

# THE ARCTIC - DISKO BAY: THE HEART OF GREENLAND | FRIDTJOF NANSEN



## INTRODUCTION

Uncover Greenland's exquisite and raw beauty on this 16-day expedition cruise, cruising from Reykjavik, Iceland, around the west of Greenland and back to Reykjavik. This journey is filled with culture and history as you sail across the Irminger Sea, used by the Vikings some 1,000 years ago and explore Qaqortoq and its local culture. Unearth small picturesque settlements surrounded by stunning natural landscapes found nowhere else. See the magnificent labour of nature within the Ilulissat, A UNESCO World Heritage Site, and enjoy the sight of musk oxen roaming on the lands of a Norse Settlement on board the custom built MS Fridtjof Nansen with lots of opportunity to get up close and personal during landings. Join this magical journey, experiencing the true Heart of Greenland in 2020.

## ITINERARY

### DAY 1: Capital of Iceland

Reykjavik is the world's northernmost capital city. Norse settlers named the place Reykjavik (meaning 'Smoky Bay') after the columns of steam that rose from the hot springs in the area. The surroundings offer fantastic natural beauty with geysers, mountains, glaciers and geothermal baths that are well worth exploring before embarking on MS Fridtjof Nansen.

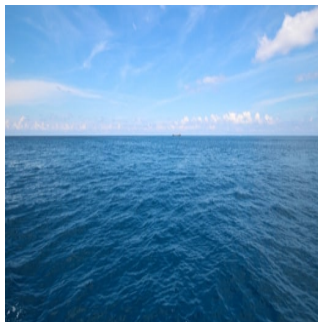


TRIP CODE
ACHUDBHG
DEPARTURE
14/06/2023, 29/06/2023, 14/07/2023, 29/07/2023, 09/06/2024, 24/06/2024, 24/07/2024
DURATION
16 Days
LOCATIONS
Arctic, Greenland


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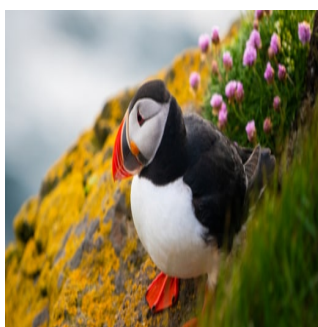
### DAY 2: Crossing the Denmark Strait - Day 2 & 3

We leave Iceland behind and sail across the Irminger Sea. This crossing was used by the Vikings to migrate from Iceland to Greenland some 1,000 years ago. Enjoy introductory lectures on local history and biology and get to know with our innovative expedition ship.



### DAY 4: `Kalaallit Nunaat` - Land of the People

Many consider Qaqortoq one of the most beautiful towns in Greenland for its colourful houses and lovely setting. The biggest town in South Greenland, with some 3.000 inhabitants, Qaqortoq is easy to explore on foot, or you can join one of our excursions to get even more insight into local culture.



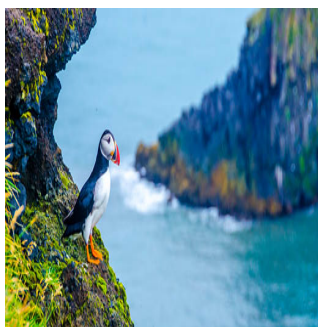
### DAY 5: Exploration Day

We discover the beautiful region of Kvanefjord near Paamiut by sailing deep into the fjord on this exploration day. Our experienced captain will take advantage of the conditions to identify landing sites for onshore walks, locate places to launch our kayaks, scout ideal communities to visit, or find the best spots to scan for wildlife.



### DAY 6: The Venice of Greenland

Maniitsoq was founded in 1755 and its name means `The uneven place`, referring to the rocky hills and mountains shaping the layout of the town. It is also known as the `Venice of Greenland` as it is situated in an archipelago, intersected by natural canals. The local museum provides an introduction to the town's rich history and culture.



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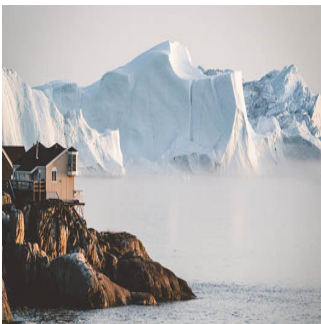
## DAY 7: `Where There are Fox Dens`

Sisimiut is situated 40 km north of the Arctic Circle. The name means `the people living in a place where there are fox dens`. This is the second largest town in Greenland, a modern, picturesque settlement that maintains ancient traditions. We offer a variety of exciting excursions to discover the many things to do in Sisimiut.



## DAY 8: Icefjord - UNESCO World Heritage Site

Ilulissat is set in the stunning scenery of the Ilulissat Icefjord World Heritage Site. At the mouth of the fjord you can see enormous icebergs that have run aground. These ice masses originate from the Jakobshavn Glacier, one of the fastest glaciers in the world. Join one of our many excursions here.



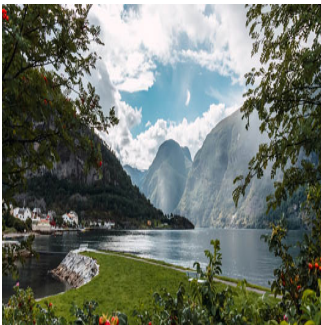
## DAY 9: Vaigat Sound

We now arrive at the northernmost point in our itinerary. There are several excellent landing sites in Vaigat Sound offering breathtaking landscape and Arctic flora. Our experienced captain and Expedition Leader will take advantage of the current weather and ice conditions to identify our activity for the day.



## DAY 10: Exploration Day

On one side of the meandering Evighed Fjord is an ice cap that often crashes massive chunks of ice into the water. Around us are the highest mountains in West Greenland with peaks, up to 2,000 m (6,600 ft.) in height, sometimes swirling with mist. Conditions on the day will determine the final programme and the range of activities on offer by the Expedition Team.



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## DAY 11: The Vibrant Capital of Greenland

Nuuk is situated at the mouth of one of the most spectacular fjord systems in the world. The capital city is where old and new traditions meet, from historic buildings in `Kolonihavnen´ to the modern Centre for Greenland Self Rule. Another feature is the National Museum - home to the famous mummies of Qilakitsoq.



## DAY 12: Musk Oxen and a Norse Settlement

The abandoned town of Ivittuut is a stronghold for musk oxen. More than a thousand years ago, Vikings settled the area, but left no written records behind. Archaeologists believe this was the last Norse settlement in Greenland to be established, and the first to be abandoned.



## DAY 13: Exploration Day

Prince Christian Sound separates mainland Greenland from Sammisog and the Cape Farewell Archipelago. If conditions allow, we will sail through this narrow channel and enjoy the spectacular scenery here. If the channel is blocked with ice, we will sail around Nunap Isua (Cape Farewell).



## DAY 14: Heading Back to Iceland - Day 14 & 15

After exploring exhilarating Greenland, we set course back to Iceland. Spend the days at sea recapping your experiences, having fun in the Science center or just relaxing on deck, looking at the sea birds which follow our ship or maybe even spotting whales.



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DAY 16: The Stylish Capital of Iceland

You arrive in the Icelandic capital early in the morning. If you want to explore more of the country, add one of our Post-Programmes before you head home, or stay longer to enjoy the city and its surroundings.



INCLUSIONS & DETAILS

Accommodation	Standard
Inclusions	<ul style="list-style-type: none"> <li>• Complimentary <b>wind- and water-resistant jacket</b></li> <li>• A rich program of included activities on all voyages designed to immerse you in the destinations you visit, including ice-cruising and onshore exploration with the Expedition Team.</li> <li>• Professional Englishspeaking Expedition Team an international handpicked team of highly educated experts of various academic fields with profound knowledge of the region we sail in.</li> <li>• Complimentary wind- and water-resistant jacket.</li> <li>• Loan of boots, trekking poles, and equipment needed for optional and included activities.</li> <li>• All meals including beverages (ship beer and wine, sodas and mineral water in all restaurants)</li> <li>• Coffee and tea included throughout the day.</li> <li>• Early riser and afternoon treat offered in addition to breakfast, lunch and dinner</li> <li>• Gym, hot tubs and panoramic sauna</li> <li>• Free Wi-fi on board for all guests. Be aware that we sail in remote areas with limited connection.</li> </ul>
Difficulty Rating	2 (light adventure)
Single Surcharge	Available upon request
Notes	Contact us for more details
Price Dependent upon	Season and availability

SUSTAINABILITY

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Chimu Adventures undertakes a number of sustainability measures within its operations including:

- 1) Only using local guides and office staff to both maximise local employment opportunities and minimise carbon footprints. Local guides also ensure you benefit from the intimate knowledge, passion and culture of the country you’re visiting.
- 2) Where possible, using locally owned and operated boutique hotels to maximise the return to the local community.
- 3) Chimu’s “Pass it on” programme has provided funding to hundreds of local community projects in Latin America. Our aim is to empower local communities, helping them to develop their own infrastructure for the future. Since 2006, we have been working with Kiva (a well-known Non-Governmental Organisation), providing hundreds of loans to local businesses all over South America.
- 4) In our pre tour information we provide a range of tips and advice on how to minimise your impact on both local environments and communities.
- 5) Chimu Adventures’ offices also take a number of sustainability measures including carbon offsets for company vehicles and most staff travel. Chimu Adventure’s internal processes are also structures to create a paperless office and to reduce waste. There are also internal programmes to help staff minimise their carbon footprint such as our staff bike purchase assistance plan which encourages office staff to commute to work via bicycle. Currently almost half of our office based staff commute to work via bicycle.

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