

PULKA-SKIING THE DISKO BAY IN GEENLAND

A beautiful roaming trek with pulks, starting from Ilulissat.

A polar adventure and exploration taste, with the proximity of ice caps and the discovery of the ice pack. An immersion in the heart of Western Greenland !

This exceptional trip allows a total immersion in the most beautiful winter landscapes of Greenland. You will explore distant lands embracing diversity and making each day unique and with its proper ambiance. This great crossing connecting Ilulissat to the Inlandsis glacier , joins the spirit of great polar expeditions due to its extreme aspect. Complete autonomy 9 days raid nordic skiing or with snowshoes at your own convenience, with a pulk.

 Region	Northern countries
 Activity	Ski Winter trips
 Duration	14 days
 Group	4 to 8 people
 Code	66EGROSKD
 Price	From €3,990
 Level	3/5
 Comfort	2/5
 Language(s)	English

ITINERARY

Day 1 Flight Paris - Reykjavik or Copenhagen.



Arrival in the afternoon at Keflavik airport and transfer to Reykjavik or Copenhagen depending on the flight schedule. Free evening to visit the capital and have diner at your own convenience.

Accommodation : Guesthouse

Day 2 Flight for Ilulissat

Taxi transfer to the airport and flight for Ilulissat. After a 3 hour flight, here we are at our destination on the western coast of Greenland.

Our guide will welcome us and we'll settle in the guesthouse for the night.

Accommodation : Guesthouse

Day 3 Departure of the raid in the UNESCO zone along the Icefjord



Today is the start of our raid. Pulks are loaded, we put on our snowshoes or skis, and harness, take our poles... The crossing of the city, between sled dogs, snowmobiles, and 4x4, is sometimes epic, often accompanied by laughing kids ! Soon we'll be alone and we make our way with our pulks between granit hills carved with time and ice. We settle our camp in this decor, on the North side of the Kangia fjord. It is saturated with ice as the Sermeq Kujaleq glacier, biggest icebergs debtor of the northern hemisphere, leads up to.

Positive difference in altitude : around 380m | Negative difference in altitude : around 80m | Accommodation : Tent

Days 4 to 5 Ice pack on the Sikuiitsoq fjord and ice front of the Avannarleq glacier



After discovering the numerous lakes of Navdluarssûpp Tsia, we join the Sikuiitsoq fjord on the sled dog track. The ice pack covers totally this fjord, trapping the icebergs transported by the polar cap. Between icebergs trapped in the ice pack and polar cap, we evolve in a polar ambiance and settle our camp near the ice pack and the polar cap.

Distance : around 35km in 2 days.

Positive difference in altitude : Day 4 : around 120m | Negative difference in altitude : Day 4 : around 420m | Accommodation : Tent

Day 6 Immersion day in the Greenlandic Inlandsis, biggest ice surface of the Northern Hemisphere



Today, we leave our pulkas at the camp to explore one of the most mysterious and inhospitable place of the planet. Indeed, if the ice allows us, we will walk during a few hours on the ice cap overcoming Greenland, as numerous explorers, of which the famous Paul-Emile Victor before crossing to join the East coast, 600km further. We walk along the serac zone to arrive on the cap by the flat area. The cold is getting intense as we are progressing in this iced immensity.

Distance : 13km

Positive difference in altitude : around 340m | Negative difference in altitude : around 340m | Accommodation : Tent

📍 Days 7 to 8 **Crossing of the Iviangernarsuit massif and the Inuit village of Oqaatsut**



We return to the West towards the Disko bay through the mountain massif of Iviangernarsuit in direction of the inuit fisherman village of Oqaatsut. Around 50 fishermen are still living there in the traditional ways and in colorful wooden houses on the sheltered bay.

Distance: 28km in 2 days

Positive difference in altitude : Day 8 = around 400m | Negative difference in altitude : Day 9 = around 400m | Accommodation : Tent

📍 Day 9 **Immersion and exploration in the Greenlandic fishermen village of Oqaatsut**



Spare day which will allow us to immerse ourselves in the traditional Inuit culture as we will spend the day around the village. This is the opportunity to observe the Inuit people going hunting by sleigh, putting the fishing net and condition the caught fishes... We hike for a few hours in the surroundings, in direction of the Disko bay and its icebergs.

Distance : 4km

Little difference in altitude as we are evolving on the ice pack.

Accommodation : Tent

📍 Day 10 **Ice pack and icebergs in the Disko bay**



We load one last time our pulkas and walk along the Disko bay coast towards the South in direction of Ilulissat. For a few years, this bay is particularly ice free in winter and it is thus in the fishermen boats sight that we pursue our adventure.

Distance: 10km

Positive difference in altitude : 180m | Negative difference in altitude : 160m | Accommodation : Camp

📍 Day 11 **Arrival to Ilulissat**



Last kilometers before getting back to civilisation and the colorful village of Ilulissat. We settle in a guesthouse to spend the night.

Distance: 8 km

Positive difference in altitude : 150m | Negative difference in altitude : 140m | Accommodation : Guesthouse

Day 12 Hiking along the Icefjord, classified by UNESCO

Today is an exceptional day to end as it should this discovery of Greenland ! We put on one last time our snowshoes for a hike to the famous iced fjord. Walking in the valley of Sermermiut, we progressively discover this fantastic fjord listed as Unesco's World Heritage. Gigantic ice cathedrals are stuck in the fjord, frozen by the ice pack and offering a breath taking panorama.

Return to our accommodation and last night in the Greenlandic environment

Day 13 Ilulissat - Reykjavik or Copenhagen



We pack up the material before having some free time in Ilulissat, before hoping on a transfer in the afternoon to Reykjavik or Copenhagen, depending on the flight schedule. Transfer from the accommodation and free evening.

Accommodation : Guesthouse or hostel

Day 14 Retour en France

Retour en France

Please note that this itinerary, including walking distances and times, is indicative. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the program may be made.

DATES & PRICES

International departures:

No departure for now

Trip code: 66EGROSKD

Included

A deposit of 30% of the trip's price will be needed during the booking, the whole price must be paid at least 30 days before departure.

- Flight Paris/Ilulissat via Reykjavik or Copenhagen
- Flight taxes
- Accommodation : 2 nights in a lodge in Reykjavik or Copenhagen and 2 nights in a lodge in Greenland (dormitories from 4 to 8 beds)
- The infrastructure during the expedition : food, pulks, tents, collective equipment, stoves...
- Specific equipment : great cold jackets and duvets, skis, skins, poles, great cold shoes, snowshoes
- Full board, except for meals in Reykjavik or Copenhagen
- A high mountain guide's supervision

Not included

- Registrations fees : 18 euros
- Insurance / assistance : research fees and helicopter rescue, hospitalisation and repatriation mandatory
- Drinks and personal expenses
- Snacks (cereal bars, dried fruits, chocolate bars, etc...) at your own convenience
- Meals in Reykjavik (around 30€ per meal)
- Extra fees in case of flights modification or bad weather
- Carbon compensation for your trip to Greenland : 8€ per person

International flights

If you wish, we can take care of booking your international flights to the closest airport of your destination.

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel

reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altai Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

You will be welcomed at the airport by a representative from our friendly team and accompanied for the duration of your holiday. Armed with an abundance of experience and a wealth of expert knowledge our professional Greenland team know the country inside out. All activities are lead by our qualified guides. They are all English speaking outdoor practitioners with a passion for everything Greenlandic. Please note that this adventure takes place in an isolated polar environment which can be hostile - your guide will explain safety rules which must be followed.

Food

This trip includes full board. Each person is responsible for their own equipment, including food and will carry everything on pulks therefore light and easy to cook meals are favoured. Given the conditions, we are proud of the varied and balanced diet we manage to provide. Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs. Please be aware that this is a participatory trip, your help cooking and setting up camp is expected. We want you to be a member of our team; not a sheep! You should also have the opportunity to try Greenlandic delicacies such as musk-ox, arctic char and mussels during this adventure.

Budget & exchange

The currency in Greenland is the Danish Krone (DKK)

Please budget for meals in Kulusuk (200-500DKK). Alcohol is very expensive in Greenland, if you want to enjoy an evening drink after your days adventures, we recommend buying Duty Free alcohol in the airport.

Tips

Although the custom is not widespread here, if you are satisfied with the services of your guide, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

Vital equipment

Please remember that your clothes will be redistributed into waterproof bags with limited capacity to load onto pulks - try not to over-pack!

- Waterproof jacket (with a hood)
- Waterproof trousers/salopettes
- A balaclava (fleece)
- Appropriate warm neck wear
- A warm hat (wool)
- A warm jacket (synthetic down)
- 3 sets of thermal underwear (long johns & long sleeved tops)
- 1 or 2 pairs of thin socks
- 3 or 4 pairs of thick socks
- Two pairs of good gloves
- Sunglasses (UV 400)
- A ski mask
- Sun cream and protective lipsal (not water-based - water freezes)
- Any personal medication
- Mini toiletry kit and toilet roll
- A 1L thermos flask
- Head torch & spare batteries

Helpful equipment

You may also consider packing

- A pair of warm comfortable boots for the evenings (in addition to the boots provided)
- Overgloves
- An extra jumper/fleece jacket
- Energy bars

- Wet wipes
- Blister plasters
- A suitable camera
- Plastic bags for wet/dirty clothing
- A small inflatable pillow

Luggage

Please bring a small rucksack to use as a day bag. You can bring this as hand luggage on the aeroplane. You will carry your lunch, water, spare layers and any personal medication with you each day in this bag. You will also need a larger bag to store your other clothes and belongings in, please ensure that this is a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical to transport. We recommend packing all of your clothes in plastic bags so that they stay dry in the event of wet weather.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing :

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Passport

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

Visa

Most travelers do not need a VISA to travel to Greenland but proof of onwards travel may be required. It is your responsibility to confirm your specific visa requirements.

Mandatory vaccines

There are no specific health risks.

Health information & recommendations

It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip. Polar bears are rare in this area of Greenland but your guide will carry a gun to alarm/repel any potential visitors.

Weather

This trip runs during March and April when temperatures normally range from -30°C to -10°C (-22°F - 14°F). Generally speaking Greenland is not very windy and we can anticipate calm weather with snow showers and perhaps sleet. Near the ice sheet temperatures can be very cold and there can be gusts of wind of up to 15 miles per hour. The air is low in humidity which means

that the temperatures do not feel as cold as you might imagine and that the views are amazing, it appears that you can see further.

The length of the day varies significantly throughout the year. The shortest day of the year is 21st December with no sunlight! The longest day, with 24 hours of sunlight, is 20th June. During March and April we can expect 16-20 hours of daylight. You can see the midnight sun from May - July and the Northern Lights year round when it is dark.

Electricity

Greenland uses Northern European electrical standards (50Hz/220 volts) and the standard Europlug socket with two round prongs.

Local time

Most of Greenland uses Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) -3; most areas use Daylight Saving Time (DST).

Topography

Area: 836,300 mi²

Population: 56,186 inhabitants (2016)

Capital: Nuuk Languages: Kalaallisut or West Greenlandic, Danish is also widely used

Regime: Part of the Kingdom of Denmark but politically autonomous

Part of the continent of North America, Greenland is the largest island on Earth and it is covered by the largest ice sheet in the world outside of Antarctica.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.