



ADVENTURES

in good company



HIKING AND KAYAKING IN GREENLAND

Trip Summary

HIGHLIGHTS

- Being immersed in Greenland's wild remote beauty on foot and by boat
- Navigating among icebergs in kayak and RIB boat
- Learning about Viking history and current Inuit culture
- Walking on a glacier and learning how glaciers are formed and seeing how they retreat
- Experiencing almost constant daylight as we are close to the Arctic Circle at midsummer

TRIP AT A GLANCE

Location:	South Greenland
Activities:	Multisport
Arrive:	Arrive Keflavik, Iceland anytime on Day 1
Depart:	If you are flying home, plan a flight out of Keflavik anytime on the last day.

Trip Overview

Greenland is the least populated, wildest country in the world. Most of it is covered by a huge ice cap and the population of 56,000 clings to the green fringe along the coast. It is spectacularly beautiful: soaring mountains tower over fjords choked with blue-tinged icebergs, sheep graze in deep green meadows, and Viking ruins remind us of the population that survived here for 400 years, and Inuit farms and tiny towns are testaments to the people who have carved out a living here for over 4500 years. We'll spend time camped across from a huge glacier, listening to its creaks and groans and exploring a small part on crampons. We'll hike to the top of a mountain from where we can look across to Inlandis, the ice cap. We'll kayak in a bay off of Sermilik Fjord among icebergs that come off the huge Egaloruutsit glacier. We'll learn about Viking and Inuit history and shelter. This trip offers a rare combination of experiencing Greenland's wilderness and still having shelter if the weather turns.

Maximum group size: 11

Rating

This trip is suitable for women with prior outdoor experience, endurance, enjoyment of very rustic conditions, the ability to stay active for 3 to 5 hours a day, and a very flexible approach to travel. A rating of 3 requires aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 4 times a week.

Rating: 1 2 **3** 4 5.

What's Included

- An English-speaking guide and an AGC guide (If there are fewer than 8 on the trip, there will not be an AGC guide)
- 9 nights accommodation as described
- Round trip airfare between Iceland and Greenland
- All meals from dinner on the Day 1 through breakfast on Day 10 with the exception of one lunch and dinner as noted in the itinerary.
- Transfer by RIB boats and warm insulated jackets for the transfers
- Kayaks and group camping equipment

Not included: airfare to Iceland, transfer to the Reykjavik hotel, alcoholic beverages, sleeping bag and pad (can be rented), 1 lunch and 1 dinner, guide gratuities, mandatory travel insurance, unexpected expenses as a result of weather conditions (including difficulties or cancellations due to ice or weather conditions) or flight or boat delays

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arrive Reykjavik anytime today. Flights from North America typically arrive early in the morning and transportation into the city on dedicated buses is simple (we'll provide instructions in the Pre-departure document). We'll meet as a group in the lobby of our hotel at 10 am and start getting to know each other. Your AGC guide will orient you to this beautiful compact and walkable city. The Visitor's Center is just next door to your hotel and your reception staff is also very helpful with suggestions of fun things to do. There will be some free time in the afternoon for you to either make any final preparations for heading to Greenland or wander as you choose before we meet back as a group and go out for a Welcome Dinner together.

Overnight: Reykjavik, Center Hotel Plaza or similar (D)

DAY 2

Depending on the flight schedule, we may have free time to continue exploring Reykjavik (lunch is on your own) before departing for the airport. The landing strip is at Narsarsuaq, an old WWII US Army base. If the weather is clear, we'll see the mountains that will soon be surrounding us and the fjords we will be traveling by boat. We'll meet our local guide at the airport and transfer to the harbor where we get into the RIB (rigid inflatable boat) that we'll become familiar with over the next week. Navigating along the Tunulliarfik fjord among numerous icebergs, we set off for our home for the next three nights: Qaleraliq Glacier Camp, which is likely as remote and as quiet as you've ever experienced. Set up on a bluff overlooking the fjord and across to huge glaciers, it is an enchanting place.

Overnight: Qaleraliq Glacier Camp (B, D)

DAY 3

Today we'll hike up along the stream that rushes down from Tasersuatsiaq Lake and supplies both our drinking and washing water. Our hike goes up through a glacial valley, scoured out centuries ago, and then up a lateral moraine to a vast dry plain. This was once part of the lake that we will shortly be hiking along, but the shrinking of the glaciers has resulted in a shrinking lake. Our path then becomes considerably rougher as we follow an uneven track up 1200 feet to the top of a small mountain with a commanding view of the Inlandis, the ice cap that covers almost all of Greenland, the lake below, and the fjord up which we traveled. We'll eat lunch here before returning by the same way. Caribou can often be seen here. We'll have free time when we return, to relax, walk along the beach, or perhaps wash off in the stream.

Hiking: about 7 miles. Elevation gain: 1,200-feet. Overnight: Qaleraliq Glacier Camp (B, L, D)

DAY 4

We've been watching and listening to the glacier across the bay and today we finally get to see it up close. The RIB boat will pick us up and transport us across the bay, looking at the different glacier fronts that were once all part of the same edge and admiring their vertical blue walls. As the glacier has receded, the fronts have become dramatically distinct. We'll land in a flat area and after a short walk we'll reach a barrel where helmets and crampons are stored. After we have put these on for our glacier walk, our guide will give us instruction in how to use them to walk up and down safely on the glacier, part of one of the oldest masses of ice on earth. We'll head up the glacier, seeing its crevasses, drains, caves, seracs, and other ice formations. Our expert mountain guide will explain how the glaciers are formed and the special characteristics of Greenland glaciers. It is truly a unique and magical experience. This will be our final night here and even the prospect of hot showers will not make us want to leave.

Hiking: about 2 hours (in crampons), Overnight: Qaleraliq Glacier Camp (B, L, D)

DAY 5

Leaving Glacier Camp behind, we're off to our next adventure. Our RIB takes us back down Tunulliarfik Fjord to Itilleq, more a name than an actual town. From here we walk over a high point on a dirt road called "The Path of the Kings" to the beautiful little village of Igaliku, a small Inuit settlement of not more than 40 people situated on another fjord. Regarded by some as the most beautiful settlement in Greenland, it is home to the remains of Gardar, the religious capital of Viking Greenland. We'll visit some of the ruins and a reconstructed church before retracing our steps, and then transported by RIB to the small town of Qassiarsuk. We'll spend tonight at the Qassiarsuk Hostel.

Hiking: about 5 miles. Elevation gain: 900 feet. Overnight: Qassiarsuk Hostel (B, L, D)

DAY 6

This morning will start with a beautiful hike across to Tasiusaq, site of a one-family sheep farm and the launch point for our kayak expedition on Sermilik Fjord. After getting suited up, we'll start with some basic kayak instruction and packing up and stowing our gear in our kayaks. We'll be kayaking in a bay of Nordre Sermilik Fjord among icebergs that vary wildly in shape, size, and color. Both the bay itself and the main fjord are always filled with icebergs as they calve directly from Eqaloruutsit Glacier. This is an area in which the kayak is the only possible means of navigation at this time of the year, so we won't see any other boats. Or people. Our kayak is leisurely, allowing us time to take pictures, soak in the scenery, or sit and gaze in awe.

In early evening we'll set up our tents on the shores of the fjord, really out in the middle of nowhere. Once camp is settled, we'll go for a hike through the tundra, up to a viewpoint from where we can see the main part of the Fjord and the impressive Eqaloruutsit glacier.

Hiking: about 5 miles. Elevation gain: 900 feet. Overnight: Camping on the shores of the fjord (B, L, D)

DAY 7

Today is much like yesterday, a leisurely kayak back down the bay, weaving our way around icebergs of all different sizes. Depending on ice, we may be able to get close to the area of Kangerdlua, which is blocked by ice year-round. We'll return to Tasiusaq in the afternoon where we'll exchange our kayaks for our hiking boots to hike the 5 miles back to the hostel at Qassiarsuk.

Hiking: about 5 miles. Overnight: Qassiarsuk hostel (B, L, D)

DAY 8

We'll get an early start today because it's our last full day in Greenland and we still have a lot to pack in! This morning we cross to Narsarsuaq on our RIB boat for a hike through Flower Valley, which was formed during an old glacial retreat; the consequent glacial sedimentation has made it the perfect place for flowers to grow and thus its name. We will walk until we can see Kiattut glacier and the landscape around it, with a superb panoramic view of the ice sheet and its Nunataks. This is probably one of the most beautiful hikes in Greenland and a full day it is! Tonight, our dinner will offer Greenlandic specialties: seal, whale, musk ox, and fish.

Hiking: 8- 10 miles. Elevation gain: 1,200 feet. Overnight: Qassiarsuk Hostel (B, L, D)

DAY 9

This morning we'll learn more about Viking history and culture as we walk through Qassiarsuk, the village of about 50 inhabitants where the hostel is located. Eric the Red settled here in 985 and founded the village of Brattahlid, which was the capital of Viking Greenland. They were mostly sheep farmers then and though the breed has changed, the Inuit people who live here still are (this area, including Narsaq, has more sheep farms than any other part of Greenland). During our walk we'll visit some Brattahlid reconstructions, including a replica of the original chapel and longhouse, as well as the original ruins from Erik the Red. Depending on flight schedules, we will visit the Qooroq Ice Fjord in late morning. Qooroq is one of the most active glaciers in southern Greenland and our boat will nose its way up this ice-choked fjord as far we can go. Surrounded by green leafy tundra and rocky-mountains, we are completely surrounded by this Polar landscape. As many icebergs as we've seen, this may still be the most amazing yet. We'll then return to Narsarsuaq by RIB boat. There will be some time to walk around the area and perhaps visit the local museum and cafe (dinner is not included tonight). Our flight to Keflavik will take us back over some of the area we've traveled through in the last week. And it is amazing just how much more civilized Iceland looks after a week in Greenland. Due to our later arrival from Greenland to our hotel adjacent to the Reykjavik airport, dinner is on your own. The hotel has a variety of full meals and/or snacks. Today is National Greenland Day and also Summer Solstice, and the day is long indeed.

Overnight: Aurora Star Airport Hotel or similar (B, L)

DAY 10

You are free to leave anytime today. Our hotel is near the airport; but if you don't have a flight until later in the afternoon, you might consider taking the bus back into Reykjavik or perhaps relaxing at the nearby Blue Lagoon. (B)

ADDITIONAL TRIP INFORMATION

Getting There

You will be flying into Keflavik International (KEF) which is located approximately 50 - 60 minutes from Reykjavik. From the airport, the easiest way to get into the city is the Flybus shuttle. Tickets can be purchased either online at <http://www.re.is/flybus/>, on board your flight to Iceland if you are flying Icelandic Air, or once you arrive at the Reykjavik airport. Please note: The group transfer for the last night of the trip from Reykjavik City airport to a hotel adjacent to KEF is included in your trip. You will only need a 1-way ticket upon your arrival from KEF to Reykjavik.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

In Reykjavik we'll stay in a 3-star hotel, double occupancy, with ensuite bathrooms. A limited number of single supplements are available for this portion of the trip. In Greenland our accommodations are very basic. We'll spend the first three nights at Qaleraliq Glacier Camp with large geodesic domes - there are 4 people in two bunkbeds in each dome and there is also a larger one for cooking and meals. We'll sleep in roomy domed tents for the kayak portion; and in between we'll stay in hostels where we'll stay in rooms for 2 to 8 women, all of which share one bathroom with several shower stalls, basins, and toilet stalls.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #OD10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

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