



ARCTIC WILDERNESS ADVENTURE: LAND OF THE INUIT

Join us for a unique arctic expedition exploring the northwest part of Greenland and Disko Bay. Experience the feeling of standing at the end of the gigantic Greenland ice cap, knowing that it stretches 2,400 kilometres north and covers 80 % of the island. Enjoy exploring rarely visited settlements like Upernavik and the abandoned solitude of Qullissat, touch an iceberg with your bare hands and marvel at the power of nature in Ilulissat Icefjord. With daily landings and excursions including kayaking, hikes or other activities you will discover the authentic Greenland and meet the people that call it home. Optional tours and activities are available, please contact us for details.



ITINERARY

DAY 1: Kangerlussuaq

You arrive in Kangerlussuaq in the morning. Before boarding MS Fram we spend the day exploring Kangerlussuaq and its surroundings. First on the agenda is a trip to the Greenland Ice Cap. Enjoy a ride through a wide variety of beautiful natural scenery before enjoying an hour discovering the area around the Ice Cap. After arriving back in Kangerlussuaq we enjoy a light lunch before embarking MS Fram and setting a course for Disko Bay and our Greenland adventure.

DAYS 2 - 10: Exploring Northwest Greenland



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Sisimiut is the southernmost of the towns on the western coast of Greenland. Here we offer a variety of optional shore excursions including hikes, boat trips and sightseeing, as well as the chance to shop for local handicrafts and enjoy a meal with Greenlandic specialities in a local restaurant. Qeqertarsuaq is the only town situated on the old volcanic island of Disko. The area offers amazing Arctic experiences with giant icebergs, picturesque seascapes, fjords and wildlife. Our Expedition Team will take you on a guided walk, or you can join the optional excursions like a town walk, kayaking or an ice cruising boat tour. If you like archaeology and history should definitely pay a visit to the local museum in Qasigiannugit. Alternatively, you can stroll around the settlement on your own, or participate in our excursion, which includes a settlement walk, entrance to museums and a visit to the church for a recital by the local choir. The town of Uummannaq is situated in scenic surroundings at the foot of a heart-shaped mountain. During our stay here, the Expedition Team will lead you on a hike in the shadow of this majestic peak. Our optional excursions include meeting the locals or taking a Polarcirkel boat-excursion to a landing at Qilakitsoq where the mummies from the Thule era were found. In Ukkusissat the locals await us at the pier when we arrive, and entertain us with song and dance, before proudly escorting us to their village. Take a stroll around on your own, or drop by the community house where they offer coffee, homemade cakes and local souvenirs. There are only 90 people living in Ilorsuit, a traditional hunting and fishing community. You may find that many houses dry whale meat and fish on the front porch- right next to the laundry! It is a place rarely visited by tourists. We will go ashore using Polarcirkel boats and introduce you to the locals. In Upernavik at N72 47 and W 56 10 you will find the world's northernmost open-air museum.

Qullissat is an abandoned mining settlement on Disko Island. Sometimes, hunters still use the houses of Qullissat while others use them as holiday homes. It is very nice to walk through the settlement on your own. We will set our Polarcirkel boats on the water and make a landing. The glacier Eqip Sermia calves icebergs into the open ocean. To day you will have an outstanding opportunity to experience a glacier and sense the true power of nature. We will use the ship's Polarcirkels to go ashore in this beautiful area. If you feel like being more active, you may take a small hike on your own in the area. Ilulissat means "iceberg" in Greenlandic. This is the third largest town in Greenland, and is set in marvellous surroundings at Ilulissat Icefjord. The area was inscribed to the UNESCO World Heritage List in 2004. Enormous icebergs run aground at the mouth of the fjord, just outside of town. They originate from the Jakobshavn Glacier, one of the most productive glaciers in the northern hemisphere. During our stay the Expedition Team will take you on a guided hike to the abandoned settlement of Sermermiut. We also offer variety of optional shore excursions including hikes, town walks and a boat tour to the Icefjord. Subject to availability on the day, a plane or helicopter excursion might be offered last minute on board. Itilleq means the hollow, and as the name suggests the village is situated in a hollow, majestically surrounded by high mountains and glaciers. The Arctic Circle is found only 200 metres to the south. In Itilleq you will be invited for a kaffemik which means that you are welcome to visit a local home for coffee, cake and a good chinwag with the owner. We might set up an optional kayak excursion for those interested in exploring the Arctic Circle area from the shore, and there will be a football game where the people from Itilleq play against guests and staff from MS Fram!

DAY 11: Kangerlussuaq



Arriving back in Kangerlussuaq your voyage with MS Fram ends.
Transfer to airport and flight back to Copenhagen.

Please Note:

Planned landings will depend on weather and ice conditions.
We reserve the right to change the scheduled program and
itinerary.



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YOUR SHIP: FRAM

YOUR SHIP:

Fram

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

MS Fram is designed for sailing in polar waters, holds the highest safety standards and is the perfect size for optimum nautical manoeuvrability and guests' comfort. With space for only 276 guests, you are sure to get to know many of your fellow travellers. You will share stunning sights and memories of a lifetime long after returning home. The Norwegian word Fram means 'forward' - lifting expectations of the voyage at hand. MS Fram was built in 2007 with one mission in mind - to bring her guests closer to nature, wildlife and unforgettable experiences. As well as offering numerous lounges in which to relax, our more active guests can use our well-equipped gym. Meanwhile, on deck, our Jacuzzis guarantee you surreal memories when passing the towering icebergs of Antarctica or Greenland.



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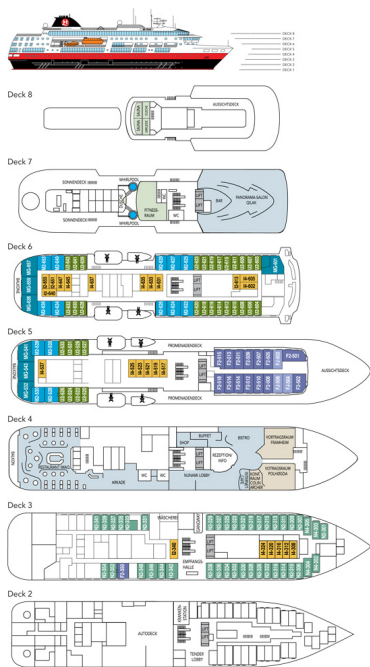
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