NORTH POLE
The Ultimate Arctic Adventure
Contents

1 Overview
2 North Pole: The Ultimate Arctic Adventure
   2 14-Day Itinerary
   4 Arrival and Departure information
6 Your Ship
8 Included Activities
10 Adventure Option
11 Dates & Rates
12 Inclusions & Exclusions
13 Your Expedition Team
14 Extend Your Trip
15 Meals on Board
16 Possible Landing Sites
19 Packing List
Your icebreaker, 50 Years of Victory, will take you to a part of the world more commonly associated with fairy tales and folklore—the North Pole.

Few have ever reached 90°N—the ultimate travel goal that has stirred the hearts and minds of explorers and adventurers alike. Departing from Murmansk, Russia, your journey to the extreme north will be just as exciting as standing at the very top of the world. Imagine being aboard the most powerful nuclear icebreaker on the planet as it crushes through thick, multiyear pack ice. Take in even more spectacular sights from a thrilling helicopter tour over the icy Arctic Ocean. Then, swinging by Franz Josef Land on the way home, visit amazing historical sites, always on the lookout for the astonishing wildlife that call this fragile place home.

The Arctic has been inspiring explorers for centuries, and our expeditions offer the chance for you to discover why. We’re excited to host you on your unforgettable adventure! Feel free to reach out to our team of Polar Travel Advisers or your travel professional, who can answer your questions and provide assistance at any time.

**The Trip Overview**

**EXPEDITION IN BRIEF**

- Stand at the top of the world at 90°N
- Experience the most powerful nuclear icebreaker in the world, 50 Years of Victory
- Enjoy helicopter sightseeing above the Arctic Ocean
- Possibly view polar bears, walrus and other arctic wildlife
- Take advantage of optional tethered flight by hot air balloon (weather permitting)
- Cruise in a Zodiac
- Visit Franz Josef Land historical sites, wildlife and wildflowers

Call a Quark Polar Travel Adviser at 1.888.892.0073 or your Travel Professional  |  Visit QuarkExpeditions.com for additional details
DAY 1 | HELSINKI, FINLAND
Your adventure begins with a one-night stay in Helsinki, Finland’s capital.

DAY 2 | EMBARKATION DAY IN MURMANSK, RUSSIA
From Helsinki, you’ll join your fellow passengers on the charter flight to Murmansk, Russia, where you’ll embark on your voyage to the North Pole and get acquainted with 50 Years of Victory, the world’s largest and most powerful icebreaker.

DAYS 3 TO 6 | NORTHBOUND IN THE ARCTIC OCEAN
Being on board Victory and feeling the icebreaker as it crushes through the arctic pack ice is an experience you’ll never forget. Just as memorable is boarding the ship’s helicopter for a thrilling aerial view over the ship and the expansive Arctic Ocean. You can expect variable sailing conditions this far north. The crossing from Murmansk to the North Pole can take us anywhere from four to six days, depending on the ice conditions. This means you’ll have plenty of time to get to know your shipmates and be treated to lectures and discussions by your Expedition Team while looking out for birdlife. There are also many wonderful amenities on board, such as the ship’s saltwater plunge pool or basketball court.

DAY 7 | 90°N
The anticipation reaches a climax as you arrive at the North Pole! Many travelers find themselves overcome with emotion, while others are in a festive and celebratory mood. Take photos, call your family, wave a flag—just be sure you enjoy your moment at the top!
Later, everyone will celebrate with a toast and a barbecue on the ice. If the opportunity allows, you have the option of taking a polar plunge into the icy waters around the North Pole. We’ll also attempt to launch passengers high above the Pole in our hot air balloon to commemorate this great moment (this is highly weather dependent).

**DAY 8 | SOUTHBOUND IN THE ARCTIC OCEAN**
On our return voyage, you can sit back and relax. As you head farther south, you may get lucky and spot polar bears hunting for seals.

**DAYS 9 AND 10 | FRANZ JOSEF LAND AND THE ARCTIC OCEAN**
This group of 192 islands forms the most northerly archipelago in Eurasia and lies entirely within the Arctic Circle. Here, you’ll explore Cape Flora and discover historic remains from three ill-fated arctic expeditions. You may also have the chance, if conditions allow, to explore remote seabird colonies while Zodiac cruising beneath towering cliffs, or enjoy another breathtaking aerial sightseeing tour aboard the *Victory* helicopter.

**DAYS 11 AND 12 | SOUTHBOUND AT SEA**
Enjoy your time on deck or reminisce with your shipmates and new friends as you cross the Arctic Ocean back to Murmansk. Expedition staff will be on hand to answer any remaining questions and point out wildlife during the return journey.

**DAY 13 | DISEMBARKATION IN MURMANSK**
Returning to Russia’s most northerly city, you’ll have time to bid farewell to *50 Years of Victory*. You’ll be transferred to the airport for your charter flight to Helsinki, Finland, to enjoy one final night with your newfound friends.

**DAY 14 | HELSINKI, FINLAND**
After breakfast, your official Quark Expeditions® journey comes to an end. We do encourage you to spend time exploring Helsinki, and its surrounding areas.

**IMPORTANT REMINDER**
Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your expedition staff must allow the sea, the ice and the weather to guide route and itinerary details. This itinerary is a tentative outline of what you’ll experience on this voyage; please be aware that no specific itinerary can be guaranteed.
As you prepare for your North Pole Adventure, you may be interested to know the details of your arrival and departure. Since air transportation to and from Helsinki is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar cruise? Quark Expeditions® can help you book your flights, or contact your preferred travel agent or airline to arrange for a layover in Helsinki or a nearby region of your choice.

Arrival

ARRIVING IN HELSINKI
You may arrive in Helsinki at any time during Day 1 of the itinerary. Your included accommodation will be at the airport hotel, so arrival transfers are not necessary.

On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day’s flight. An agent representing Quark Expeditions® will be available in the lobby of the hotel that evening to answer any questions about the charter flight(s) scheduled for the following morning.

MURMANSK AND EMBARKATION
Your flight to the Arctic is expected to depart from Helsinki to Murmansk on Day 2 of the itinerary. Although the scheduled flight time will be communicated in your welcome letter, there is significant variability based on weather conditions. You should be prepared to depart the hotel for the airport on our group transfer at any time.

Please Note
There is a strict luggage limit of 44 lbs (20 kg) checked luggage and 11 lbs (5 kg) cabin baggage on the flights between Helsinki and Murmansk. Should you have additional luggage, it can be stored at the hotel in Helsinki. There is NO option to pay for additional luggage.
Departure

**DISEMBARKATION IN MURMANSK**
Your ship is scheduled to arrive back at the pier in Murmansk before 8am local time, but may arrive earlier depending on Murmansk tides. After breakfast, and once the ship has docked, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour. After disembarkation, you will transfer to the airport for your return charter flight to Helsinki.

**DEPARTING FROM HELSINKI**
Upon arrival in Helsinki, there will be a group transfer to your included post-expedition hotel in downtown Helsinki. After breakfast the following morning, you may make your way to the airport to connect with your homeward flight, or stay longer if you have booked additional accommodation.

**Included Accommodations**
Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated on your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day, please contact your Polar Travel Adviser for hotel options.

**PLEASE NOTE**
Weather conditions can always delay our arrival, and airline schedule changes have also been known to occur. Booking flexible tickets is always encouraged, as we cannot be held responsible for delays due to unforeseen circumstances.

Transfers

**HELSEINKI AIRPORT TRANSFERS**
Arrival and departure transfers in Helsinki are not included in the expedition. Your first night’s included accommodation will be provided at the airport hotel, so please make your way to the lobby for check-in when you arrive. A departure transfer to the airport is not provided from the downtown hotel at the end of your stay in Helsinki.

**IMPORTANT REMINDER**
Russian visas are required for tourists from most countries. This voyage requires double-entry Russian visas. See your country’s Russian consulate or embassy for details.
Quark Expeditions® is pleased to boast the largest polar-class fleet of any polar operator and the ability to offer our guests this great expedition on our nuclear icebreaker.

The entire Quark Expeditions® fleet is built for the challenging polar environments, so we can confidently take you to places ordinary cruise companies wouldn’t dream of going.
50 YEARS OF VICTORY

Join the select few who have tripped to the North Pole on this polar-class, nuclear-powered icebreaker. Authentic in the true sense of the word, the 50 Years of Victory is one of the most powerful icebreakers in the world, a pure workhorse, keeping shipping routes free of ice the rest of the year. Creature comforts are many.

All cabins have exterior views, private facilities, TVs and DVD players. There’s a gym, a basketball court, two saunas and a small plunge pool, not to mention a polar library and a fully stocked bar. The on-board helicopter offers up absolutely mind-blowing aerial sightseeing.

SHIP SPECIFICATIONS:
Staff & Crew: 140
Guests: 128
Lifeboats: 4, fully enclosed
Ice Class: LL1 (highest rating possible)

Visit QuarkExpeditions.com to learn more about the 50 Years of Victory
Included Activities

Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of fun recreational activities to enhance your polar experience.

**Included Activities**

**HELICOPTER TOUR**
On-board helicopters offer thrilling aerial sightseeing opportunities high above your ship and the expansive ocean waters.

**HIKING**
Led by experienced staff, exploring on foot is the best way to appreciate the landscape and shorelines of Franz Josef Land. Normally hiking groups are split out into different experience levels to allow passengers of a variety of fitness and experience levels to participate.

**LECTURES**
Daily chats with on-board experts—our guides, scientists and other special guests—let passengers rub shoulders with historians, botanists, ornithologists, zoologists, geologists and more.

**POLAR PLUNGE**
This rite of passage, experienced just once per expedition, sees you safely jumping into icy ocean waters under the watchful eye of our staff—and just about every single camera lens on board!
**ZODIAC CRUISING**
Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines and shallow inlets—places the ships can’t reach. Hopping in and out of them is super-easy.

**PHOTOGRAPHY**
Documenting your voyage so you can take the memories home is both rewarding and constructive. Plus, it is next to impossible to take a bad picture of the Polar Regions.

**OTHER EQUIPMENT ON BOARD**
Walking poles are provided at each landing for your convenience. As there are limited number of poles available, please bring your own if you require them on every landing.
HOT AIR BALLOONING | $495

If reaching the North Pole isn’t a big enough thrill, be one of only a few people in the world to soar above the sea ice in a hot air balloon, with a sweeping 360-degree view of all points south. Rising as high as 98 feet (30 meters), you’ll experience a bird’s-eye view of the ship and arctic ice—something you’ll remember forever. Exclusive to Quark Expeditions®, this option brings you a whole new perspective of the North Pole!

*This option can only be booked during your voyage and is highly weather dependent.
### Dates & Rates

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Start/End</th>
<th>Twin</th>
<th>Mini Suite</th>
<th>Suite</th>
<th>Victory</th>
<th>Arktika</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUN 17 – JUN 30, 2020</td>
<td>14</td>
<td>Helsinki</td>
<td>$30,995</td>
<td>$35,995</td>
<td>$41,595</td>
<td>$44,095</td>
<td>$45,095</td>
</tr>
<tr>
<td>JUN 28 – JUL 11, 2020</td>
<td>14</td>
<td>Helsinki</td>
<td>$30,995</td>
<td>$35,995</td>
<td>$41,595</td>
<td>$44,095</td>
<td>$45,095</td>
</tr>
</tbody>
</table>

*Mandatory transfer package available for $1,995. All rates per person in USD.

Hot-Air Ballooning
Inclusions & Exclusions

Inclusions

RATES INCLUDE:

- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board
- Beer and house wine during dinner
- All shore landings per the daily program
- Leadership throughout the voyage by our experienced Expedition Leader
- All Zodiac transfers and cruising per the daily program
- Formal and informal presentations by our Expedition Team and special guests as scheduled
- Photographic journal documenting the expedition
- Waterproof expedition boots on loan for shore landings
- Official Quark Expeditions® parka to keep
- Coffee, tea and cocoa available around the clock
- Complimentary reusable water bottle
- Hair dryer and bathrobe in every cabin
- Comprehensive onboard materials, including a map and an informative Arctic Reader
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency evacuation insurance to a maximum benefit of US$500,000 per person
- Russian invitation letter for visa application provided after final payment

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival and departure transfers in Oslo
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar, beverage and other personal charges unless specified
- Phone and Internet charges
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Arrival and departure transfers in Helsinki
- Hot air ballooning at the North Pole

*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night’s pre-expedition hotel accommodation in Helsinki
- Group transfer from hotel to charter flight in Helsinki on Day 2
- Charter flight from Helsinki to Murmansk
- Transfers to and from the ship
- Charter flight from Murmansk to Helsinki
- Group transfer from charter flight to hotel in Helsinki on disembarkation day
- One night’s post-expedition hotel accommodation in Helsinki

PACKAGE PRICE: $1,995 USD

Call a Quark Polar Travel Adviser at 1.888.892.0073 or your Travel Professional | Visit QuarkExpeditions.com for additional details
Your Expedition Team

Our Expedition Leaders and staff bring diverse polar expertise in subjects as varied as polar history, marine biology, glaciology and photography. Their knowledge will deepen your immersion into the polar environment and further enhance your connection to the Arctic.

With over 29 years of experience bringing passengers to remote polar regions and an industry leading staff to guest ratio, we know how to handle the unexpected to guarantee the safety of all passengers. Ensuring this hard earned experience is passed on, our new expedition staff receive comprehensive training in our newly developed Quark Academy, which provides real-world polar expedition training prior to any staff member’s first voyage as well as ongoing training for experienced staff.

Your Expedition Leader

**SOLAN JENSEN**

Born and raised in coastal Alaska, Solan has worked as a wilderness ranger, expedition leader, kayak guide, boat builder and marine mammal emergency responder. His passion for wild places was laid forth at university, where he received a degree in philosophy, which led him directly to a guiding career in the Polar Regions. Solan has led trips throughout the Arctic, including Greenland, Canada, Alaska, Norway and Russia. An appreciator of single malts, the history of jazz music and old polar films, Solan is also a tireless student of the banjo.

*Expedition Leader subject to change, and will be confirmed in final documents.*
PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore other northern cities before or after the voyage. Since you’re traveling such a long way, you may want to spend extra time in Helsinki. This dynamic city known for melding old-world architecture with modern metropolitan ways, has plenty to offer culture enthusiasts and foodies alike. Stroll Helsinki’s charming streets, grab a pint at a microbrewery, or visit dazzling shops, galleries and a traditional public sauna.

To discover the best options for extending your adventure, get in touch with your Polar Travel Adviser via email, at Enquiry@QuarkExpeditions.com or phone (1.888.892.0073) for seamless, worry-free booking of all trip extensions.

FROM TOP: Helsinki; the Sibelius Monument; Helsinki Cathedral
Meals on Board

If there is one constant at sea, it is that you’ll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you’ll always be served three meals a day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet-style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Soft drinks, juices and water are available at all times, and beer and wine are served with dinner, all included in the cost of your package. Spirits, premium wines and champagne are available at an extra cost, which can be billed to your shipboard account. The well-stocked bar is open to enjoy with your fellow shipmates in the late morning, afternoon and evening.
North Pole
Visitors to the North Pole usually number in the mere hundreds each year. Soak up the icy surroundings knowing that even polar bears and harp seals are rare visitors to this extremity of the Earth.

Franz Josef Land
APOLLONOV ISLAND
This small island has a ridge that may provide a vantage point for viewing a walrus rookery, which is known to haul-out on the island. Zodiac cruising to watch walrus from a distance is also a possibility.

BELL ISLAND
In 1881, Benjamin Leigh-Smith’s expedition built a hut here, but the crew never had the opportunity to use it, as their ship was wrecked off the coast. The hut is in supreme condition and has a number of interesting inscriptions on its interior walls. Also found here is an old Russian isba (a wooden hut), which may even predate the official 1873 discovery of Franz Josef Land.

CALM BAY, HOOKER ISLAND
Sporadically in use today, this is the site of the archipelago’s first-ever polar station, built in 1929. Memorials to Georgiy Sedov’s wintering in 1913-14 are built here, and the remains of a glaciologist’s hut can also be seen.

CAMBRIDGE STRAIT
Cambridge Strait is a well-known area for watching polar bears as they hunt for seals that frequent the area.

PLEASE NOTE
Weather conditions can always delay our arrival, and airline schedule changes have also been known to occur. Booking flexible tickets is always encouraged, as we cannot be held responsible for delays due to unforeseen circumstances.
CAPE FLIGELY, RUDOLF ISLAND
The most northern point of the archipelago is marked with a copper plaque and a memorial cross. This is also the northernmost part of Europe, reaching farther north than Spitsbergen. The island is almost entirely ice covered, and temperatures only rise above freezing for a few short weeks each summer.

CAPE FLORA, NORTHBROOK ISLAND
More than half a dozen expeditions passed through here in the late 19th and early 20th centuries—the Jackson-Harmsworth expedition described in the book *A Thousand Days in the Arctic* was among them. Many buildings from the time are in ruins or have fallen into the sea, but some remain. Memorials and crosses have been erected in more recent years in memory of the survivors and victims of those early expeditions.

CAPE HELLER, WILCZEK ISLAND
Historically significant markers can be found here, including the remains of a stone hut used by two men from the 1898–99 Walter Wellman expedition. There is a gravesite and large memorial post in honor of the one member who died here just after New Year’s in 1899.

CAPE NORWAY, JACKSON ISLAND
Weather is always a factor in this northern part of the archipelago, which is sometimes unreachable, even for icebreakers. A variety of arctic flora is found in this area, making it particularly interesting for botanists. This is also where Fridtjof Nansen and Frederick Jackson stayed over winter 1895–96, and the remains of their stone hut can be visited.

CAPE TEGETTHOFF, HALL ISLAND
Impressive tall cliffs are home to large numbers of seabirds, while the ruins of the Walter Wellman 1898–99 expedition can also be found. With a diverse landscape, the island is great for exploring on foot, provided that polar bears aren’t in the vicinity.

CHAMP ISLAND
Wildflowers of the tundra are a common sight, giving a bit of color to an often bleak landscape. Of particular interest are the mysteriously perfectly rounded rocks scattered around parts of the island. They are up to seven feet (two meters) in diameter and have been nicknamed Devil’s Marbles.

IMPORTANT REMINDER
Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must allow the sea, the ice and the weather to guide route and itinerary details. This itinerary is a tentative outline of what you’ll experience on this voyage; please be aware that no specific itinerary can be guaranteed. A measure of flexibility is something all of us must bring to a polar expedition.
NEGRI FJORD
This is a scenic and narrow waterway that lies between MacKlintok Island and Hall Island toward the southern reaches of Franz Josef Land.

RUBINI ROCK, HOOKER ISLAND
Rubini Rock is considered by many to be home to the most impressive bird cliffs anywhere in Franz Josef Land. The cliffs feature a bounty of seabirds, and because of deep waters, ships are able to get up close to the edge of the cliffs for great views. Most of the shores are dominated by glacier fronts, while a large part of the island is ice covered.

TEPLITZ BAY, RUDOLF ISLAND
With a long history of arctic exploration, this bay was first explored during Julius Payer’s 1874 expedition. Once a base for long-distance Arctic flights, the bay is also home to an abandoned polar station. Ships have sunk in these icy waters; a wrecked aircraft lies on the ice cap, and monuments and graves pay homage to the early explorers who died here. For wildlife, both narwhal and beluga whales have been seen in these waters.
WHAT TO BRING! Packing for the polar regions doesn’t have to be daunting, and to make it easier for you, all Quark voyages include an expedition parka to keep, and a loan of appropriate polar footwear. Additional suggested items include:

FOR SHORE LANDINGS
- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants
- Waterproof gloves and glove liners
- Sunscreen
- Sunglasses with UV protection
- Spare set of gloves

SUGGESTED ITEMS
- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the polar plunge!)
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs (in case of noisy cabinmates)
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicine
- Voltage converters and plug adapters (220V/European outlets)
- Ski goggles (for Zodiac cruising)

FOR ON BOARD
- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip close-toed unheeled shoes (NOTE: Flip flops or sandals should not be worn on board due to safety concerns)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at Shop.QuarkExpeditions.com
TO BOOK YOUR NEXT ADVENTURE
Contact your Travel Professional
or a Quark Expeditions® Polar Travel Adviser

1.888.892.0073
QuarkExpeditions.com