

TREKKING IN THE GREAT EAST OF GREENLAND

ITINERARY

Day 1 Welcome to Greenland!



We will greet you at the airport and entertain you with tales of local myths and legends as we journey to our camping location for the night. A short cruise on a small boat among icebergs through the distinctive narrow fjord Ikaasatsivaq to Ammassalik will lead us to a cosy secluded bay where we will set up camp. We will spend two nights here nestled into the rugged landscape with spectacular views of Icebergs and sharp peaks.

Accommodation: Camping

Transport: Boat trip

Day 2 Ikaasatsivaq Fjord



Today we will explore the untamed wilderness surrounding our basecamp. We will walk in the glacial valley and a short off-trail climb will lead us to stunning views of the geographical features that characterize this remote area. Observe the local wildlife, discover Arctic vegetation and learn about the history of the area before heading back to camp to help prepare a delicious meal.

Activities: 4 - 5 hours of walking, height gain +350/-350m

Accommodation: Camping

Day 3 Amitsvartivit Peaks



Time to say goodbye to our home for the last two nights and head to a new campsite at the foot of the dramatic Amitsvartivit Fjord. Our walk today has stunning views and a short climb will give us a first sighting of the breathtaking Sermilik Fjord with its thousands of icebergs. Keep your eyes open for local wildlife as we journey deeper into the captivating landscape of Eastern Greenland.

Activities: 6 - 7 hours of walking, height gain +500/-500m

Accommodation: Camping

📍 Day 4 **Amitsvartivit - Parmagaji**



The walk from Amitsvartivit to Parmagaji provides a unique insight into Inuit culture and a chance to further explore the changing landscape around us. Today we will journey through a beautiful valley with un-spoilt lakes and stunning mountainous views to a traditional Inuit hunters hut. Tonight we will set up camp on the edge of Sermilik Fjord - a location second to none!

Activities: 5 hours of walking, height gain +250/-250m

Accommodation: Camping

📍 Days 5 to 6 **Sermilik Fjord**



Two days in the vast and magical area of Sermilik Fjord with plenty of options. Maybe you just want to sit and watch the icebergs float by or perhaps you want to embark on a more challenging adventure. There are lots of possibilities including beautiful short walks and day hikes in the surrounding mountains as well as the opportunity to cross the Igassalak valley and get close to the glacial tongue. The next two days are an opportunity to explore

this spectacular location however you wish with help from our knowledgeable guides.

Activities: 4 - 6 hours of walking, height gain +250/-250m

Accommodation: Camping

📍 Day 7 **Inuit Settlements**



Today you have the chance to visit some traditional Inuit settlements as you journey to Tasiilaq, the capital of the district of Angmassalik. Visit the tiny Inuit villages of Tiniteqilaaq (only 150 inhabitants) famous for its brightly coloured wooden houses and explore Ikateq, a settlement which is now abandoned and frozen in the past.

Accommodation: Camping

Transport: 4 - 5 hours of boat trips

📍 Day 8 **Tasiilaq - Kulusuk**



This morning you have the opportunity to explore the Inuit village Tasiilaq, discover the local traditions and meet local people and animals. In the afternoon take a scenic boat trip to Kulusuk - keep your eyes open for whales! It is not uncommon to meet humpback and fin whales on this route! Your last night in Greenland will be spent in a Greenlandic cabin in the heart of Kulusuk.

Accommodation: Cabin

Transport: Boat Trip

📍 Day 9 **Kulusuk & Fly home**



Kulusuk is a small settlement found on a rocky island with the same name, the waters surrounding it are almost always speckled with floating icebergs. Join a walking tour to uncover more about the local culture, history and traditions of this traditional Greenlandic hunting and fishing village.

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



From Kangerlussuaq to Disko Island: Discover West Greenland, a beautiful area where whales, musk-ox and icebergs frequent. Visit the ice cap, spend a night in a chalet facing Egi Glacier and cruise through whale and ice filled waters on local boats. This trip has been designed so that you can go hiking and explore the highlights of Disko Bay and the Polar Cap as you wish.

DATES & PRICES

Departures for English-speaking groups:

From	To	Price per person	Guaranteed	Booking
18/07/2020	26/07/2020	€2,090	No	
01/08/2020	09/08/2020	€2,190	No	
15/08/2020	23/08/2020	€2,190	No	

Trip code: GRO

Included

- All in-country transfers as detailed in itinerary
- Accommodation as detailed in itinerary
- Full board (except the last evening meals)
- Full supervision by a qualified expert guide
- Two scenic boat trips with a chance to see whales
- Guided hikes in one of the most remote and inaccessible locations in the world
- Two days to fully explore the famous Sermilik Fjord
- Free walking tours of Inuit settlements and Kulusuk
- All technical camping equipment

Not included

- Registration fee: €18 (free for under 12s)
- International flights
- Insurance

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 - 1/5 Camping

We provide a 3 man dome tent per 2 people for maximum space and comfort. For our basecamps we set up a fully equipped mess tent for meal times, including a table and stools. We are proud of our high quality camping equipment and take care to monitor and store everything correctly. This trip also includes cabin accommodation with shared sleeping arrangements and facilities.

Level - 4/5 Demanding

You should be in good physical shape and prepared for adventure; a positive attitude and love of the outdoors is essential. Please note that our difficulty ratings may vary depending on the weather. Physically you should be able to participate in 4-7 hours of hiking per day. This is a camping adventure 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.

Terms and conditions

Booking conditions

Booking a trip with us 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 35 days before your departure date.

For Polar Cruises, we require a deposit on the day of registration, 30% of the balance 3 months before departure and the full amount at least 45 days before departure. If registration is less than 35 days before departure then an invoice will be attached to this travel contract and the full amount must be paid upon registration. If registration is less than 15 days before departure, payment is only accepted by credit card or cash. If registration is less than 8 days before departure you may be charged an additional fee for sending your ticket. If the full balance of the trip has not arrived 35 days before departure, Altaï Greenland reserves the right to cancel your registration without compensation.

Cancellation policy

If for any reason **you** have to cancel your trip we require a written confirmation of your decision so please contact us by e-mail, fax or letter. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days before the departure date: 15% of trip price will be retained
- Cancellation received 30 to 21 days before the departure date: 45% of trip price will be retained
- Cancellation received within 20 days of the departure date: 100% of trip price will be retained

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 may 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 us in writing. If your change is requested after our confirmation has been issued and more than 30 days prior to the departure date, your change will be subject to an amendment fee of 45€. If you request a change within 30 days of departure it will be treated as a cancellation of the original booking and will be subject to cancellation charges.

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, subject to the following conditions:

- a) you must notify us in writing
- b) the transferee must fulfil any conditions that apply to the booking
- c) Change and cancellation fees 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.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altai Greenland as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of expert knowledge our professional Greenland team know the country inside out. All activities are lead by our qualified guides. They are all English speaking 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

Wild Camping

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.

This trip also includes a night in basic cabin accommodation with shared facilities.

Transportation

In Greenland we use local boats, specially adapted for ice navigation, to cross fjords.

Budget & exchange

The currency in Greenland is the Danish Krone (DKK)

Please budget for meals in Kulusuk (200-500DKK). 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 including:

- 3 man dome tents (1 per 2 people for maximum space and comfort)
- Self-inflating sleeping mat
- A mess tent with table, stools and cooking equipment

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
- Blister plasters
- Tissues

Luggage

Please bring a small rucksack to use as a day bag - you will carry your lunch, water, spare layers and any personal medication with you each day when hiking. You will also need a larger bag to store your other clothes and belongings in, please ensure that this is a soft, easy to transport back like a rucksack. You will have to carry this bag for several metres when setting up camps. 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 mi²

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 ourtrip...

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.