

DISKO BAY CROSS COUNTRY SKIING EXPEDITION

This expedition can be done on snowshoes instead of skis.

A unique chance to experience Greenland's truly remarkable winter wilderness and to discover the highlights of the iconic Disko Bay area. How would you like to experience nine days of autonomy in one of the most remote and magical places in the world? Join us on a snowy adventure in a land of ice and granite peaks where the silence is interrupted only by the occasional passing local fisherman dog sledding past us...

 Region	Disko Bay
 Activity	Cross Country Skiing Northern lights Snowshoeing Winter
 Duration	12 days
 Group	4 to 8 people
 Code	GROSKD
 Price	From €2,490
 Level	5/5
 Comfort	1/5
 Language(s)	French

ITINERARY

Day 1 Ilulissat



Welcome to Greenland! We will greet you at the airport and escort you to your accommodation in the centre of Ilulissat. Located approximately 220 miles north of the Arctic Circle Ilulissat is an interesting place - it is home to as many sled dogs as people! Discover more about the local culture, history and traditions on a walking tour of this iconic Greenlandic city. Every night we will have the opportunity to observe the northern lights if conditions permit.

Activities: Free walking tour of Ilulissat

Accommodation: Guesthouse or youth hostel

Day 2 Ski touring along the Icefjord



Pulks loaded; snow-shoes or skis and harnesses on, poles in hand, it is time to set off... we will find ourselves alone in the wilderness weaving our pulks between tall granite columns and ice features. Tonight we will set up camp in a sheltered spot on the north coast of Kangia Fjord with views of icebergs floating towards the sea from Sermeq Kujalleq glacier. This is the largest outlet glacier in West Greenland and it produces around 10% of all of Greenlands icebergs – not a bad camping spot!

Activities: 5-6 hours of snow-shoeing or nordic ski touring

Accommodation: Camping

Days 3 to 4 Sikuiusuitsoq Fjord and Avannarleq Clacier Ice Front



Over the next few days our adventure will lead us deep in the heart of Greenlands remote wilderness past Navdluarsupp Tsia and its chain of lakes and we will follow sled dog tracks to Sikuiusuitsoq Fjord. The ice sheet completely covers the fjord and icebergs get trapped here. Each night we find different sheltered spots to set up camp near the ice floe and the ice cap. A unique opportunity to immerse ourselves in this magical winter wilderness and explore this rugged, untouched area without distractions.

Distance: around 20 miles in 3 days

Altitude: +120m / -420m

Activities: 5-6 hours of snow-shoeing or nordic ski touring

Accommodation: Camping

Day 5 Greenlands Ice Sheet



Greenlands ice sheet is the largest ice surface in the northern hemisphere, today we have the chance to explore one of the most mysterious and inhospitable places on the planet. Today, providing the ice conditions are safe, we will leave your pulks at camp and ski on the ice cap with spectacular views of Greenlands vast wilderness.

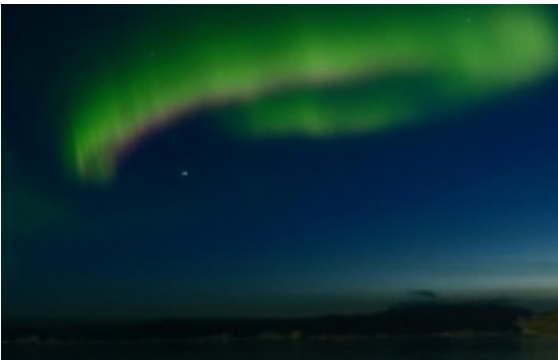
Distance: around 8 miles

Altitude: +340m / -340m

Activities: 5-6 hours of nordic ski touring

Accommodation: Camping

📍 Days 6 to 7 **The Iviangernarsuit range and the Inuit Village of Oqaatsut**



Over the next two days we will journey west to Disko Bay through the stunning Iviangernarsuit mountain range towards the traditional Inuit Village of Oqaatsut. About 50 fishermen live in this tiny picturesque settlement, in coloured wooden houses perched on rocks in the sheltered bay.

Distance: around 17 miles over 2 days

Altitude: +400m on one day then -400m the next

Activities: 5-6 hours of snow-shoeing or nordic ski touring

Accommodation: Camping

📍 Day 8 **Cultural immersion, Oqaatsut**



Now we have the opportunity to immerse ourselves in traditional Inuit culture and enjoy a day in the charming village of Oqaatsut. Today is a chance to rest a little and to observe the Inuit's traditional hunting and fishing techniques, it is also a safety day in case of delays in the journey. From here we can hike a few hours around the coast towards Disko bay and uncover views of its famous icebergs.

Distance: around 3 miles

Altitude: little change

Activities: 5-6 hours of snow-shoeing or nordic ski touring

Accommodation: Camping

📍 Day 9 **Icebergs of Disko Bay**



Time to load up the pulks for the last time, today we set off around Disko Bay, on the way Ilulissat. This famous ice filled bay makes a stunning back drop for the last leg of our journey.

Distance: around 6 miles

Altitude: +180m/-160m

Activities: 5 hours of snow-shoeing or nordic ski touring

Accommodation: Camping

📍 Day 10 **Arrival to Ilulissat**



Last kilometers before joining the civilization and the colorful village of Ilulissat. Installation in guesthouse.

Distance: around 5 miles

Altitude: +150m/-140m

Activities: 5 hours of snow-shoeing or nordic ski touring

Accommodation: guesthouse in Ilulissat

📍 Day 11 **Hike along the UNESCO-listed Icefjord**



An exceptional day to conclude this discovery of Greenland as it should be! We put on our snowshoes one last time for a hike to the famous ice fjord. Walking in the valley of Sermermiut, we gradually discover this spectacular fjord classified as a UNESCO World Heritage Site. Gigantic ice cathedrals remain blocked in the fjord, frozen by the ice floe, offering a most striking panorama. Return to our accommodation and last night in this Greenlandic universe.

Activities: 5 hours of snow-shoeing or nordic ski touring

📍 Day 12 **Ilulissat & transfer**



Our final morning in Greenland and a chance to explore the vibrant, cultural town of Ilulissat at leisure. You can stroll through the town, visit a museum and discover local artists with their iconic sculptures before your flight home. We have lots of suggestions for your last morning in Greenland.

Optional activities: Museum visit

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the program may be made.

Other trips you may like



Winter Multi Activities in Greenland: Discover Disko Bay, home to the biggest icebergs in the northern hemisphere, and explore the frozen world of Greenlands ice sheet by snowmobile, dog sled and snowshoe/ski. Go nordic hiking with dogs, learn local fishing and hunting techniques and embark on a mini expedition to a completely isolated traditional fishermans cabin...

DATES & PRICES

Departures for French-speaking groups:

No departure for now

Trip code: GROSKD

Included

- All in country transfers as detailed in itinerary
- Accommodation (2 nights in guesthouse/youth hostel; other nights camping)
- Full board
- Full supervision by a qualified Altaï Guide for the duration of the expedition
- Equipment hire - all shared and technical equipment (see 'practical info' - 'equipment' for more information)

Not included

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

Optional activities

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

- Ilulissat Museum: from €8

Notes

THIS EXPEDITION CAN BE DONE ON SNOWSHOES OR SKIS

- Please let us know your preferences when booking.

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.

Level: 5/5 Extreme

Our extreme adventures are only for those in in very good physical shape. Experience in the chosen activity/activities is mandatory as is a positive attitude. Please note that our difficulty ratings may vary depending on the weather. Whether you choose to ski or snowshoe, this trip is for people in very good physical health who are mentally prepared for the challenge. Each group member will pull a pulk (40kg plus) and we will spend 5-7 hours skiing or snowshoeing per day. The daily altitude does not exceed 300m a day but the mountainous terrain can present some steep passages. The difficulty of this trip may vary according to the weather and snow conditions and please note that your help with tasks such as cooking and setting up camp is much appreciated and expected - we want you to become a part of our expedition team.

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.

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

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. Each person is responsible for their own equipment, including food and will carry everything on pulks therefore light and easy to cook meals are favoured. Given the conditions, we are proud of the varied and balanced diet we manage to provide. Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs. Please be aware that this is a participatory trip, your help cooking and setting up camp is expected. We want you to be a member of our team; not a sheep! You should also have the opportunity to try Greenlandic delicacies such as musk-ox, arctic char and mussels during this adventure.

Accommodation

Ilulissat

Guesthouse or hostel accommdation,well equipped with shared facilities, heating and hot showers.

Wild Camping

We provide quality 3 man dome tents, 1 per 2 people for maximum space and comfort. When appropriate, we also provide a spacious fully equipped mess tent complete with a table and stools for communal moments and mealtimes.



Camping under the Northern Lights



Transportation

In Greenland we travel mainly by skis or snowshoes, weather dependent in-country transfers will include snowmobile, dog sledding and 4x4 transfers

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 all of the technical equipment you will need for this adventure including:

- A warm sleeping bag
 - Mountain Hardwear Lamina (-34°C) made from high performance synthetic material
- A polar condition sleeping bag liner
- A warm jacket
 - GEOLOGIC Sibir 500 (comfort -25°C, extreme -40°C)
- Warm snow boots

- Sorel glacier boots
- A pulk
 - Polyethylene pulk with bag and ropes - please note that pulka chest harnesses do not come in different sizes and that the lighter your pulka, the easier it will be to pull
- A pair of Nordic skis
 - Hagan touring skis with X-Trace binding, skins and standard semi-automatic attachment
- A pair of Nordic ski touring boots
 - Madshus Glitterind BC or Fischer BCX6 boots with high ankle cuffs and Thinsulate™ and MemBrain® Softshell technology lace covers
- A pair of Black Diamond ski poles
- 3 man dome tents (1 per 2 people for maximum space and comfort)
 - Mountain Hardware Trango 3.1 expedition tent

Vital equipment

Please remember that your clothes will be redistributed into waterproof bags with limited capacity to load onto pulks - try not to over-pack!

- Waterproof jacket (with a hood)
- Waterproof trousers/salopettes
- A balaclava (fleece)
- Appropriate warm neck wear
- A warm hat (wool)
- A warm jacket (synthetic down)
- 3 sets of thermal underwear (long johns & long sleeved tops)
- 1 or 2 pairs of thin socks
- 3 or 4 pairs of thick socks
- Two pairs of good gloves
- Sunglasses (UV 400)
- A ski mask
- Sun cream and protective lipsal (not water-based - water freezes)
- Any personal medication
- Mini toiletry kit and toilet roll
- A 1L thermos flask
- Head torch & spare batteries

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

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)

Helpful equipment

You may also consider packing

- A pair of warm comfortable boots for the evenings (in addition to the boots provided)
- Overgloves

- An extra jumper/fleece jacket
- Energy bars
- Wet wipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- A small inflatable pillow

Luggage

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 to transport. 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 travelers 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. Polar bears are rare in this area of Greenland but your guide will carry a gun to alarm/repel any potential visitors.

Weather

This trip runs during March and April when temperatures normally range from -30°C to -10°C (-22°F - 14°F). Generally speaking Greenland is not very windy and we can anticipate calm weather with snow showers and perhaps sleet. Near the ice sheet temperatures can be very cold and there can be gusts of wind of up to 15 miles per hour. 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.

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. During March and April we can expect 16-20 hours of daylight. You can see the midnight sun from May - July and the Northern Lights year round when it is dark.

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 use 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 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.