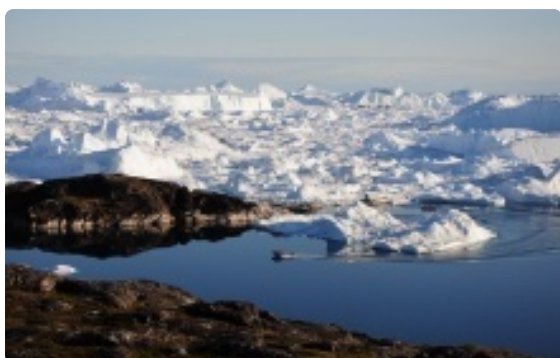


# DISKO BAY SAILING ADVENTURE

## PROGRAMME

### 📍 Jour 1 Ilulissat



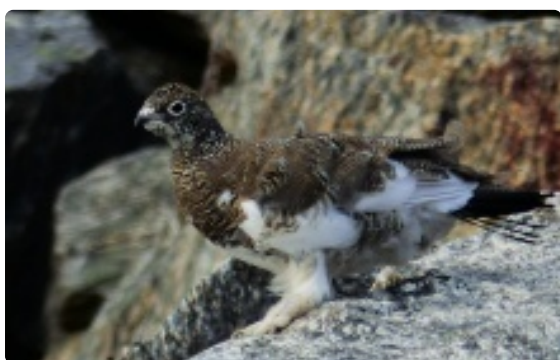
Welcome to Ilulissat, Greenland and welcome on board Lifesong, our delightful sailboat which will be our home for the next few days. Today we will explore the ancient archaeological site of Sermermiut Valley on foot. Abandoned since 1850, the old Inuit settlement was used by Saqqaq, Early Dorset, and Thule cultures and is now part of the Ilulissat Ice fjord UNESCO World Heritage Site. Return to Life song for our first navigation and first night

on board

*Activities: 2-3 hours of walking*

*Accommodation: On board Lifesong*

### 📍 Jour 2 Qasigianguit traditional village



Today we will sail through the entrance of the stunning Icefjord and all its huge icebergs. Then follow the south coast to the small village of Qasigianguit. We visit this lovely village with its coloured houses perched on the rocks overlooking the sea and its floating icebergs. Tourists rarely venture here so our arrival is often greeted by curious local children.

*Activities: 2-3 hours walking*

*Accommodation: On board Lifesong*

### 📍 Jour 3 Kitsissunnguit archipelago



Keep your eyes open for whales as Lifesong sails silently through the icy waters from Qasigiannugit to Kitsissunnguit archipelago in the middle of Diskobay. This place was famous because a lot of narwhals came here but since seaice disappear, hunters have left this village wich is now abandonned. First kayak trip to paddle in this wonderful archipelago.

*Activities: Kayaking 3-4 hours*

*Accommodation: On board Lifesong*

#### 📍 Jour 4 **Ikamiut Assiaat**



Today we can enjoy our first chance to paddle among the icebergs in a nearby sheltered bay. Then we sail trought several small islands where we have good opportunities to observe humpacks whales. We finish our trip of the day close to Asiaat village, extrem south of Disko Bay.

*Activities: Kayaking 3/4 hours*

*Accommodation: On board Lifesong*

#### 📍 Jour 5 **Whales of Kronprinsens**



We sail to the north to reach Kronprinsens archipelago. In this area, there are a lot of whales and birds. Accodring to the weather, we will kayak or hike to enjoy this totally wild landscape.

*Activities: Hiking 2-4 hours & Kayaking 2-4 hours*

*Accommodation: On board Lifesong*

#### 📍 Jour 6 **Kronprinsens - Disko Island**



Sail to the magnificent Disko Island, an area completely off the beaten track with fantastic hiking and whale watching opportunities. The island is characterized by its strangely coloured mountains and overhanging glaciers, reindeer roam here in the summer months.

*Activities: Hiking 2-4 hours & Kayaking 2-4 hours*

*Accommodation: On board Lifesong*

📍 Jour 7 **Disko Island**



Today we will hike to Qeqertersuaq small settlement in order to discover the Inuit way of life in this small village and enjoy the amazing landscape of this area sculpted by volcanic rocks. There are many whales in the area and if possible, we will try to kayak with them in the evening.

*Activities: Hiking 2-4 hours & Kayaking 2-4 hours*

*Accommodation: On board Lifesong*

📍 Jour 8 **Disko Island - Ataasund**



Today we will do the longest sail of the journey through Diskobay. An amazing day to observe icebergs and whales to Ataasund area where we can observe the icecap.

*Accommodation: On board Lifesong*

📍 Jour 9 **Eqi glacier front**



Today we sail through the sea ice in order to reach Eqi glacier front and the icecap. This glacier front is very impressive by its activity and its 100m high. This is one of the most spectacular place in Greenland. Sail on the north to a smaller but safer glacier font. Hike or kayak in the area.

*Activities: Hiking 2-4 hours & Kayaking 2-4 hours*

*Accommodation: On board Lifesong*

📍 Jour 10 **Hike to the icecap**



We let the boat to enjoy the area by a day hike to observe the icecap or kayak close to the glacier.

*Activities: Hiking & Kayaking: 5-6 hours*

*Accommodation: On board Lifesong*

📍 Jour 11 **Ikarasak - Paakitsoq**



Sail to the south . Stop in Paakitsoq fjord area and little hike or kayak trip. There are many whales in the area.

*Activities: Hiking 1-2 hours & Kayaking 1-2 hours*

*Accommodation: On board Lifesong*

📍 Jour 12 **Paakitsoq - Ilulissat**





Today we set sail back towards Ilulissat stopping off at the small isolated village Oqaatsut. We will take time to explore this traditional settlement at the end of the world with its beautiful coloured houses. Then we will navigate through the icebergs to Ilulissat and enjoy one last night on the boat in a nearby sheltered cove. Listen to the gentle rhythm of the sea, observe the parade of icebergs from the window and reflect on your trip so far because tomorrow it

is back to civilisation.

*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



Hiking East Greenland: East Greenland is one of the most isolated and unspoilt regions in the world. This trip is an opportunity to gain unique insights into Inuit culture and local traditions as we explore the hidden gems of the coastal wilderness. This adventure includes daily guided hikes, dramatic mountains and icebergs plus huge glaciers, local wildlife and beautiful valleys.

## DATES & PRIX

### Départs pour les groupes parlant anglais :

Du	Au	Prix par personne	Garanti	Inscription
22/06/2020	03/07/2020	<b>3 195 €</b>	Non	
06/07/2020	17/07/2020	<b>3 195 €</b>	Non	
20/07/2020	31/07/2020	<b>3 195 €</b>	Non	
03/08/2020	14/08/2020	<b>3 195 €</b>	Non	

Code voyage: GROWAKVOIL

## ***Le prix comprend***

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- All in-country transfers as detailed in itinerary
- Accommodation on board - twin/double cabins with private bathrooms
- Full board
- Full supervision by a qualified expert Altaï Guide
- All technical equipment provided

## ***Le prix ne comprend pas***

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

### **Optional activities**

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

- Greenlandic meal in traditional restaurant: from €25

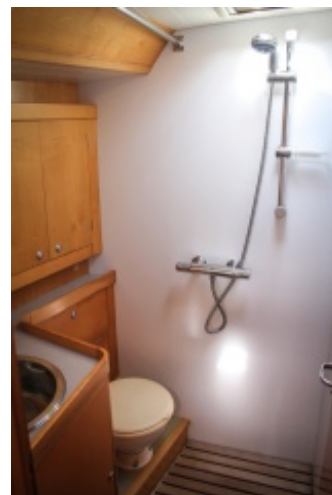
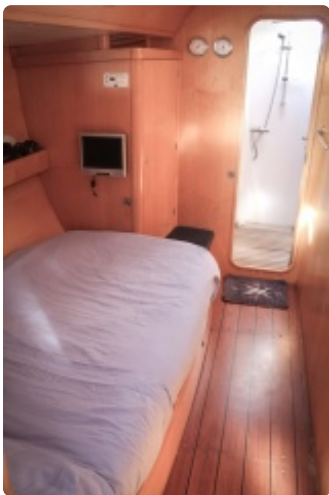
## ***Remarques***

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*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 - 4/5 Comfortable***

Accommodation on board our sailing boat Life Song - well-equipped with private bathroom. Please note that this adventure takes place in the wilderness - we are privileged to have simple luxuries like running water.



### ***Level - 1/5 Easy***

This trip is suitable for anyone with a sense of adventure and a positive attitude. You do not need to have sea kayaked before but physically you should be able to climb a 3m verticle ladder and swim 100m. This voyage involves an average of 2-4 hours of activity per day and is a participatory trip, we want you to be a part of our team and have the adventure of a lifetime.

## ***Conditions de paiement et d'annulation***

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### ***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.

### ***Assurance***

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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...)

## **INFOS PRATIQUES**

### ***Encadrement***

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You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Experienced skipper Christophe Votat will be your captain on board *Lifesong* accompanied by Emmanuelle. 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 Emmanuelle, our qualified professional guide - she has a passion for everything Greenlandic. Christophe and Emmanuelle have a child together, Raphael, who will live on the boat completing the family team! 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.

### ***Alimentation***

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This trip includes full board, free unlimited tea and coffee...

We are proud of the varied, fresh and frankly delicious food we provide on board. Meals are based on



a selection of local products including fish, sheep and musk-ox. We also have some less local foods on the menu like fruits and vegetables - not easy to find in the Polar Regions!

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.

### **Menu example:**

Breakfast: pancakes with maple syrup and fresh fruits, tea, coffee, grilled bread

Lunch: Sandwiches, soup, cake, tea and coffee during activities and more elaborated on the boat as shrimps with coco milk and pinapple served with rice. Cake

Dinner: Grilled fresh fish, homemade cake

### **Dietary Requirements**

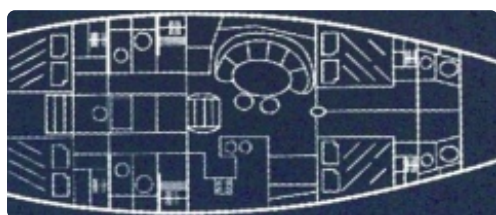
Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs. Please be aware that our options are limited in this isolated polar region; we do not risk catering for people with extreme allergies on board *Life Song* - contact us if you have any questions.

## ***Hébergement***

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### ***Life Song***

Our aluminium boat is a true floating refuge designed by Garcia industry, a famous french sailing boat constructor. It was specially designed for the exploration of these isolated lands and their harsh climate. Its interior was designed with comfort in mind and she is suitable for up to eight passengers. 3 mixed cabins of 2 people, 3 bathroom with a hot shower and toilets.



### **Characteristics**

Captain: Christophe Votat

Second in command: Emmanuelle Dumas

Length: 20,7 metres

Width: 5,3 metres

Draft: 3.05 m

Displacement: 32T

Material: Aluminium

First launched: 1997

Gas-oil reserve: 1800 litres

Generator: 10 Kva

Heating: As well as heating powered by the engine, we have a heating system in each rooms that can work day and night

Drying facilities: hanging clothes dryer with air circulation

Water tank: 1000 litres + two watermakers

Hot water: Yes - heated by two sources, the engine or the group

Washing/Drying machine that can be use once in the trip.

Fridge and freezer: 250 litre capacity

4m semi-rigid landing vessel (6 man) with 20Cv HB engine

Other facilities: Other facilities: Stereo compatible smartphones

220 electricity in all cabins

## ***Budget et change***

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The currency in Greenland is the Danish Krone (DKK)

Please budget for a meal in Ilulissat (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.

## ***Pourboires***

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

## ***Equipement fourni sur place***

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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:

- Tandem inflatable sea kayak (Advanced Element Convertible)
- A spray deck and shirt
- A life jacket

Our sea kayaks were chosen for their stability and comfortable, they are suitable for first time kayakers. Average speed 2-3 miles per hour, up to 6 miles per hour. Suitable for all sea conditions and in the unlikely event of capsize they are surprisingly easy to right, even at sea you would be back on board and paddling in no time.

## ***Equipement indispensable***

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- Sleeping bag (comfort 0°C)
- Walking boots (sturdy, with ankle support and vibram soles)
- Waterproof jacket (with a hood)
- Waterproof trousers
- A warm jumper or two
- Suitable underwear, sports 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
- A fast drying towel & toiletries
- A 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)

## **Matériel**

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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**

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

## **Equipement utile**

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You may also consider packing

- A pair of warm comfortable shoes for evenings in town
- A swimsuit if you want to test Icelands hot springs/pools during your stopover or the saunas of Ilulissat
- Extra gloves/overgloves
- An extra jumper/fleece jacket
- A warm sleeping bag liner
- Energy bars
- Wetwipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- A small inflatable pillow
- Tissues

## ***Bagages***

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

## ***Pharmacie***

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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.

## ***Passeport***

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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.

## ***Vaccins obligatoires***

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There are no specific health risks.

## ***Santé / recommandations sanitaires***

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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.

## ***Climat***

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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.

## ***Electricité***

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Greenland uses Northern European electrical standards (50Hz/220 volts) and the standard



Europlug socket with two round prongs. *Life Song* is equipped with 220v plus sockets.

## ***Heure locale***

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

## ***Géographie***

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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.

## ***Tourisme responsable***

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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 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.