

# 13-DAYS

REYKJAVÍK - NUUK - ILULISSAT - UUMMANNAQ - SISIMIUT

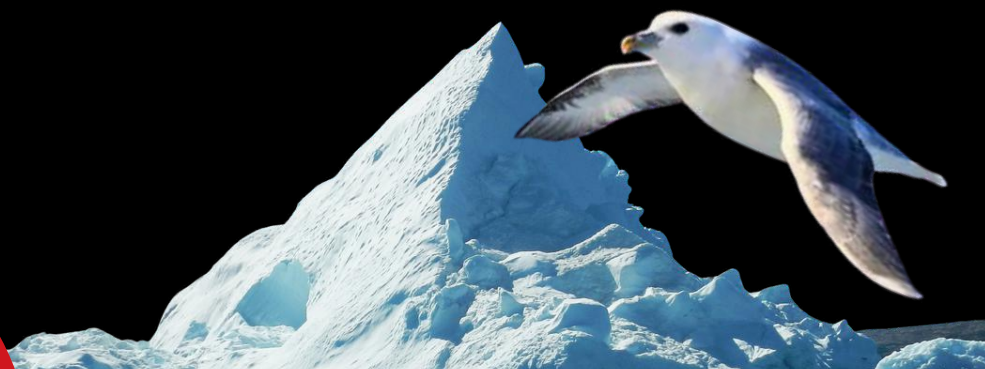
# GRAND GREENLAND

## DISKO BAY & ICE GIANTS



# GREENLAND

EXPEDITION CRUISES



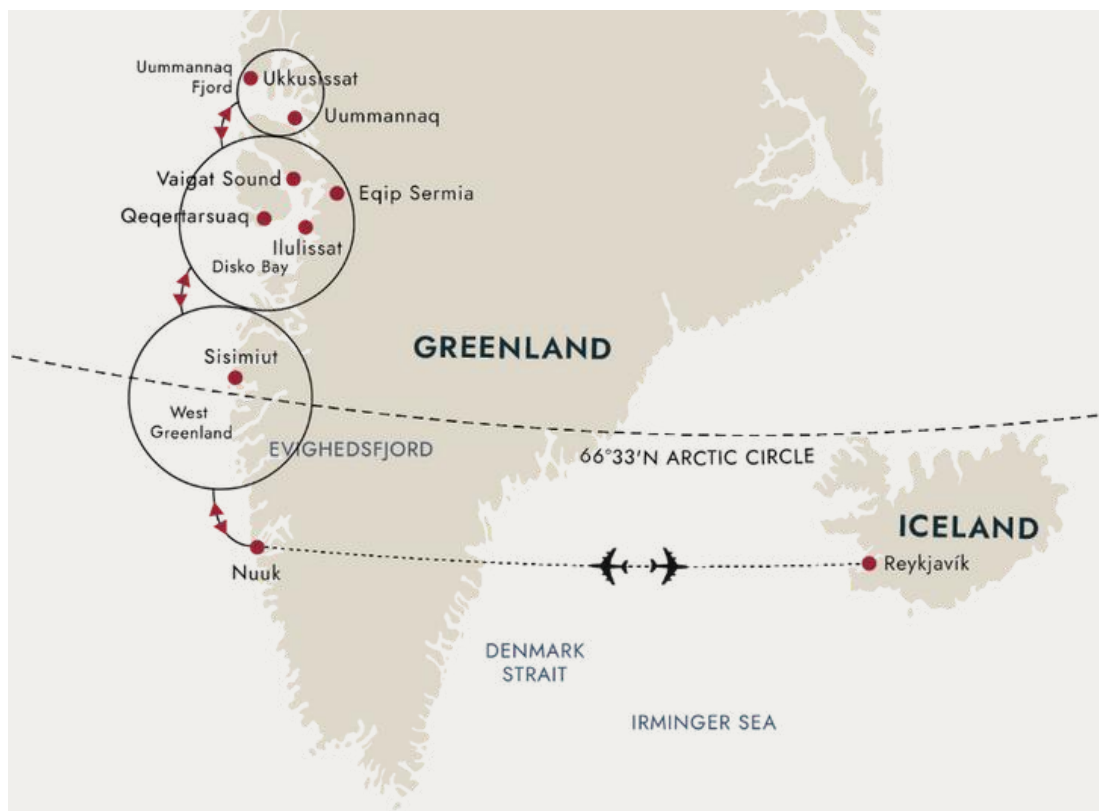
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# ITINERARY

## GRAND GREENLAND: DISKO BAY & ICE GIANTS



**Day 1**  
Reykjavík

**Day 2**  
Nuuk

**Day 3**  
At Sea

**Day 4**  
Ilulissat

**Day 5-6**  
Uummannaq Fjord  
Region

**Day 7-9**  
Disko Bay &  
Surroundings

**Day 10-11**  
West Greenland  
Communities

**Day 12**  
Nuuk

**Day 13**  
Reykjavík

Set off on a 13-day journey from Reykjavík to Greenland's wild west coast, exploring Disko Bay, the Ilulissat Icefjord, and remote towns like Uummannaq and Sisimiut—all surrounded by towering icebergs and Arctic beauty.





# DAY 1

## Reykjavík

## Explore the World's Northernmost Capital

Your adventure begins in Reykjavík.

Reykjavík is a laid-back city of art, culture and history. Exploring this delightful place is well worth your time. Stroll past the boutiques and outdoor shops along Laugavegur, gaze in awe at the striking Hallgrímskirkja Church and drop into the fascinating Reykjavík Art Museum.

If you have time, we recommend booking a Pre-Program with us to discover some of Iceland's natural highlights before your cruise begins.





# DAY 2

## Nuuk

### The Capital of Greenland

You'll have an early start today as we depart Reykjavík and fly to Nuuk.

Nuuk is Greenland's colorful 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 harbor. After being welcomed aboard and collecting your complimentary expedition jacket, it's time to settle into your cabin and enjoy your first dinner aboard.



A large photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright orange glow across the sky and reflecting on the water. There are some clouds in the sky. In the foreground, the dark metal railing of a ship is visible, running diagonally across the frame. The railing has vertical posts and horizontal bars.

# DAY 3

## At Sea

### GETTING READY FOR ADVENTURE

As you sail toward the Arctic Circle, take time to settle into the ship and get familiar with AECO guidelines for exploring the fragile Arctic environment—mandatory for joining landings. Enjoy onboard lectures about Greenland, participate in Citizen Science projects, and make use of the ship's modern facilities. During the journey, you'll cross into the lands of the Midnight Sun, where summer days never end.



# DAY 4

## Ilulissat

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### UNESCO-listed Ilulissat Icefjord

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, gray and blue. All photographers, regardless of skill, will return to the ship with the most enviable images. Back in pretty Ilulissat, visit the Icefjord Center to learn more about the ice in this fascinating area and take a hike to Sermermiut to take in the incredible views.



# DAY 5-6

## Uummannaq Fjord Region

### Deep Dive into Arctic Life

Beyond the Nuussuaq Peninsula lies Greenland's Far North, where life follows the rhythm of the Arctic and nature sets the pace. This rugged region has drawn settlers for over 4,000 years, leaving behind archaeological sites like Qilakitsoq, home to the famous mummies—powerful reminders of their resilience.

Depending on weather and ice, we may visit remote communities such as Uummannaq, with its heart-shaped mountain, or Ukkusissat, nestled among dramatic fjords. With luck, we'll explore ancient sites, cruise into secluded inlets, and step ashore to experience Greenland's raw, untouched beauty.







# DAY 7-9

## Disko Bay

Disko Bay is a place of breathtaking grandeur, where deep blue waters are filled with icebergs of every shape and size—some weighing up to seven million tons. The nearby ice fjord produces an astonishing volume of glacial ice daily, surpassing the water usage of New York City. As we explore this iconic region, you'll witness dramatic landscapes, towering glaciers, and traditional Greenlandic communities, including areas like Vaigat Sound, Disko Island, and the eastern fjords.


## Beautiful Ice Sculptures

Each day brings new possibilities, shaped by local weather and ice conditions. You'll cruise through ice floes in expedition boats, spot whales from the deck, and join the Expedition Team for insightful talks. On land, keep an eye out for Arctic wildlife such as reindeer, Arctic foxes, and the elusive gyrfalcon. It's a full immersion into the raw power and wonder of Greenland's natural world.



# DAY 10-11

## West Greenland Communities



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 12

## Nuuk

## End of Expedition in Nuuk



As we arrive in Nuuk, Greenland's vibrant yet compact capital, it's time to bid farewell to MS Fridtjof Nansen, the Expedition Team, and the new friends made along the journey. Compared to the remote communities visited along the way, Nuuk feels like a bustling metropolis, offering a glimpse into modern Greenlandic life with its colorful buildings and lively waterfront.

If time allows before your flight, take a moment to explore the city and reflect on the incredible experiences of the past days. From here, you'll return to Reykjavík, bringing home unforgettable memories of towering icebergs, Arctic wildlife, and the raw beauty of Greenland's icy frontier.

# DAY 13

Reykjavík

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## Back to Reykjavík

Your Arctic adventure concludes in Reykjavík, where you'll have one last opportunity to explore this vibrant and stylish capital. Stroll through its colorful streets, visit local museums and galleries, or unwind in one of its famous geothermal pools.

If you're not quite ready to head home, consider joining our optional Post-Program to discover more of Iceland's natural wonders. Or simply extend your stay and enjoy everything Reykjavík and its stunning surroundings have to offer.







# WHAT IS INCLUDED

## HOTEL

- Overnight stay in Reykjavík before and after the expedition cruise, including breakfast

## FLIGHTS

- Flights in economy class between Reykjavík and Nuuk

## TRANSFERS

- Transfers between the hotel and airport in Reykjavík before and after the flight to Nuuk
- Transfers between the airport and the ship in Nuuk

## ONBOARD ACTIVITIES

- In-depth lectures and discussions hosted by our knowledgeable Expedition Team
- Use of our Science Centre, including the library and advanced biological and geological equipment
- The Citizen Science Program allows guests to assist with ongoing scientific research
- An onboard professional photographer will give tips and tricks for taking the best landscape and wildlife photos
- Daily briefing with the Expedition Team about the plans for the next day

## EXPEDITION CRUISE

- A stay in a cabin of your choice
- Daily breakfast, lunch, and dinner
- Wine, beer and spirits available at meals and throughout the day and evening (subject to licensing laws; excludes premium drinks)
- All day coffee, tea, and soft drinks
- Fine dining in restaurant Lindstrøm included for suite guests (only on MS Fram)
- A complimentary Ocean Bottle water bottle to refill on board and take home
- A wind and waterproof expedition jacket
- Professional photos from your trip taken by our onboard photographer
- Complimentary Wi-Fi. Please note that streaming is not supported.
- Use of sauna, hot tubs, fitness room, lounges, and more
- Gratuities included. Fantastic service is standard at HX (though if you'd like to leave something extra, it's always appreciated).
- Range of included activities

## LANDING ACTIVITIES

- Escorted landings with small expedition boats
- Loan of boots, trekking poles and other necessary equipment for activities. Your HX travel documents will have a recommended packing list.
- Expedition photographer on hand to assist you

# 13-DAYS GRAND GREENLAND DISKO BAY & ICE GIANTS

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## CONTACT



1.866.760.1987



info@glpworldwide.com



www.travelfortravellers.com



26-1211 Denison St, Markham, ON  
L3R4B3, Canada