



Your expedition cruise in
GREENLAND

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition to the remote reaches of Greenland. This will be a grand adventure back in time to when the ice ruled over the Northern Hemisphere.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

Reservations: 020 8846 2666
Email: uk.sales@hurtigruten.com
Web: hurtigruten.co.uk/expeditions/

Kind regards
Your Hurtigruten team

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Frequently asked questions »

FOLLOW US



BEFORE YOU GO

There are a few mandatory steps to complete before your expedition cruise in Greenland.

- 1 Fill in and return the Ship Manifest Information Form to Hurtigruten**
- 2 Check your passport**
Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.*
- 3 Entry requirements (visa)**
Please make sure that you have the correct visa travel document that is required at the time of your expedition.
- 4 Check your travel insurance**
A comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.
- 5 Complete the Medical Screening form**
Our expeditions to Greenland require a Medical Screening form for boarding.

For your convenience, we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

Weather and packing

Checking the weather forecast for your destination before you leave is essential to ensuring you are packing appropriate clothes. Make sure you pack suitable clothes for the weather you're returning home to as well.



Help protect the pristine Arctic Environment from the threat of non-native species and follow the [AECO biosecurity guidelines »](#) before packing.

We recommend you pack:

- Woolen underlayers and second layers
- Warm socks and gloves
- Polarized sunglasses and sunscreen
- A camera (in a waterproof bag)
- A memory card with a large capacity
- Wind and water-resistant trousers
- A warm hat that covers your ears, and a scarf
- Worn-in walking boots to use outdoors
- A warm winter jacket
- Extra batteries for your camera
- A pair of casual shoes for use onboard

[What to bring on your trip to Greenland »](#)

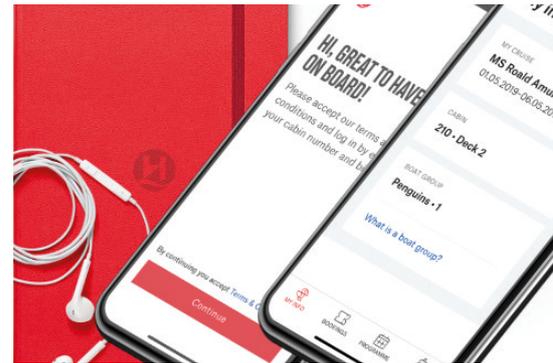
You will receive a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle.



You can borrow boots, trekking poles, and all equipment needed for activities free of charge.

*In addition, passport validity must be in accordance with national requirements in the country/countries you are traveling to.

PRACTICAL INFORMATION



Hurtigruten App

is your digital travel companion on our expedition ships.

Everything you need to know about your cruise, including your bookings, daily programme, restaurants and services on board, essential information about available excursions is at hand at any time.

It will be possible to log in once you are on board with your date of birth and your cabin number.

[Download the app »](#)

Your adventure is safe with us



Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)

We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

[Our safety policy »](#)

YOUR HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your adventure and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Each public area of the ship has been designed with your viewing pleasure in mind. As you set foot on exotic shores together, you'll naturally grow closer with your fellow explorers. Enjoy swapping stories in the various seating areas dotted around the ship which usually have great views.



© AGURTXANE CONCELLON

LOVING LOCAL FOOD

Prepare your tastebuds for mouth-watering meals on board.

These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.



© ANDREAS KALVIG ANDERSON

YOUR ACTIVE ADVENTURE



© ANDREA KLAUSSNER

Landings and expedition boats

Your expedition ship will take you to the remotest areas you can imagine – places where there is no infrastructure for ships to dock. This is where our small expedition boats come in. Our small boats are a comfortable and convenient way of getting you to the heart of Greenland.

Community visits

The urban hubs on the west coast of Greenland are unlike those located in more populous areas in, say Europe or the USA. Instead, they take the form of coastal settlements which are spread out along the shore and are perfect for exploration on foot. Always colourful and interesting, there are fascinating things to uncover wherever we land.

Science Center »

The microscopes and other high-tech equipment in our onboard Science Center allow for hands-on demonstrations and workshops, deepening your understanding of the places you visit. With lectures, talks, interactive displays and a library. We also invite you to participate in Citizen Science projects, which in turn contribute to important research.

Lectures and talks

Onboard and ashore, members of our Expedition Team give in-depth lectures on a variety of topics to enhance your voyage. The subjects chosen are specific to Greenland.

Photo programme

This included programme is designed for photographers of any ability, giving you tips that

will help you better capture the spectacular photo opportunities around Greenland. You may also have a chance to join a more intensive one to two-hour Photo Adventures* session.

Experts in exploration

Your Expedition Team are your passionate and knowledgeable hosts. They'll ensure you enjoy exciting and informative experiences safely and sustainably. Experts in their fields and adventurers in their own right, they deliver engaging lectures and talks, organise a variety of onboard activities, accompany you on landings, and take the lead on handpicked hikes.

The Expedition Team »

EXPECT THE UNEXPECTED



An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

© KARSTEN BIDSTRUP

When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our

course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from

a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

EXPLORE GREENLAND

Discover some of the highlights and possible sites you might see on your expedition cruise in Greenland.*

© JOHN EMIL RICHARDSEN/ANDREAS KALVIG ANDERSON/MARSEL VAN OOSTEN/GETTY IMAGES/SHUTTERSTOCK/THOMAS HALTNER



Nuuk

Painted in all the colours of the rainbow, Greenland's capital offers a variety of activities, from visiting Nuuk Cathedral to long walks through the aptly named Paradise Valley.



Ilulissat

Bask in the beauty of Ilulissat Ice Fjord, a UNESCO World Heritage Site featuring enormous icebergs floating in the deep blue waters, maybe sparkling in the sunlight.



North East Greenland National Park

This is the world's largest yet least visited national park, home only to the Danish Sirius Patrol as well as seals, walrus, narwhal, and numerous polar bears.



Sisimiut

Enjoy getting to know Greenland's second largest settlement and visit the local museum which houses artefacts from 4,000-year-old Saqqaq culture settlements excavated nearby.



Evighed Fjord

Explore the "Fjord Of Eternity", surrounded by some of the highest mountains in West Greenland – with a magnificent glacier at the end.

Did you know?

Almost **80 %** of the land mass of Greenland is covered by an ice cap. The ice-free area is nearly as large as Sweden.

In **mid-March**, golf lovers can join or watch the annual Ice Golf World Championships in Uumannaq. The event takes place on a course cut on the ice.

There are only about **150** kilometers of roads in entire Greenland, and none of the towns are connected by them.

More than **2.5 million** years ago, Greenland was actually quite green. However, Erik The Red named it "Greenland" in hopes that the name would attract settlers.

June 21, the longest day of the year, is the summer solstice and a national holiday in Greenland.

[The highlights »](#)

A GOOD OLD GREENLANDIC KAFFEMIK

DISCOVER
with us



You haven't fully experienced Greenlandic culture until you've been to a kaffemik. This is a social institution here offering good food and great company – what more could you want?

© UNSPLASH

The more, the merrier

Traditional Greenlandic kaffemik is a social and festive gathering to celebrate special events, like newly born babies, birthdays, and confirmations. Really, any event worth celebrating calls for a kaffemik. The word “kaffemik” is translated as “via coffee”, where meeting for a brew is just an excuse to turn up and socialise.

Usually, the person of the hour is the one that's hosting the festivities. It's the kind of event that requires the finest china and is often prepared for days in advance. While it does involve a lot of work for the host, the most important element is to gather people – the more, the better!

During a kaffemik, more than 50 people will come and go through the whole day. Friends, family, co-workers and neighbours stop by to drink coffee, have some food and mingle, before leaving and making way for new guests to arrive. A kaffemik often creates a warm and welcoming environment for

both old and new acquaintances alike, meaning it's the norm to have visitors attend and there's no need for you to feel shy!

Keeping it casual

A kaffemik is a very laid-back affair and guests aren't expected to dress up. The emphasis is on interaction, not fashion. The door is open to almost everyone that wishes to swing by, and invitations are usually spread through word of mouth and social media. All you have to do is bring your small-talk skills and an empty stomach. Do remember to take off your shoes and leave them outside the house though as it's considered rude not to.

Arrive hungry

At a kaffemik you can expect several Greenlandic culinary specialties. A fresh pot of coffee is mandatory, and so is a large number of cakes. Hot dishes are often served as well, so you might be able to sample the country's unique delicacies, usually sourced during the local hunts.

In Greenlandic culture, centuries of tradition are attached to hunting and fishing. At the core is utmost respect and appreciation for the reindeer, musk ox, and marine animals which provide needed sustenance to these remote communities. Greenlanders still use traditional ways of preparing and serving food, such as boiling ingredients in seawater to give them a salty taste.

A kaffemik is a great way to really experience Greenlandic culture and to meet the locals. If you get invited to one while traveling with us as part of an expedition cruise to Greenland, don't hesitate to accept. Think of it as a unique sneak peek into the social lives of Greenlanders.

DISCOVER WILDLIFE

A photograph of a Greenland fjord. The water is a deep, dark blue, and several large, white icebergs are floating in the upper left. In the lower right, two whales are visible, their dark bodies and white underbellies cutting through the water. The overall scene is serene and majestic.

The coastal ice-free fringe of Greenland supports a range of mammals and birds living in the seas, fjords and protected areas, offering nature lovers a unique wildlife experience.

© STIAN KLO

Warm blood in a cold climate

The short summers and cold winters in Greenland make survival a challenge for warm blooded animals, nevertheless nine species of native mammal have adapted to this harsh environment.

One of the more commonly sighted mammals is the musk ox, albeit usually well away from human settlements. The less frequently sighted warm-blooded animals include Arctic lemmings, reindeer, stoats, Arctic wolves, wolverines and polar bears, all of which live in remote areas. Domesticated Greenland dogs, which are an everyday sight around some settlements, are in fact non-native having descended from Siberian wolves.

Sea and shore life

As we cruise along the unspoiled coastline of Greenland, we'll be on the lookout for the creatures that make the seas and shores their home. Sixteen species of cetacean have been recorded in coastal waters, including minke and humpback whales, while porpoises and dolphins are sometimes spotted feeding in the food-rich waters around fjords.

There are five different types of seal in Greenland. These pinnipeds have formed the basis for human settlement in Greenland for millennia, and are still hunted for their meat, blubber and skins. Nevertheless, according to the WWF, the populations of most seal species in Greenland are thriving, and the variety you're most likely to spot is the big-eyed harp seal.

What's more, there's a diverse range of birdlife, with around 230 observed species either living in Greenland year-round or else visiting as a seasonal migrant, including various birds of prey, such as the Greenland Gyrfalcon. Although rare, Gyrfalcons are more often seen in the western fjord regions of the country and are the largest of the falcon species. A fearsome hunter, the Gyrfalcon preys upon small mammals and seabirds.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.

SUSTAINABILITY

Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?

Visit [our sustainability web page](#) »



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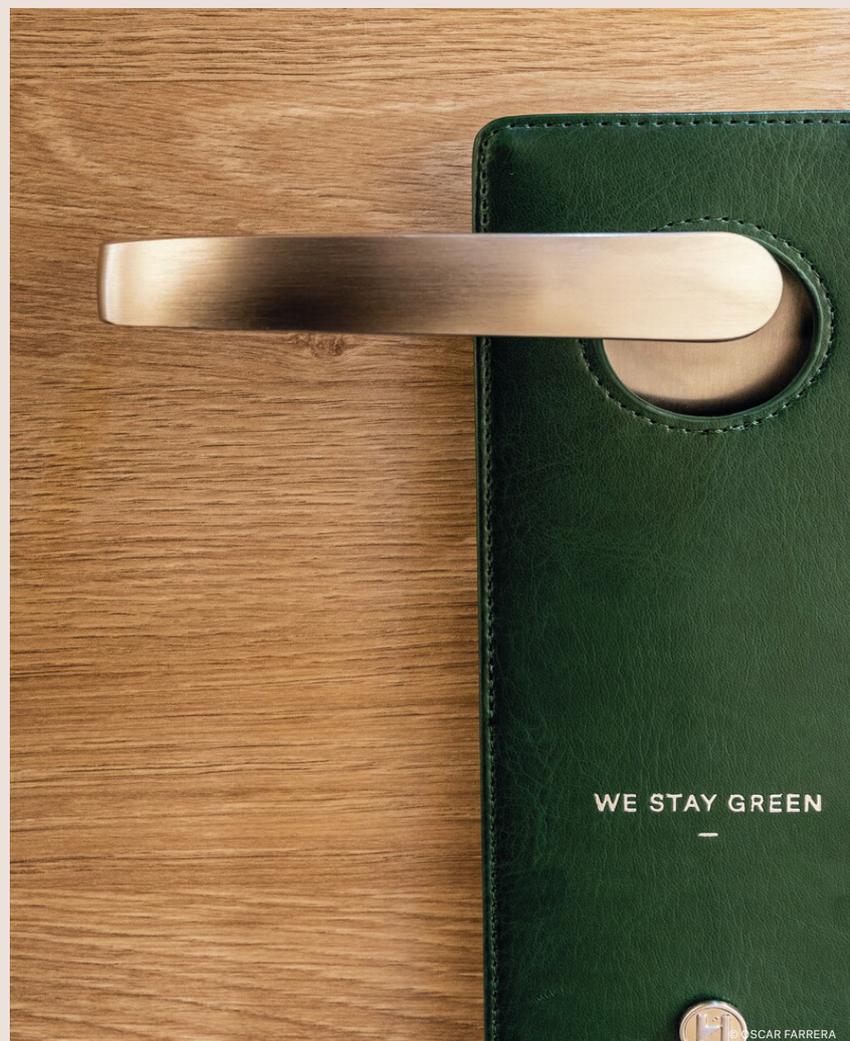
HURTIGRUTEN FOUNDATION

**Collaborating for change:
Creating a footprint we can be proud of.**

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit [the Hurtigruten Foundation web page](#) »



WE STAY GREEN

SCAR FARRERA