



## ICELAND AND GREENLAND: EDGE OF THE ARCTIC

More than a thousand years ago, the legendary Viking Erik the Red set sail from Iceland to Greenland and was exiled to a stark and spectacular land of endless ice, rocky pinnacles, and steep-sided fjords. Follow his route from Iceland's magnificent Westfjords peninsula across the Denmark Strait to the ice-sculpted shores of Greenland. Trace the coast of the world's largest island from the rugged eastern fjords to the fishing villages of the western coast. Search for walrus, whales, and caribou, and use our ship's exploration tools to discover the undersea. Visit archaeological sites of Viking and Thule settlements and learn about everyday life near the Arctic Circle in charming coastal villages from Flatey Island to Nuuk.



### ITINERARY

#### DAY 1 Reykjavík, Iceland

Arrive in Reykjavík, the world's northernmost capital, which lies just below the Arctic Circle. Transfer from the airport and have a panoramic overview of the Old Town, including Hallgrímskirkja Cathedral with its 210-foot tower before embarking the ship in the afternoon. Meals Included: Lunch, Dinner

#### DAY 2 Flatey Island

Follow Iceland's western coast north, stopping for a visit to the historic trading post of Flatey Island. Take walks around the charming hamlet that sprung up here over the centuries and explore the coast by Zodiac. Meals Included: Breakfast, Lunch,



Dinner

#### DAY 3 Arnafjörður / Ísafjarðardjúp

Early this morning, glide into beautiful Arnafjörður, an inlet that reaches deep into the northern Westfjords. If you wish, disembark early and hike several miles along the shore to the fjord's end, where the spectacular Dynjandi Waterfall tumbles some 300 feet over many tiers of rock. Alternatively, join our expedition staff on the deck of the ship to watch our approach to the falls and go ashore by Zodiac to see them close up. There's a chance we'll spot nesting arctic terns along the way. Later this evening, enter Ísafjarðardjúp and land at Vigur Island, a privately owned island that is operated by polar explorers and is home to numerous species of seabirds, including a large colony of eider ducks. Visit the family farm to learn how they process and clean eiderdown sustainably, without harming the birds. Meals Included: Breakfast, Lunch, Dinner

#### DAY 4 Ísafjörður

The capital of the Westfjords, Ísafjörður lies on a tiny spit jutting out into the fjord against a backdrop of steep hills. Take a culinary tour of the town, stopping to taste local produce and Icelandic specialties. Alternatively, hike through pristine landscapes to a remote waterfall. Meals Included: Breakfast, Lunch, Dinner

#### DAY 5 Crossing the Denmark Strait

Follow in the wake of the legendary Viking Erik the Red as our ship makes its way across the Denmark Strait to Greenland. Listen to talks by our experts, relax with a book in the lounge or the observation deck, and keep an eye out for wildlife as we sail across the continental shelf. Meals Included: Breakfast, Lunch, Dinner

#### DAY 6 Exploring East Greenland

The Greenland ice sheet is the second largest body of ice in the world after Antarctica and covers roughly 80% of Greenland's surface. The island's coast is etched with thousands of fjords, some of which reach the ice's edge. Spend the day exploring the islands and inlets of the eastern coast, using our underwater cameras and Remotely Operated Vehicle (ROV) to discover marine life and fascinating underwater geology. Venture deep into Skjoldungen fjord and take a Zodiac or a kayak for a foray among the icebergs. Meals Included: Breakfast, Lunch, Dinner

#### DAY 7 Prins Christian Sund & Nanortalik

Sail into Prins Christian Sund, which cuts far into the southern tip of Greenland, passing between soaring pinnacles and glaciers. Anchor off the small fishing village of Nanortalik, and go ashore to explore Greenland's most southerly town, and meet some of the residents for a performance of local folk music and dance. In the tundra outside of town, walk among multitudes of wildflowers. Visit reconstructed longhouses and learn about the construction of traditional umiaks and kayaks. Meals Included: Breakfast, Lunch, Dinner

#### DAY 8 Hvalsey Ruins & Qaqortoq

Today, explore two remarkable sites on the Viking Trail. On the shores of Qaqortukuloq fjord lies the UNESCO World Heritage site of Hvalsey, one of the best-preserved Nordic sites in the world. Part of the settlement founded by Erik the Red's cousins in 986 AD, Hvalsey has yielded fascinating clues to the daily life of the Vikings and their mysterious disappearance. Explore the church constructed in the 14th century, possibly by Norwegian stonemasons, and the living quarters and banquet hall for celebrations. Continue to Qaqortoq, inhabited since the Viking era and now the largest town in South Greenland—with just over





3,200 residents. The Scandinavian influence is apparent in the wooden houses painted primary colors and scattered on the hillside, and colonial architecture dating back to the late 1700s can be found in the town center. Stroll through the town square and visit the museum, where Greenlandic kayaks, hunting equipment, and local art and handicrafts are on display. Meals Included: Breakfast, Lunch, Dinner

#### DAY 9 Eriksfjörð & Brattahlíð

Follow the waterway known as Eriksfjörð to Brattahlíð, where Erik the Red established his farm in 982 AD after his exile from Iceland. Erik's wife, Þjódhild, built the first Christian church in the western hemisphere here. Visit replicas of the church and Erik the Red's longhouse and see the shores from which their son, Leif Eriksson, launched the first voyages to North America—500 years before Columbus. Meals Included: Breakfast, Lunch, Dinner

#### DAY 10 Nuuk

Perched on the seaside in the shadow of ice-capped Sermitsiaq Mountain, Nuuk is the world's smallest capital city by population, with some 19,000 inhabitants, experiencing tremendous cultural and economic growth. Watch for harp seals as we enter the harbor and take a walking tour with local residents to learn how the community has changed over the generations. At the National Museum, examine the extraordinary 15th-century Qilakitsoq mummies found near Uummannaq—a discovery that was featured in a National Geographic magazine cover story in 1985. The Arctic ice preserved these mummies so well that researchers have been able to study their tattoos, their medical conditions, and even what they ate. Meals Included: Breakfast, Lunch, Dinner

#### DAY 11 Kangaamiut and Evighed Fjord

In the early morning, the ship enters Evighed Fjord (Kangerlussuatsiaq Fjord), which winds picturesquely past steep mountains and stunning tidewater glaciers. Take a Zodiac cruise along the face of one of the many glaciers or hike over glacial moraines to a waterfall. In the afternoon, visit the small fishing community of Kangaamiut. Climb the small mountain behind the village to take in the views or walk through the village and photograph the colorful houses clustered on the seaside slope. Meals Included: Breakfast, Lunch, Dinner

#### DAY 12 Sisimiut

Dozens of deep fjords carve into Greenland's west coast, many with glaciers fed by the icecap that covers much of the island. At Sisimiut, a former whaling port, visit the museum and stroll among its 18th-century wooden buildings. Choose from a variety of walks to explore the town and its surroundings. Sample traditional Greenlandic food this afternoon. Meals Included: Breakfast, Lunch, Dinner

#### DAYS 13-14 Ilulissat & Disko Bay

Sail into Disko Bay and encounter the UNESCO World Heritage-designated Ilulissat Icefjord, a tongue of the Greenland ice cap that calves enormous icebergs into the bay. Take an extraordinary cruise among these towering sculptures in ice. Enjoy views of the bay on a visit to the town of Ilulissat, and hike in the panoramic Sermermiut Valley. Spend the next day cruising Disko Bay as we make our way north and, weather permitting, land on Disko Island for expedition-style hiking. Ice conditions permitting, we'll follow the inside passage past Disko Island to the Nuussuaq Peninsula. As we sail, join our expedition team in the lounge for presentations on Greenlandic culture and history. Meals Included: Breakfast, Lunch, Dinner



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### DAY 15 Uummannaq & Qilakitsoq

The colorful village of Uummannaq sits on a tiny island in the Uummannaq Fjord. The dramatic peak that rises abruptly from the island's center is so remarkable that it has been depicted numerous times in paintings and drawings. Visit the excellent community museum to learn about the area's archaeology and history and see traditional Inuit clothing and tools along with scenes of everyday life. Then cross the fjord to the archaeological site of Qilakitsoq, where the eight Thule mummies were discovered in 1972. Meals Included: Breakfast, Lunch, Dinner

### DAY 16 Exploring Greenland's Fjords

Enjoy an expeditionary day exploring Greenland's fjords, covered in spongy tundra, and look for Arctic foxes and, with luck, caribou. Paddle a kayak along the steep sides of the fjord or ride a Zodiac to see the glacially carved landscape up close. Meals Included: Breakfast, Lunch, Dinner

### DAYS 17-18 Kangerlussuaq / Reykjavik / Keflavik

Disembark in Kangerlussuaq and take a charter flight back to Iceland. Check into our hotel near the airport, the Courtyard by Marriott Reykjavik/Keflavik. On our final morning take a tour of the Reykjanes Peninsula. After lunch, transfer to the airport for flights home. Meals Included: Breakfast, Lunch, Dinner

### Please Note:

Itineraries are subject to change.





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## YOUR SHIP: NATIONAL GEOGRAPHIC ENDURANCE

<b>YOUR SHIP:</b>	<b>National Geographic Endurance</b>
<b>VESSEL TYPE:</b>	<b>Expedition Ship</b>
<b>LENGTH:</b>	
<b>PASSENGER CAPACITY:</b>	<b>126</b>
<b>BUILT/REFURBISHED:</b>	<b>2018</b>

A next-generation expedition ship, purpose-built for polar navigation. National Geographic Endurance is a next-generation expedition ship, purpose-built for polar navigation. A fully stabilized, highly strengthened, ice-class Polar Code PC5 (Category A) vessel, it is designed to navigate polar passages year-round, and safely explore uncharted waters, while providing exceptional comfort. Its patented X-BOW® is key to its design; its powerful wave-slicing action provides an extremely smooth ride in even adverse conditions, and even reduces spray on deck, for superior observation. She carries a full suite of expedition tools and offers a variety of experience-enhancing amenities. The luxury of comfort on expedition National Geographic Endurance comfortably accommodates 126 guests in 69 outside-facing cabins. Cabins are efficiently designed, with sizes range from the 140-square-foot solo cabin to the 430-square-foot category 7 suite. Fifty-three of the 69 cabins, including all 12 of the solo cabins, will feature small balconies with floor-to-ceiling sliding doors that bring in the spectacular views and ample natural light. Comfort & convenience in every room Every cabin has two portholes, a large window or balcony, and temperature controls. Bathrooms are modern and stocked

with botanically inspired hair products, soap, and shower gel, plus a hairdryer. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Dining: Food served aboard is fresh, local, and delicious, and sourced from suppliers who share our values of sustainable use whenever possible. Meals aboard are almost always served in the dining room, located aft of the lounge deck. When weather conditions allow, lighter fare may be served on the observation deck. There is no assigned seating and our dining room accommodates the entire expedition community in a single seating. During meals your expedition leader, naturalists, and any guest speakers aboard will join you. Public Areas: Two restaurants, a Chef's Table for small group dining, Observation Lounge with bar, gym, Wellness area, infinity-style outdoor hot tubs, library, main lounge with full service bar, 24-hour beverage, state-of-the-art facilities for films, slideshows and presentations, and a photo workshop area; plus, an expedition base with lockers for expedition gear, and an "open bridge" for access to our captain, officers and the art of navigation. Meals: Two restaurants, featuring local, sustainable choices and unassigned seating for flexible, inclusive dining; plus a Chef's table for intimate, small group dining. Main restaurant has 270° views, and the Observation deck restaurant features lighter, made-to-order fare. Cabins: All cabins face outside with large windows, private facilities and climate controls. 53 cabins have balconies. Cabins are equipped with expedition command centers with tablets and USB/mobile device docking, TVs, Wi-Fi connections, and hair dryers. Expedition Tools: Zodiac landing craft, kayaks,



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snowshoes, cross-country skis, undersea specialist operating a remotely Operated Vehicle (ROV) and underwater video camera for unique access to polar marine world, hydrophone, aerial remote-controlled camera and video microscope. Special Features: A full-time doctor, undersea specialist, National Geographic photographer, Lindblad-National Geographic certified photo instructor and video chronicler, an internet cafe and laundry. Wellness: The vessel is staffed by our wellness specialists and features a glass-enclosed yoga studio, gym, treatment rooms and spa relax area, and high- and low-heat saunas with ocean views. Expedition Landing Craft: Key to our operation is our fleet of expedition landing craft, which we use to land in places that would otherwise be inaccessible. With 8 of these boats and two loading stations used every time we disembark, we're able to transfer guests off the ship quickly, so you can be out on adventures, not idly waiting. The expedition landing craft we use are 19 feet long, powered by four-stroke outboard engines, and are capable of comfortably carrying 10-12 people. They are widely recognized as the safest and most versatile small boats afloat. Remotely Operated Vehicle: Capable of reaching 1,000 feet, far beyond the range of any Scuba diver, the ROV allows you to literally view parts of the undersea that are as unexplored as the moon. Chances are you, like many of our guests, will be struck by how surprisingly colorful undersea life is in these unlikely places. And this glimpse may fundamentally change how you view the ocean. Kayaks: National Geographic Endurance will be equipped with a fleet of kayaks large enough to ensure everyone who wants to can paddle at every opportunity. Consequently, prior kayaking experience isn't necessary--many of our guests have their first kayaking experience in extraordinary locations. Our custom-designed floating platform lets us deploy kayaks from

the ship, or any location we want--including far from shore. Kayakers are usually free to explore where they want within boundaries set by the undersea specialist and officer of the watch. Underwater camera: Our undersea specialist will dive often during your expedition, even in Alaska, with cold-water gear, to shoot high-definition, Cousteau-like footage of the deep. Colorful nudibranchs, swimming, plant-like crinoids, and mysterious fish with antifreeze blood that thrive in the frigid sea will give you an entirely new appreciation of the marine environment. Video microscope: Naturalists will use the video microscope to help explain all elements of the environment, including tiny organisms that are the building block of the marine ecosystem. Spellbinding live views of krill at 80x magnification fills the high-definition screens in the lounge with vivid detail, and fills every onlooker with a sense of wonder at the importance of otherwise unobservable creatures. Hydrophone: This underwater microphone is deployed to listen to the vocalizations of marine mammals. Real time transmissions of their eerie, haunting sounds can be broadcast through the ship or recorded for later playback. Few experiences in nature are as captivating as watching humpback whales feed close to the ship as their vocalizations play through the ship's PA system. Electronic charts: An electronic chart showing the ship's location, course, and speed is almost always on display in the lounge. Open bridge: You'll find our captains are engaged, knowledgeable members of your expedition who are eager to share their passion with you. Venture's open bridge features comfortable spaces to sit, enjoy the view, drink your morning coffee, or simply chat with the officers. Snorkeling gear & wetsuits: On warm weather itineraries where there will be snorkeling, you'll select a mask, snorkel, fins, and wetsuit that remain yours for the duration of the expedition. There's no need





to pack and tote your own gear, although guests who prefer to are welcome to bring



their own.



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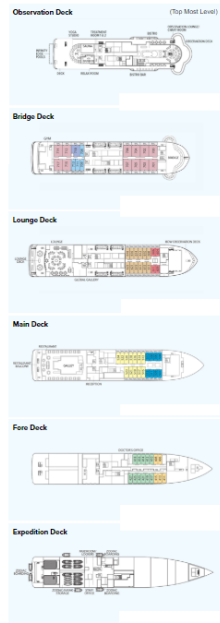
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### Category 3



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