EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Disko Bay Whale Safari (FRDB 2016)

POLAR

TOURDURAT
12
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:	11 nights Comfortable Boat
Included Meals:	10 breakfasts, 10 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.

Ship Description

The M/S Fram is a comfortable vessel for your polar exploration with modern amenities such as a fitness room, Jacuzzi and sauna. The ample indoor and outdoor public spaces are designed to ensure you enjoy the passing scenery and wildlife sightings; each table in the restaurant has scenic views and the observation lounge has panoramic windows. There's also a selection of shore excursions to choose from, allowing you to experience as much of the polar wilderness as possible.

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

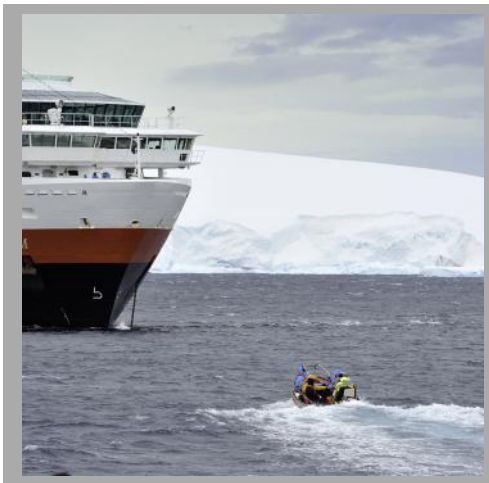
Hand-picked and chosen for their character, location or local importance, these properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

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 to Kangerlussuaq

Fly from Copenhagen to Kangerlussuaq in the evening. On arrival, you will be transferred to the sturdy MS Fram.

Overnight: **Comfortable Boat**

Included Meals: None

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

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**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 Itilleq

We then continue our journey South and in the early afternoon, we reach the small settlement of Itilleq. Itilleq means the hollow and as its name suggests, the village is situated in a hollow, majestically surrounded by high mountains and glaciers. It can truthfully be called the Arctic Circle Village as the Arctic Circle is indeed found only 200 metres to the south. On our visit, 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**

Included Meals: Breakfast, Lunch, Dinner

DAY 11 Kangerlussuaq to Copenhagen

Kangerlussuaq is situated in the end of the Kangerlussuaq fjord. The settlement and airport lies just north of the Arctic Circle and is one of the best places to observe native wildlife. You will leave the MS Fram in the evening and will be transferred to the airport in Kangerlussuaq for your onward flight to Copenhagen.

Overnight: **Comfortable Boat**

Included Meals: Breakfast, Lunch, Dinner

DAY 12 Arrive Copenhagen

Arrive Copenhagen in the early morning.

Included Meals: None

Accommodation and Meals

Food & Drink

Included meals: 10 breakfasts, 10 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.

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

Greenland

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

Greenland

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

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

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

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, 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, 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, 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 2016 and 31st December 2017.

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.

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