

# FAMILY ADVENTURE IN WEST GREENLAND

Live like an Inuit in one of the most isolated and captivating destinations in the world. This adventure includes a mini wilderness camping expedition, hiking, kayaking, whale watching and walking on the ice cap! A complete discovery of West Greenland. This trip is suitable for anyone with a flair for adventure and an interest in Inuit culture and makes for a simply unforgettable family holiday.

 Region	Disko Bay
 Activity	Polar circle
	Family
	Hiking
	Kayaking
	Summer
	Whale Watching
 Duration	7 days
 Group	5 to 12 people
 Code	EGROFAM
 Price	From €2,550
 Level	1/5
 Comfort	2/5
 Language(s)	English

## ITINERARY

### Day 1 Ilulissat - Oqaatsut



Your guide will meet you in Ilulissat. Morning boat transfer to the isolated settlement of Oqaatsut. A scenic journey through iceberg filled waters. This tiny village is home to only about 45 people who live in traditional coloured houses.

Transport: Boat

Accommodation: Hostel

### Day 2 Into the wilderness



This morning, we will perfect our sea kayaking skills. With help from our experienced guide, we paddle in the scenic protected bay of Oqaatsut, we can approach icebergs and enjoy the local wildlife.

We paddle to a sheltered cove and set up camp for two nights with views of the sea and its drifting icebergs. Discover the local culture and learn traditional Inuit bushcraft skills like shelter building, mushroom foraging and animal tracking... Each day we will explore the fascinating wilderness around us by going sea-kayaking or hiking. We will paddle to a nearby traditional village and depending on the conditions we may get the chance to kayak out of the bay and to observe the majestic whales which frequent here...

3-5 hours of walking / 3-4 hours of sea-kayaking

Transport: Local boat trip

Accommodation: Camping

### Day 3 Kayaking



This morning, we will perfect our sea kayaking skills. With help from our experienced guide, we paddle in the scenic protected bay of Oqaatsut, we can approach icebergs and enjoy the local wildlife. Depending on the conditions we may get the chance to kayak out of the bay and to observe the majestic whales which are frequent here...

### Day 4 Hiking Disko Bay



This morning we embark on a truly enchanting hike. Starting from our campsite, we explore secret coves, summit distinctive granite hills and search the valleys for traces of reindeer. Disko Bay is a truly magical place to go hiking; discover the areas hidden gems and learn more about its fascinating history and geology. This afternoon, we pack up camp and take the boat back across the bay to Oqaatsut settlement, ready for the next adventure...

3-4 hours of walking (+310m/-310m)

Transport: Local boat trip

Accommodation: Hostel

#### Day 5 **Whale Watching and UNESCO Icefjord hike**



Disko Bay is known as a sea of ice but in the summer it is said that there are more whales than icebergs! Today we take a boat trip in search of the enormous marine animals - keep your eyes and ears open - humpback, minke and fin whales all frequent in this area! Our boat trip will be led by a local marine conservation enthusiast, an expert at predicting when and where these marine giants will surface. Afterwards, we can stretch our legs with a walk in the UNESCO World Heritage Site of Ilulissat Icefjord and see the largest icebergs in the Northern Hemisphere. Night in Ilulissat.

2 hour whale watching boat trip & 4 hours hiking

Accommodation: Youth hostel / guesthouse

#### Day 6 **Glacier walking in the footsteps of polar explorers**



This morning you say goodbye to your Altai guide and take a scenic domestic flight south to Kangerlussuaq. The largest expanse of ice in the northern hemisphere is found in Kangerlussuaq; today you have the unique opportunity to walk on this ice sheet with an English-speaking expert! An all-terrain vehicle takes you through the tundra to the polar ice cap - look out for reindeer and muskox! After a final day in Greenlandic wilderness, surrounded by stunning views and curious wildlife enjoy an evening at leisure in Kangerlussuaq. Discover the culinary specialties of Greenland with a meal in a traditional local restaurant.

Glacier Walking, 1 hour (+150m/-150m)

Transport: Domestic flight (not included) and 4 hours in an all-terrain vehicle

Accommodation: Youth hostel / guesthouse

#### Day 7 **Kangerlussuaq and transfer**



Enjoy a morning at leisure in Kangerlussuaq before your journey home. This could be your final opportunity to walk with rivers of cast irons in the tundra and hills where muskox and reindeer roam. Or perhaps you want to embark on a muskox safari or visit the city museum... We have lots of suggestions for your final morning in Greenland.

*The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.*

### ***Other trips you may like***

---



Highlights of Greenland: Discover everything Greenland on this fantastic week long adventure in one of the most remote and magical destinations in the world. Discover small fishing towns and the iconic Disko Bay area; observe whales, seals, reindeer and muskox plus explore Ilulissats exceptional UNESCO World Heritage Site...

## DATES & PRICES

### **International departures:**

*No departure for now*

Trip code: EGROFAM

### **Included**

- Accommodation - hostel / guesthouse / camping
- Full board except the first and final evening meals
- Accompaniment by a qualified English-speaking Altaï Guide at Disko Bay
- Accompaniment by an English-speaking activity guide in Kangerlussuaq
- A whale watching boat tour
- Boat transfers
- All technical camping and sea kayaking equipment

### **Not included**

- International and domestic flights
- Registration fee €18 (free for under 12s)
- Insurance
- The first and final evening meals

### **Additional Options**

Please let us know if you would like to reserve any of the following optional activities:

- Kangerlussuaq muskox safari: from €50

### **Notes**

*For many years, we put our know-how and our experience of nature and adventure travel in Greenland to the service of travelers from different horizons. You may find yourself in an international group with participants from our various partners.*

### **Comfort: 3/5 Various**

Some of our trips involve a mixture of accommodation options. These trips often include several nights of camping interspaced by guesthouse stays and often with hotel accommodation for the first and last nights. This trip includes guesthouse, youth hostel, communal house and camping accommodation options.

### **Level: 1/5 Easy**

This trip is accessible to anyone over the age of 7 in fair health with a sense of adventure and a positive attitude. We will do 2-5 hours of activity per day, our hikes are not technically difficult but may venture off-trail. For sea kayaking it is essential that you can swim at least 100m, no previous kayaking experience is needed. This trip involves camping and please note that your help with tasks like cooking is much appreciated and expected - we want you to be a part of our team.

### **International flights**

Please add two days to the trip duration to include international flights with over night stops in Denmark or Iceland.

### **Terms and conditions**

#### **Booking conditions**

Booking a trip with Altaï Greenland implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### **Invoice procedure**

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

## ***Cancellation policy***

If for any reason you have to cancel your trip, Altai Greenland requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

## ***Special cases:***

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip. Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

## ***Changes to travel contract***

If you wish to make a change to your booking please contact Altai Greenland in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altai Greenland may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

## ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

## ***Contract transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.



## PRACTICAL INFO

### **Staff**

You will be accompanied by an English-speaking expert Altai guide in Disko Bay and joined by an expert activity leader in Kangerlussuaq. Armed with an abundance of experience and a wealth of knowledge our professional Greenland team know the country inside out. All activities are lead by qualified guides - practicing outdoor practitioners with a passion for everything Greenlandic. Please note that this adventure takes place in an isolated polar environment which can be hostile - your guide will explain safety rules which must be followed.

### **Food**

This trip includes full board - we are proud of the varied, fresh and frankly delicious food we provide even when camping. Meals are based on a selection of local products and you will have the opportunity to try Greenlandic delicacies such as cod, arctic char and mussels.

Each day will start with a hearty breakfast accompanied by plenty of tea and coffee. Then you will help prepare and carry a own picnic lunch for the day featuring an array of options - everyday there will definitely be salad, sandwiches, hot drinks and cakes among the other options. Each evening meal will include three courses- we try to offer fresh fruit and vegetables everyday in spite of our Northern location.

Please note that your help in the kitchen is expected and much appreciated, particularly in the evenings. We like when the whole group work as a team to cook dinner, it creates a pleasant atmosphere as we reflect on the days adventures together. Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.



### **Accommodation**

During this trip you will have the chance to stay in a range of different Greenlandic accommodation options. In Ilulissat and Kangerlussuaq we use guesthouse or hostel accommodation with shared sleeping arrangements and facilities. In the traditional village of Oqaastut we use rustic hostel accommodation with shared dormitories and dry toilets; hot showers are available for a small fee in the village communal house. This adventure also includes two nights wild camping in Greenlands remote wilderness. For this, we provide quality 3 man dome tents, 1 per 2 people for maximum space and comfort plus a spacious fully equipped mess tent complete with a table and stools for communal moments and mealtimes.

### **Transportation**

In Greenland we use local boats, specially adapted for ice navigation, to cross fjords. This trip also features domestic flights from Ilulissat to Kangerlussuaq.

### **Budget & exchange**

The currency in Greenland is the Danish Krone (DKK)

Please budget for two evening meals: from €25 / 200DKK per person. Alcohol is very expensive in Greenland, if you want to enjoy an evening drink after your days adventures, we recommend buying Duty Free alcohol in the airport.

### **Tips**

Although the custom is not widespread here, if you are satisfied with the services of your guide, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### **Supplied equipment**

We provide you with the technical equipment you will need for this adventure - all you need to bring are your hiking boots.

We will provide everything else including:

- 3 man dome tents (1 per 2 people for maximum space and comfort)

- Self-inflating sleeping matt
- A mess tent with table, stools and cooking equipment
- Tandem sea kayak with directional rudder
- A Gore-tex dry suit with integrated warm fleece liner
- A spray deck
- A life jacket

## ***Vital equipment***

---

- Sleeping bag (comfort 0°C)
- Walking boots (sturdy, ankle support, vibram soles)
- Waterproof jacket (with a hood)
- Waterproof trousers
- A warm jumper or two
- Suitable underwear, t-shirts and walking trousers
- Thermals - tops & long johns
- A swimsuit
- Warm gloves and hat (even in the summer - evenings can be chilly)
- Sunhat and sun cream
- Sunglasses (UV 400)
- Any personal medication
- Fast drying towel & toiletries
- Water bottle(s) min 2L
- A small rucksack to use as a day bag
- Warm pyjamas
- Head torch & spare batteries (although it is nearly always light in the summer months)

## ***Material***

---

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool. The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax.

### **Our advice for keeping warm**

It can be cold in Greenland, please think carefully about what clothes you bring, the layers you wear next to your skin make the biggest difference. We recommend wearing multiple layers including:

1. A warm breathable base layer
2. A second thermal layer
3. Wind and waterproof protective outer layers

## ***Helpful equipment***

---

You may also consider packing

- Your camera
- Binoculars
- A notepad and pencil
- A thermos flask
- Plastic bags for wet/dirty clothing
- A comfortable evening outfit
- Walking poles
- Inflatable pillow
- Insect repellent

## ***Luggage***

---

Please bring a small rucksack to use as a day bag so that you can carry your lunch, water, spare layers and any personal medication with you each day. You will also need a larger bag to store your other clothes and belongings in, please ensure that this is a soft



bag like a ruckack or holdall rather than a hard cased suitcase because it is more practical. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

## **Medicine**

---

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers.

## **Passport**

---

Most travellers require a passport that is valid for at least three months after the return date. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

## **Visa**

---

Most travellers do not need a VISA to travel to Greenland but proof of onwards travel may be required. It is your responsibility to confirm your specific visa requirements.

## **Mandatory vaccines**

---

There are no specific health risks.

## **Health information & recommendations**

---

It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip.

## **Weather**

---

Year round the temperatures in Greenland can range from -25°C to more than 20°C (-13°F to +68°F). The air is low in humidity which means that the temperatures do not feel as cold as you might imagine and that the views are amazing, it appears that you can see further. Generally speaking Greenland is not very windy and the warmest months are June - August.

The length of the day varies significantly throughout the year. The shortest day of the year is 21st December with no sunlight! The longest day, with 24 hours of sunlight, is 20th June. You can see the midnight sun from May - July and the Northern Lights in the darker months.

## **Electricity**

---

Greenland uses Northern European electrical standards (50Hz/220 volts) and the standard Europlug socket with two round prongs.

## **Local time**

---

Most of Greenland uses Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) -3; most areas observe Daylight Saving Time (DST).

## **Topography**

---

**Area:** 836,300 mi<sup>2</sup>

**Population:** 56,186 inhabitants (2016)

**Capital:** Nuuk

**Languages:** Kalaallisut or West Greenlandic, Danish is also widely used

**Regime:** Part of the Kingdom of Denmark but politically autonomous

Part of the continent of North America, Greenland is the largest island on Earth and it is covered by the largest ice sheet in the world outside of antarctica.

## **Sustainable tourism**

---

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.