



ARCTIC 2025 | 13 AUG - 27 AUG 2025

Three Arctic Islands - Escorted by Mike Wood

Iceland, Greenland, and Spitsbergen



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Overview

Three Arctic Islands: Spitsbergen, Greenland & Iceland — Southbound

Named one of *National Geographic Traveler's 50 Tours of a Lifetime*, this unforgettable voyage begins above the Arctic Circle in Spitsbergen, the “wildlife capital of the Arctic,” ventures to the spectacular, remote landscape of East Greenland, and ends in Iceland.

In Spitsbergen, you'll visit spectacular glacier fronts and wind-swept tundra, where possible wildlife sightings include walrus, polar bears, Svalbard reindeer and thousands of birds. During your tour of Greenland's remote eastern coast, you'll 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.

The towering cliffs, massive glaciers, rugged fjords and vast swaths of untouched tundra in these breathtaking environments will provide sights, sounds and scenes you've never experienced, permanently transforming your connection to the planet we call home. Explore the amazing Arctic, immerse yourself in the beauty and fragility of a wondrous region, and return with unique memories that will last a lifetime.

EXPEDITION IN BRIEF



Experience one of *National Geographic Traveler's 50 Tours of a Lifetime*



Marvel at the glaciers and wildlife of Spitsbergen and East Greenland



Hike the tundra and explore a remote fjord-strewn coast of East Greenland



Cruise in a Zodiac to explore diverse landscapes



Immerse yourself in the icy realm of the Arctic with optional kayaking adventures



Itinerary

DAY 1 | ARRIVE IN HELSINKI, FINLAND

Your Arctic adventure begins in Helsinki, renowned for its extraordinary architecture and intriguing mix of eastern and western influences. If you arrive early, explore the many museums, galleries and restaurants, relax at a Finnish sauna or wander the vibrant Design District before retiring at your included hotel.

DAY 2 | FLY TO LONGYEARBYEN, SVALBARD & EMBARK

After breakfast, the group will transfer to the airport and board our private charter flight to Longyearbyen, Spitsbergen's largest settlement, as part of the transfer package. As you embark this

afternoon, you'll enjoy great views of the mountainous landscape that serves as a backdrop for this seaside town.

DAYS 3 - 6 | EXPLORING SPITSBERGEN, SVALBARD

Exploring Spitsbergen, the largest island of the Norwegian Svalbard archipelago, rewards you with austere beauty and opportunities to spot its abundant wildlife. Here, you'll visit spectacular glacier fronts and tundra in full bloom, with walrus, polar bears and Svalbard reindeer amongst your possible wildlife sightings. Birders will be thrilled to see Arctic terns, skuas, Brünnich's guillemots, black-legged kittiwakes and ivory gulls. If conditions allow, you could sail within 10 degrees of the North Pole!



THREE ARCTIC ISLANDS:
Iceland, Greenland, Spitsbergen
Onboard the *Ocean Explorer* ———
Flight from Helsinki - - - - -

DAYS 7 & 8 | CRUISING

While sailing south through the Greenland Sea, your Expedition Team will teach you about the wildlife and history of Greenland, your next stop. 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 film—there are many things to do during your time at sea.

DAYS 9 - 12 | 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. Finally, you will sail through spectacular Scoresbysund, the birthplace

of many icebergs and, some say, the most beautiful fjord system in the world. If conditions allow, you may also visit Ittoqqortoormiit, the most remote community in East Greenland.

DAYS 13 & 14 | CRUISING

As we sail south, the Denmark Strait is your pathway toward Iceland. Your Expedition Team will keep you informed and entertained with presentations about the history of exploration in the Arctic and the seabirds you'll see soaring above your ship.

DAY 15 | DISEMBARK IN REYKJAVIK, ICELAND

You'll disembark in Reykjavik, Iceland's capital, at the end of your journey. If you have booked post-expedition accommodation, we provide a transfer to a central downtown location.

EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.





Arrival and Departure Details, and International Flight Planning

					
	DAY 1	DAY 2	EXPEDITION DAYS	FINAL DAY	
	International flight in* Arrival and hotel night	Charter flight to embarkation point and embarkation	On ship or landing days	Disembarkation	International flight onward**
<p>* Arrive anytime on Day 1 or earlier. Day 1 includes an optional briefing. ** Consider booking your international flight home after the Final Day as charter flight times may vary.  International flights are not included in the cost of the voyage.</p>					

As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights.

Arrival Day and Embarkation

DAY 1 — ARRIVING AND HOTEL NIGHT 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. Please keep in mind that your hotel room may not be ready for check in until 3pm. On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's flight. Final details and check-in procedures can be found in your final documents. 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.

DAY 2 — CHARTER FLIGHT AND EMBARKATION IN LONGYEARBYEN

After a well rested night at your hotel you will join your flight up to Longyearbyen. Upon arrival in Longyearbyen, you will be transferred from the airport to a drop off point and your luggage will be taken directly to the ship. Details of ship transfer times will be provided during your arrival transfer. Due to port logistics, it is possible that you may need to board the vessel by Zodiac, rather than from the pier.

PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Helsinki and Longyearbyen. There is NO option to pay for additional luggage.

You will find in your final documents:

- › Luggage weight restrictions on charter flights.
- › Hotel information and check in time
- › Charter flight time to embarkation point
- › Embarkation plan
- › Departure charter flight time

Final Day and Departure

DISEMBARKATION IN REYKJAVIK AND ONWARD

Your ship is scheduled to arrive at the pier in Reykjavik and you will disembark after breakfast. The process takes about an hour. After disembarkation, you will transfer to a central downtown location.

Arrival and Departure Transfers

HELSINKI AIRPORT TRANSFERS

An arrival transfer in Helsinki is 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.

REYKJAVIK AIRPORT TRANSFERS

A transfer is provided from the Reykjavik port to a central downtown location at the end of the expedition. A transfer to the airport is not included; you will need to arrange your own transportation.

PLEASE NOTE

Included 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 to extend your stay, you can book directly with the hotel or through a third party.





Included Activities

All of these activities are included in the price of your trip.

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

ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

HIKING

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

PRESENTATIONS

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

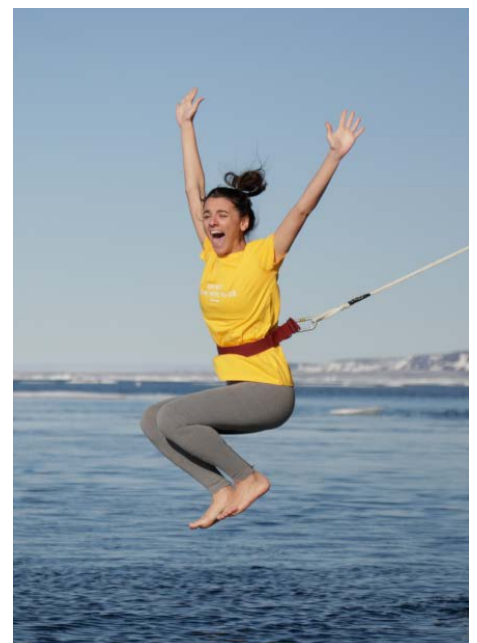
POLAR PLUNGE

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Arctic waters under the watchful eye of our staff—and just about every single camera on board!

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guide will help you hone your skills to capture the beauty of the polar regions.

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





Adventure Options

All of these activities cost extra and should be booked in advance of your trip.



PLEASE NOTE

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

SEA KAYAKING

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.

PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea. Two groups of 10 will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



Departure Dates

Three Arctic Islands: Spitsbergen, Greenland and Iceland

OCEAN EXPLORER

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Sea Kayaking	 Paddling Excursion
ARCTIC 2025				
AUG 13 - 27, 2025	15	Helsinki/Reykjavik	\$	\$

\$ Paid Activities



Inclusions and Exclusions

Inclusions

RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- Select beer and wine during dinner; and coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled

- A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person
- Transfer from Longyearbyen town center to port on embarkation day
- Group transfer to downtown Reykjavik on disembarkation day
- Greenland voyages cruise passenger tax

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival transfer in Helsinki
- Airport transfer in Reykjavik
- 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 and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone and Internet charges (connectivity may vary by location)
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Adventure Options not listed in Included Activities

*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel night at Helsinki airport hotel, with breakfast
- Charter flight from Helsinki to Longyearbyen
- Arrival transfer in Longyearbyen
- Arrival transfer in Reykjavik to central downtown location



Your Tour Escort

Since the 1980s, Mike Wood has been guiding trips and living the adventure life. He's trekked, rafted, and climbed all over the Himalayas, led trips worldwide, and explored every corner of the globe. With 44 years under his belt, he's known for his epic treks in Everest and Annapurna. Mike's been everywhere from Antarctica to Kilimanjaro to Patagonia.



Your Expedition Team

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

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard earned experience is passed on, our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior as part of our onboarding process as well as ongoing training for experienced staff.





Meals on Board

If there is one constant on board, 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 well-prepared meals per 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 and juices are available during meals and when the bar is open; beer and wine are served with dinner; and coffee, tea and water stations are available around the clock - all included in the cost of your package. Spirits, premium wines and champagne are available at extra cost which can be billed to your shipboard account. The well-stocked bars on the ship are open to enjoy with your fellow shipmates in late morning, afternoon and evening.





Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

Svalbard

14TH OF JULY GLACIER

Named after France's Bastille Day (the 14th of July), this large glacier is situated in Krossfjorden, a bay on the northwest coast of Spitsbergen. The area is teeming with wildlife, and is the best place in Svalbard to catch a glimpse of the Atlantic puffin. Nesting at certain times of year along the shore are purple sandpipers, common eiders, barnacle geese, Arctic tern and Brünnich's guillemots (thick-billed murre). Bearded and ringed seals also frequent the waters here.

LILLIEHÖÖK GLACIER

In 2005, nearly 100 years after his great-great-grandfather conducted scientific investigations here, Prince Albert II of Monaco returned to Lilliehöök Glacier to honor his ancestor's memory. Here, you can take a Zodiac cruise amid labyrinths of sparkling icebergs, and witness breathtaking panoramas of ice. You may even spot bearded seals hauled out on the floes.

LONGYEARBYEN

Home to 2,400 people, the administrative capital of Svalbard is situated on the southern side of Adventfjorden. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston. Today as much as ever, this is a true frontier town.



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. While touring the glacier front by Zodiac cruise, listen to the crackle and pop of the brash ice, search for seals and have a chance to admire a natural sculpture gallery.

East Greenland

C. HOFMANN HALVØ

This peninsula can be a great location for spotting muskoxen. It is also home to wheatears and snow buntings, and you may spot rock ptarmigans or great northern divers (common loon) while exploring the shore.

DENMARK ISLAND

Encounter stunning icebergs at Denmark Island, which offers stupendous views of Scoresby Sund and Fønford below. If conditions allow for a landing, take a short hike to an archaeological site.

RØDEFJORD

Red Fjord, or Rødefjord, is named for the colorful sandstone located on its western side. Many hillsides in Rødefjord appear ‘stained’ red due to the presence of iron oxide.

SCORESBY SUNN

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 clergyman, who was famed for mapping more than 400 miles (640 km) of Greenland’s coastline. All previously mentioned East Greenland sites fall within Scoresby Sund.

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.

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What to pack on your Arctic expedition

BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac and helicopter ride)
- Base-layer wool or synthetic top*
- Base-layer wool or synthetic bottom*
- Mid-layer warm or fleece top*
- Mid-layer warm or fleece bottom*
- Warm hat that covers ears (bring an extra)
- Scarf, buff, or other face protection
- Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- Waterproof gloves or mitts (bring an extra, lighter pair for hiking)
- Glove liners*
- Hand and feet warmers*
- Binoculars
- Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- Ski goggles (for Zodiac cruising on snowy or windy days)
- Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera & gear dry)

*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- Hat, buff or scarf (for wind and weather protection)
- UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- Collapsible walking sticks for hikes (if required)
Quantities are available to borrow on every vessel
- Additional reusable (thermos-regulating) water bottle (in addition to the reusable collapsible water bottle provided)

WHAT TO BRING! Packing for the Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

TO WEAR ON BOARD

- The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- Workout attire (for the fitness center and other indoor activities)
- Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)

Just a reminder: No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so!

ADDITIONAL ITEMS

- Passport, visas, immunization records, travel documents, etc. as required
- Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Voltage converters and plug adapters (see ship book for details)
- Seasickness, indigestion, headache, or other medications
- Earplugs and eye masks for sleeping
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Credit Card & Small amount of local currency (see pre-departure book for more details)

- › To view our packing checklist online, visit: [QuarkExpeditions.com/What-to-Pack/Arctic](https://www.quarkexpeditions.com/What-to-Pack/Arctic)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.quarkexpeditions.com/Frequently-Asked-Questions)



Scan this QR code or click here to watch our video on what to pack before you go!

WEATHER CONDITIONS & TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.



To book your place on the escorted 'Three Arctic Islands Trip', please contact the Peregrine Travel Centre WA

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Photos captured with a telephoto lens from a responsible distance, following regulatory/AECO guidelines.

PHOTO CREDITS: (over all Expedition Brochures for the Arctic 2025 season):
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