

GRAND GREENLAND - THE ICY GIANTS OF DISKO BAY

Epic natural beauty We sail north from Nuuk through the cold blue waters of west Greenland. You'll witness phenomenal scenery as we sail past icy mountains, into deep fjords and past jaw-dropping glaciers. As we reach Disko Bay, you'll gaze at the immense icebergs and seemingly endless stretches of wilderness. The icing on the cake is the Ilulissat Icefjord, a natural wonder of aching beauty. Active adventure in Greenland Discover a blend of the modern and traditional as we visit communities living on the edge of a frozen world and learn about the history and culture of Kalaallit Nunaat. Join the Expedition Team as they deliver a series of fascinating lectures and take you small boat cruising and on nature walks. The expedition element means we can be flexible and seek out the best places for wildlife and landings.



ITINERARY

Day 1 Flight from Reykjavik to Nuuk, embarkation

Welcome to the capital of Greenland

Flight from Reykjavik to Nuuk.

Nuuk is Greenland's colourful and compact capital. With a population of fewer than 20,000, it's a striking mix of old and modern buildings. If you're more a fan of the former, head down to the old part of town by the waterfront, where you'll find Nuuk Cathedral and the statue of Hans Egede standing on a hill. In

the water below, you'll see the beautiful Mother of the Sea statue.

Your expedition ship awaits you in the harbour. After being welcomed aboard and collecting your complimentary expedition jacket, it's time to settle into your cabin and enjoy your first dinner aboard.

Day 2 At sea

Getting ready for adventure

Sailing towards the Arctic Circle you'll have time to get acquainted with the AECO rules and recommendations regarding operations and landings in the fragile Arctic environment. Make sure you attend these mandatory presentations if you want to join planned landings as we head north.

You will also have time to settle on board, enjoy the state-of-the-art ship facilities and join the first lectures on Greenland related topics, including the Citizen Science projects run on board the ship.

At some point during the sailing, we will cross the Arctic Circle, entering the lands of the Midnight Sun at the height of summer.

Day 3 UNESCO-listed Ilulissat Icefjord

See the jaw-dropping beauty of nature's artworks

Today we'll reach Disko Bay - a haven for whales and other wildlife. The waters here are scattered with icebergs in many shapes and sizes, and they all come from one place - the Ilulissat Icefjord. This spectacular UNESCO World Heritage Site regularly tops the list of things to see and do in Greenland, and today you'll find out why. Enjoy the scenery as you walk along the wooden path to the breathtaking ice fjord.

Marvel at giant icebergs floating placidly in the deep blue waters as they take on different hues of white, grey and blue. All photographers, regardless of skill, will return to the ship with the most enviable images. Back in pretty Ilulissat, visit the Icefjord Centre to learn more about the ice in this fascinating area and take a hike to Sermermiut to take in the incredible views.

Day 4-5 Exploring Uummannaq Fjord

Deep dive into Arctic life

Greenland's Far North begins beyond the Nuussuaq Peninsula. Here, life moves at the rhythm of the Arctic -unhurried and guided by the elements.

This rugged, beautiful land has drawn people for over 4,000 years. Early settlers navigated its coastline and carved out a life in conditions few could endure. Today, archaeological sites stand as quiet markers of their resilience, including the famous Qilakitsoq mummies discovered in this very region.

Potential landings may include visits to small, remote



communities like Uummannaq, watched over by its striking heart-shaped mountain, or Ukkusissat. Weather and ice permitting, we'll explore the Qilakitsoq site, cruise into secluded fjords, or step ashore to take in Greenland's raw Arctic landscapes - always ready to adapt, as nature allows.

Day 6-8 Beautiful ice sculptures of Disko Bay

Get closer to the awesome power of nature

Grandeur in the key word here. Disko Bay is one of those places that people dream about. And with good reason - the deep blue waters here are scattered with icebergs in all shapes and sizes. Some of them are truly immense, weighing up to seven million tonnes, and the ice fjord pumps out more water in the form of glacial ice in a day than New York City uses in a year.

Traditional communities, massive glaciers, and seemingly endless stretches of wilderness await us during our exploration of the region. Over the next days, we aim to show you the wonders of the bay, including Vaigat Sound, Disko Island, and the eastern fjords. Of course, Mother Nature has the upper hand, so we'll always be ready to adjust our plans to the local weather and ice conditions,

Get ready for nature landings in our expedition boats, cruising in between ice floes and icebergs, whale spotting from deck and more talks by the Expedition Team. On landings, keep your eyes open and maybe you'll catch sight of a reindeer herd, a fast-moving Arctic fox, or a powerfully built gyrfalcon.

Day 9-10 Landscapes and communities of west Greenland

Visit modern towns on the edge of the wilderness

The central west coast of Greenland is a land of contrasts, home to some of the longest fjords in the country and a sprinkling of settlements, including the second-largest town on the island. However, the vastness of the land makes this stretch of the coast a sparsely-populated region, where huge distances are the norm, and the sense of remoteness and isolation is just a part of daily life.

As we sail south, we'll visit communities where Greenlandic traditions remain strong. Possible calls include Qeqertarsuaq, the main settlement on Disko Island, and Itilleq - a small fishing and hunting village perched just north of the Arctic Circle.

Further along the coast lies Sisimiut, Greenland's second-largest town. Though modern in appearance, its roots run deep, with archaeological remains dating back over 4,000 years. Visit the local museum to learn more about the ancient Saqqaq culture, or browse for qiviut scarves, hats, and mittens - crafted from the soft inner wool of musk ox, said to be 10 times warmer than sheep wool.

Whether hiking ashore, meeting Greenlanders, or scanning the horizon for wildlife, these final days offer a fitting epilogue to your Arctic expedition.

Day 11 End of expedition in Nuuk, back to Reykjavík



A small capital in a grandiose setting

Today, as we arrive at Nuuk, you will say a fond farewell to MS Fridtjof Nansen, her crew, the Expedition Team and the new friends you will have made. The lively capital of Greenland is a metropolis compared to all other towns in the country you have visited over the last couple of weeks. If you have time before flying back home, it is a fascinating window onto modern Greenland.

From here, you'll catch a flight back to Reykjavik, taking with you a wealth of fantastic memories that will no doubt endure.

Please Note:
Itineraries are subject to change.



YOUR SHIP: FRIDTJOF NANSEN

YOUR SHIP: **Fridtjof Nansen**

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Fridtjof Nansen is a small cruise ship specifically designed to be one of the most sustainable ships that can visit the Polar regions. Launched in 2020, The state of the art vessel features new and environmentally sustainable hybrid technology that will reduce fuel consumption and show the world that hybrid propulsion on large ships is possible. MS Fridtjof Nansen is the second of two hybrid ships to be launched cutting emissions by sailing with electrical propulsion. Hybrid technology, combined with the advanced construction of the hull and effective use of electricity on board will reduce fuel consumption and CO2-emissions on the ships by 20 percent. The future of shipping will be silent and emission free. MS Fridtjof Nansen will lead the way towards an even more sustainable way of traveling. Sailing on electrical power is not only a great benefit for the environment, but it will also enhance the impact of experiencing nature for the guests. The ship will be specially constructed for voyages in polar waters and serve as a comfortable basecamp at sea - bringing adventurers from all over the world to the most spectacular destinations in the most sustainable way. These ships combine state-of-the-art technology together with a premium onboard experience. All cabins are outside, half have private balconies, and aft suites even boast private outdoor Jacuzzis, to soak up the stunning scenery in style. Facilities on board One of the most eye-catching exterior design features of the ships will be the two-level indoor/outdoor Observation Deck wrapped around the top of the ships' raked bow. In a vast area behind it, you'll find the core of the onboard experience: Amundsen Science Center. Packed with state of the art technology and high tech gadgets such as touch screens and science equipment, the immersive edutainment area will be the place guests and staff/crew meet, mingle and create a deeper understanding for the areas they explore. The flexible venue will feature lecture spaces, a small library, and speciality areas for workshops in photography, biology, and more. The stunning scenery will be reflected in a rich and comfortable interior design. Scandinavian materials from nature, such as granite, oak, birch and wool will be used to create relaxed and stylish cabins and public areas. All cabins are outside, 50 % will have private balconies, aft suites will feature private outdoor Jacuzzis with





spectacular views.

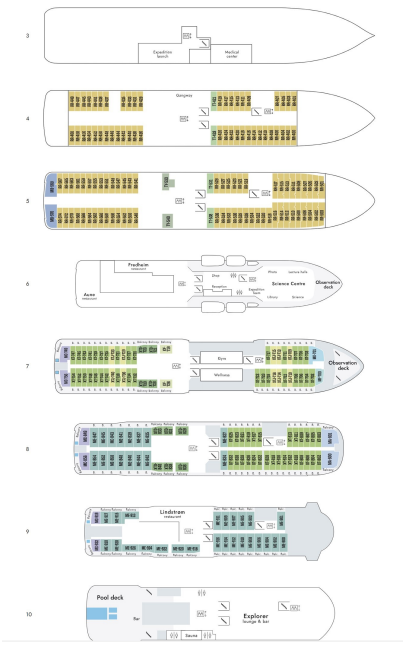
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