THREE ARCTIC ISLANDS

Iceland, Greenland & Spitsbergen — Northbound
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Overview

The Three Arctic Islands: Iceland, Greenland and Spitsbergen (Northbound) itinerary, a variation of our award-winning Three Arctic Islands (Southbound) expedition, will have you exploring three unique Arctic regions. Starting in Reykjavik, where you get a glimpse of this modern city steeped in Icelandic culture and history, you’ll cruise high above the Arctic Circle to the remote eastern coast of Greenland and then venture to the island of Spitsbergen, the “wildlife capital of the Arctic.” Surrounded by spectacularly diverse landscapes, from vast glaciers and soaring cliffs to dramatic fjords and colorful tundra, you’ll experience the Arctic in all its natural beauty.

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.
Three Arctic Islands: Iceland, Greenland & Spitsbergen — Northbound

15-Day Itinerary

**DAY 1 | ARRIVE IN REYKJAVIK, ICELAND**
Your arctic expedition begins in Reykjavik. Arrive in the Icelandic capital in the morning and make your way to your included hotel. You will have the day to explore the city on your own.

**DAY 2 | EMBARKATION DAY IN REYKJAVIK**
This afternoon, you’ll board your vessel and begin your expedition. Get ready for a great adventure ahead!

**DAYS 3 AND 4 | AT SEA**
While sailing north through the Denmark Strait, your Expedition Team will teach you about the wildlife and history of Greenland, your next stop.

You’ll learn about the history of exploration in the Arctic, as well as polar politics, glaciology and climate science. You’ll also learn about the incredible sights, geology and ecology you will soon explore.

**DAYS 5 TO 8 | EXPLORING EAST GREENLAND**
During your tour of Greenland’s remote eastern coast, you’ll enjoy Zodiac cruises and shore visits to several locations. Explore the remains of ancient Thule settlements and keep an eye out for grazing muskoxen—40 percent of the world’s muskoxen population lives here. If conditions allow, you may also visit Ittoqqortoormiit, the most remote community in East Greenland.

Call your Travel Professional or a Quark Polar Travel Adviser at 1.888.892.0073 | Visit QuarkExpeditions.com for additional details
**DAYS 9 AND 10 | AT SEA**
As we continue to cruise north, the Greenland Sea is your pathway toward Svalbard. On deck, you’ll learn to identify seabirds “on the wing.” Take in a presentation, share your photos, sip an icy cocktail in the bar or watch a movie—there are many things to do during your time at sea.

**DAYS 11 TO 14 | EXPLORING SPITSBERGEN, NORWAY**
Exploring Spitsbergen, the largest island of the Norwegian Svalbard archipelago, rewards you with abundant wildlife and austere beauty. Here, you’ll visit spectacular glacier fronts and steep-walled fjords, with walrus, polar bears and Svalbard reindeer amongst your possible wildlife sightings. Birders will be thrilled to see arctic terns, skuas, long-tailed ducks, and kittiwakes. When conditions are right, you could sail within 10 degrees of the North Pole!

**DAY 15 | DISEMBARK IN LONGYEARBYEN & FLY TO OSLO**
The time to say goodbye has come. Your adventure ends in the frontier-style settlement of Longyearbyen. From here, we’ll transfer you to the airport for your return group charter flight to Oslo.

**IMPORTANT REMINDER**
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Arrival & Departure Details

As you prepare for your journey, you may be interested to know the details of your arrival and departure. Since air transportation to and from your voyage 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? Learn how to add on a pre- or post-expedition stop—or both!—in your gateway city on page 14.

Arrival Day and Embarkation

ARRIVING IN REYKJAVIK
You may arrive at any time during Day 1 of your itinerary. Upon your arrival in Reykjavik, you will make your way to the included group hotel.

EMBARKATION IN REYKJAVIK
On the morning of Day 2, your luggage will be collected from the lobby of your hotel, transferred to the ship and stored in your cabin.

Ship embarkation will occur on Day 2 of your itinerary, usually around 4pm. You and your shipmates will meet in the lobby of your hotel and board the waiting buses for transfer to the ship. Information about transfer timing will be posted in your Reykjavik hotel.

FROM TOP: A view of Reykjavik; Embarking the ship; Longyearbyen sign
Final Day and Departure

**DISEMBARKATION IN LONGYEARBYEN AND ONWARD**

Your ship is scheduled to arrive in Longyearbyen between 7am and 8am local time. After breakfast, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour and, due to port logistics, may involve one last Zodiac ride to the pier. After disembarkation, you’ll be transferred to the central downtown shopping area in Longyearbyen, and if you’ve chosen to continue your time in Svalbard, you will be dropped off at your hotel. If you’ve purchased the Oslo hotel and transfer package, your luggage will be transferred to the airport while you enjoy some free time in town. Later you will be transferred to the airport to pick up your luggage and check in for our return charter flight.

**DEPARTING FROM OSLO**

Upon arrival in Oslo, you may connect directly with your onward flight. Scheduled charter flight times will appear in your final documents, and any additional updates will be communicated on board prior to disembarkation.

**Hotel Accommodations**

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

**Arrival and Departure Transfers**

**REYKJAVIK AIRPORT TRANSFERS**

Arrival transfers in Reykjavik are not included; however, your Polar Travel Adviser or travel professional can arrange them for you.

In order to facilitate your transfers, we request that you provide your flight details to Quark Expeditions® at least 30 days prior to traveling.

**OSLO AIRPORT TRANSFERS**

Departure transfers in Oslo are not included in the expedition. The voyage concludes on arrival at the Oslo airport; if you require a transfer to the city, a Polar Travel Adviser or your travel professional can arrange one for you.

If you are flying home right away, you will most likely be able to board on the same day. Please be sure to allow three hours between our charter arrival and your international departure.

Call your Travel Professional or a Quark Polar Travel Adviser at 1.888.892.0073 | Visit QuarkExpeditions.com for additional 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 one of our ice strengthened vessels.

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.
NEW! WORLD EXPLORER
The newest addition to the Quark Expeditions® Arctic fleet, polar powerhouse World Explorer—our first all-suites, all-balcony ice-class ship—lets you discover everything the Arctic has to offer, with the type of service available only at premium hotels. World Explorer also delivers plenty of areas, both inside and out, to witness the incredible arctic wildlife or simply watch the world go by, including a spacious observation deck for taking in sights outdoors, an observation lounge with panoramic skyline views, a library for intimate relaxing and reading, and the Explorer Lounge for a drink and a chat. Presentations and discussions are held in a dedicated lecture theater. Health and wellness facilities feature an outdoor running track, small gym and spa, plus a heated outdoor swimming pool. With its new and environmentally sustainable hybrid technology and state-of-the-art Rolls-Royce engines and generators, the ship also boasts reduced fuel consumption and CO₂ emissions.

SHIP SPECIFICATIONS:
Staff & Crew: 125
Guests: 176
Lifeboats: 2, fully enclosed
Ice Class: 1B
Visit QuarkExpeditions.com to view deck plan details.
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.

**ZODIAC CRUISING**
Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines and shallow inlets—places the ships can’t reach. Expedition staff make stepping in and out of them-safely and comfortable.

**HIKING**
Led by experienced staff, exploring on foot is the best way to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every passenger.

**PRESENTATIONS**
Daily chats with on-board experts—our guides, scientists and other special guests—let guests rub shoulders with historians, ornithologists, biologists, 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!

**PHOTOGRAPHY**
Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you learn skills to capture the beauty 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.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included and Paid Activities, including the necessary experience, physical requirements and cost.
Adventure Options

**SEA KAYAKING | $695**
Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking adventures are a great way to feel at one with the sea. A small group of kayakers will plan to go out multiple times per voyage instead of shore landings. The number of kayaking opportunities is weather dependent and will only be conducted during calm conditions.

Prior kayaking experience is recommended for you to feel comfortable on the water, and the capability to do a wet exit is strongly encouraged. Beginners interested in kayaking should consider participating in the Paddling Excursion adventure option.

**PADDLING EXCURSION | $195**
If you’re interested in kayaking and would like to try something less in depth than Sea Kayaking, you can still enjoy the benefits of adding an on-water experience to your expedition with a Paddling Excursion. Sign up for a one-time paddle on our sit-on-top kayaks, which are stable and unencumbered—perfect for anyone with little to no kayak experience. Expert guides take rotating groups of passengers on calm days to connect with the sea.

**PLEASE NOTE**
For all paid activities pre-booking is required. We recommend booking early as spaces fill quickly.

Call your Travel Professional or a Quark Polar Travel Adviser at 1.888.892.0073 | Visit QuarkExpeditions.com for additional details
# Dates & Rates

**Three Arctic Islands: Iceland, Greenland & Spitsbergen — Northbound**

## WORLD EXPLORER

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Start / End</th>
<th>Triple</th>
<th>Infinity Suite</th>
<th>Veranda Suite</th>
<th>Superior Suite</th>
<th>Deluxe Suite</th>
<th>Owner's Suite</th>
<th>Transfer Package</th>
<th>Adventure Options</th>
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<td>ARCTIC 2020</td>
<td>15</td>
<td>Reykjavik/Oslo</td>
<td>$9,995</td>
<td>$15,495</td>
<td>$15,495</td>
<td>$16,995</td>
<td>$18,495</td>
<td>$19,995</td>
<td>$595</td>
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</tr>
</tbody>
</table>

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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
• Transfer from port to Longyearbyen town center on disembarkation day
• Greenland voyages cruise passenger tax

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:
• Mandatory Transfer Package*
• International airfare
• Arrival transfer in Reykjavik
• 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
• Additional overnight accommodation
• Any Adventure Options

*MANDATORY TRANSFER PACKAGE INCLUDES:
• One night’s pre-expedition hotel night in Reykjavik
• Group transfer from Reykjavik hotel to ship on embarkation day
• Departure transfer in Longyearbyen
• Charter flight from Longyearbyen to Oslo

PACKAGE PRICE: $595 USD
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

LAURIE DI VINCENZO

Having joined Quark Expeditions® with extensive experience in marine logistics and operations management, Laurie has since guided 70 trips to the Polar Regions. While she can be found with a book or passport in hand during the off-season, either traveling to new destinations or returning to her cottage in Ontario, she feels most at home in a Zodiac or hiking over the tundra. Laurie aims to help you discover the overwhelming beauty and power of these remote regions, providing you with a trip of a lifetime. Deeply touched by the arctic landscape and bountiful wildlife, she looks forward to exploring with you.

*Expedition Leader subject to change, and will be confirmed in final documents.*
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 Oslo or add on a few days in Longyearbyen. Immerse yourself in Norwegian history with a visit to Oslo’s Viking Ship Museum. In the Svalbard capital, learn about the archipelago’s storied past at the museum, wander between colorful wooden houses and grab a pint at the local brewery. You may also want to spend time in Iceland’s capital; Reykjavik. We have a variety of post expedition packages in this fascinating city, known for its vibrant music and art scenes.

To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.
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.
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. The following landing sites are a sample of what you may experience on your expedition.

Iceland

REYKJAVIK
Iceland has been ranked by the United Nations as one of the best countries in which to live. Its capital, Reykjavik (which means “Smoky Bay”), was named by the country’s first settler, Norseman Ingólfur Arnarson, who was inspired by the geothermal mist rising from the ground.

East Greenland

C. HOFMANN HALVØ
This can be a great location for spotting muskoxen. The peninsula is also home to wheatears and snow buntings, and you may spot rock ptarmigans or great northern divers while at sea.

DENMARK ISLAND
Encounter stunning icebergs before hiking across Denmark Island, which offers stupendous views of Scoresbysund and Fønfjord below.

RØDEFJORD
The Red Fjord, or Rødefjord, is named for the colorful sandstone located on its western side. The stone has been “stained” red by hematite, creating an oddity in this part of Greenland.

SCORESBY SUND
Revered by many as the most beautiful fjord system in the world, Scoresby Sund is definitely the longest and largest. The sound was named by William Scoresby Jr., a whaler, scientist and man of the cloth, who was famed for mapping more than 400 miles (640 km) of Greenland’s coastline.
**Svalbard**

**14TH OF JULY GLACIER**
Named after France’s Bastille Day (the 14th of July), in honor of the arctic expeditions of Prince Albert I of Monaco, this large glacier is actually two smaller glaciers merged into one. Situated in Krossfjord, a bay on the northwest coast of Spitsbergen, the glacier is teeming with wildlife. Nesting at certain times of year atop the towering bird cliffs are purple sandpipers, common eiders, barnacle geese, arctic tern and Brünnich’s guillemots (thick-billed murres). Bearded and ringed seals also frequent the waters here.

**LILLIEHÖÖK GLACIER**
In 1906, Prince Albert I of Monaco visited Lilliehöök Glacier to conduct scientific investigations. His great-great-grandson, Albert II, visited the glacier a hundred years later as part of a scientific investigation, this time to further our understanding of the arctic clam, a species that lives for more than a century. The growth rings of a single clam’s shell contain evidence of the chemicals it has encountered. Scientists can determine the variations of the water’s temperature and pollutant content by studying the shell.

**LONGYEARBYEN**
Eighteen hundred people inhabit the administrative capital of Svalbard, which is situated on the southern side of Adventfjord. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston.

**MONACO GLACIER**
Prince Albert I of Monaco, a pioneer of oceanography, led an expedition to Svalbard in 1906. His team used sophisticated photographic techniques to understand the shape and position of several glacier fronts. Monaco Glacier honors the expedition, the prince and the principality over which he reigned.

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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
- Bug spray and nets

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
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or a Quark Expeditions® Polar Travel Adviser

1.888.892.0073
QuarkExpeditions.com

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