

# EXPLORE!

**Jan Mayen, Greenland and Iceland**  
11 days

Greenland, Iceland, Norway, Spitsbergen - Trip code SPGI

## Jan Mayen, Greenland and Iceland

Set sail from Tromsø across the open ocean towards Jan Mayen, one of the most isolated places on Earth. We will attempt a landing on this exotic Arctic isle, where the landscape is dominated by Beerenberg, the northernmost active volcano. Exploring East Greenland's Scoresby Sund is a fantastic arctic wilderness. As with all true expeditions, we will work with the conditions to decide our route and where to go ashore. We will spend nearly four days in this unbelievable fjord system, enjoying magnificent scenery and breath-taking views. We will also make a stop at the modern Inuit village of Ittoqqortoormiit, allowing us to truly experience the way of life in these isolated parts. This area is an ideal location for seeing Northern Lights and we will be travelling in the optimum season, so we'll hope for clear skies and a spectacular aurora! We cross the Denmark Strait towards Iceland to explore the west coast and Stykkisholmur, here you will find a diversity of volcanic activity and incredible rock and lava formations. We end our voyage in the delightful city of Reykjavik.

## Trip highlights

- ★ Visit three Arctic islands - in one expedition and keep a watch for the Northern Lights
- ★ Discover Jan Mayen - one of the most isolated islands in the world
- ★ Explore the largest National Park of the world - in Greenland
- ★ Enjoy pure wilderness landings - in this remote and undisturbed landscape
- ★ Experience hanging glaciers and vertical granite faces - reaching as far as the eye can see
- ★ Wildlife - See musk oxen, Greenland Falcon and polar hares and wolves

### ACCOMMODATION GRADE:

#### Premium

Our premium accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

#### TRIP PACE:

##### Relaxed

You can enjoy easy-going activities and experiences on these Relaxed pace tours, with opportunities to absorb the sights and immerse yourself in the local surroundings, but still come home feeling relaxed and refreshed.

## Itinerary

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

### DAY 1 - Tromso, Norway

Our voyage begins as so many great explorations have, in the Norwegian city of Tromso - a city with great attractions and easy access to wilderness. The Polar Museum is housed in a traditional wharf house from the 1830s and the Polaria Experience Centre is located five minutes from the heart of the city. Here you will find an Arctic aquarium, interesting knowledge-based exhibits, a panoramic cinema and a gift and souvenir shop. The city's most recognisable landmark is the Arctic Cathedral, built in 1965, featuring a huge original stained-glass mosaic. You will have time to explore the city on your own and perhaps travel on the Fjellheisen Cable Car to the top of the Fløyfjellet Mountain and enjoy breath-taking views of the city, mountains and fjords.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals provided : Dinner

### DAY 2 - At Sea

We will spend the next two days at sea, as we sail towards Jan Mayen. Enjoy the on-board facilities of your comfortable ship and the informative lectures given by the expedition crew.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

### DAY 3 - At Sea

Sea days can be as active or relaxing as you choose. Perhaps you'd like to join a photography workshop or learn about the ecosystems of the maritime Arctic in one of the fascinating lectures given by the Expedition team as they prepare you for the

adventures ahead.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 4 - Jan Mayen

Ittoqqortoormiit is the most isolated town in Greenland. As you explore this settlement, you'll notice racks used by local trappers to dry the skins of the animals they have hunted. The town is also the gateway to the world's largest and deepest multi-branched fjord system. A special basalt rock formation with horizontal lines runs through the nearby cliffs, marking the transition to North-eastern Greenland.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 5 - Scoresbysund Fjord

As we explore the Scoresbysund fjord system, we will attempt to land in several places as pure wilderness expeditions. Weather and ice will decide our final routing. If we visit the former trading post at Syd Kap, you will see old blubber ovens and the ruins of old dwellings. In Bjørne Øer, you can encounter larger remnants of an old Thule settlement. The hunters' cabin in Hecla Havn is a great place to spot birds and smaller mammals, including Arctic hare, lemming and ptarmigans.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Scoresbysund Fjord

At Viking Bay, you can study the Colombia basalt rock formations or visit a large glacier. Qupaulakajik is significant for its abundance of plant fossils - it is possible to find fossils that are over 200 million years old here. The mountains in this area are almost alpine in nature, rising right out of the water to an altitude of more than 2,500 metres above sea level.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Scoresbysund Fjord

The fjords are scattered with large icebergs and framed by valleys dotted with musk oxen. Watch out for other wildlife such as the all-white Arctic hare, the Arctic fox or the very rare Arctic wolf. Turn your eyes to the sky to spot the white Greenland falcon, ptarmigan, snowy owl and a variety of sea birds. Remember to scan for polar bears wherever you see ice.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Scoresbysund Fjord

Walking over lush tundra may lead to opportunities to see muskox grazing nearby, as well as a chance to spot other wildlife and a variety of sea birds. With four days to explore this incredible wilderness, there will be plenty of time for shore landings and cruises in our robust PolarCirkel boats.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 9 - At Sea

As we leave Greenland, we sail towards the western coast of Iceland. This is an excellent day to attend lectures and prepare for our return to civilisation.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 10 - Stykkíshólmur

As we reach the west region of Iceland, you will understand why this area is dubbed the Sagaland. Take your time to explore Stykkishólmur's diversity of lava and rock formations, glaciers, volcanic activity, and hot and cold springs. Participate in a range of exciting excursions such as kayaking, hiking or horseback riding.



**Accommodation: M/S Spitsbergen** (or similar)



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 11 - Reykjavik, Iceland

Iceland's capital offers visitors a rich urban life, a far cry from the wilderness experienced during our voyage. Relatively close to the city you will find glaciers, waterfalls, geysers and mountains. Reykjavik itself hosts fine restaurants, museums and shops. We will arrive in the morning hours and this is where our voyage comes to an end.



Meals Provided: Breakfast

# Polar information

### Ship information

Named after the Arctic crown of Norway - the archipelago of Spitsbergen - the MS Spitsbergen was built in 2009 and has recently undergone a complete reconstruction in 2015-16. The ship features high standards throughout and public areas and cabins are comfortable and spacious - offering a peaceful haven at the end of a busy day exploring the Arctic wilderness. There is ample outdoor deck space to view the passing scenery, or you can keep a watchful eye from the bright and airy lounge area with its large picture windows. Cabins are well equipped, all en-suite, and there are a variety of cabin types to choose from. The ship also offers some extra amenities such as a Jacuzzi and fitness room. The Scandinavian design is fresh and modern and the ship's manoeuvrability and optimal size, allows for easy navigation in polar waters.

# What's included?



## Included meals

Breakfast: 10  
Lunch: 9  
Dinner: 10



## Transport

M/S Spitsbergen  
Zodiac



## Trip staff

Expedition Crew  
Naturalist(s)



## Accommodation

10 nights premium boat

# Trip information

## Country information

### 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

0

#### Plugs

2 Pin Round

#### Religion

National Church of iceland

#### Language

Icelandic

### 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

+1

#### Plugs

2 Pin Round

#### Religion

Lutheranism

#### Language

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

+1

#### Plugs

2 Pin Round

## Budgeting and packing

### Clothing

Pack comfortable, casual clothing for all activities. Wind and waterproof outer layers are essential, and a jacket is provided in the cost of the cruise. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibres, like polar fleece, retain heat better than cotton.

#### Parkas

A wind and waterproof jacket is provided as part of the cost of your holiday.

#### 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

Waterproof boots are available on-board, free of charge. Ensure that you take good walking boots with you and comfortable trainers or grip-type shoes, for relaxing on the ship and for when out on deck.

### 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 memory cards (and something to protect the camera when out in the elements)  
Seasickness remedy  
Walking poles

## Tipping

### Local crew

Tipping is collected at the end of the voyage and is divided among the crew. Tipping is a very personal matter and the amount you wish to give is at your discretion, but as a generally guideline, we suggest US\$12 per person per day.

### Country Information

## 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.

#### Dinner price

£18.00 - 24.00

#### Beer price

£4.00 - 6.00

#### Water price

£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.

## 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**

£18.00 - 25.00

**Dinner price**

£35.00 - 40.00

**Beer price**

£6.00 - 8.00

**Water price**

£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**

£35.00-40.00

**Beer price**

£6.00-8.00

**Water price**

£2.00-3.00

### Foreign Exchange

## Transport, Accommodation & Meals

### Transport Information

M/S Spitsbergen, Zodiac

### Ship description

Named after the Arctic crown of Norway - the archipelago of Spitsbergen - the MS Spitsbergen was built in 2009 and has recently undergone a complete reconstruction in 2015-16. The ship features high standards throughout and public areas and cabins are comfortable and spacious - offering a peaceful haven at the end of a busy day exploring the Arctic wilderness. There is ample outdoor deck space to view the passing scenery, or you can keep a watchful eye from the bright and airy lounge area with its large picture windows. Cabins are well equipped, all en-suite, and there are a variety of cabin types to choose from. The ship also offers some extra amenities such as a Jacuzzi and fitness room. The Scandinavian design is fresh and modern and the ship's manoeuvrability and optimal size, allows for easy navigation in polar waters.

### Cabins

Lead-in prices are based on the use of inside category cabins. Category one cabins are based on twin share, with one upper and one lower bed. They are comfortable with a private toilet, shower and TV. The MS Spitsbergen has a number of different cabin categories, many of which are outside facing, with two beds (apart from superior cabins and suites, which have double beds). Some cabins have portholes and others, larger windows and sitting areas. All cabins are twin share, but we can also offer single occupancy at a supplement, if you are travelling alone. Call us for details on the cabin choice to fit your requirements.

### Ship dining

On-board the ship all meals are included in the price of your expedition; a buffet breakfast and lunch, and set menu dinner; it's free seating for breakfast and lunch, and assigned for dinner. Vegetarians and some special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee and tea are provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the bar.

## 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

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 consider applying 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 now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

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## Norway

### Vaccinations

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## Spitsbergen

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