EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Disko Bay Whale Safari (FRDB 2014)

POLAR

TOUR DURATION **11** DAYS

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

Tour Highlights - Disko Bay Whale Safari

- ✓ Explore the icebergs, rocky islands and glaciers of Disko Bay
- ✓ Sail with narwhals, beluga, bowhead, minke and humpback whales
- ✓ Discover the hunting history of the region
- ✓ Photograph large bird colonies, including northern fulmars
- ✓ Take a dip in some warm springs

Tour Essentials

Accommodation:	10 nights Comfortable Boat
Included Meals:	10 breakfasts, 9 lunches, 10 dinners
Start Point:	Join tour: Copenhagen
End Point:	Tour ends: Copenhagen
Transport:	Zodiac, MS Fram
Countries:	Arctic Region, Greenland

Disko Bay Whale Safari

Whale safari
On the west coast of Greenland, Disko Bay is home to countless icebergs, rocky islands and glaciers - truly stunning scenery. Our favourite way to explore this unique landscape is to explore by Zodiac and on foot
so you can get close to the birds and ice fields in absolute tranquillity.There will be plenty of opportunity to get off the boat and visit villages and bird colonies. Disko Bay's rich waters attract narwhals, plus beluga, bowhead, minke and humpback whales, providing an exciting wildlife experience. The expedition will also give you a fascinating insight into Inuit culture. In addition, the Midnight Sun provides a stunning backdrop for the voyage and enables you to make the most of your time in this stunning environment.

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.

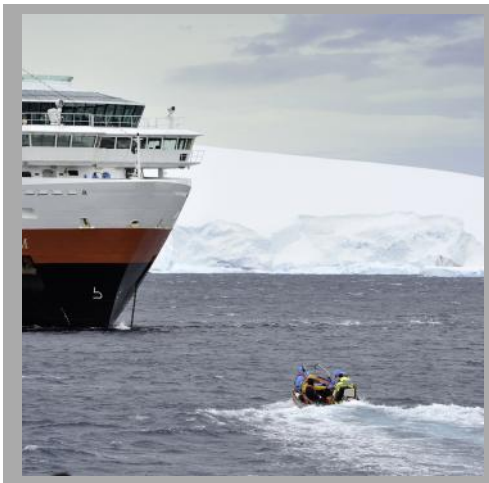
Tour Pace: Relaxed

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 Copenhagen / Kangerlussuaq

Begin your Greenland experience in Copenhagen with a specially chartered flight to Kangerlussuaq, the main gateway to Greenland. Situated close to the majestic icecap that covers more than 80% of Greenland, this desert-like place is home to only 600 people.

Overnight: **Comfortable Boat**

DAY 2 Sisimiut

Sisimiut is the second largest community in Greenland. Here you'll find fishing trawlers, a shipyard and a busy fish processing factory. We recommend a visit to the arts and crafts workshop close to the pier. Here you may watch the local craftsmen create traditional jewellery and purchase local souvenirs.

Overnight: **Comfortable Boat**

DAY 3 Qeqertarsuaq

Qeqertarsuaq is situated on the old volcanic island of Disko and plays host to the Arctic Station, part of Copenhagen University, studying flora, fauna and the climate. Enjoy a stroll along the beach with its grounded icebergs or join the highly recommended walking tour to Blæsedalen, an area rich in high Arctic flora.

Overnight: **Comfortable Boat**

DAY 4 Qasiguiannguit

Qasigiannguit, 'Pearl of the Disko Bay', is the second oldest town in Greenland and was founded in 1734. The oldest house is still in use, and archaeology and history buffs should definitely pay a visit to the local museum. Explore the settlement on your own, or join the excursion, which includes a settlement walk, entrance to museums and a visit to the church.

Overnight: **Comfortable Boat**

DAY 5 Uummannaq / Ukkusissat

The town of Uummannaq is situated in scenic surroundings at the foot of a 1170 m heart-shaped mountain. Here, you can join a walking tour, or just stroll around this beautiful town on your own. In the early evening, we call at Ukkusissat, a traditional hunting and fishing settlement of about 190 welcoming inhabitants. When we arrive, the locals will come aboard to entertain us with traditional songs and dances, before proudly welcoming us to their village. Once ashore you may stroll around on your own.

Overnight: **Comfortable Boat**

DAY 6 Illorsuit

Illorsuit lies at the mouth of the Uummannaq Fjord. There are only 90 people living in this settlement. It is a traditional hunting and fishing community, and you are likely to see whale meat and fish drying on the front porch right next to the laundry on several of the houses. It is a place rarely visited by tourists, so we are probably as much of an attraction to the locals, as their village is to us. Later we will land in Illorsuit to visit this settlement.

Overnight: **Comfortable Boat**

DAY 7 Upernavik

Upernavik is where the locals migrate to in Spring, to take advantage of the rich hunting grounds, as many of the locals still go hunting and fishing. The settlement lies at N72° 47 and W 56° 10 in Melville Bay, Northwest Greenland. The world's Northernmost open-air museum is well worth a visit.

Overnight: **Comfortable Boat**

DAY 8 Qullissat / Eqip Sermia

Arriving in Qullissat, we will go ashore and you will have time to visit the settlement on your own. If the ice conditions allow it, we will hopefully be able to enjoy the stunning views of the Eqip Sermia glacier. Here you will have an outstanding opportunity to experience glaciers first-hand and sense the vastness of their nature.

Overnight: **Comfortable Boat**

DAY 9 Ilulissat

The meaning of Ilulissat is 'icebergs' and the Ilulissat Icefjord was inscribed to the UNESCO's list of World Heritage Sites in 2004. The floating icebergs are form impressive sculptures against the Arctic backdrop, with colours varying depending on the light. Our shore excursions include hikes and a boat tour to the ice fjord.

Overnight: **Comfortable Boat**

DAY 10 Itilleq

When we reach the small settlement of Itilleq, you will be invited by the locals for a “kaffemik” (which literally means "coffee please".) Afterwards, you can enjoy the traditional soccer game between the ship's crew and guests and the locals of Itilleq.

Overnight: **Comfortable Boat**

DAY 11 Kangerlussuaq / Copenhagen

We head back to Kangerlussuaq, where we end this magnificent journey. After disembarkation, you will fly to Copenhagen.

Accommodation and Meals

Food & Drink

Included meals: 10 breakfasts, 9 lunches,10 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 inside, category one cabins on decks 3, 5 and 6. Category one cabins are based on twin share, with one bed and one sofa bed. They are comfortable with a private toilet and shower, fridge and TV. The MS Fram has a number of different cabin categories, many of which are outside facing, with two beds (apart from superior cabins and suites, which have double beds). Some cabins have portholes and others, larger windows and sitting areas. All cabins are twin share, but we can also offer single occupancy at a supplement, if you are travelling alone. Call us for details on the cabin choice to fit your requirements.

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.

Tipping - Local Crew

Tipping is collected at the end of the voyage and is divided among the crew. Tipping is a very personal matter and the amount you wish to give is at your discretion, but as a generally guideline, we suggest US$12 per person per day.

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.

Greenland

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

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

Clients booked on **'Land Only'** arrangements should make their own way to the joining point. Please refer to separate **'Joining Instructions'** for time and place of rendezvous with tour leader

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 joining **any** of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Visa Information

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.

Greenland

Preparing for your Tour

Climate

Arctic Region

Greenland

Clothing

Pack comfortable, casual clothing for all activities. Wind and waterproof outer layers are essential, and a jacket is provided in the cost of the cruise. Beware of tight clothing that leaves no room for trapped air, which is an excellent insulator. Wool, silk and some of the new synthetic fibres, like polar fleece, retain heat better than cotton.
Parkas
A wind and waterproof jacket is provided as part of the cost of your holiday.
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

Sunglasses and sun cream
Personal toiletries
A refilllable water bottle
Books/reading material
Camera and memory cards (and something to protect the camera when out in the elements)
Seasickness remedy
Walking poles

Footwear

Waterproof boots are available on-board for a small charge.
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

Food

The prices for meals and 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. 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

Greenland

Drink

Arctic Region

Greenland

Country details

Arctic Region

Time Difference to GMT: -12

Greenland

Electric Supply & Plugs

Arctic Region

2 Pin Round

Greenland

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 & 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: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO_2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

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 http://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 http://www.explore.co.uk/essential-travel-information/travel-resources/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 Licence granted by the Civil Aviation Authority. 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.

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 2013 and 31st December 2014.

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: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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