

HIKING IN THE KINGDOM OF ICE

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This adventure is ideal for those who love hiking and want alternate between the intimacies of camping in the wilderness with the comforts of local accommodation. Explore Greenlands enormously varied landscapes from volcanic islands to flowery valleys; from beaches to glaciers; from vibrant settlements to remote snowy peaks... Let our adventure transport you back to a simpler time, discover how locals thrive in this remote environment and experience true quietness, just you and your thoughts, alone on the ice cap surrounded by Greenlands vast and breathtaking wilderness...

 Region	Disko Bay
 Activity	Hiking
	Summer
 Duration	10 days
 Group	5 to 12 people
 Code	EGROW2VA
 Price	From €2,740
 Level	4/5
 Comfort	3/5
 Language(s)	English

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 has many sled dogs as people! Discover more about the local culture, history and traditions on a walking tour of this iconic Greenlandic city.

Activities: Free walking tour of Ilulissat

Accommodation: Hostel or Guesthouse

Day 2 Disko Island: Whales, hiking & dog-sledding



We will board a local ferry and sail across Disko Bay to the island of Disko (also called Qeqertarsuaq). Disko Bay is known as the sea of ice but it is said that during the summer months there are more whales than icebergs here! Keep your eyes open, particularly for humpback whales, as the ferry weaves between icebergs and heads towards the impressive 1000m cliffs of Qeqertarsuaq. We will spend two nights camping on this island exploring its range of landscapes and rich varieties of fauna and flora. We will set up a basecamp near to a picturesque fishing village in a sheltered spot surrounded by mountains, with views of the Bay, its icebergs and whales. We can enjoy guided hikes featuring some of this island's most impressive

features like Blaesedalen 'the valley of the winds', a superb U-shaped glacial valley with numerous waterfalls. We will cross beaches with icebergs which have run aground and discover Kuannit with its fields, hot springs and volcanic cliffs. We can even climb to Lyngmark Glacier to enjoy a breathtaking panorama view of the island!

Transport: Boat Trip across Disko Bay with whales and icebergs - 4 hours 30 minutes

Accommodation: 2 nights camping on Disko Island and 1 night in local accommodation in Ilulissat

Walking time: 3 hrs

Day 3 Discovering Disko Island

From our base camp, we explore Disko Island, a paradise for geologists, biologists and other scientists for the diversity of its landscapes and the richness of its fauna and flora. It is also a vast playground for hikers! We climb the impressive Lyngmark glacier which will offer us a superb panoramic view of the whole island and we meet in the evening in the mess tent for a friendly moment around the stove.

Accommodation: Camping Altitude difference +/-: 900 m Walking time: 7 h

Day 4 Discovering Disko Island

Every day allows us to discover a new facet of this Arctic universe. Today we hike on iceberg covered beaches or to bird cliffs. We leave the camp and sail to Ilulissat in the evening. Settling in our accommodation.

Accommodation: Guesthouse Walking time: 3hrs

Days 5 to 6 Into the Wilderness: Equip Sermia Glacier



We leave for three days for the discovery of Eqip Sermia, 50km north of Ilulissat. The glacier in front of Eqi falling abruptly into the sea is particularly impressive. This glacier very often drops its ice in the bays, and it is frequent to see gigantic seracs collapse into the sea, a most impressive visual and sound spectacle! Set up our camp for three nights and hike in the region, near the glacier and the ice cap. Each hike leads us to discover very varied areas of this wilderness area. Hiking on the delta of the river to observe the icebergs stranded on the sand, hiking to the moraine overlooking the imposing glacier front of Eqi at the foot of which the seals venture and finally, hiking up the trail traced by Paul Emile Victor To the ice sheet.

Accommodation: camping

📍 Day 7 **Ascent of the ice sheet**

This last great hike will have a very special flavour. Indeed, we will now go back in time to follow in the footsteps of French polar expeditions from the Victor cabin on the bay to the ice sheet where the advanced research camp was located. We use the path that Paul Emile Victor's teams dug into the rock in 1947 to approach the ice cap. Every step brings us closer to this frozen vastness that we will explore, just like the great explorers of the past.

The hike to the ice sheet lasts between 9 and 11 hours. Climbing on the ice sheet is therefore optional and dependent on weather conditions.

Accommodation: Camping Walking time: 6 hrs

📍 Day 8 **Eqi - Ilulissat**

Last walk, tidying up the camp and return to Ilulissat by boat. We settle in at the accommodation for two nights.

Accommodation: Guesthouse

📍 Day 9 **Ilulissat - Sermermiut Valley and Ice Fjord**

We finish this stay in apotheosis with a hike in the flowery valley of Sermermiut. Little by little, the frozen fjord of Ilulissat is revealed to us. A most striking spectacle than the thousands of icebergs that gather in the fjord until they slowly drift towards the ocean!

Accommodation: Guesthouse Walking time: 5 hrs

📍 Day 10 **Farewell Greenland**

Free morning in Ilulissat. Visit the Knud Rasmussen Museum (optional) which traces the history of the great polar expeditions and in particular the life of Knud Rasmussen. Flight returning home.

The details in this programme are regularly updated 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

[Trekking in the Great East of Greenland:](#) Join us on an exceptional wilderness immersion adventure in the most isolated and mountainous part of Greenland. During this 9 day trek we venture deep into the untouched land of rugged peaks and giant iceberg-filled fjords. Our carefully planned itinerary combines hiking with boat trips...



DATES & PRICES

International departures:

No departure for now

Trip code: EGROW2VA

Included

- All in-country transfers as detailed in itinerary
- Accommodation as detailed in itinerary
- Full board (except the final evening meal in Ilulissat)
- Full supervision by a qualified expert guide
- Free walking tour of Ilulissat
- 4 nights accommodation in Ilulissat
- Guided hiking in some of the most remote destinations in the world including Egi Sermia Glacier
- All technical camping equipment

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: €8
- Greenlandic meal in traditional restaurant: Prices vary
- Glacier walking or dog-sledding on Disko Island: from €220

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 youth hostel, guesthouse and camping accommodation.

Level - 4/5 Demanding

This adventure is for people who love hiking and want to alternate between the intimacies of camping in the wilderness with comfort of living like a local in traditional style accommodation. You should have a sense of adventure, a positive attitude and be prepared to walk 4-6 hours a day. Our hikes may venture off-trail and include height gain of up to 700m. 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. Please note that our difficulty ratings may vary depending on the weather.

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 apart from one evening meal - 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 prepare your own picnic lunch for the day from a buffet style array of options - everyday there will definitely be 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 but this is not always possible in Greenland!

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

Basic Greenlandic hostel, guesthouse and communal house accommodation are used for this trip. All are well equipped with shared facilities, heating and hot showers available.

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.



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 a meal in Ilulissat: €25-€70 / 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 matt
- A mess tent with table, stools and cooking equipment

Vital equipment

- A warm sleeping bag
- Walking boots
- Waterproof jacket (with a hood)
- Waterproof trousers
- A warm jumper or two
- Suitable underwear, t-shirts and walking trousers
- Thermals - top & 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
- Towel & toiletries
- A water bottle
- 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

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

- 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 in case of emergencies. 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 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.