

EXPLORE!



Western Greenland and Disko Bay - M/S Fram

ARCTIC, DENMARK, GREENLAND - TRIP CODE FRDB

POLAR

Why book this trip?

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.



**INCLUDED MEALS**Breakfast: 14
Lunch: 14
Dinner: 14**TRIP STAFF**Expedition
Crew
Naturalist(s)**TRANSPORT**M/S Fram
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 - Fly from Copenhagen to Kangerlussuaq - the gateway to Greenland

Your flight from Copenhagen arrives in the evening into Kangerlussuaq, where MS Fram will be waiting for your embarkation.

**ACCOMMODATION:**
M/S Fram (or similar)**Grade: Premium Boat****MEALS PROVIDED: NONE**

DAY 2 - Exploring Northwest Greenland

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)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Exploring Northwest Greenland

Situated on the volcanic island of Disko, Qeqertarsuaq - the Big Island - hosts the tiny settlement of Kangerluk with a population of 60. Fishing and seal hunting are important here, and there is a long tradition of whaling. The town is set in wonderful surroundings at the foot of impressive basalt mountains. An Arctic Station is situated here, part of Copenhagen University's study of Greenlandic flora and fauna. A PolarCirkel boat will transfer you from the ship to Qeqertarsuaq and our Expedition team will be at your disposal at different locations while on shore.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Exploring Northwest Greenland

The town of Uummannaq is located in scenic surroundings at the foot of the 1,170-meter tall, heart-shaped mountain. Halibut reigns supreme here, and is the town's major source of employment. Visit the settlement's magnificent church and a curious old turf house. There will be a PolarCirkel boat transfer from the ship to Uummannaq.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - At sea - sail into the wilderness

We sail the northwest coast in to the Davis Strait from 71 to 76 degrees north and enter a great northern wilderness. A series of lectures about this area of Greenland will be held during the day.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Experience the land of the hunters at Qaanaaq (Thule)

The Qaanaaq - or Thule - district was the first part of Greenland to be colonised by Inuits from the west. The district is among the northernmost inhabited places on earth and has a population of around 1,000. It is also the last bastion of US military presence in Greenland. Traditional hunting for seal, whale and polar bear remains the way of life in the town and surrounding small settlements. We may visit the Ultima Thule souvenir shop here, to see and shop for original artwork and handicrafts from the Qaanaaq district.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Visit the most northerly community of Siorapaluk

Situated only 1,362 km from the North Pole, Siorapaluk is the most northerly natural community in the World. The settlement was founded in 1933 and is known for its beautiful surroundings and geology. Siorapaluk means little sands and was named after the small sandy beach in front of the village. This will be the northernmost landing on this trip. The church, museum and shop are open for all to enter. Cruising along the ice edge, we will sail as far north as possible and hope to reach 80 degrees north. This will depend on ice and weather conditions that are impossible to predict.





ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Enjoy lectures and presentations whilst at sea

While we are at sea, a series of lectures will be held on board on topics related to history and wildlife in the area. Another focal point for our lecture programme is the environmental challenges of the World's oceans. There might also be a chance to look behind the scenes and partake in our Guest Expedition Staff programme. Our onboard Expedition photographer will show you the basics of expedition photography. There will also be a gathering with the Expedition team to summarise the voyage so far, and present the plan for the following days.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Visit the old trading post of Dundas - Old Thule

Greenlanders have lived in the settlement now known as Dundas for the last 900 years and the Danish explorer Rasmussen founded a trading post here in 1910. Dundas Village is protected by Denmark and specifically excluded from areas under US Air Force control. Go ashore and stroll in the old settlement and continue to the other side of the peninsula, where you will find the remains of old turf huts from earlier times.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat





MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Relax at sea

Enjoy more fascinating lectures from our Expedition team and relax with your fellow explorers on board.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - Visit Upernavik

Upernavik was founded in 1772, and means a place of spring because the hunters moved here after spending the winter further inland. It is situated nearly 800 km north of the Arctic Circle and more than half of the municipality's 3,000 inhabitants live in ten settlements spread along a coastal stretch of 450 kilometres. Here, the primary occupation is fishing for Greenland halibut, but hunting still plays a decisive role for employment in the settlements.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Visit the Eqip Sermia Glacier

The Eqip Sermia glacier has a front edge about five km long that calves icebergs into the open ocean. We will use the ship's tender boats to go ashore in this beautiful area by the glacier. Passengers in relatively good physical condition will be able to hike in the area. All who want to go ashore are welcome to join us for a BBQ dinner with a terrific view over the glacier.





ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 13 - Visit Ilulissat - a town on the World Heritage list

Icebergs are called Ilulissat in Greenlandic, and it comes as no surprise to anyone who has been here that this is the town's name. This is the third largest town in Greenland with a population of about 5,000. Ilulissat is set in marvellous surroundings at Ilulissat Isfjord, which in 2004 was added to the UNESCO World Heritage List. Here, enormous icebergs run aground at the mouth of the fjord, just outside of town. They originate from the Jakobshavn Glacier, one of the most productive glaciers in the northern hemisphere. Ilulissat is the metropolitan centre of the Disko Bay area and this aspect will be the theme of the settlement visit, together with the town's long-standing history. The most important trades in Ilulissat are fishing and tourism. The conditions will decide if the MS Fram will dock at the quayside in Ilulissat or shuttle in with the PolarCirkel boats.



ACCOMMODATION:
M/S Fram (or similar)



Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 14 - Visit the Arctic Circle village of Itilleq

In the early afternoon, we reach the small settlement Itilleq, meaning the hollow. The town was founded in 1847 on another island, but was later moved one kilometre east to its present location. The village is located about 50 km south of Sisimiut at the head of the Itilleq Fjord. Around 130 people live here, mainly engaged in hunting and fishing. The island has no freshwater, and for this reason Itilleq makes use of a facility for creating freshwater from seawater. The church here has an interesting history: It was built in Thule - Umanak- North Greenland - in 1930 and was moved to Itilleq in 1963. As its name suggests, the village is situated in a hollow, majestically surrounded by high mountains and glaciers, and it can truthfully be called the Arctic Circle Village as the Arctic Circle is indeed found only 200 metres to the south.



ACCOMMODATION:
M/S Fram (or similar)

Grade: Premium Boat



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 15 - See the Ice Sheet up close as we arrive into Kangerlussuaq

As we reach Kangerlussuaq, your expedition with the MS Fram has come to an end. We take you on a final excursion towards the Greenland Ice Cap and the Reindeer Glacier. This vast icy wasteland stretches 2,400 km 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. Join us for a barbecue meal before we transfer you to the airport for your late evening flight to Copenhagen.



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 16 - Visit the stylish capital of Copenhagen

You arrive in the Danish capital early in the morning and may even have the time to explore wonderful Copenhagen, before you head home.



MEALS PROVIDED : NONE

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

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	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

Transport, Accommodation & Meals

Transport Information

M/S Fram, Zodiac

Ship description

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.

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 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

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.