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# MERVEILLES DU GROENLAND EN RANDONNÉE

Ce circuit sur la côte ouest du Groenland est parfait pour une première découverte du Groenland. Nous voici tout d'abord face à Sermeq Kujalleq, le glacier qui vèle le plus de glaces de tout l'hémisphère nord, et qui n'a d'autre équivalent qu'en Antarctique. Puis découverte d'Eqip Sermia, autre glacier spectaculaire par son imposante paroi verticale qui tombe directement dans la mer. Plusieurs journées de randonnée seront ensuite nécessaires pour découvrir l'île de Disko, tant ses paysages sont variés et différents du reste de la région de Disko...

Vous pourrez apprécier la richesse de sa faune : ses hautes falaises sont en effet le repère de nombreux oiseaux marins et les baleines à bosse sont souvent au rendez-vous au large de l'île. Ce sera également l'occasion de découvrir Qeqertarsuaq et la vie paisible d'une petite ville de pêcheurs du Groenland... Enfin, un court vol intérieur vous permettra de découvrir en randonnée, la région de Kangerlussuaq, haut lieu pour l'observation des rennes et boeufs musqués et l'occasion unique d'évoluer sur la calotte polaire, à l'image des grands explorateurs arctiques.

	Région	Baie de Disko Cercle polaire
	Activité	Eté Observation des baleines Randonnée
	Durée	9 jours
	Groupe	5 à 12 personnes
	Code	EGROW1C
	Prix	A partir de 3 440 €
	Niveau	2/5
	Confort	4/5
	Langue(s)	anglais

# PROGRAMME

## ♥ Jour 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 as 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

## ♥ Jour 2 Qeqertarsuaq and whales

This morning we will join local Greenlanders on board a ferry to sail across Disko Bay to the island of Disko, also known as Qeqertarsuaq. It is a scenic crossing with views of impressive 1000m cliffs and the chance to see whales. Tonight we will sleep in typical Greenlandic accommodation in the town of Qeqertarsuaq where traces of settlements from five to six thousand years ago have been found. After dropping off our bags we can enjoy a walking tour of this charming village to learn more and we can visit the local museum about discover everything about this fascinating place and its traditional fishing techniques. This afternoon, we will hike to a 'look-out' observation spot in the south of the island with amazing views. From here we should be able to see whales playing in the waters below and a whole range of marine wildlife!

Activities: 2 hours of walking & museum visit

Transport: 4 hours 30 sailing across Disko Bay

Accommodation: Hostel

## ♥ Jour 3 Disko Bay cruise

This morning we will board an old traditional fishing boat which has been renovated with comfortable passenger transportation in mind. Today we will explore the wonders of Disko Bay, an area known as a sea of ice where it is said that in the summer months there are more whales than icebergs! Majestic humpback, minke and fin whales all frequent in this area. Keep your eyes open as the boat weaves between icebergs and the scenic journey continues to Eqip Sermia glacier and its impressive +200m vertical ice wall!

Transport: 7-10 hour boat trip

Accommodation: Hostel or Guesthouse

## ♥ Jour 4 Hiking on Disko Island

Thanks to its range of landscapes and rich varieties of fauna and flora, Disko Island attracts an array of professionals including geologists, biologists and botanists. Today we will go hiking among some of this islands most impressive features starting with Blaesedalen 'the valley of the winds', a superb U-shaped glacial valley with impressive waterfalls. Cross beaches with icebergs which have run aground and explore Kuannit with its fields, hot springs and volcanic cliffs.

For those who wish, this hike can be replaced by an optional climb to Lyngmark Glacier (790m height gain) here not only to find a breathtaking panorama of the entire island but also to go on an exciting dog sledding trip.

Late this afternoon we will regroup and take the boat back across to Ilulissat.

Activities: 4-5 hour walk (+310m/-310m)

Additional Optional Activities: Lyngmark Glacier hike and dog sledding (+790m/-790m)

Transport: 4 hours 30 sailing across Disko Bay

Accommodation: Hostel or Guesthouse

#### 📍 Jour 5 Hiking in Ilulissat Icefjord UNESCO World Heritage Site

Today we will hike through dramatic scenery and discover Ilulissat Icefjord UNESCO World Heritage Site. Ilulissat Icefjord is home to one of the largest glaciers in the northern hemisphere and it is mesmerising watching hundreds of icebergs break free and pile up in the fjord before drifting into the ocean. Today we will explore the ancient archaeological site of Sermermiut Valley which is now part of the World Heritage Site. Abandoned since 1850, the old Inuit settlement was used by Saqqaq, Early Dorset, and Thule cultures, a stunning area with a fascinating history.

Activities: 4-5 hour walk (+460m/-460m)

Accommodation: Guesthouse or hostel

#### 📍 Jour 6 Glacier walking in the footsteps of polar explorers

This morning we will fly south to Kangerlussuaq (not included). The largest expanse of ice in the northern hemisphere is found in Kangerlussuaq and today you have the unique opportunity to walk on this ice sheet! An all-terrain vehicle will take us across the tundra towards the polar ice cap. Keep watch for reindeer and muskox as we hike in this second to none location and walk on the polar ice cap! After a final day in Greenlandic wilderness, surrounded by stunning views and curious wildlife it is time to head to Kangerlarsuaq for our final evening. Here you can enjoy an evening at leisure and discover the culinary specialities of Greenland with a meal in a traditional local restaurant (optional/payable locally).

Activities: 1 hour of Glacier Walking (+150m/-150m)

Transport: 4 hour all-terrain vehicle transfer

Accommodation: Hostel

#### 📍 Jour 7 Kangerlussuaq and flight home

Today you can enjoy a free morning in Kangerlussuaq before your afternoon flight. This could be your final opportunity to walk with rivers of cast iron in the tundra and hills where muskox and reindeer roam. Or perhaps you want to embark on a muskox safari or visit the city museum? We have lots of suggestions for your final morning in Greenland.

Optional Activities: museum visit or muskox safari

#### 📍 Jour 8 Discovery the polar ice cap

Morning flight to Kangerlussuaq, further south in Greenland. Today will not be a day like any other since we will walk on the ice sheet, the largest expanse of ice in the northern hemisphere.

An all-terrain vehicle takes us across the tundra to the moraine stretches adjacent to the polar ice cap. We walk in this mineral chaos to the dead part of the glacier, then we will evolve on this majestic universe for a few hours. On the way, we will try to observe reindeer and muskoxen, massive animals emblematic of Greenland that live in high concentrations in the area. Free evening on Kangerlarsuaq.

4 hours of transport by off-road vehicle

Accommodation: Guesthouse Walking time: 4 hrs

#### 📍 Jour 9 Kangerlussuaq - Home

Free morning in Kangerlussuaq. The opportunity to explore the surroundings on foot with its melting rivers, hills and tundra where muskox and reindeer graze.

Flight 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. Additional optional activities are not included in the price, please see 'Dates & Prices' for more information.*

## **Other trips you may like**

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[Disko Bay Kayaking Adventure](#): An unforgettable Greenlandic experience living like Inuits in one of the most remote and enchanting places in the world. This action packed adventure in the iconic Disko Bay area includes full board and 3 days in the wilderness kayaking and hiking from your remote campsite about as far 'off the beaten track' as you can possibly get.

## DATES & PRIX

### Départs internationaux :

Pas de départ pour l'instant

Code voyage: EGROW1C

### Le prix comprend

- In-country transfers as detailed in itinerary
- Full board (except first and last dinners)
- Accompaniment by an English-speaking Altai guide in the Disko Bay region
- Activities in Kangerlussuaq supervised by an English-speaking Activity Leader
- Free walking tour of Ilulissat
- Disko Bay whale watching day cruise (7-10 hours)
- 2x boat trips across Disko Bay to Disko Island
- Walking tour of Qeqertarsuaq town
- Qeqertarsuaq museum entrance fee

### Le prix ne comprend pas

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

### Additional Options

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

- Greenlandic meal in traditional restaurant from: €25
- Lyngmark Glacier hike & dog-sledding excursion: from €220 (+790m/-790m)
- Kangerlussuaq muskox safari: from €40
- Kangerlussuaq Museum: from €8

### Remarques

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

Well-equipped accommodation options like basic hostels or charming guesthouses are rated 4/5 for comfort. Please note that this does not guarantee private bathroom and kitchen facilities. Any 'special' accommodation options like our especially built wooden sailing boat in Greenland are rated 4/5 for comfort.

### Level: 2/5 Moderate

This trip is accessible to everyone with a sense of adventure and a positive attitude. Physically, you should be able to walk 2-6 hours per day, our hikes are not technically difficult but may venture off-trail. Please note that your help during the trip 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.

### Conditions de paiement et d'annulation

#### Inscription

L'inscription à l'une de nos activités ou voyage implique l'acceptation des conditions générales de vente. Chaque client doit remplir un bulletin d'inscription. L'inscription n'est acceptée qu'avec le versement d'un acompte représentant 30% du montant total du voyage et dans la mesure des places disponibles. Si l'inscription se fait à moins de 35 jours du départ, le prix total du voyage devra être réglé dès l'inscription. Vous pouvez effectuer votre paiement par virement bancaire (SWIFT/IBAN) ou par carte bleue directement sur le site. Une confirmation d'inscription vous sera envoyée par mail dans les plus brefs délais.

#### Facturation

Une fois votre réservation enregistrée, nous vous envoyons par mail votre facture. Le solde doit nous parvenir au moins 35 jours

avant votre date d'arrivée. Si le solde du voyage ne nous est pas parvenu dans ces délais, Altaï Greenland se réserve le droit d'annuler la réservation sans indemnité.

### **Annulation**

Si pour quelque raison que ce soit, vous devez annuler votre voyage, les sommes que vous avez versées vous seront remboursées sous réserve des retenues suivantes :

- Annulation reçue plus de 30 jours avant la date de départ : une somme de 50 € par personne sera retenue.
- Annulation reçue 30 à 21 jours avant la date de départ : votre acompte, 30% du prix total du voyage sera retenu.
- Annulation reçue 20 à 14 jours avant la date de départ : 50% du prix total du voyage sera retenu.
- Annulation reçue 13 à 7 jours avant la date de départ : 75% du prix total du voyage sera retenu.
- Annulation reçue moins de 7 jours avant la date de départ : 100% du prix total du voyage sera retenu.

**Vous devez nous faire connaître votre décision d'annulation par écrit. C'est la date de réception de votre demande qui déterminera la date de votre annulation.**

### **Cas particuliers :**

Quelle que soit la date d'annulation ou de modification de contrat, les frais suivants s'ajoutent au barème ci-dessus :

- Frais fixes aériens : si votre billet d'avion doit être émis longtemps à l'avance, souvent pour vous éviter des suppléments importants, 100% des frais non remboursables en cas d'annulation ou de modification de votre plan de vol vous seront facturés. Dans ce cas le barème ci-dessus ne s'applique que sur le prix du voyage sans le vol.
- Frais fixes terrestres : les frais engagés tôt pour des réservations fermes vous seront facturés en cas d'annulation.
- Frais d'assurance : que vous ayez souscrit une assurance multirisques ou une assurance annulation, le montant de l'assurance est dû et ne peut faire l'objet d'aucun remboursement. Ces conditions spécifiques vous seront signifiées sur votre confirmation d'inscription.

Si Altaï Greenland se trouve dans l'obligation d'annuler un départ en groupe, en raison du nombre insuffisant de participants, la décision sera prise et les clients informés au plus tard 21 jours avant le départ. Altaï Greenland peut également annuler un départ suite à des événements exceptionnels, relevant notamment des cas de force majeure pouvant porter atteinte à la sécurité des participants. Dans ces cas les participants seront remboursés intégralement des sommes qu'ils ont versées sans toutefois pouvoir prétendre à aucune indemnité.

### **Modification du contrat**

En cas de modification d'un voyage par le client entraînant des frais pour Altaï Greenland, ces frais seront à la charge du client.

Dans tous les cas, toute modification fera l'objet d'un écrit. Altaï Greenland pourrait modifier des éléments au contrat de voyage, si des événements extérieurs à notre volonté s'imposaient. Nos clients en seraient informés par écrit dans les plus brefs délais.

### **Prix et révision des prix**

Pour les voyages en groupe, les prix figurant sur le site internet ont été calculés et sont valables pour le nombre indiqué de participants pour chaque voyage. Les tarifs sont confirmés lors de l'inscription. Si le nombre de participants est inférieur, un supplément petit groupe peut être appliquée. Pour tous les séjours ou programmes, nous mentionnons le prix par personne, valable à partir d'un certain nombre de participants, et nous détaillons les prestations incluses et non incluses de ce prix. Toute modification des taux de change, des prix des différents éléments composant un voyage et en particulier le prix des carburants peut entraîner un réajustement du prix.

### **Cession du contrat**

Vous avez la possibilité de céder votre contrat à un cessionnaire qui remplit les mêmes conditions que vous pour effectuer le voyage tant que ce contrat n'a produit aucun effet. Vous êtes tenu d'informer Altaï Greenland de votre décision par tout moyen permettant d'en obtenir un accusé de réception et au plus tard sept jours avant le début du voyage. En cas de cession de contrat, le cédant et/ou le cessionnaire sont préalablement tenus d'acquitter les frais induits par la cession qui vous seront communiqués par votre conseiller. Le cédant et le cessionnaire sont solidiairement responsables du paiement du solde du prix ainsi que des frais, redevances ou autres coûts supplémentaires éventuellement occasionnés par cette cession.

### **Assurance**

Nous vous invitons à souscrire une assurance personnelle garantissant les activités pratiquées avec Altaï Greenland dès que votre inscription est validée. Nous vous demandons de bien vouloir nous communiquer par mail les informations de votre contrat d'assurance (nom de la compagnie, nom du contrat, n° de police d'assurance, n° de téléphone) et d'emporter ces informations avec

vous lors de votre séjour.

## INFOS PRATIQUES

### **Encadrement**

You will be welcomed at the airport by a representative from our friendly team and accompanied by an Altai guide for the duration of your stay in the Disko Bay region. When in Kangerlussuaq, activities will be run by a qualified English-speaking guide. Armed with an abundance of experience and a wealth of expert knowledge our professional Greenland team know the country inside out. 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**

This trip includes full board apart from the first and last evening meals - we are proud of the varied, fresh and frankly delicious food we provide. 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.

### **Hébergement**

This trip uses hostel, guesthouse and communal house accommodation. All are well equipped with shared facilities, heating and hot showers available. Please bring a sleeping bag.

### **Déplacement et portage**

In Greenland we travel by foot or use local boats, specially adapted for ice navigation, to cross fjords. This trip includes a flight to Kangerlussuaq in a small aircraft designed for Greenlands harsh winter conditions - we love this scenic flight in an adorable aircraft!

### **Budget et change**

The currency in Greenland is the Danish Krone (DKK)

Please budget for two dinners from €25 / 200DKK. 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**

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.

### **Equipement fourni sur place**

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 crampons for walking on the ice sheet.

### **Equipement indispensable**

- 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)

## ***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**

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)

## ***Equipement utile***

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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

## ***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 to transport. We recommend packing all of your clothes in plastic 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 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.

## **Passeport**

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.

## **Vaccins obligatoires**

There are no specific health risks.

## **Santé / recommandations sanitaires**

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**

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**

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

## **Heure locale**

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

## **Géographie**

**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**

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.