EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Spitsbergen, Greenland & Iceland - M/V Polar Pioneer (PPGI 2016)

POLAR

TOURDURAT
14
DAYS

Tour Style: Classic
Tour Pace: Relaxed
Tour Type: Small Groups
Tour Comfort: Comfortable
tour Code: PPGI

Tour Highlights - Spitsbergen, Greenland & Iceland - M/V Polar Pioneer

- ✓ Witness the immense grandeur and wilderness of remote Northeast Greenland
- ✓ Experience a voyage to see the Arctic highlights
- ✓ Sail to the Land of Ice and Fire - Iceland
- ✓ Discover prolific birdlife and other Arctic wildlife
- ✓ Great opportunities for photography

Tour Essentials

Accommodation:	13 nights Comfortable Boat
Included Meals:	13 breakfasts, 12 lunches, 13 dinners
Start Point:	Join tour: Longyearbyen
End Point:	Tour ends: Reykjavik
Transport:	Zodiac, Polar Pioneer
Countries:	Arctic Region

Spitsbergen, Greenland & Iceland - M/V Polar Pioneer

Spitsbergen, Greenland and Iceland
This voyage combines the best of Spitsbergen and Greenland, with a taste of Iceland. Spitsbergen's rugged northwest coast comprises mountains, tundra and fjords. While crossing the icy waters of the Greenland Sea, our onboard experts share their knowledge of the region's plants, animals and history. Greenland's remote east coast shows off the immensity of the icecap, fantastic icebergs and a fairytale landscape of granite spires rising 1000 m above exquisite fjords! The local Inuits welcome us and share their unique culture.

Ship Description

Polar Pioneer is a Finnish ex-research vessel, refurbished to provide an adventurous journey in the polar regions; its ice class means it has excellent manoeuvrability. The vessel accommodates only 54 passengers, meaning more time with the experts and a friendly on-board experience. Informed crew and experts will ensure you learn about how a polar expedition runs, your unique surroundings and the wildlife; Zodiacs will take you to shore for close encounters.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Comfortable

Hand-picked and chosen for their character, location or local importance, these properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Tour Pace: Relaxed

Easy paced tours with plenty of time to relax and absorb the sights and immerse yourself in the local surroundings.

Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

DAY 1 Arrive Longyearbyen

We board Polar Pioneer in Longyearbyen in the late afternoon.

Overnight: **Comfortable Boat**

Included Meals: Dinner

DAY 2 North West Coast of Spitsbergen

Spitsbergen's northwest coast features calving icebergs, historic whaling stations and trappers' camps. Brunnich's guillemots, little auks and kittiwakes nest in their thousands. Reindeer roam the tundra and so can you, photographing wildflowers like saxifrage, moss campion, bell-heather and hairy lousewort.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 3 North West Coast of Spitsbergen

From our Zodiacs, gain fantastic views of ice cliffs, including Monacobreen, one of Spitsbergen's largest glaciers. In the north, there's a good chance of seeing walrus - and possibly even polar bears - on the pack ice.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 4 Greenland Sea

Crossing the Greenland Sea, we sail through the Polar Basin's nutrient-rich waters, searching for fin and beluga whales, encroaching pack ice, and seabirds. Our expert naturalists and guest lecturers entertain us with fascinating, illustrated talks on European Arctic plants and animals, and epic tales of such early explorers as Nansen, Andrée and Scoresby.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Greenland Sea

These are relaxed days, wonderful for getting to know fellow expeditioners and preparing for a landing, if conditions permit, in the world's largest national park - Greenland's northeast coast. The region is home to polar bear, walrus, Arctic hare and musk ox. Watch for ringed, bearded, harp and hooded seals from the Zodiacs.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Greenland Wildlife

Ice is often the overwhelming first impression of Greenland. An ice cap covers 81 per cent of the island and pack ice, even in summer, may fill northern bays.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Greenland Wildlife

Ashore, cosy trappers' huts beckon from across the tundra, where musk ox, Arctic fox and eider ducks roam. These are just some of the delights found in Kaiser Franz Josef Fjord.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 8 Greenland Wildlife

Lively cascades at Kap Humboldt provide a microclimate for spectacular hanging gardens. Kong Oskar Fjord offers spectacular glacier-carved mountains.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 Scoresbysund

In Scoresbysund, the world's biggest fjord, the vast Greenland icecap sweeps down in massive glaciers that calve explosively, creating giant icebergs.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 Scoresbysund

Near Sydkap, our Zodiacs weave through a maze of grounded icebergs, some more than 30-metres high, sculpted with deep green tunnels and aquamarine lakes.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 11 Scoresbysund

Enjoy a warm Ittoqqortoormiit welcome, from Inuit happy to share their culture and explain the challenges of Arctic life. Enjoy weaving our way through interconnected waterways by Zodiac, watching for polar bears and narwhals.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 12 Blosseville Coast

Sailing south along the Blosseville Coast, searching for musk ox and narwhals and marvel at the mountain scenery that dominates the skyline. If weather permits, we head for Rømer Fjord, a deep waterway with stunning mountain views.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 13 Denmark Strait towards Iceland

As we sail across Denmark Strait towards Iceland, there's time to reflect on our rich experiences, enjoy the flying antics of northern fulmars and black-backed gulls, and spot dolphins, orcas and other whales in their feeding grounds.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 14 Reykjavik

Arrive early morning in Isafjordur, a stunning fishing town in Iceland’s northwest. After breakfast, bid farewell to Polar Pioneer as you are transfered to the airport for your flight back to Reykjavik.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 13 breakfasts, 12 lunches,13 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Cabins

Prices are based on the use of outward facing, category one cabins on the main deck. Category one cabins are based on triple share. They are comfortable, with two lower bunks and one upper bunk. The cabin has a desk, a small washbasin, a sofa and a porthole.

Showers and toilets are close by and shared with other main deck cabins. The Polar Pioneer has a number of different cabin categories, all are outside facing and most cabins have two beds (suites have double beds.) Most cabins have en suite facilities and some have larger windows, rather than portholes. Single occupancy is an option on board, subject to availability. Call us for details on the cabin choice to fit your requirements.

Ship Dining

Onboard the expedition ship you'll find a diversity of international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual in one of two dining rooms. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee, tea and water are all provided free of charge. All other beverages, alcoholic and non-alcoholic, are not included and can be purchased in the bar.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Arctic Region

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Arctic Region

Foreign Exchange

Arctic Region

ATM Availability: Cash can be drawn on credit or debit cards from ATMs in major cities.

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a service charge. The ship accepts Visa and Mastercard.

Travellers Cheques: Travellers Cheques can be difficult to exchange and are not accepted aboard.

Recommended Currency for Exchange: A combination of US dollars cash and cards is best. It is advisable to take a minimum of US$200-500 of your total spending money in cash, in mixed denominations (notes should be in good condition).

Where to Exchange: Banks or Forex offices in major cities.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Norway: Entry visas NOT required by UK, AUS, NZ, USA, CAN Citizens. Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Vaccinations & Protection

Arctic Region

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

Preparing for your Tour

Climate

Arctic Region

Clothing

Parkas
A complimentary parka is provided for you on board the ship and is yours to keep after the voyage. It has a comfortable wind-resistant inner jacket, which is detachable from the waterproof outer shell, and is designed to be worn over your essential base layers.
Gloves

Keeping your hands warm and dry can be a challenge. Thin polypropylene gloves can be worn underneath warm outergloves. This allows you some protection from the cold when removing your gloves to operate your camera etc. We strongly recommend that you bring more than one pair of gloves, in case one gets wet (or lost).
Hat/Cap
Warm, woollen hat/cap to protect your ears, as well as a scarf, neck gaiter or other face protection, such as a balaclava.
Trousers
Water-resistant trousers of coated nylon or, even better, Gore-Tex® are essential for your comfort. They can be worn over your regular clothes to keep you warm and dry. We suggest that you purchase trousers a few sizes larger than you normally wear as you will be wearing them over other clothing. Gore-Tex® or similar fabrics are excellent for keeping out wind and water without trapping excess heat. Rain gear and Gore-Tex® products can be found in any outdoor sport clothing store. In addition to your waterproof trousers, warm ski pants are suggested if you have them. Warm trousers such as jeans, corduroys etc are also good.
Socks
Warm wool socks worn over a thin pair of silk, polypropylene socks should provide enough warmth and insulation for your feet. Bring several pairs of socks, since you will inevitably get your feet wet.
Outer Clothing Woollen, knit or cotton sweaters/tops, polar fleece tops (medium weight), several cotton turtlenecks and T-shirts for layering on and off the ship.
Underclothing
Thermal underwear is highly recommended as it will keep you warm without adding bulk. Most polar travellers prefer a lightweight version.

Equipment

There are no hairdryers aboard the Polar Pioneer.
Sunglasses and sun cream
Insect repellant
Personal toiletries
A refilllable water bottle
Books/reading material
Camera and memory cards
Seasickness remedy

Footwear

Complimentary waterproof boots will be supplied on-board. However, if you have extra small or large feet, you are advised to bring your own.
Also ensure you take good walking boots and trainers for relaxing.

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on tour: 20kg

General Information

Country details

Arctic Region

Time Difference to GMT: -12

Electric Supply & Plugs

Arctic Region

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These tour notes were printed on 10/10/2015 20:48:13