

ARCTIC

East Greenland Kayak & Camping Expedition

Arctic Kayaking Adventure



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8 day trip 6-7 days kayaking

Spend a superb week in East Greenland, a sparsely populated area of fjords and snow capped rugged mountains. Kayakers will paddle from one stunning campsite to another, exploring remote passageways and islands, thousands of icebergs and glaciers. Humpback whales are a common sight throughout the fjords and the sound of spouting whales will often draw our attention, be it when we're on the water or from our campsites. Taking time out from paddling, we'll experience invigorating hikes and visit two traditional East Greenlandic villages. Each evening, as we enjoy hearty dinners, our picturesque camping spots will offer wonderful views of the midnight sun over towering granite mountains and snowy peaks. This is a trip that will appeal to kayakers keen for a remote destination, stunning Arctic scenery and pristine camping.

A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

Day 1: Meet in Kulusuk (Greenland). Trip briefing. Afternoon paddle. Hostel. D

Day 2: Pack kayaks and paddle north to Apusiaajik Glacier. Camping. B • L • D

Days 3-6: Paddle exploration of the east coast of Greenland. Camping. B • L • D

Day 7: Last paddle day. Arrive Kulusuk in the afternoon. Hostel. B • L • D

Day 8: End of trip arrangements. B

Meeting Place and Time

We meet in Kulusuk on the south-east coast of Greenland on Day 1. If arriving into Kulusuk on the morning flight on Day 1, your guide will meet you with a quad bike or truck to transfer your luggage to the hostel. From the airport, it's a gentle 15 minute walk to town along a dirt road (there is no taxi service).

How to Get There (and Back Again)

Our start and finish place is Kulusuk, a small settlement on the south-east coast of Greenland. Kulusuk has a population of around 250, largely made up of hunters and fishers. Air Iceland has daily scheduled flights from Reykjavik domestic airport to Kulusuk (and return) during the summer months. Flight time is approximately one hour and forty minutes. Please book the morning flight from Reykjavik domestic to Kulusuk on Day 1 of the trip.

<https://www.airicelandconnect.com>

Paddling Experience

Paddlers must be of a strong intermediate standard and have experienced expedition-style kayak trips. Participants must be comfortable paddling up to two hours at a time in a variety of conditions. You do not have to be an expert kayaker or know how to roll but should have an adventurous spirit and recognise that the weather will influence greatly what we can and can't do. This is cold water kayaking and should not be your first kayak expedition experience. For additional experience, rent a kayak before leaving home and seek out a local operator for some paddling tuition.

Winds are generally light but can blow up in the afternoons due to katabatic winds around glaciers creating whitecaps to paddle through in the fjords. The guide will assess the conditions before each fjord crossing. The area is fairly protected from ocean swell.

DO practice paddling in a variety of conditions prior to the trip. Generally the water surface ranges from calm to a small wind chop.

We'd be happy to talk to you about your level of experience and may be able to advise you on how to obtain the necessary skills before the trip.

Please Note: Along with your booking form we require all participants to complete our Sea Kayak Experience Form and return it to us immediately to secure your spot.

There are both rudder and skeg kayaks as well as single and doubles. Please note your preference on the kayak experience form (choice cannot be guaranteed).

The paddles supplied have a plastic blade and aluminium shaft. It is recommended you bring your own if you prefer a more technical paddle.

As with most activities, the fitter you are, the more you will enjoy the paddling. It's a good idea to take some regular exercise like paddling, walking, jogging, cycling, aerobics or swimming ahead of the trip.

Proposed Itinerary

The following itinerary should be seen as an approximate guide only. Our itinerary will be determined by the weather and sea-ice conditions. Our program may change to take advantage of opportunities as they arise, to suit local conditions and according to the preferences of the

group. Our aim is to experience an amazing Arctic adventure rather than being governed by a rigid schedule. We will kayak between three and six hours a day with lunch breaks and rest stops during that time. The average daily paddling distance is 15-20 km.

Day 1: Arrive in Kulusuk and walk to the hostel (your luggage will be transferred from the airport). After settling in, your guide will conduct a trip briefing including introductions, route options and gear lists. If possible, we'll go for a short paddle in the afternoon. Your guide will prepare a hearty dinner at the hostel tonight. Accommodation is in dormitory-style rooms with shared bathrooms.

D / HOSTEL ACCOMMODATION

Day 2: Pack the kayaks with equipment and supplies and paddle north. We'll have lunch on a sandy beach and go for a gentle hike on a glacier to enjoy the spectacular views. Returning to our kayaks, we'll paddle around to the head of the glacier where it meets the ocean. Keeping a safe distance from the glacier front, we can wait patiently and witness a possible calving. Continuing north, we'll set up camp at Qittattit. Our landing point is a gorgeous sandy beach, one of the nicest in the region. The view from camp across the Ammassalik Fjord is stunning, the perfect way to celebrate our first day on the water.

B • L • D / CAMPING

Day 3: We'll continue paddling north up Ammassalik where we will most likely encounter whales as they feed and travel through the fjord. Towards the end of the day, we'll pull into colourful Kuummiit village with its brightly painted cottages nestled below massive granite mountains. Kuummiit is a hunting and fishing village of about 300 people. After a short tour of the main street, we'll paddle a few kilometres from the village and set up camp at the head of Tasiilaq Fjord.

B • L • D / CAMPING

Day 4: Heading east, we paddle into Torsukattak Fjord and make our way through the narrows where only kayaks can manoeuvre. After lunch we can stretch our legs with a short hike to a spectacular waterfall. Those daring enough can be invigorated with a wonderful freshwater rinse! Our campsite this evening, at the entrance to Ikaasak Fjord, grants us incredible views of the Kaarale Glacier.

B • L • D / CAMPING

Day 5: Today we paddle south across Ikaasak Fjord and around Aammaqqaalik point. The scenery today is spectacular, with shear walls emerging straight out of the ocean. Our campsite for the evening is a lovely sandy beach with several options for short hikes.

B • L • D / CAMPING

Day 6: Continuing south we'll make our way around many icebergs along a channel that splits Salisaatik and Nuerniakkat Islands. The views of Apusiaajik Island are among the best of the trip. The campsite tonight is on a small island called Itterajik. We'll be surrounded by peaks and glimpses of the exposed Arctic Ocean.

B • L • D / CAMPING

Day 7: Paddle along the west coast of Ingiingateq Island if the swell and weather permit. With no islands between us and the ocean, we will experience some swell and incredible views of thousands of icebergs melting and calving in the ocean currents. We will start heading west along the northern shore of

Kulusuk Island, arriving back in Kulusuk by mid afternoon. Return to the hostel for dinner and the last night of the trip. Accommodation is in dormitory-style rooms with shared bathrooms.

B • L • D / HOSTEL ACCOMMODATION

Day 8: Today we say our farewells with the end of trip arrangements.

B / TRIP CONCLUDES

Climate

In eastern Greenland, June, July and August are the warmest months, although the temperatures are highly variable. It rarely dips below 2 deg C and the average maximum temperature in August is 10 deg C. August has an average of eight days of precipitation. You should prepare for sunshine as well as showers. Wind is generally light to moderate but can shift quickly.

Given that we will be close to the Arctic Circle, it is possible to see the Northern Lights at night, although it may be too early in the season.

Accommodation

The accommodation in Kulusuk for the first and last night of the trip is basic hostel-style. There is a small kitchen and communal toilets and showers. Rooms are dormitory-style.

When camping, one tent per two people is supplied (Jack Wolfskin three-person tents). Each campsite will consist of an area where we set up tents, a separate kitchen area with a dining tarp and camp kitchen and a designated wilderness "bathroom".

Meals

The meals will be prepared by your guide throughout the trip. Meals are hearty and aimed at providing participants with the energy required for a full day of paddling.

We are happy to cater for vegetarians and other special dietary requirements. Please let us know at the time of booking and note on your medical form.

It's a good idea to bring along some of your own dietary substitutes if you have a specialist diet, e.g gluten-free cereal and snacks.

Expedition Staff

There will be one to two dedicated kayak guides (depending on group numbers). The guides' role is to co-ordinate the expedition and ensure the safety of the group. They will answer questions and inform you of the objectives and progress of the trip. They will decide on safety matters and administer the medical kit. Should you have any inquiries during the trip, feel free to ask your guide/s.



Wildlife in Greenland

East Greenland is the homeland of Polar bears. We will take measures to stay away from these beautiful animals and view them from a safe distance if spotted. Rifles will be brought on this trip as well as bear warning systems.

The waters are home to various species of seals and whales. On land we might see Arctic fox and Arctic hare as well as a huge variety of birds.

Communication

There is good (but expensive) mobile phone coverage and internet service in Greenland's local villages, but normally coverage is poor while paddling. The guide will have a satellite phone for emergency calls.

Conservation

It has always been our motto that "we take only photographs and leave only footprints". We are keenly aware of the ecology of the areas we visit and try to limit our impact on them. We ask that each person takes out everything they bring in including sweet wrappers, batteries, etc.

Photography

We are paddling in a salt-water environment and the delicate electronics in digital or film cameras can be damaged. You might consider a waterproof camera or a small plastic waterproof case or dry-bag with a supply of silicon packs. Ensure you have sufficient memory storage and batteries for a digital camera. If you are using a film camera it is wise to keep lenses to a minimum. One variable lens will reduce your load and the amount of your equipment that can be damaged. If you are buying a new camera, consider a waterproof one and get it well before departure so you can practice, as it is inconvenient to find fault with the camera during a trip.

Travel Arrangements

Should you voluntarily decide to alter your travel arrangements after commencement of your trip, Southern Sea Ventures and provider, Expedition Engineering, are not responsible for any additional charges involved. Our staff will assist you if possible but you are responsible for organising these arrangements yourself. Delays may occur due to weather and your guide will do their best to keep to a schedule, but it is not always possible.

Travel Insurance

It is necessary to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, trip cancellation and in the unlikely event that you need emergency evacuation by plane or helicopter due to illness or accident. Ensure you have read the policy thoroughly and are familiar with the claim process in case it becomes necessary to make an emergency claim. We will require proof of your insurance prior to departure.

Money Matters

Your tour cost includes:

- Two nights accommodation in Kulusuk (hostel style).
- All meals from dinner on Day 1 to breakfast on Day 8.
- Expedition kayaks, paddles, life jackets and safety equipment.
- Dedicated kayak guide/s.
- Guided walks and land excursions.
- One tent per two people (Jack Wolfskin three-person tents).
- All cooking gear and two group tents.
- Drysuits (may not be required if weather is mild).

Your tour cost does not include:

- Any flights.
- Airport transfers.
- Accommodation in Reykjavik pre and post trip.
- Sleeping bags and Thermarests.
- Alcoholic beverages.
- Travel insurance.

Currency

Greenland=Danish Krone

1USD= approx 6.5 Danish Krone.

While on the trip a small amount of cash is recommended as there are small grocery stores in the villages we visit selling snacks and sometimes bakery items. There is a grocery store in Kulusuk.

Language

The language of East Greenland is Greenlandic, but it's substantially different from that of West Greenland both in its pronunciation and its vocabulary.

Greenland's first foreign language is Danish and the second is English.

Approximately 3,500 people in the world speak East Greenlandic.

In school the children of East Greenland have to learn West Greenlandic (which is the official language) Danish and English.

Passport

Make sure that you have a current passport and that its validity will extend to six months after the date of your return.

Visas

Citizens from most western countries are not required to obtain a visa to enter Iceland or Greenland. However, it's always best to check the latest requirements.

Security

Before leaving home, photocopy your passport, airline voucher and make a note of your credit card and ATM card numbers in case you lose or misplace them.



Medical Matters

All participants are required to provide us with a medical questionnaire filled out completely and accurately.

Please check with your doctor or medical centre whether you require any vaccinations or boosters.

We strongly recommend that you bring with you any required medicines and a small first aid kit for your own personal use. Due to the remoteness of the trip it is advisable to have a dental checkup before departure.

Please advise us of any side effects of any medication you take and of any dietary requirements related to the medication. Be sure to let your guide know of any drugs to which you are allergic as well as noting this on your medical form. You will be isolated from modern medical facilities, so attention to medical matters is vital.

Equipment & Clothing: What You Need to Bring

The following checklist is a guideline for your trip. Contact us if you have any questions. Any extra luggage can be left in Kulusuk to be picked up on our return.

Essential Items:

- Minus 10 degree celsius sleeping bag in a compression sack.
- Thermarest
- Pogies or neoprene paddling gloves.
- Booties-one size larger than you normally wear so they will go over a drysuit. If you don't have booties, 'crocks' or rubber (gum)boots may suffice.
- Two sets of thermal underwear.
- Wool or fleece thermal mid layer..
- Goretex top and bottoms.
- Thermal jacket (down or synthetic).
- Wool/fleece hat.
- Gloves for warm hands at campsites.
- Three pairs of wool socks.

- Casual clothes for before and after the trip.
- Sleeping clothes.
- Sun hat and sunscreen.
- Dark sunglasses with a cord to prevent them from falling into the water.
- Hiking boots for shore excursions.
- Toiletries (keep to a minimum).
- Headlamp.
- Two one litre water bottles.
- One 20-40 litre backpack for hiking.
- Three 20-litre drybags (one drybag with shoulder straps could replace backpack for hiking).
- Two 10-litre drybags.
- Bug hat or netting to go over your head to keep the flies away when in camp.
- Medical kit to include personal medications, bandaids, throat lozenges, lip salves and sea sickness tablets. Don't forget your regular medication, for example, asthma inhalers (even if you only occasionally use one).

Recommended:

- For women- a 'She-Wee' enables women to go to the loo without taking their drysuit off. It's a good idea to practice with it before coming on the trip. <http://shewee.com.au>
- Down pants or fleece pants are nice but not required.
- Swimsuit and small towel.
- A book/reading material.
- Camera.
- Hiking poles, should be telescopic.

Delays or Problems

Your guide's contact number will be advised closer to the trip. In case of last minute delays or problems, contact Southern Sea Ventures in Australia on +61 2 8901 3287.

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MG 30/10/18