



8-DAY ADVENTURE

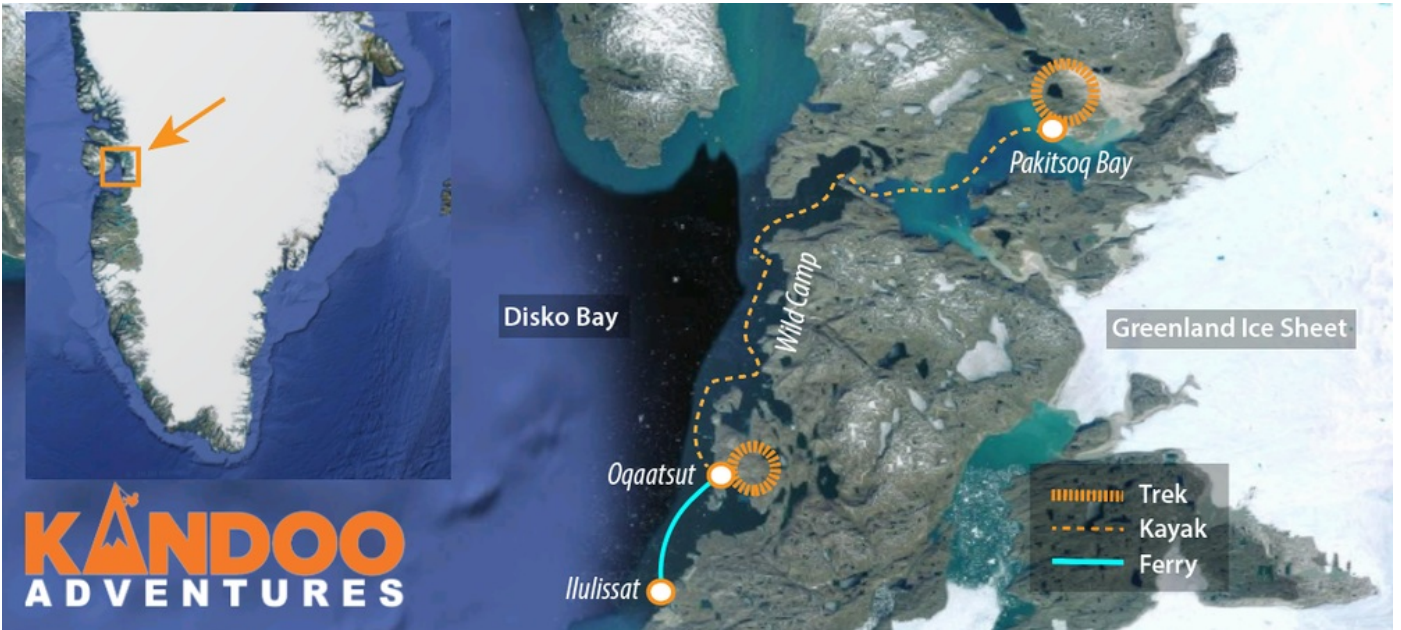
## KAYAK TO THE ICE SHEET

Greenland

Join us on an adventure of a lifetime, embark on a sea kayaking expedition into the untouched Greenlandic wilderness. This expedition connects normally inaccessible destinations that could not be any more 'off the beaten track'. An active hiking and sea kayaking trip in one of the most remote places on earth. Experience true quietness as you paddle silently through iceberg filled waters where whales roam. Discover the tiny Greenlandic settlement of Oqaatsut and wild camp in truly spectacular locations.

## TRIP HIGHLIGHTS

- View icebergs and whales from your kayak
- Explore the Greenlandic village of Oqaatsut
- Wild camp in untouched wilderness



# ITINERARY

## DAY 1

### WELCOME TO GREENLAND!

Your guide will meet you in Ilulissat. From here it is a scenic boat trip to the isolated settlement of Oqaatsut. This tiny village is home to only about 45 people who live in traditional coloured houses. We take time to explore this delightful village at the end of the world with its traditional Inuit culture and complete our first hike to explore our stunning surroundings.

Accommodation: **Hostel**

Meals included: **Lunch / Dinner**

## DAY 2

### THE ADVENTURE BEGINS

After an introduction to sea-kayaking techniques, navigation skills and an equipment check, we load up our boats and set off northwards. Our expedition begins with a calm day - you will be weaving in and out of Icebergs and paddling with confidence in no time!

Activity time: **5 - 6 hours**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

We set up camp in a sheltered bay and enjoy the chance to live like a traditional Inuit community - learn bushcraft skills and go foraging to add to our evening meal.

## DAYS 3 TO 4

### KAYAKING TO PAKITSOQ BAY

The adventure continues - we pack up camp, load up our boats and head north to Pakitsoq Bay. Keep your eyes open for whales, seals and eagles as we head deeper into the wilderness...

Activity time: **5 - 6 hours**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 5

### PAKITSOQ BAY AND THE ICE SHEET

Learn tidal navigation skills as we kayak from our campsite into the Fjord. From here, we can hike up to stunning views of the ice sheet; we explore the area on foot and by kayak. This isolated part of Greenland is home to a range of flora and fauna including reindeer, arctic fox and white tailed eagles.

Hiking time: **4 - 5 hours**

Activity time: **2 - 3 hours**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAYS 6 TO 7

### KAYAKING TO OQAATSUT

We load up our kayaks once again and begin a beautiful two day journey back down the coast to Oqaatsut. Gliding through Greenland's picturesque scenery for a final two days. Keep your eyes open for whales and other wildlife as we weeve between icebergs and slowly make our way south.

Activity time: **7 - 8 hours**

Accommodation: **Hostel, Camping**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 8

### DEPARTURE

After breakfast we return to Ilulissat by boat and transfer to the airport for our journey home.

Meals included: **Breakfast**

## PLEASE NOTE

*The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.*

# TRIP INFORMATION

## DIFFICULTY

This trip is accessible to everyone with a sense of adventure and a positive attitude. Physically, you should be able to walk / paddle for 6-7 hours per day for several days in a row. Previous kayaking experience, although beneficial, is not required as training will be provided. You should be capable of swimming 100m.

Our hikes are not technically difficult but may venture off-trail on loose and uneven ground so care will be needed to avoid slips and trips. Adverse weather conditions can make hiking and kayaking feel much more challenging.

To ask about your suitability for this trip and what you can do to prepare please feel free to give us a call.

## FOOD & DRINK

This trip includes full board from lunch on day 1 to lunch on day 7. We are proud of the varied, fresh and frankly delicious food we provide even when camping. Meals are based on a selection of local products and you will have the opportunity to try Greenlandic delicacies such as cod, arctic char and mussels.

Each day will start with a hearty breakfast accompanied by plenty of tea and coffee. You will prepare your own picnic lunch for the day from a buffet style array of options - everyday there will definitely be sandwiches, hot drinks and cakes among other ingredients. Each evening meal will be three courses- we try to offer fresh fruit and vegetables everyday but this is not always possible in Greenland!

Your help in the kitchen is expected and much appreciated, particularly in the evenings. Cooking is most enjoyable when the whole group work as a team to prepare dinner, it creates a pleasant atmosphere as we reflect on the days adventures together.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

## ACCOMMODATION

We will spend 5 nights camping and 2 nights in local guesthouse accommodation. Whilst camping we will provide a 3 man dome tent per two people and inflatable sleeping mats per person. There will be a dining tent for taking meals and for use as a communal space, tables, stools and eating utensils are all provided.

In guesthouses accommodation will be in dormitories of between 4 and 12 people with shared bathroom facilities.

## LUGGAGE

Please bring a small rucksack to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a larger bag to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or duffel bag rather than a rigid suitcase. We will provide dry bags for you to pack your luggage into.

## **HOW DO I GET THERE?**

You will need to arrive at Ilulissat Airport on day 1 of this adventure. The airport code is JAV.

You can fly to Ilulissat from either Iceland or Denmark. The easiest way to get there is to fly to Keflavik Airport (KEF) in Iceland and then catch your flight to Ilulissat from there. Iceland Air provide direct flights to Ilulissat from Keflavik International Airport. We recommend going directly to the Iceland Air website to check schedules and availability.

From the UK, there are direct flights to Keflavik from London Heathrow (LHR) with British Airways and Icelandair. Easy Jet also offer direct flights from London Luton (LTN), Manchester (MAN) and Edinburgh (EDI).

For those traveling from the USA, Icelandair have direct flights to Keflavik from New York (JFK), Boston (BOS), Washington (IAD) and Seattle (SEA). Delta offer convenient flights via New York from San Francisco (SFO), Los Angeles (LAX), Phoenix (PHX) and Atlanta (ATL).

Flights from Denmark depart from Copenhagen and are operated by Air Greenland. You will stop in Kangerlussuaq before continuing to Ilulissat.

On arrival, after clearing immigration and collecting your luggage, please look out for a member of our team in the arrivals area. They will be holding a large "KANDOO" sign.

## **BUDGET & CHANGE**

The currency is the Danish Krone (DKK).

In the larger towns, you can withdraw money and pay using most common credit or debit cards. We recommend carrying some cash to avoid disappointment when card facilities are not available.

Please budget for drinks, tips, personal expenses and any meals not included in your trip. Expect to pay at least 200DKK / 25 Euro for a meal.

## **TIPS**

Although the custom is practised here, it is not expected. If you are satisfied with the services of your guide and local team, tipping is always appreciated. It is not obligatory and should be left to the discretion of each individual.

# FORMALITIES & HEALTH

## **PASSPORT**

Most travellers will require a passport valid for at least 6 months after your return date. It is your responsibility to confirm your specific requirements and please be aware that proof of onward travel may be required.

## **VISA**

Travelling to Greenland is visa free for up to 90 days, for UK and US citizens

## **VACCINATIONS**

No vaccinations are required.

## **INSURANCE**

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

## **MEDICATION**

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Sunscreen for lips and skin - Moisturising cream (for sunburn) - Elastic bandage, regular bandages and Blister bandages - Sanitary products

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- 3 man dome tent per 2 people
- Sleeping mat per person
- Dinning tent with tables, stools and eating utensils
- Waterproof bags
- Tandem sea kayak per 2 people
- Gore-tex dry suit and boots
- Kayak jacket
- Life jacket

## CLOTHING TO BRING

- Walking boots
- Waterproof and windproof hard shell jacket and trousers
- Warm hat and gloves
- Sun hat
- Warm jumpers
- Thermal base layers (top and leggings)
- Fleece or soft shell jacket
- Suitable underwear, t-shirts and walking trousers
- Warm socks
- Warm pyjamas, towel, toiletries
- Sunglasses with high UV protection

## EQUIPMENT TO BRING

- Sleeping bag with a minimum comfort rating of 0°C
- Water bottle / thermos
- Head torch with spare batteries
- Daypack 30L to 40L
- Duffel bag 80L to 100L or similar flexible bag for your main luggage. Not a suitcase.

## OTHER USEFUL KIT

- Camera
- Insect repellant
- Comfortable shoes / clothes for the evenings
- Walking poles
- Wet wipes
- Plastic bags for wet/dirty clothing



# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

