

GREENLAND & WILD LABRADOR: A TORNGAT MOUNTAINS ADVENTURE CRUISE

On the Canadian mainland, the Torngats rise as the highest peaks east of the Rockies, steep slopes surging from deep blue fjords where whales cruise and polar bears patrol. Ancient rock and open silence invite stillness and sharper attention. At the heart of the journey is Torngat Mountains National Park, shaped by Inuit leadership and knowledge, explored by foot and Zodiac at the land's pace. Newfoundland's music and sense of belonging, Inuit welcome in Nunatsiavut communities, and Nuuk's Kalaallit culture and contemporary life add vivid counterpoints. _Some departures may have slightly modified itineraries. Please confirm the itinerary with an Expedition Specialist._



ITINERARY

Day 1: Kangerlussuaq, Greenland - Cross the Arctic Circle

Kangerlussuaq lies within a broad glacial valley between the Greenland Ice Sheet and the sea. Its dry climate and unusually stable weather led to the establishment of an American air base here during the Second World War and continue to make it one of Greenland's most important aviation gateways. The surrounding region has a much longer history as a place of Inuit travel and hunting.

After arriving by charter flight from Toronto, board the expedition



vessel and begin the long passage through Kangerlussuaq Fjord. Mountains, glacial valleys, and pale meltwater mark the transition from Greenland's interior to its western coast. Crossing the Arctic Circle, the route opens towards the long light and expansive waters of late Arctic summer.

Day 2: Kangerlussuatsiaq Fjord (Evighedsfjorden) - Take a Zodiac Cruise at the Foot of a Glacier

Kangerlussuatsiaq means "the rather big fjord" in Kalaallisut, while the Danish name Evighedsfjorden translates to "the fjord of eternity," underscoring its vastness and seemingly never-ending nature. See why Kangerlussuatsiaq Fjord lives up to its name and marvel at this complex coastal waterway that includes calving glaciers, sheer bird cliffs, and streams cascading against a towering mountain backdrop. Explore this sublime glacial landscape by ship and by Zodiac. The waters here are relatively warm, due to the West Greenland Current and the subarctic location.

Day 3: Nuuk - Greenland in the Present Tense

At the mouth of an immense fjord system, Nuuk rises between the sea and the mountains. Its name means "headland" in Kalaallisut, the Greenlandic language, a fitting description for a capital gathered at the water's edge. Colourful wooden houses line the old harbour, contemporary buildings reshape the skyline, and the saddle-shaped peak of Sermitsiaq rises across the water, giving Nuuk its unmistakable natural backdrop

Human history in the region reaches back thousands of years, while the modern city grew from a colonial settlement established in 1728. The Greenland National Museum brings these layered histories together through boats, clothing, archaeological finds, and the remarkably preserved Qilakitsoq mummies.

Nuuk is also a centre of contemporary Greenlandic life. Kalaallisut carries through everyday conversation, music, and public life, while artists and chefs draw new ideas from culture and place. Katuaq, Greenland's cultural centre, takes its name from the word for "drumstick," fitting for a gathering place that helps set the city's creative rhythm. There is much to discover in this distinctly Greenlandic capital, where a lively cultural scene extends beyond museums and performance spaces into cafes, shops, and everyday city life.

Day 4: At Sea - Stories on the Open Water

Cross the Davis Strait, a storied stretch of ocean connecting Greenland and Labrador. While whales and seabirds trace your course, life aboard turns to learning and exchange. Inuit cultural educators, scientists, artists, and historians share knowledge, stories, and laughter that deepen understanding of the Arctic and its peoples. Reflection and discovery flow together on this day at sea.

Day 5–8: Torngat Mountains National Park, NL, Canada - Land of Spirits and Stone

The sea that has shaped this expedition reaches its most dramatic expression in Torngat Mountains National Park. At the northern edge of Labrador, some of the highest and most rugged mountains in eastern North America rise directly from the water. Fjords extend deep into the range beneath walls reaching 900 metres, while small glaciers endure among rocks nearly four billion years old.

Torngait means "place where the spirits dwell." This is the homeland of Labrador and Nunavik Inuit, whose travel routes,



hunting grounds, stories, and knowledge are inseparable from the landscape. Inuit hosts bring this relationship into view, sharing perspectives shaped by generations of travelling, living, and observing the land and sea.

Polar bears travel the coast, caribou move through the valleys, and the Torngats support the world's only known black bear population living entirely above the tree line. Over four days, the scale of the park unfolds through changing fjords, weather, wildlife, and time shared with Inuit. Here, sea, stone, and living culture come together at the heart of the journey.

Day 9: Hebron - A Homeland Remembered

Above the tree line on Labrador's northern coast, the long white building of Hebron Mission National Historic Site of Canada stands against a vast landscape of mountains, tundra, and sea. Established by Moravian missionaries in the 1830s, Hebron became a centre of religious, commercial, medical, and community life for Labrador Inuit.

In 1959, Hebron was closed without consultation, and 249 Inuit were relocated to communities farther south, separating families from their homeland. A monument now records their names, the provincial government's apology, and the relocatees' response in Inuktitut and English.

Yet Hebron is more than a place of loss. As families return and restoration continues, it is again becoming a place of gathering, where the past is remembered and connections to homeland are renewed for generations to come.

Day 10: Nunatsiavut Community - Heart of Inuit Labrador

Come ashore in a Nunatsiavut community, where the spirit of the Labrador coast comes vividly to life. Here, history, art, and daily life intertwine, revealing stories of resilience, pride, and connection to land and sea. Walk through a community where tradition and modern life coexist, where voices rise in song, artisans share their craft, and every conversation offers insight into Inuit self-governance and cultural renewal. Framed by striking coastal hills and ancient rock formations, this visit offers a powerful sense of place and a deeper appreciation of Inuit Labrador.

Day 11–12: The Labrador Coast - Fishing Grounds and Rugged Shores

Along the Labrador coast, sheer headlands give way to quiet coves and forested valleys that reach toward the sea. For centuries, Inuit, Innu, and settler communities have lived within this landscape of contrasts, its beauty matched only by its demands. During the great cod fishery, harbours once filled with schooners, salt fish, and the rhythm of seasonal life. Today, cultural sites and small outports echo those stories, revealing how people and sea have long sustained one another. Guided hikes and Zodiac excursions invite you to trace these same shorelines, where every turn offers a glimpse of Labrador's raw power and enduring spirit.

Day 13: L'Anse aux Meadows - Where Vikings Landed and Worlds Met

At the tip of Newfoundland's Great Northern Peninsula lies L'Anse aux Meadows, the only authenticated Norse site in North America and a UNESCO World Heritage treasure. Step back a thousand years to when Norse voyagers made landfall here, marking the first known meeting between Europeans and the Indigenous peoples of this continent. Wander among grassy mounds and reconstructed sod dwellings that bring the past to life, and trace the stories unearthed by archaeologists who



followed the sagas and clues preserved in the earth.

Day 14: Northeast Newfoundland - Where Sea and Story Converge

Follow the Labrador Current along Newfoundland's rugged northeast coast, where fishing villages cling to headlands shaped by wind and tide. Its cold waters once supported the greatest fishery in the world, king cod, drawing settlers to carve out lives along the rocky shores. These coastal communities, though ever adapting, still carry the imprint of their sea-going heritage. Out at sea, whales surface and seabirds wheel overhead, drawn by the nutrient-rich flow. Here, wild landscapes and enduring traditions meet, revealing a shoreline defined as much by people and history as by the restless sea itself.

Day 15: St. John's, NL, Canada - A Harbour of Stories

Cradled by steep hills and guarded by the dramatic Narrows, St. John's--Newfoundland and Labrador's spirited capital--is one of the world's great natural harbours and one of North America's oldest cities. Brightly painted row houses climb the slopes beside Signal Hill, where the Atlantic stretches endlessly beyond. In its winding streets and lively waterfront, history and creativity thrive side by side, filling the air with music, laughter, and the unmistakable spirit of Newfoundland.

Please note:

Published itineraries reflect our intended route and experiences but cannot be guaranteed. Weather, sea and ice conditions, government regulations, operational considerations, wildlife, and other circumstances may require changes to the planned schedule. Visits to specific communities also depend on local conditions and the needs, availability, and requests of the communities themselves. When changes are necessary, we will seek the best available alternatives, including another community visit where circumstances allow.



YOUR SHIP: OCEAN NOVA

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

The ice-strengthened 73 metre long expedition ship Ocean Nova was built in Denmark in 1992 with high ice class to serve Greenland's west coast. In 2004 to 2005 she was completely refurbished and has now a career as a small and comfortable expedition ship. The Ocean Nova can accommodate 86 passengers (but is often limited to 65 - 80 for some cruises) in single, double and triple cabins, all with sea-view and private facilities. The double cabins have either twin beds. The triple cabins have upper and lower beds. In your cabin you will also find a desk with chair and ample storage space for clothes and equipment. In the dining room you are treated to delicious meals in between landings and in the panorama lounge you can enjoy a drink with a breathtaking view of the surrounding polar landscape. This is where on board specialists entertain and educate you with lectures on polar biology, history, geology and conservation. There is also a library with panoramic views and a good selection of polar books. On board there is a satellite phone, gym and medical doctor. Passengers are welcome on the bridge around the clock and there is always something to see or search for from the spacious observation decks. The ship has North European officers and there is a friendly and informal atmosphere on board. Travelling with this small expedition ship offers an entirely different experience and perspective than you can get on a larger and more conventional cruise ship. Cabins are spread over two decks and include cabins for the single traveller, double and triple cabins, all with sea-view and private facilities. The comfortable dining room located on the Upper deck seats all passengers in a single sitting and offers delicious meals with a mixture of table service and buffet. The informal dining arrangement adds to the friendly atmosphere onboard and meals are a great chance to discuss all you have seen with your fellow travellers, and for the expedition team to share their knowledge. With one of the highest ice classes (1B) and a 2000 hp diesel engine, Ocean Nova is a small but sturdy expedition vessel just as at home in the icy waters of Svalbard as she is in a tranquil Scottish loch. The ship has a crew of 34, including North European officers, whose prime concern is your safety as well as ensuring wildlife sightings and weather conditions are maximised. For your safety there are two fully enclosed lifeboats and a medical





clinic onboard.

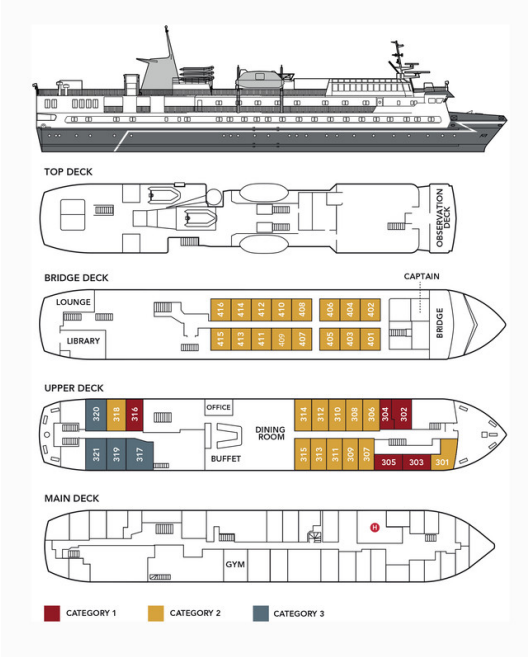
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INSIDE YOUR SHIP



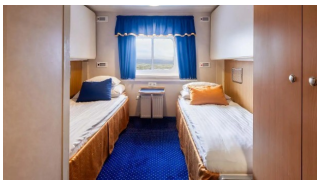
Cabin Category 1



Cabin Category 2



Cabin Category 3



Cabin Category 4



Cabin Category 5



Cabin Category 6



Category 1



Category 2



Category 3



Category 4





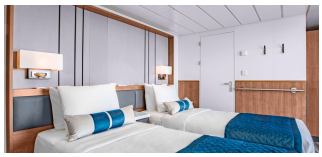
Category 5



Category 6



Category 7



Category 8



Category 9



Category A





PRICING

23-Jul-2027 to 06-Aug-2027

Cabin Category 1	£9239 GBP pp
Cabin Category 6	£17615 GBP pp
Cabin Category 5	£13089 GBP pp
Cabin Category 2	£10779 GBP pp
Cabin Category 3	£11705 GBP pp
Cabin Category 4	£12319 GBP pp

14-Sep-2027 to 28-Sep-2027

Cabin Category 3	£11705 GBP pp
Cabin Category 4	£12319 GBP pp
Cabin Category 1	£9239 GBP pp
Cabin Category 2	£10779 GBP pp
Cabin Category 5	£13089 GBP pp
Cabin Category 6	£17615 GBP pp

26-Sep-2027 to 10-Oct-2027

Category 4	£13779 GBP pp
Category 6	£14935 GBP pp
Category 1	£10779 GBP pp
Category 2	£12475 GBP pp
Category A	£17835 GBP pp
Category 3	£13165 GBP pp
Category 5	£14245 GBP pp
Category 7	£15629 GBP pp
Category 8	£16555 GBP pp
Category 9	£18479 GBP pp

26-Jul-2028 to 09-Aug-2028

Cabin Category 5	£13549 GBP pp
Cabin Category 6	£18275 GBP pp
Cabin Category 1	£9699 GBP pp
Cabin Category 2	£11239 GBP pp
Cabin Category 3	£12165 GBP pp
Cabin Category 4	£12779 GBP pp

16-Sep-2028 to 30-Sep-2028

Cabin Category 5	£13549 GBP pp
Cabin Category 1	£9699 GBP pp
Cabin Category 2	£11239 GBP pp
Cabin Category 3	£12165 GBP pp
Cabin Category 4	£12779 GBP pp
Cabin Category 6	£18275 GBP pp



PRICING

18-Sep-2028 to 02-Oct-2028

Category 2	£12475 GBP pp
Category 6	£14935 GBP pp
Category 1	£10779 GBP pp
Category 3	£13165 GBP pp
Category 4	£13779 GBP pp
Category 5	£14245 GBP pp
Category 7	£15629 GBP pp
Category 8	£16555 GBP pp
Category A	£17835 GBP pp
Category 9	£18479 GBP pp