






# THE WEST COAST OF GREENLAND

This adventure includes 3 nights on board the coastal boat Sarfak Ittuk and is ideal for travellers who want to explore the beautiful South West of Greenland. The trip includes visits to a variety of interesting Greenlandic towns and settlements, fantastic hiking opportunities and several boat trips through Greenlands iconic ice-filled seas. A chance to discover stunning landscapes from comfortable accommodation options and to explore fjords, glaciers and mountains.

 Region	Disko Bay
 Activity	Self-guided Summer
 Duration	12 days
 Code	GROL4VA
 Price	From €1,800

# ITINERARY

## Day 1 Welcome to Greenland

Flight to Narsarsuaq and boat trip from Narsarsuaq to the tiny sheep farming Greenlandic settlement of Qassiarsuk where you will spend the night.

*Transport: Flight to Narsarsuaq and boat transfer to Qassiarsuk*

*Accommodation: Hostel in Qassiarsuk*

## Day 2 Qassiarsuk / Itilleq / Igaliku



Qassiarsuk, also known as Brattahlíð, is where Eric the Red settled in 982. The tiny village has Norse ruins to explore as well as a church, school and shop. This afternoon a scenic boat trip will take you to Itilleq, from here a short walk (less than 3 miles) along the 'Kings Path' to Igaliku awaits. The path was named after the King of Denmark, Frederick the 9th who visited this stunning area in 1952. Igaliku is one of the most beautiful villages in Greenland with its stone houses, fertile lands and a bright blue fjord; it is surrounded by rugged golden mountains.

*2-3 hours of walking*

*Transport: Boat Trip*

*Accommodation: Hotel in Igaliku*

## Day 3 Igaliku



Igaliku was the religious heart of 12th-century Norse Greenland and is best known for the impressive ruins of Garðar found here. In 1782 the Norwegian Anders Olsen settled in Igaliku with his Greenlandic wife Tuparna to raise cows in the meadows. This was the beginning of a new era for the village, there is a small museum inside the church which details this story. Nowadays Igaliku is a small sheep farming village with stunning hiking opportunities. You can hike along the river leading to Lake 90 and uncover stunning views of Qooroq fjord. Observe icebergs stranded on the moraines and the huge glacier at the bottom of the fjord, there is a good chance that you will find rock crystals and shimmering moonstone

(Labradorit) on this hike.

*Recommended activities: hiking and exploring (5-6 hours of walking)*

*Accommodation: Hotel in Igaliku*

## Day 4 Igaliku / Itilleq / Narsaq



Walk back to Itilleq (less than 3 miles) and take a scenic boat trip to Narsaq, an inland Southern Greenlandic town with around 1700 inhabitants. Narsaq is located between two beautiful ice fjords and is surrounded by high mountains. Kvanefield mountain, known for its geology and concentration of rare minerals including pink Tugtupit is found here. Wherever you are in Narsaq you have views of the icebergs and ice cap.

2-3 hours of walking

Transport: Boat Trip

Accommodation: hostel in Narsaq

📍 Day 5 **Hiking Narsaq / Embark on board Sarfak Ittuk (Wednesday)**



This evening boarding is at 9.30pm. Today there are ample hiking opportunities for all levels. If you want to climb Kvanefjeld we recommend taking a taxi to and from the nearby farm, from there it is a 12 - 15 mile hike. There is a beautiful 4 mile hike along the fjord up to Narsaq Point or you can summit Tasiigaaq, a small peak just behind the city with exceptional views. Do not miss the Narsaq Museum.

Recommended activities: Hiking

Transport: Board Sarfak Ittuk Cruise Ship

Accommodation: on board

📍 Days 6 to 8 **Sarfak Ittuk Cruise**



Stops will be made in the following towns and villages: Qaqortoq, Arsuk, Paamiut, Qeqertarsuatsiaat, Nuuk (5h stopover), Maniitsoq, Kangaamiut, Sisimiut (2h30 stopover) & Aasiaat

Accommodation: On board

📍 Day 9 **Ilulissat (Sunday)**



Arrive in Ilulissat 1.30pm. Located approximately 220 miles north of the Arctic Circle Ilulissat is an interesting place - it has many sled dogs as people! Discover more about the local culture, history and traditions on a walking tour of this iconic Greenlandic city.

Accommodation: Hotel or B&B in Ilulissat

📍 Days 10 to 11 **Ilulissat**

Ilulissat

Explore Ilulissat at leisure, we have lots of recommendations and optional

excursions for your two days in Ilulissat.

- Guided tour of Ilulissat city
- Guided hiking in the Semermiut Valley
- Helicopter flight over the glacier high covers most of the northern hemisphere in ice

- A Greenlandic fishing excursion
- Whale-watching outing, picnic included
- A three hour evening kayaking excursion

Please see a full list of Optional Activities under 'Dates & Prices'

*Choose from a selection of activity options*

*Accommodation: Hotel or B&B in Ilulissat*

♥ Day 12 **Farewell Greenland**

Farewell Greenland  Transfer to airport and flights to Reykjavik or Copenhagen

*Accommodation: Hostel or hotel in Reykjavik or Copenhagen*

This itinerary, including walking distances and times, is indicative and fully flexible.

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



[Disko Bay Sailing Adventure:](#) 'All aboard!' Join us on a unique kayaking and hiking adventure in one of the most isolated places in the world and enjoy the comforts of our wooden sailing boat. Sail silently through the magical untouched Greenlandic wilderness with its many whales and icebergs. Go hiking and/or kayaking everyday in the land of ice whales and reindeer...

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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### Price

Prices start from €1800 / person. This number is based on 2 travellers and our standard accommodation options

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- Airport transfers
- 3 nights in a hotel in Ilulissat, double or twin rooms with breakfast
- 4 nights in Southern Greenland, hostel or guesthouse accommodation, double or twin rooms with shared bathroom and kitchen facilities
- Luggage transportation to and from all destinations in South Greenland
- Boat trip Narsarsuaq to Qassiarsuk
- Boat trip Qassiarsuk to Itilleq
- Boat trip Itilleq to Narsaq
- 3 night, 4 day cruise on board Sarfak Ittuk

### Not included

- International flights
- Registration free: €18 per person
- Insurance
- Meals unless otherwise specified, food on board Sarfak Ittuk is not included

### Additional Options

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

- Ilulissat Museum: from €8
- Greenlandic meal in traditional restaurant; from €30
- Guided tour of Ilulissat city: from €44
- Guided hiking in the Semermiut Valley: from €44
- Helicopter flight over the glacier high covers most of the northern hemisphere in ice: from €493
- A Greenlandic fishing excursion: from €274
- Whale-watching outing, picnic included: from €158
- A three hour evening kayaking excursion : from €10

Please [contact us](#) for more information.

### Notes

#### Comfortable Accommodation

Well-equipped accommodation options like basic hotels or charming guesthouses are rated 4/5 for comfort. Please note that depending on the destination this does not necessarily guarantee private bathroom and kitchen facilities.

#### Luxury Accommodation

Our luxury trips include hotel accommodation with private rooms and en-suite options.

#### Level

This is your trip, you can choose how challenging or relaxing each day is.

### Terms and conditions

#### Booking conditions

Booking a trip with Altai 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 35 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.

### ***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

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This is a self-guided trip. Armed with an abundance of experience and a wealth of expert knowledge our professional Greenland team are always on hand. All activities are lead by our qualified guides - 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 - safety rules must be followed.

### Food

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There are grocery stores in Qassiarsuk, Igaliku and Narsaq where you can buy canned, dried and frozen food, plus some fresh products. *In the smaller towns of Qassiarsuk and Igaliku please be aware that shop opening hours are generally restricted to 10am-3pm on weekdays and 10am - 12pm Saturdays, closed Sundays.*

**Igaliku hotel** accommodation options include hotel restaurants and cafes where you can purchase Greenlandic meals.

On board **Sarfak Ittuk Cruise Ship** there is a cafeteria which serves hot & cold meals, tea, coffee, snacks, beer, wine and soft drinks. Meal prices range from 60DKK- 90DKK. You can pay with Mastercard, Eurocard, Visa, Visa Electron, Akiliut or cash in Danish Kronas.

**In Ilulissat** breakfasts are provided if you choose B&B or hotel accommodation. No meals are provided if you choose our mini-apartment option but you will have a fully equipped kitchen. You will find shops, markets, small cafes and restaurants nearby (~260DKK per meal). We recommend a budget of ~150DKK per day if you intend to buy food from local supermarkets and we recommend checking out the local fish market 'Brættet'.

### Accommodation

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In Greenland accommodation is scarce and often limited in terms of capacity so during the summer season reservation long in advance is necessary. Please be aware that because of this, your accommodation may differ from what is stated in the itinerary.

Hostel in Qassiarsuk (shared facilities) / Hotel in Igaliku / Hostel in Narsaq (shared facilities)

**On board Sarfak Ittuk Cruise Ship:** Built in 1992 Sarfak Ittuk is 73 metres long and 11 metres wide, she can cruise up to speeds of 13 knots. The crew consists of 22 people and the ship has a cafeteria, a living room with panoramic windows and a games room and an infirmary. The ship can sleep up to 249 passengers and is organised as follows...

- 104 beds in single, twin and quadruple cabins: each cabin has its own bathroom and toilet and bedding is included
- 85 beds in 4 people compartments: bathrooms and toilets found in the hallway, bedding is included
- 60 berths: bedding not included

Internet is available on board for a small fee.

**In Ilulissat** you can stay in rustic B&B accommodation run by a local Greenlandic families. All B&Bs have heating, hot showers and shared toilets plus a kitchen area. Blankets, sheets and pillows are provided. We can also arrange hotel or mini apartment accommodation with private or shared facilities subject to availabilities, please [contact us](#) for more information.

### Transportation

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In Greenland we use local boats, specially adapted for ice navigation, to cross fjords. Please see 'Accommodation' for more information about the cruise ship used in this trip.

### Budget & exchange

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The currency in Greenland is the Danish Krone (DKK)

Please budget for:

- Food, drinks and personal expenses

We recommend a budget of around 3000DKK for food on this trip but this is widely variable. This number is based on a mixture of restaurant and supermarket food options. 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.

## ***Supplied equipment***

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If you choose to participate in activities which require specialist equipment (like kayaking) all technical equipment will be provided.

## ***Material***

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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**

Winter in Greenland can be very cold, please think carefully about what clothes you bring, although we will provide warm outer layers, the layers you wear next to your skin make the biggest difference. We recommend:

- No cotton
- Bring dry spares of everything, even underwear and gloves
- Wear multiple layers including:
  1. A warm breathable base layer
  2. A second thermal layer
  3. Wind and waterproof protective out layer (we provide an additional quality jacket and over trousers)

## ***Luggage***

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Please bring a small rucksack to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. 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 rucksack 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 bad weather.

## ***Medicine***

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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***

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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***

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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***

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There are no specific health risks.

## ***Health information & recommendations***

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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***

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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***

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

## ***Local time***

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

## ***Topography***

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**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***

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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.