing nearby.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - East Greenland and Scoresby Sund

We hope to visit the local village of Ittoqqortoormiit, offering us further insight into how people live in these harsh conditions. This isolated town in Greenland is far from any other inhabited settlements and is only accessible by expedition ships three months of the year. The town's population of 450 rely on hunting and fishing as they only have one grocery store. Locals enjoy the warmer spring weather and sunshine by taking dog sled or snowmobile trips, as well as camping.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 13 - Denmark Strait

We continue our lecture series, as we head towards Iceland and to the steaming hot springs of Reykjavik.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 14 - Denmark Strait

Another day cruising the Denmark Strait, with more bird-watching opportunities - the view is often complemented by soaring fulmars, kittiwakes, gannets, guillemots, and razorbills.



ACCOMMODATION:
Expedition (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 15 - Depart Reykjavik

You will disembark after breakfast in Reykjavik. A complimentary airport transfer will take you to the airport in time for your scheduled flight.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Arctic

Denmark

Climate

Due to Denmark's location in the middle of several seas, the weather is mild and the climate temperate year-round. Additionally, Denmark's day and night temperatures don't fluctuate that much. Summer time is from May to August with the temperatures often reaching the low 20°C. May is a lovely month to go as spring is at its height. Winter is from December to March with periods of frost and darker days with average temperatures of 0°C.

Time difference to GMT	Plugs	Religion	Language
+1	3 pin Round	Evangelical Lutheran	Danish

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	Religion
UTC±00:00 to UTC-04:00	Church of Denmark

Language

Greenlandic however, Danish and English are recognised languages.

Norway

Climate

Seasonal Climate Despite the northern latitudes the climate in Norway is not extreme, due to the affects of the North Atlantic Drift. Between May and September is the best time to visit this region, with summer temperatures reaching the high teens and rain a regular feature year round along the coast. 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	Plugs	Religion	Language
+1	2 Pin Round	Lutheranism	Norwegian

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	Plugs
+1	2 Pin Round

Budgeting and packing

Clothing

Parkas

This will be provided by the ship operator. Please register your size with us before travel and we will arrange for your parka to be available in your cabin on arrival.

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. 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 jumpers/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, used, waterproof boots will be supplied onboard. However, guests might want to bring their own if they are the following sizes due to the limited quantities onboard:

- men's UK size 12 & 13 1/2
- women's UK size below three & seven and above

Guests must bring their own if they are:

- men's UK size six 1/2 or smaller
- men's UK size 13 1/2 or larger
- women's UK size two or smaller
- women's UK size nine 1/2 or larger

These are rubber, waterproof boots that are just below your knees with a strong, ridged non-skid sole. You usually have to step from the Zodiac into icy water up to 30 cm high on most landings. Do not bring heavy, cumbersome boots that make it difficult to walk or boots with metal cleats, as they cannot be used for landings. For maximum warmth, wear loose-fitting boots and two pairs of socks. Try out your boots before the voyage.

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

Personal toiletries

A refillable water bottle

Books/reading material

Camera and extra memory cards (and something to protect the camera when out in the elements - dry bags are very useful for protecting camera gear)

Seasickness remedy

Walking poles

Personal First Aid

Tipping

Local crew

Tipping is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction. The suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is

collected by the Hotel Manager at the end of the voyage and distributed among the crew and Expedition Staff. The Officers choose not to participate in the tipping pool.

Arctic

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

Denmark

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
£9.00 - 14.00	£16.00 - 25.00	£1.80 - 5.00	£1.70 - 3.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Danish Kroner.	GBP or EUR

Where To Exchange

The tour leader will advise. We recommend that you take mixture Danish Kroner and Credit Cards with you.

ATM Availability

ATM's are widely available usually located outside banks, supermarkets and shopping centres. Most cash machines are available in different major European languages. It is free to withdraw money if you are using a cash machine from your own bank, though you may have to pay a transaction fee if you withdraw cash from a different bank.

Credit Card Acceptance

MasterCard or Visa cards accepted except in some supermarkets and small shops. American Express and Diners Club are also accepted, though not as widely as the previous two. With credit card payments made in Denmark you should expect to pay an extra charge.

Travellers Cheques

We do not recommend that you use travellers cheques as they can be difficult to exchange.

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)

Norway

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
£18.00 - 25.00	£35.00 - 40.00	£6.00 - 8.00	£2.00 - 3.00

Foreign Exchange

Local currency

Norwegian Krona

Recommended Currency For Exchange

Take Norwegian Krona with you

Where To Exchange

Recommend you buy some Norwegian Krona before departing the UK (or whilst in transit in Oslo).

ATM Availability

ATMs are available in Myre and at Oslo and Evenes Airports.

Credit Card Acceptance

Credit cards are generally accepted at many hotels and optional excursions may be paid for by credit card.

Travellers Cheques

Not recommended.

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

Transport, Accommodation & Meals

Transport Information

Expedition, Zodiac

Ship description

At a nimble 105 metres (345 ft) in length, with a capacity to hold 132 guests, the Expedition is an ideal vessel to ply polar waters. The ship is large enough to provide stability, speed, spacious cabins and ample public space. Yet she is small enough to manoeuvre in remote areas and get you close to the action. Ship stabilizers ensure a smooth ride in rough waters, allowing you to enjoy more of your time at sea. A fleet of ten Zodiacs allows passengers to get out and actively explore remote shores. The Expedition is a speedy vessel. A top speed of 16 knots means you'll spend less time getting from A to B, and more time exploring your surroundings.

Cabins

The lead-in prices on our website are based on outward facing, category one cabins on the lower deck. Category one cabins are triple or quad share. They are comfortable with a private toilet and shower, and porthole. The Expedition has a number of different cabin categories, ranging from quads, twins and suites - all are outside facing, with two beds (apart from the suites which have queen size beds). Some cabins have larger windows, depending on your cabin grade. We can also offer single occupancy at a supplement which will be subject to availability at the time of booking. 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

Onboard our expedition ship you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice; please advise us at time of

confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the dining room, pub or in the lounge.

Food and drink

Approximate prices of drinks, in USD, that aren't included are as follows:

Bottle of wine - \$22

Glass of wine - \$6 (half price during happy hour)

Beer - \$4

Guinness - \$6

Soft Drinks - \$2

A combination of US dollars cash and cards is best. It is also advisable to take some NOK for your time in Norway pre-cruise.

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a service charge. The ship accepts Visa and Mastercard.

Additional information: There is a chit system on board the ship, with bills settled on the final night of the voyage. Please note that only US Dollars and credit cards are accepted on board.

Essential Information

FCO 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 and Commonwealth 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 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 now 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.

Arctic

Denmark

Vaccinations

Nothing compulsory though we recommend protection against tetanus. Tick-borne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. 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.

Greenland

Norway

Vaccinations

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

Polar information

Ship information

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Additional Information

