

# EXPLORE!

**Western Greenland and Disko Bay - M/S Fram**  
16 days

Arctic, Denmark, Greenland - Trip code FRDB



## Western Greenland and Disko Bay - M/S Fram

Enjoy an incredible Arctic adventure in the area of Disko Bay. Greenland's natural beauty, wildlife and spectacular landscapes are unmatched anywhere else. Watch as sculptured icebergs float past and marvel at their astonishing mix of colours, as they transform under the light of the midnight sun. Experience the genuine Greenlandic hospitality in the remote outposts and settlements that we will visit along the way.

### Trip highlights

- ★ Explore Disko Bay - marvel at icebergs, rocky islands and incredible glaciers
- ★ Sail with whales and seabirds - along the remote north-west coastline of Greenland
- ★ Rich in history - discover the hunting history of the region
- ★ Wildlife photography - photograph large bird colonies, including northern fulmars
- ★ Greenlandic hospitality - get a true experience of Greenland and the people living here
- ★ Enjoy full daylight - under the Midnight Sun

#### 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 - Copenhagen to Kangerlussuaq

Fly from Copenhagen to Kangerlussuaq in the evening. On arrival, you will be transferred to the sturdy M Fram.



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



Premium Boat



Single room available



Meals Provided: None

### DAY 2 - Sisimiut

As we cruise north, you can look forward to encountering gigantic icebergs, fjords and spectacular landscapes, as well as small villages, settlements and larger towns. Sisimiut is the second largest community in Greenland and is situated 40 km north of the Arctic Circle. Here you'll find fishing trawlers, a shipyard and a busy fish processing factory. We recommend a visit to the arts and crafts workshop close to the pier. Watch the local craftsmen at work as they create traditional jewellery. Here you will have the opportunity to purchase some of their handicrafts and local souvenirs.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

### DAY 3 - Qeqertarsuaq

Qeqertarsuaq is situated on the old volcanic island of Disko and plays host to the Arctic Station, part of Copenhagen University, studying flora, fauna and the climate. Enjoy a stroll along the beach with its grounded icebergs or join the walking tour to Blæsedalen, an area rich in high Arctic flora.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 4 - Qasigiannuit

Qasigiannuit, known as the Pearl of the Disko Bay, is the second oldest town in Greenland and was founded in 1734. The oldest house is still in use, and archaeology and history buffs should definitely pay a visit to the local museum. Explore the settlement on your own, or join the excursion, which includes a settlement walk, entrance to museums and a visit to the church.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 5 - Uummannaq / Ukkusissat

The town of Uummannaq is situated in scenic surroundings at the foot of a 1170 m heart-shaped mountain. Here, you can join a walking tour, or just stroll around this beautiful town on your own. There is also the opportunity to take an optional boat excursion to Qilakitsoq, where mummies from the ancient Thule era were found. In the early evening, we call at Ukkusissat, a traditional hunting and fishing settlement of about 190 welcoming inhabitants. When we arrive, the locals will greet us at the pier and entertain us with traditional songs and dances, before proudly welcoming us to their village. Once ashore you may stroll around on your own.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Illorsuit

Illorsuit lies at the mouth of the Uummannaq Fjord. There are only 90 people living in this settlement. It is a traditional hunting and fishing community, and you are likely to see whale meat and fish drying on the front porch right next to the laundry on several of the houses. It is a place rarely visited by tourists, so we are probably as much of an attraction to the locals, as their village is to us. Later we will land in Illorsuit to visit this settlement.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Upernavik

We hope to visit a location near Saqqaq, that was without an official name until 2013. The place has special significance to one of the expedition crew members of the M Fram, Friederike Bronny. As a young geologist student, she spent a year in a tent in this small valley and also visited the spot several times later as an Expedition Leader. A few years ago, the ship was planning on making a landing here and the captain needed to inform the authorities. As the location had no name, the captain advised the authorities that on board, they refer to this spot as 'Camp Frieda' after their Expedition Leader. A short while later, the authorities relayed that they had now infact officially named the spot as Camp Frieda.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Qullissat / Eqip Sermia

Arriving in Qullissat, we will go ashore and you will have time to visit the settlement on your own. If ice conditions allow, we will hopefully be able to enjoy the stunning views of the Eqip Sermia glacier. Here you will have an outstanding opportunity to experience glaciers first-hand and sense the vastness of their nature. The Equip Sermia Glacier calves icebergs into the open ocean and we will use the Polar Circle boats to go ashore where we hope to enjoy a barbecue dinner, with a view over the glacier.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 9 - Ilulissat

The meaning of Ilulissat is icebergs and the Ilulissat Ice fjord was inscribed to the UNESCO's list of World Heritage Sites in 2004. The floating icebergs form impressive sculptures against the Arctic backdrop, with colours varying depending on the light. Hear the icebergs' soundtrack of crackling and rumbling, as the sounds echo from one end of Ilulissat to the other. Our shore excursions

include hikes, an historic town walk and a boat tour to the ice fjord.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 10 - Itilleq

We continue our journey South and in the early afternoon, we reach the small settlement of Itilleq. Itilleq means the hollow and as its name suggests, the village is situated in a hollow, majestically surrounded by high mountains and glaciers. It can truthfully be called the Arctic Circle Village as the Arctic Circle is indeed found only 200 metres to the south. The 130 people who live here are mainly engaged in hunting and fishing activities. The island has no fresh water so it's inhabitants have to use a facility that makes fresh water from seawater. The town's church has an interesting history; it was built in Thule (Umanak, North Greenland) in 1930 and was moved to Itilleq in 1963.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 11 - Kangerlussuaq to Copenhagen

Kangerlussuaq is situated in the end of the Kangerlussuaq fjord. The settlement and airport lies just north of the Arctic Circle and is one of the best places to observe native wildlife. Take the opportunity to join one final excursion to the Greenland Ice Sheet. This vast, icy, wasteland stretches 1,500 miles north and reaches heights of up to 3,200 metres above sea level. The road to the edge of the Ice Sheet boasts beautiful natural scenery, ranging from Arctic desert and tundra with low-growing shrubs, to hilly terrain offering breath-taking views over the landscape. You will leave the M Fram in the evening and will be transferred to the airport in Kangerlussuaq for your onward flight to Copenhagen.



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



Premium Boat



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 12 - Arrive Copenhagen

Arrive Copenhagen in the early morning.

 Meals Provided: None

## Polar information

### Ship information

The MS Fram is a comfortable vessel for your polar exploration with modern amenities such as a fitness room, Jacuzzi and sauna. The ample indoor and outdoor public spaces are designed to ensure you enjoy the passing scenery and wildlife sightings; each table in the restaurant has scenic views and the observation lounge has panoramic windows. There's also a selection of shore excursions to choose from, allowing you to experience as much of the polar wilderness as possible.



# What's included?



## Included meals

Breakfast: 10  
Lunch: 10  
Dinner: 10



## Transport

M/S Fram  
Zodiac



## Trip staff

Expedition Crew  
Naturalist(s)



## Accommodation

11 nights premium boat

# 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

+1

#### Plugs

3 pin Round

#### Religion

Evangelical Lutheran

#### Language

Danish

### Greenland

## 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, there are many optional excursions available on your voyage that 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

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.



## 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

£9.00 - 14.00

#### Dinner price

£16.00 - 25.00

#### Beer price

£1.80 - 5.00

#### Water price

£1.70 - 3.00

### Foreign Exchange

#### Local currency

Danish Kroner.

#### Recommended Currency For Exchange

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

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## Transport, Accommodation & Meals

### Transport Information

M/S Fram, Zodiac

### Ship description

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### Cabins

Prices are based on the use of inside, category one cabins on decks 3, 5 and 6. Category one cabins are based on twin share, with one bed and one sofa bed. They are comfortable with a private toilet and shower, fridge and TV. The MS Fram 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.

## 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.

## Arctic

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## 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.

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## Greenland

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