

EXPLORE!



Inuit Arctic and Beyond - M/V Greg Mortimer

CANADA, GREENLAND, ICELAND - TRIP CODE GMIA

POLAR

Why book this trip?

On this voyage of discovery, you'll encounter traditional Inuit communities whose strong cultures have remained relatively unchanged for tens of thousands of years. Learn about their history and listen to the recounted tales of ancient Viking cultures that inhabited this region long ago. Enjoy some of the most splendid scenery in remote southern Greenland and in the Torngat Mountains, home to polar bears and caribou. Experience mid-Autumn in this wild and remote corner of the World where the dark night sky could very well reward you with a dazzling display of Aurora Borealis, the Northern Lights. Join the MV Greg Mortimer on an expedition from Iceland to southern Greenland, and all the way down the East coast of Canada, enjoying dramatic scenery, a wealth of history and a warm welcome, along the way!



INCLUDED MEALS
 Breakfast: 21
 Lunch: 19
 Dinner: 20



TRIP STAFF
 Expedition Crew
 Naturalist(s)



TRANSPORT
 M/V Greg Mortimer
 Zodiac



ACCOMMODATION
 19 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 in Reykjavik

In Reykjavik, make your own way to the group hotel. The remainder of the day is at leisure.



MEALS PROVIDED: DINNER

DAY 2 - Tour of Reykjavik

This morning, we will drive to Thingvellir National Park, a historical area where the Icelandic Parliament was founded in the 10th century. After enjoying a walk amongst the unique landscape of Thingvellir, we continue to Gullfoss, a magnificent waterfall, considered to be one of the most beautiful in Iceland. You will transfer to the pier to board the MV Greg Mortimer in the late afternoon.



ACCOMMODATION:
 M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Westman Islands, Iceland

The Westman Islands are situated just off the south coast of Iceland. The main island, Heimaey, has a population of approximately 4,000. Heimaey's main attractions are accessible on foot and you have the option of a guided walking tour including a visit to Eldfell volcano. Alternatively, discover the main attractions of the island on a city tour including Herjólfsdalur valley, to see the ruins of old Viking houses, drive Helgafell and Eldfell volcanoes, and visit the Eldheimar museum that features specific exhibitions dedicated to the volcanic eruption that created Surtsey Island, a UNESCO world-heritage site.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Crossing the Greenland Sea

As we cross the Greenland Sea, our series of informative onboard lectures continues. Enjoy presentations about volcanology and geothermal activity, Greenland's massive ice shelf, sea ice, glaciers and icebergs.



ACCOMMODATION:
M/V Greg Mortimer (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Crossing the Greenland Sea

Sea days also offer a great opportunity to get to know your fellow travellers and expedition team.



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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Prince Christian Sound, Southern Greenland

We enter magnificent Prince Christian Sound - a famous channel in Southern Greenland connecting the Labrador Sea with the Irminger Sea. It is around 100 km (60 miles) long and can be as narrow as only 500 metres (1,600 ft) wide. The fjord is surrounded by steep mountains, reaching over 2,200 metres (7,200 ft) high. Many glaciers go straight into its waters where they calve icebergs. Enjoy a slow ship cruise through the sound soaking in the splendid scenery, great for photography. At Kangersuneq Qinngorleq fjord, weather permitting, we may take a Zodiac cruise near the glacier. At the southern part of the sound, pass Appilatoq, a tiny settlement famed for the extraordinary sharp mountain peaks that surround it, a sheer delight for photographers.



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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Tasermit Fjord, Klosterdal, Nanortalik

Tasermit fjord is known as one of the most beautiful fjords in Greenland for its majestic mountains and lush valleys. At Klosterdal, we find ourselves amongst the three giant mountains of the area: Napasorsuaq, Ketil, and Nalumasortoq, where we may go ashore for a hike into the valley. Sail through the fjord towards Nanortalik, an area with a landscape unlike other areas in the country featuring deep fjords, small woodlands and grasslands, and rugged mountainside cliffs. Receive a very warm welcome from the local community who have opened up their town for you to explore. Visit Nanortalik Church, a wooden, Danish Lutheran church built in 1916, and Nanortalik Museum with exhibits featuring summer tents, kayaks and the oldest cargo boat ever discovered.



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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Narsarsuaq and Uunartoq, Southern Greenland

Narsarsuaq offers easy walks, which include Norse ruins, Inuit graves, and old farm houses. Paddlers may also have the opportunity to explore the little peninsular on kayaks. Uunartoq island is located halfway between Qaqortoq and Nanortalik. Hot springs are abundant in South and West Greenland, but Uunartoq island is home to the only hot springs in the country that are warm enough to bathe in. What's unique about Uunartoq is that the hot springs are in a completely natural environment in the middle of a grassy field. People have appreciated Uunartoq's remedial springs for more than 1,000 years and now you can too. Aside from soaking in the thermal springs, there are plenty of opportunities to explore the remnants of 500 years of different building styles and communal graves in the area.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Hvalsey Church Ruins and Qaqortoq

Hvalsey Church is the best-preserved Norse ruin in Greenland. 'Hvalsey' is old Norse for Whale Island. Christianity arrived in Greenland around 1,000 and gradually churches began to be built. Hvalsey itself was built in the early 14th century, but it was not the first church built on this site. The overall Hvalsey site comprises of farm and church buildings. The church might have been built by Scots-Norse stonemasons, as similar structures are found in Norway and Orkney. After exploring Hvalsey ruins, we continue to Qaqortoq, where our Zodiacs take us ashore. Qaqortoq is the capital of South Greenland, and the town offers many cultural activities - just walking around, you will experience the Man and Stone art project, designed to transform the town into an open-air art gallery. Other activities may include a walking tour guided by local students, watching a kayak performance, sampling local delicacies, or simply strolling around the picturesque lake.



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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - At Sea

After a busy first week, enjoy some down time as our informative and entertaining lectures continue, ahead of our arrival into Canada's spectacular and remote East Coast.



ACCOMMODATION:
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Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - At Sea

A further day at sea and more on-board presentations will be on offer. Our team of experts may present on the incredible geology or the rich wildlife found in the Torngat Mountains National Park - preparing you for what's to come.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Kangiqsualujjuaq (George River), Nunavik, Quebec

Kangiqsualujjuaq (George River) is the easternmost village of the Nunavik region in Quebec province. For adventure and nature lovers, the surroundings of Kangiqsualujjuaq are full of natural attractions and common wildlife found in the area include caribou, black bear, fox and wolf. About 100 km to the east of

Kangiqsualujuaq are the Torngat Mountains. We are privileged to visit Kangiqsualujuaq community, where you will meet with friendly locals who are proud to show you their home and introduce you to the distinctive characteristics of their cultural and linguistic heritage, art and stories. Discover the splendid Autumn tundra on a short hike. The World's largest caribou herds roam freely in Nunavik.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 13 - Torngat Mountains National Park & fjords, Labrador

Torngat Mountains National Park is a mysteriously beautiful landscape reminiscent of Earth a million years ago. It takes its name from the Inuktitut word 'Tongait', meaning place of spirits. It is 9,700 square kilometres of spectacular wilderness, a land of mountains and polar bears, small glaciers, and caribou, where the Inuit hunt, fish, and travel, as their predecessors did for thousands of years. The Torngat Mountains are also home to some rock formations about 3.92 billion years old, making them the second oldest in the World!

Over the next two days, we'll explore the deep fjords and channels by ship, Zodiac cruising through some of the most spectacular and dramatic landscapes found anywhere in the World; getting out for hikes, searching for wildlife and visiting archaeological sites. Weather conditions and tides will determine our final itinerary and landings during our time exploring Torngat Mountains National Park. We may sail through Eclipse Channel or Nachvak Fjord, a deep and narrow fjord stretching more than 20 kilometres with rocky walls of the fjord soaring almost 900 metre above us at several points. Around the southern part of the national park in places such as Saglek Fjord, we'll attempt to look for polar bears roaming the rocky shores of the outlying islands of the park on their hunt for food.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 14 - Torngat Mountains National Park & fjords, Labrador

Autumn brings shorter days and when the sun goes down, look up. Chances are, you'll see something to take your breath away - bright green ribbons of light dancing and swirling across the night sky. You are in the zone of the Aurora Borealis. Brilliant, exhilarating and utterly unforgettable, the Northern Lights are the crowning glory to the dramatically beautiful Torngats.



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MEALS PROVIDED: BREAKFAST

DAY 15 - At Sea

As we sail south to Nain, our onboard lecture series continues and you'll learn about the history of Moravian missionaries. Spend your free time catching up on editing photos and relaxing in the various public areas on board the ship, stay active in the fitness centre or unwind in the wellness centre.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 16 - Nain, Labrador

Nain is the most northern and largest community in Nunatsiavut. Founded in 1771 by Moravian Missionaries, Nain was an important outpost for the missionizing efforts of the Moravians. Beautiful artefacts and buildings built by the Moravians remain in the community to this day. In smaller groups accompanied by local guides, you will be taken on a walking tour visiting the town's key sites including the Moravian church; Torngat Arts and Crafts Gift Shop; Illusuak Cultural Centre and perhaps see a demonstration of stone carving by a local carver. Time permitting, there may be a chance for a hike to Mount Sophie, escorted by local Inuit bear guards as bears are frequently spotted in the area outside of town.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 17 - Hopedale, Labrador

Located in the heart of Nunatsiavut, Hopedale is the legislative capital of the Nunatsiavut Government. Originally known by its Inuktitut name Arvertok, which translates to the place of whales, the community was renamed Hopedale by Moravian Missionaries arriving from Germany in 1782. Today, there remains an incredible legacy of structures and artefacts from the Moravians in Hopedale. Some of the oldest wooden-framed buildings in Canada still stand in Hopedale. Take a walk through the Nunatsiavut Assembly Building and learn about the local Labradorite and seal skin materials found throughout. Browse through the Moravian Mission Museum Interpretation Centre to view three storeys of artefacts and written materials collected since the late 1700's.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 18 - Battle Harbour, Labrador

Battle Harbour is a restored, 19th-century fishing village on a small island in the Labrador Sea. Regarded by generations as the unofficial capital of Labrador, it was once the salt fish capital of the World and also a government centre bringing medicine and supplies to Indigenous communities to the north. Welcome to a place without power lines or cell towers, without cars or paved roads, you can walk footpaths worn by fishermen and merchants centuries ago. Spend a few hours in Battle Harbour exploring the buildings and walking the trails on this island with local, knowledgeable hosts. Hiking the island reveals its Arctic vegetation and rock formations. In this sub-Arctic region, the dark Autumn night sky is full of bright, gigantic stars occasionally joined by the northern lights.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 19 - L'Anse aux Meadows, Newfoundland

L'Anse aux Meadows National Historic Site contains the excavated remains of a complete 11th-century Viking settlement, the earliest evidence of Europeans in North America. This and subsequent archaeological discoveries proved Leif Erickson and crews of Norse explorers settled here in Newfoundland and Labrador (or Vinland as they called it). L'Anse aux Meadows was declared a UNESCO World Heritage Site in 1978 and is the first authenticated Norse settlement in North America. Wander the new world home of Leif Ericson and learn about the sagas and technologies of the Norse that explored North America over 10 centuries ago.

On today's other shore excursion, learn the fascinating story of Dr. Wilfred Grenfell, a young English doctor renowned for bringing medicine and education to the Inuit and poor European settlers along the harsh Labrador Coast.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 20 - Twillingate, Newfoundland

Twillingate is known as the Iceberg Capital of The World because of the many icebergs that flow past its shores from Greenland in early spring and summer. Twillingate offers many features and attractions that Newfoundland and Labrador outposts are famous for: stunning coastline, and historical and picturesque streets. Our shore excursions today will use local guides and school buses (Long Point Hike option available) to travel between the region's most popular attractions: the Auk Island Winery, the Prime Berth, the Long Point Lighthouse and the Twillingate Museum.



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MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 21 - Disembark St. John, Newfoundland

After a leisurely breakfast, bid your fellow travellers, new friends and expedition team a fond farewell, before disembarking in St. John's. Since 1497, explorers, adventurers, pirates and all manner of seafarers, have found their way into the spectacular harbour of St John's. A legendary seaport on the edge of the continent with a 500-year rich seafaring history. St. John's is North America's oldest European-settled city and is the capital of Newfoundland - a place well worth spending a few days at the end of your voyage. Wander through the colourful Victorian streets with plenty of heritage shops, boutiques, art galleries, fine restaurants, bistros, and pubs - just steps away from the dockside.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Canada

Climate

May-Sep is the best time to visit, when the weather is usually warm, dry and pleasant. Temperatures can be a little cooler on the coast and in the mountains; rain can be expected at any time. Early in the season, there can be snow in some areas which may limit walking possibilities.

Time difference to GMT	Plugs	Religion	Language
-7	2 Pin Flat	Roman Catholic, Protestant	English and French

Greenland

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	Plugs	Religion	Language
0	2 Pin Round	National Church of iceland	Icelandic

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

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 \$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.

Canada

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
£13.00	£20.00	£3.00	£1.10

Foreign Exchange

Local currency

Canadian Dollars.

Recommended Currency For Exchange

Bring your money in Canadian Dollars or US Dollars cash which can be used almost everywhere, although local stores are not keen to change anything over \$50.

Where To Exchange

Banks or 'Forex' offices in main towns/cities. Your tour leader will advise you on arrival.

ATM Availability

There are ATMs in the towns.

Credit Card Acceptance

Widely accepted just about everywhere.

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

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.

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 120 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

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](#)

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.

Canada

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, typhoid, infectious hepatitis and polio. 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

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.

Polar information

Ship information

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