



The Leader in Polar Adventures



GREENLAND

DESTINATION GUIDE

**UNTOUCHED
LANDSCAPES**



ADVENTURE



GREENLAND

**ELUSIVE
WILDLIFE**



**ILULISSAT
ICEFJORD**



**LOCAL
CULTURE**



**NORTHERN
LIGHTS**



GREENLAND

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ADD GREENLAND TO YOUR BUCKET LIST

WHY GREENLAND

TOP 5 REASONS



EPIC NORTHERN LIGHTS DISPLAYS

This wondrous show of dancing lights actually occurs all year round in Greenland, but can't be seen in summer months because of the midnight sun. If you are traveling from August to April, though, you can experience Greenland's Northern Lights from any corner of the country.



ILULISSAT - A UNESCO WORLD HERITAGE SITE

Home to the Ilulissat Icefjord, a designated UNESCO World Heritage Site, west Greenland offers an adventure-packed experience that might include photography under the midnight sun, Zodiac cruising along magical icescapes, or a visit to the local community.

lonely planet's
BEST IN TRAVEL
2016
...
TOP 10
COUNTRY
GREENLAND



TO VISIT GREENLAND



DIVERSE, ACTIVE ARCTIC WILDLIFE

Shaped culturally and geographically by the ice cap that dominates it, Greenland has a dramatically rugged landscape and a vibrant population of arctic wildlife. Polar bears, muskoxen, walruses, sea eagles, fin, humpback and minke whales, and reindeer are common species on the arctic island.



RICH THULE AND INUIT HISTORY & CULTURE

At least six different Inuit cultures have survived over several centuries. As the last people to migrate to Greenland in the 9th century, the Thule have exerted great influence still practiced today.



OUTDOOR ACTIVITIES & KAYAKING

Much of what Greenland has to offer can be experienced on foot or by kayak, providing unique vantage points to get even more up close and personal with some of the Arctic's most elusive wildlife.

NORTHERN LIGHTS

The natural phenomenon of the Aurora Borealis, known as the Northern Lights, is created by electrically-charged particles from the sun, though folklore in the area points to fascinating stories of spirits playing games with human skulls as a more likely cause. Brightly colored houses create a stunning background for the magical display of Northern Lights in Kangerlussuaq. These enchanting lights illuminate Greenland with colors that vary from green, purple and red. The most dramatic displays are visible high amidst mountains and ice in autumn.

QUICK PHOTO TIPS

- Pack extra batteries and memory cards
- Set aperture to the lowest possible
- Use a tripod
- Adjust ISO
- Get to know your camera settings and bring your manual

For more on how to photograph this natural phenomenon, turn to page 13.



SEISMIC FJORD SYSTEMS

When you think of icescapes, you have probably never imagined anything like **Ilulissat Icefjord**. As the fastest moving glacier in the world, this *UNESCO World Heritage Site* should definitely be on everyone's bucket list. The icebergs that calve from this fjord are so enormous it is hard for the average person to even begin to fathom their size. Measuring more than 600m (2000ft) below the surface of the water and two city blocks long, these icebergs cannot leave the fjord until they break up into smaller icebergs; there is, quite literally an iceberg traffic jam.

Known locally as the Arctic Patagonia, the **Tasermiut Fjord** attracts climbers, kayakers and trekkers. As one of the most challenging big wall playgrounds in the world, the 44 mile (70 km) fjord is renowned for its superior rock faces. Submerge yourself in the natural hot spring located in this southernmost point in Greenland, a perfect place to relax after a day spent exploring these incredible rock faces.

“It is truly a place that needs to be seen to be believed.”

-Bridget de Klerk, *Quark Traveler*

THINGS TO SEE



ICONIC WILDLIFE

There's more to the world's largest island than ice. Nature reserves dot the island, including a large one at Melville Bay in the northwest. Established to protect breeding polar bears, beluga whales and narwhals, it is also home to ringed seals and rare arctic birds.

At 375,000 m², the international biosphere reserve **Greenland National Park** is the largest in the world. Of course, ice is one of the most spectacular features of Greenland, and nowhere more so than at the **Ilulissat Icefjord**. A massive glacier sits at one end of the 34 mile (55 km) long fjord, calving up to 20 billion tons of icebergs each year.

GREENLAND WILDLIFE

- Polar bears
- Whales
- Muskoxen
- Arctic hare
- Arctic fox
- Reindeer
- Walrus
- Narwhals
- Seals
- Birds (235 species)

GREENLAND NATIONAL PARK

Greenland National Park is the largest park in the country. In fact, at 375,000 square miles (603,504 km²) it's the largest national park anywhere in the world. Not only that, it's bigger than most countries!

The park covers the entire northeastern coastline of Greenland, as well as much of the interior, and is now an international biosphere reserve.

The National Park is home to many types of arctic wildlife, including up to 40 per cent of the world's population of musk ox.

You'll also likely see polar bears, walrus, arctic foxes and hares, beluga whales and various species of seals and arctic sea birds, and if you're lucky, the elusive narwhal (also known as the 'unicorn of the sea').

Nobody lives in the National Park, aside from a few meteorological staff and members of a Danish Armed Forces surveillance unit. Indigenous sealers and whalers also have access to the park. Other visitors must receive permission from Greenland's Ministry of Nature and Environment.

There's an old joke that Greenland and Iceland are incorrectly named, because Iceland is mostly green, and Greenland is mostly ice.



KAYAKING

Greenland is known as the birthplace of the kayak, so it's not surprising that one of the most popular activities you'll have the opportunity to participate in is kayaking.

Traditional kayaks were made of drift wood, animal skin and bones. A kayak demonstration will show Eskimo rolls amongst other tricks. Experience kayaking in Greenland for yourself by taking a more contemporary kayak out; professional guides will show you all the nooks and crannies of this wondrous land and steer you around immeasurable icebergs.

Feel an extreme nearness to nature as you kayak around massive fjords, gliding over crystal-clear waters along the rugged coastline that has been paddled by the Inuit for thousands of years. Hear the sounds of Greenland - the calls of seabirds, the crunch of the ice and sounds of the abundant wildlife - from the surface of the sea.

There is a rich history of kayaking in Greenland, a cultural symbol of its people and its birthplace.

HIKING & ZODIAC CRUISING

Many visitors to Greenland love to put on a pair of hiking boots and take an exhilarating walk, and why not? It's an easy and fun activity, and hikers of all abilities will have little or no trouble finding or making a trail to their liking, wherever they happen to be in the country.

Hiking is a great way to appreciate the immense windswept landscapes of Greenland. The tundra comes alive during the brief arctic summer, with bursts of color from shrubs and plants that eke out a living in this polar environment.

Hikers are advised to first spend a few hours at low elevations before trying an ascending route. Going up is definitely worth the climb, though - you'll experience a fantastic panoramic view! Other hikers may enjoy walking to the spectacular coast.

Zodiacs are used to transfer you ashore and for taking you ocean-level cruising amongst icebergs, whales and seabirds. Some remote and isolated sites are accessible only by Zodiac.

From whale-watching to hiking to Zodiac cruising - there's no shortage of outdoor adventure or thrills.

THINGS TO DO

PHOTOGRAPHER'S PARADISE



Visitors to Greenland spend a great deal of time getting to know its terrestrial, aquatic and airborne residents, but one of the most spectacular sights is the Aurora Borealis, or Northern Lights. The fabled natural light show is one of the most popular sights to photograph, as well, although it takes some practice to capture its full beauty.

Remember that ISO capability is a critical factor for success. If you're shooting JPEG files, use your menu options to turn on Long Exposure and High ISO Noise Reduction. Ideally, you'll shoot in RAW mode, in which case only Long Exposure Noise Reduction need be selected. Other essential pieces for Northern Lights photography are a good tripod, and if you're really serious, an ultra-wide angle zoom lens.

If you're planning to photograph the Northern Lights, brush up on shooting in low-lighting conditions before your trip.

While photographing Northern Lights is a singular experience not to be missed, photographers will also appreciate shooting Greenland's extraordinarily spectacular icescapes and fjords, and the unique sights of local people conducting their day-to-day activities and way of life.

TIPS FOR BEST PHOTOS

PORTRAIT PHOTOGRAPHY

A wide-angle (around 18mm) lens captures a wider angle of view, so more of your subject's surroundings will be included. A telephoto lens (over 70mm) or fixed portrait lens (50mm) will capture a more close up view of your subject for a sharper focus and slightly blurred background.

WILDLIFE - WAIT AND WATCH

Be quiet and ready with your camera to take a series of photos to capture the animals' natural behavior and quick movement. A fast zoom lens is also nice for those animals that remain at a safe distance.

LOW-LIGHT PHOTOGRAPHY

The following tips are critically important when shooting the Northern Lights. Use a higher shutter speed to reduce shake and motion blur when conditions offer a lower level of light - even in the daytime! Shooting at faster shutter speeds requires more light, so you'll need to decrease your lens aperture. The larger the f-number, the better it is for low-light photography.

A tripod is necessary to improve the sharpness of your photos and prove necessary for long exposures.

By increasing your ISO to 400, 800, 1600 and beyond, you're doubling the sensitivity to light and reducing the amount of time needed for a clear shot.

THINGS TO KNOW



HISTORY & CULTURE

Greenland, the world's largest island, was originally settled by Norwegians over a 1,000 years ago, and became a Danish colony in 1814. Formerly a province of Denmark, Greenland gained the status of an autonomous Danish dependent territory with limited self-government as well as its own parliament in 1979.

Visiting Greenlandic communities gives you an opportunity to discover what it might be like to live in the Far North. Explore Thule, one of the northernmost places in the world, and a community with a rich history and Inuit culture. The Thule people arrived in Greenland around the 9th century AD and today, this community is called Qaanaaq.

History remains alive today in the traditions of the people of Greenland.

The Inuit people who settled in the area have passed down their traditions of hunting, kayaking, dog sledding and handicraft making for generations.

The Greenlandic language is roughly divided into four dialects: South Greenlandic, East Greenlandic, West Greenlandic and the Thule dialect.

CRAFTS OF GREENLAND

When Denmark granted home rule to Greenland in 2008, it resulted in a change to the arts and crafts movement. Where artists had once tried to emulate European arts and crafts, they began to return to the traditional forms reflecting the national and ethnic characteristics of the island.

Today, there are many brilliant artists and crafters in Greenland and visitors often

have the opportunity to meet and interact with them. Carving is one of the local specialties, as reindeer antler or soapstone are transformed into traditional shapes and forms. One of the more interesting cultural icons is the Tupilak, a carved bone figure said to be endowed with a powerful mythical magic. Craftsmen also use musk ox and sheep wool, sealskin, mussel shells, soapstone and fish skin in their crafts.

“The trip more than met my expectations. The variety of events meant there was something for everybody and I for one came away with a whole new appreciation for Greenland, its people and culture.”

-Mary Triplette, Quark passenger



LOCAL TIPS

CURRENCY

Greenland uses the Danish Krone (DKK). There are banks in all major towns, and in larger towns there may be a few places that accept foreign currency, but it is not common and the exchange rate is rarely favorable.

CREDIT & DEBIT CARDS

Credit cards can be used at many hotels, restaurants and shops, but we recommend you bring a small amount of Danish Krone with you to Greenland as some ATMs may not be in service on weekends or after banking hours.

SOUVENIRS

To comply with *Convention on International Trade in Endangered Species of Wild Fauna and Flora* (CITES) export regulations, souvenir shops will happily advise you on which items must stay in Greenland and which souvenirs can be yours to cherish forever.

SHOPPING

Most grocery goods are flown in by helicopter when the weather allows and are costly and hard to replenish on a timely basis. Therefore, we strongly suggest you refrain from purchasing basic food items, such as snacks and bottled water, so local residents won't have to do without them.

CONSERVING THE FRAGILE ENVIRONMENT

Visit the most remote places on earth and enjoy the trip in greater comfort and safety than trailblazing arctic explorers could have imagined. At Quark, we take the conservation and protection of the natural and cultural environments we visit seriously, and we know you'll do the same when you travel with us.

Conservation is a central theme in our on-board education programs, each led by professionals in their respective fields. Many travelers return from their Greenlandic adventure with an enhanced sensitivity to the issues of polar conservation.

As a member of the *Arctic Expedition Cruise Operators (AECO)*, we observe guidelines aimed at preventing adverse impacts from our visits by:

- Avoiding disturbing wildlife and its habitats
- Respecting archaeological and historical remains
- Respecting the sensibilities of local people
- Observing wilderness etiquette

WHY CHOOSE QUARK

Since 1991 and our first-ever tourism transit of the Northeast Passage, Quark has been blazing trails in polar adventure travel. There are six reasons why we are the Leader in Polar Adventures.



POLAR PIONEERS

Since 1991, our DNA has been about pushing and going further. This desire has brought more explorers to more places one can't easily get to alone, for a quarter of a century.



KNOWLEDGE & EXPERTISE

There is no substitute for expertise. Our team has over 100 years combined experience in the Polar Regions. Our expertise is so sought after, we actually set industry standards for safety.

ABOUT US



PEOPLE & PASSION

Quark staff effortlessly share their knowledge - with the enthusiasm of doing so for the first time - resulting in deep, personal connections and enrichment at every turn.



SWEATING THE DETAILS

From navigating the most interesting landing sites to hiring the most seasoned expedition staff, we sweat the small stuff, so you don't have to.



RELENTLESS INVESTIGATION

Nature is in constant motion, and no company appreciates this more than Quark. Trying harder is tough work, but the moment we can show you something others can't, it makes it all worthwhile.



BALANCING RISK & REWARD

Traveling to remote regions requires a deep understanding of the risk versus reward. At Quark, we didn't read the book on Polar Region safety - we authored it.



*Watch the Quark Six Videos on Quark's YouTube channel:
youtube.com/quarkexpeditions*

GREENLAND 2016

ITINERARIES



GREENLAND TO CANADA: INUIT, ICEBERGS & WILDLIFE

13 days from \$6,495 - 12 Sep 2016

An exploration of historic Canadian and Greenlandic sites in the Arctic, combined with elusive wildlife and Inuit culture equals one amazing arctic expedition. This in-depth adventure provides fantastic opportunities for seeing all of the Arctic's iconic creatures, including polar bears.

ARCTIC ICEBREAKER EXPEDITION: EXTREME GREENLAND

21 days from \$23,495 - 4 Aug 2016

Northeast Greenland is one of the most isolated regions in the world. Travel in true expedition style on the mighty *Kapitan Khlebnikov* icebreaker. On-board helicopters and *Khlebnikov's* sheer icebreaking force combine to take you to some of the most magnificent regions of the world others dare not sail.



ARCTIC FLY/CRUISE VOYAGES

**ARCTIC EXPRESS:
GREENLAND'S NORTHERN LIGHTS
(FLY NORTH, FLY SOUTH)**
10 days from \$5,995 6 Sep and 13 Sep 2016

**ARCTIC EXPRESS:
GREENLAND'S NORTHERN LIGHTS
(CRUISE NORTH, FLY SOUTH)**
13 days from \$7,995 27 Aug 2016

**ARCTIC EXPRESS:
GREENLAND'S NORTHERN LIGHTS
(FLY NORTH, CRUISE SOUTH)**
13 days from \$7,995 20 Sep 2016

For time-constrained travelers, the benefits of our Arctic Express Fly/Cruise voyages are many. You'll witness the delights of the world's largest fjord system of iceberg-choked Scoresbysund, discover the fascinating Inuit settlements and people of Ittoqqortoormiit, and have the possibility of viewing some of the world's most vivid displays of Northern Lights. As one of our more active adventures, you'll have the chance to trek along the tundra and at Greenland National Park, climb mountains and watch grazing musk ox and other arctic wildlife on the horizon. This is pure wilderness at its finest: the untouched Arctic as it was thousands of years ago.

PACKING CHECKLIST

DON'T FORGET THESE!

Use the convenient list below to ensure you have not missed any important items. Check off each item as you pack it into your luggage.

LIST OF ESSENTIALS

- Gloves (2 pair minimum)
- Hat that covers ears
- Scarf or other face protection
- Sunglasses with UV protection
- Waterproof pants
- Warm pants
- Silk or polypropylene underwear
- Long wool or cotton socks (4 pair minimum)
- Several pairs of silk or polypropylene socks
- Sweaters and fleece tops
- Cotton turtlenecks and t-shirts
- Prescription medicines

LIST OF SUGGESTED ITEMS

- Waterproof, lightweight backpack or daypack
- Swimsuit
- Binoculars
- Camera with extra batteries
- Extra memory cards or film
- Extra pair of prescription glasses
- Plastic bags with zippers
- Ecologically friendly laundry soap
- Small medical kit
- Earplugs, in case of noisy cabin mates
- Small alarm clock or watch with alarm
- Seasickness, indigestion, headache or other medicines

To help you get ready for your trip to Greenland visit Quark's online Polar Boutique at [Shop.QuarkExpeditions.com](https://www.quarkexpeditions.com)

GETTING THERE

Getting to Greenland is easy if you travel with Quark Expeditions®. Travel through a major international gateway from Europe or Canada, en route to your embarkation point. Each of our popular Fly/Cruise Greenland expeditions begin with an overnight stay in Reykjavik, Iceland. Rich with history, culture and architecture, it's a city with a variety of sightseeing and activity options for the adventurous at heart.

As you plan travel to your embarkation point, we recommend direct flights whenever possible. These are typically subject to fewer delays and cancellations, and there is no risk of missing a connecting flight and jeopardizing your departure.

Contact a Quark Polar Travel Adviser at 1.802.222.0789 to help you plan your trip to Greenland or visit [QuarkExpeditions.com](https://www.QuarkExpeditions.com)

Consult your local embassy or consulate if you need a visa. If so, make sure you submit your paperwork with enough time to spare.

BOOK YOUR TRIP OF A LIFETIME TODAY

1.802.222.0789

QuarkExpeditions.com



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A polar bear strikes a perfect pose