

FOUR ARCTIC ISLANDS

Spitsbergen, Jan Mayen, Greenland & Iceland



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Overview

From impressive icebergs to iconic wildlife to traditional Inuit culture and more, the *Four Arctic Islands: Spitsbergen, Jan Mayen, Greenland and Iceland* expedition gives you a generous sampling of four unique Arctic regions. This voyage is ideal for first time visitors who want a taste of everything the Arctic has to offer. Beginning in Norway, your adventure takes you to Spitsbergen, renowned for its stunning scenery and abundant, varied wildlife such as polar bears and walrus. From there, sail south to the mysterious, volcanic Jan Mayen, a nature reserve so remote that few before have been fortunate to explore it. Then, venture to Greenland's east coast, cruising deep into Scoresbysund to discover the world's largest fjord system and icebergs larger than you could ever imagine. Finally, to cap off your epic expedition, you'll sail under the midnight sun to Reykjavik, where you disembark and can soak up Icelandic culture in a city that never sleeps.

The Arctic has been inspiring explorers for centuries, and our expeditions offer the chance for you to discover why. We're excited to host you on your unforgettable adventure! Feel free to reach out to our team of Polar Travel Advisers or your travel professional, who can answer your questions and provide assistance at any time.

EXPEDITION IN BRIEF



Search for iconic arctic wildlife, such as polar bears, walrus and reindeer



Explore the wildlife haven of Spitsbergen, the volcanic Jan Mayen and the breathtaking Greenlandic fjord system all in one trip



Visit a remote Inuit community



Cruise in a Zodiac to explore glaciers, icebergs and more



Immerse yourself in the icy realm of the Arctic with optional kayaking adventures



Four Arctic Islands: Spitsbergen, Jan Mayen, Greenland & Iceland

18-Day Itinerary

DAY 1 | ARRIVE IN OSLO, NORWAY

Your arctic adventure begins in Oslo, where you may arrive at any time during Day 1 of your itinerary. Upon arriving in this splendid capital city, known for its green spaces and museums, you will check into your included airport hotel.

DAY 2 | EMBARKATION DAY IN LONGYEARBYEN, SVALBARD

This morning, the group will transfer to the airport and board our private charter flight to Longyearbyen, Spitsbergen's largest settlement. As you embark this afternoon, you'll enjoy great views of the mountainous landscape that serves as a backdrop for this seaside town.

DAYS 3 TO 6 | EXPLORING SPITSBERGEN

Exploring Spitsbergen, the largest island in the Norwegian Svalbard archipelago, rewards you with abundant wildlife and austere beauty. Here, you'll visit spectacular glacier fronts and steep-walled fjords, with walrus, polar bears and Svalbard reindeer amongst your possible wildlife sightings. Birders will be thrilled to see arctic terns, skuas, long-tailed ducks, kittiwakes and ivory gulls. If conditions permit, you could sail within 10 degrees of the North Pole!

DAYS 7 AND 8 | AT SEA

While sailing south through the historic Greenland Sea toward Jan Mayen, your Expedition Team will keep you informed



FOUR ARCTIC ISLANDS:
Spitsbergen, Jan Mayen, Greenland and Iceland
Onboard the *Ocean Adventurer* ———
Flights from Oslo - - - - -

with presentations about the storied history and politics of the Arctic, its fascinating wildlife, geology, ecology and climate, and the incredible sights you will soon explore. On deck, you'll learn to identify seabirds "on the wing." The team will also keep a lookout for the whales that frequent the waters here.

DAYS 9 AND 10 | EXPLORING JAN MAYEN

North of the Arctic Circle, about 280 miles (450 km) east of Greenland and 340 miles (550 km) north of Iceland, is the mysterious Jan Mayen, deep in the North Atlantic Ocean. Often shrouded in thick fog, the small mountainous island was declared a nature reserve in 2010 and is rarely visited, save for the 18 rotating personnel of the Norwegian military and Norwegian Meteorological Institute, who are the only inhabitants.

Landing here will be dictated by the weather and sea. If conditions allow, as we approach, keep watch on deck as the spoon-shaped island's highest summit emerges. At 7,470 feet (2,277 meters) high, the breathtaking Beerenberg volcano features a symmetrical cone shape and impressive glaciers that spill into the sea.

If we're fortunate, we may get a close-up view of the volcano and the stratified cliffs of the spectacular north coast as we Zodiac cruise around the island, searching for wildlife. Designated an Important Bird Area by BirdLife International for the large numbers of breeding seabirds, Jan Mayen supports colonies of northern fulmars, little auks, glaucous gulls, kittiwakes, and black and Brünnich's guillemots (thick-billed murre).

IMPORTANT REMINDER

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must allow the sea, the ice and the weather to guide route and itinerary details. This itinerary is a tentative outline of what you'll experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not a guarantee.



DAYS 11 TO 15 | EXPLORING SCORESBYSUND, GREENLAND

Your tour of Scoresbysund—the largest, deepest and, some say, most beautiful multi-armed fjord system in the world—will offer plenty of opportunities to explore ashore or by Zodiac cruise.

At one moment you'll be stepping back in time, exploring the remains of ancient Thule settlements with views of icebergs and towering mountains rising straight out of the sea, and the next you'll be immersed in contemporary culture, meeting the locals and gaining an appreciation for their way of life in Ittoqqortoormiit, Greenland's most remote community. At the mouth of the sound, this remote settlement boasts a blend of traditional and modern lifestyles and is actually closer to Iceland than it is to its nearest Greenlandic neighbors to the southwest. Here, you'll have the chance to support local Inuit artisans by purchasing unique handicrafts.

In terms of wildlife, grazing muskoxen are a possible sight, as 40 percent of the world's muskoxen population lives in this region. Polar bear sightings are also a remote possibility, as are encounters with more elusive arctic wildlife, such as the arctic hare. Seabirds to watch out for nesting atop the steep cliffs of the sound include little auks, fulmars and guillemots.

DAYS 16 AND 17 | AT SEA

As we cruise south, the Denmark Strait is your pathway toward Iceland. Take in a lecture, share your photos, sip an icy cocktail in the bar or watch a movie—there are many things to do during your time at sea. Your Expedition Team will also be on hand to answer any questions and point out wildlife.

DAY 18 | DEPART REYKJAVIK, ICELAND

You'll disembark in Reykjavik, Iceland's capital, at the end of your journey. If you have booked post-expedition accommodation, we provide a transfer to a central downtown location.





Four Arctic Islands: Spitsbergen, Jan Mayen, Greenland & Iceland

Arrival & Departure Details

As you prepare for your journey, you may be interested to know the details of your arrival and departure. Since air transportation to and from your voyage is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar cruise? Learn how to add on a pre- or post-expedition stop—or both!—in your gateway city on page 14.

Arrival Day and Embarkation

ARRIVING IN OSLO

You may arrive at any time during Day 1 of your itinerary. Upon your arrival in Oslo, you will make your way to the included group hotel. Check in time is 3pm. Early the following morning, on Day 2, your group will transfer to the airport and board our private charter flight to Longyearbyen. The scheduled flight time will be communicated in your final documents.

LONGYEARBYEN AND EMBARKATION

Upon arrival in Longyearbyen (Day 2 of your itinerary), you will be transferred from the airport to a downtown location to have some free time to explore this historic town. Your luggage will be taken directly to the ship, and later you will be transferred from the designated meeting point to the pier. Details of ship transfer times will be provided during your arrival transfer. Due to port logistics, it is possible that you may need to board the vessel by Zodiac, rather than from the pier.

FROM TOP: A view of Oslo; Longyearbyen sign; Embarking the ship



Final Day and Departure

DISEMBARKATION IN REYKJAVIK AND ONWARD

Your ship is scheduled to arrive at the pier in Reykjavik between 7am and 8am local time. After breakfast, and once the ship has docked, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour. After disembarkation, you will transfer to a central downtown location.

Hotel Accommodations

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or

post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

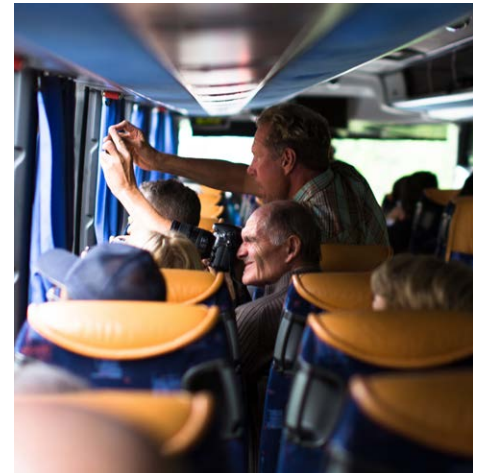
Arrival and Departure Transfers

OSLO AIRPORT TRANSFERS

An arrival transfer in Oslo is not included in the expedition. Your first night's included accommodation will be provided at the airport hotel, so please make your way to the lobby for check-in when you arrive.

REYKJAVIK AIRPORT TRANSFERS

A transfer is provided from the Reykjavik port to a central downtown location at the end of the expedition. A transfer to the airport is not included; however, a Polar Travel Adviser or your travel professional can arrange one for you.



THIS PHOTO: A view of Reykjavik



Your Ship

Quark Expeditions® is pleased to boast the largest polar-class fleet of any polar operator and the ability to offer our guests this great expedition on one of our ice strengthened vessels.

The entire Quark Expeditions® fleet is built for the challenging polar environments, so we can confidently take you to places ordinary cruise companies wouldn't dream of going.



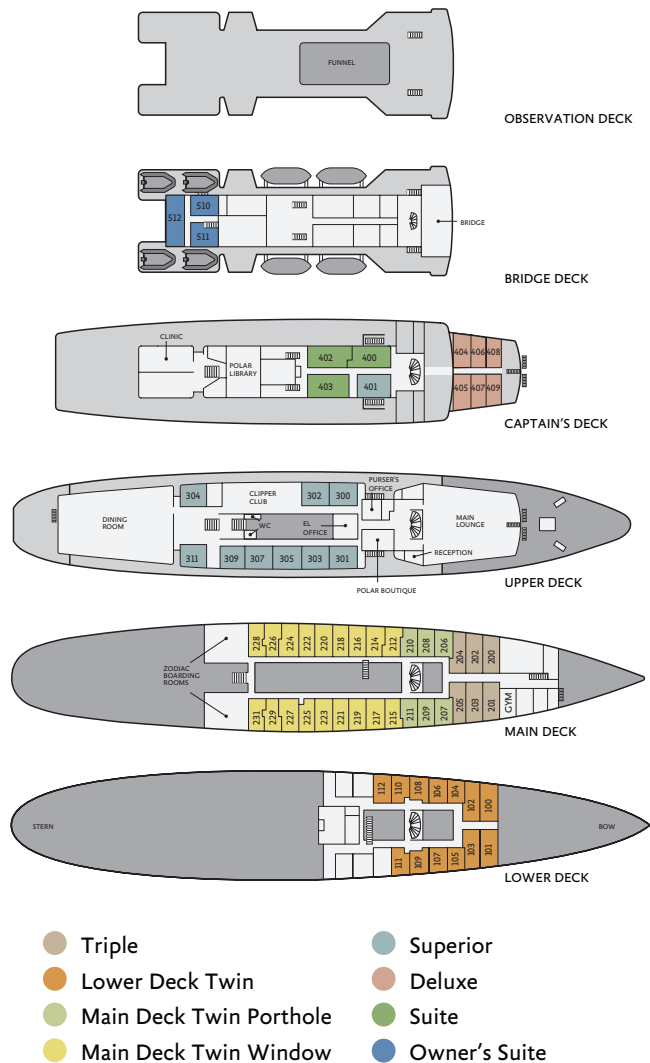
OCEAN ADVENTURER —Newly Renovated!

Our popular ship *Sea Adventurer* has been relaunched as *Ocean Adventurer* after a multimillion-dollar renovation. A team of marine architects, engineers, interior designers and polar expedition specialists worked together to enhance this nimble and intimate fleet favorite. Upgrades include a refreshed look and feel throughout, plus the complete remodeling of the lounge, dining room and bar. All cabins received new linens and bathroom updates. Six new deluxe cabins as well as three new suites have also been added. Major technical enhancements include two new Rolls-Royce engines, which yield increased speed and fuel efficiency, and a minimized carbon footprint.

SHIP SPECIFICATIONS:

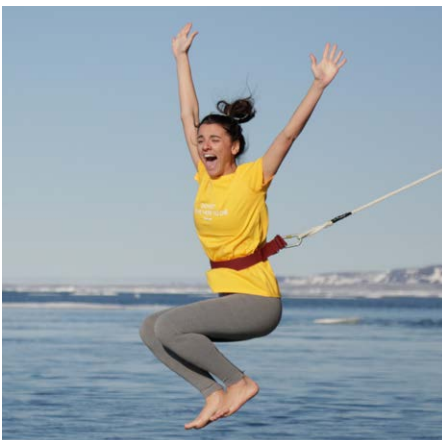
- Staff & Crew: 87
- Guests: 128
- Lifeboats: 4, partially enclosed
- Ice Class: 1A

Visit QuarkExpeditions.com to view deck plan details.





Included Activities



Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of fun recreational activities to enhance your polar experience.

ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, safely transporting guests to remote shorelines and shallow inlets—places the ships can't reach. Expedition staff make stepping in and out of them safe and comfortable.

HIKING

Led by experienced staff, exploring in foot is the best way to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every passenger.

PRESENTATIONS

Daily chats with on-board experts—our guides, scientists and other special guests—let guests rub shoulders with historians, ornithologists, biologists, geologists and more.

POLAR PLUNGE

This rite of passage, experienced just once per expedition, sees you safely jumping into icy ocean waters under the watchful eye of our staff—and just about every single camera lens on board!

PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you learn skills to capture the beauty of the Polar Regions.

OTHER EQUIPMENT ON BOARD

Walking poles are provided at each landing for your convenience. As there are limited number of poles available, please bring your own if you require them on every landing.

Contact your Polar Travel Adviser or your Travel Professional for more information about your Included and Paid Activities, including the necessary experience, physical requirements and cost.





Adventure Options



SEA KAYAKING | \$695

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking adventures are a great way to feel at one with the sea. A small group of kayakers will plan to go out multiple times per voyage instead of shore landings. The number of kayaking opportunities is weather dependent and will only be conducted during calm conditions.

Prior kayaking experience is recommended for you to feel comfortable on the water, and the capability to do a wet exit is strongly encouraged. Beginners interested in kayaking should consider participating in the Paddling Excursion adventure option.

PADDLING EXCURSION | \$195

If you're interested in kayaking and would like to try something less in depth than Sea Kayaking, you can still enjoy the benefits of adding an on-water experience to your expedition with a Paddling Excursion. Sign up for a one-time paddle on our sit-on-top kayaks, which are stable and unencumbered—perfect for anyone with little to no kayak experience. Expert guides take rotating groups of passengers on calm days to connect with the sea.

PLEASE NOTE

For all paid activities pre-booking is required. We recommend booking early as spaces fill quickly.



Dates & Rates

Four Arctic Islands: Spitsbergen, Jan Mayen, Greenland and Iceland

OCEAN ADVENTURER

Dates	Days	Start / End	Triple	Lower Deck			Main Deck		Superior	Deluxe	Suite	Owner's Suite	Transfer Package	Adventure Options	
				Twin	Porthole	Window	Skis	Canoe							
ARCTIC 2020															
AUG 13 - 30, 2020	18	Oslo/Reykjavik	\$10,995	\$14,495	\$15,995	\$17,995	\$19,495	\$21,495	\$23,495	\$24,995	\$595	\$695	\$195		



Inclusions & Exclusions

Inclusions

RATES INCLUDE:

- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board
- Beer and house wine during dinner
- All shore landings per the daily program
- Leadership throughout the voyage by our experienced Expedition Leader
- All Zodiac transfers and cruising per the daily program
- Formal and informal presentations by our Expedition Team and special guests as scheduled
- Photographic journal documenting the expedition
- Waterproof expedition boots on loan for shore landings
- Official Quark Expeditions® parka to keep
- Coffee, tea and cocoa available around the clock
- Complimentary reusable water bottle
- Hair dryer and bathrobe in every cabin
- Comprehensive onboard materials, including a map and an informative Arctic Reader
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency evacuation insurance to a maximum benefit of US\$500,000 per person
- Transfer from Longyearbyen town center to port on embarkation day
- Group transfer to downtown Reykjavik on disembarkation day
- Greenland voyages cruise passenger tax

Exclusions

RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package*
- International airfare
- Arrival transfer in Oslo
- Airport transfer in Reykjavik
- Passport and visa expenses
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar, beverage and other personal charges unless specified
- Phone and Internet charges
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Any Adventure Options

*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel night at Oslo airport hotel
- Charter flight from Oslo to Longyearbyen
- Arrival transfer in Longyearbyen

PACKAGE PRICE: \$595 USD



Your Expedition Team

Our Expedition Leaders and staff bring diverse polar expertise in subjects as varied as polar history, marine biology, glaciology and photography. Their knowledge will deepen your immersion into the polar environment and further enhance your connection to the Arctic.

With over 29 years of experience bringing passengers to remote polar regions and an industry leading staff to

guest ratio, we know how to handle the unexpected to guarantee the safety of all passengers. Ensuring this hard earned experience is passed on, our new expedition staff receive comprehensive training in our newly developed Quark Academy, which provides real-world polar expedition training prior to any staff member's first voyage as well as ongoing training for experienced staff.



Your Expedition Leader

ALISON KIRK-LAURITSEN

Ali fondly remembers her first big adventure—a six-month trip around Australia at age nine—and believes such early life experiences shaped her perspective of the importance of family and the privilege of traveling. Born in Australia, she speaks Mandarin and did her post-graduate studies in international relations. Ali's career has provided further opportunities to travel while developing her leadership, management, communications and logistics skills. An avid skier, scuba diver, cyclist and runner, she enjoys exploring the outdoors. Loving the world of polar adventures, Ali is excited to share her passion for conservation and sustainability with you.

**Expedition Leader subject to change, and will be confirmed in final documents.*



Extend Your Trip

PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore other northern cities before or after the voyage. Since you're traveling such a long way, you may want to spend extra time in Oslo or add on a few days in Longyearbyen. Immerse yourself in Norwegian history with a visit to Oslo's Viking Ship Museum. In the Svalbard capital, learn about the archipelago's storied past at the museum, wander between colorful wooden houses and grab a pint at the local brewery. You may also want to spend time in Iceland's capital; Reykjavik. We have a variety of post expedition packages in this fascinating city, known for its vibrant music and art scenes.

FROM TOP: Oslo's Opera House; Longyearbyen; Reykjavik's Blue Lagoon



Meals on Board

If there is one constant at sea, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three meals a day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Breakfasts and lunches are normally served buffet-style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Soft drinks, juices and water are available at all times, and beer and wine are served with dinner, all included in the cost of your package. Spirits, premium wines and champagne are available at an extra cost, which can be billed to your shipboard account. The well-stocked bar is open to enjoy with your fellow shipmates in the late morning, afternoon and evening.





Possible Landings

Svalbard

14TH OF JULY GLACIER

Named after France's Bastille Day (the 14th of July), in honor of the arctic expeditions of Prince Albert I of Monaco, this large glacier is actually two smaller glaciers merged into one. Situated in Krossfjord, a bay on the northwest coast of Spitsbergen, the area is teeming with wildlife. Nesting at certain times of year atop the towering bird cliffs are purple sandpipers, common eiders, barnacle geese, arctic tern and Brünnich's guillemots (thick-billed murre). Bearded and ringed seals also frequent the waters here.

LILLIEHÖÖK GLACIER

In 1906, Prince Albert I of Monaco visited Lilliehöök Glacier to conduct scientific investigations. His great-great-grandson, Albert II, visited the glacier a hundred years later as part of a scientific investigation, this time to further our understanding of the

arctic clam, a species that lives for more than a century. The growth rings of a single clam's shell contain evidence of the chemicals it has encountered. Scientists can determine the variations of the water's temperature and pollutant content by studying the shell.

LONGYEARBYEN

Eighteen hundred people inhabit the administrative capital of Svalbard, which is situated on the southern side of Adventfjord. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston.

MONACO GLACIER

Prince Albert I of Monaco, a pioneer of oceanography, led an expedition to Svalbard in 1906. His team used sophisticated photographic techniques to understand the shape and position of several glacier fronts. Monaco Glacier honors the expedition, the prince and the principality over which he reigned.



POOLEPYNTEN

This flat peninsula is on the east coast of Prins Karls Forland (Prince Charles Foreland), which is part of a national park (est. 1973) that includes both the island and the surrounding sea. Poolepynten is a great place for walrus viewing and photography. Encountering a walrus haul-out is a moment you won't forget. These lumbering giants of the Arctic create quite a noisy scene as each walrus vies for a choice spot of coastline.

SMEERENBURG

Surrounded by fjords, glacier fronts and rugged mountains, the abandoned settlement of Smeerenburg, which means "blubber town," was established by Dutch whalers nearly 400 years ago. One of Europe's most northerly outposts, this is a good spot to explore ashore and learn about Spitsbergen's whaling history. You

can also visit a memorial erected in 1906 to honor the whalers who lost their lives in the 17th and 18th centuries.

Jan Mayen

BEERENBERG

Covered in glaciers, this active volcano dominates the northern half of Jan Mayen, taking up a significant part of the island's mere 144 square miles (373 sq km). A soaring 7,470 feet (2,277 meters) high, it last erupted in 1985.

KVALROSSBUKTA

One of only two possible landing sites in Jan Mayen is Kvalrossbukta. This small bay is the site of the remains of a 17-century whaling station. The island is home to a variety of birdlife, including a large fulmar colony, which is also located here.

OLONKINBYEN

Jan Mayen's only settlement, Olonkinbyen is located at the southeastern side of the island, by Båtvika (Boat Cove), the other possible landing site. As a designated nature reserve, Jan Mayen remains uninhabited, except for the 18 rotating personnel who reside in the settlement and work at either the nearby weather station or radio station.

East Greenland

C. HOFMANN HALVØ

This can be a great location for spotting muskoxen. The peninsula is also home to wheatears and snow buntings, and you may spot rock ptarmigans or great northern divers while at sea.



DENMARK ISLAND

Encounter stunning icebergs before hiking across Denmark Island, which offers stupendous views of Scoresbysund and Fønfjord below.

FREDERIKSDAL

Exploring this valley system on foot may offer views of muskoxen, glaciers and ancient Thule remains.

ITTOQQORTOORMIIT

Around 500 people call this northern settlement home. Traditional hunting and fishing ways are alive and well here. Heading to Hurry Inlet and hiking from Ittoqqortoormiit, you'll be immersed in arctic flora, with wildflowers coloring the landscape.

Ø FJORD

One of Scoresbysund's many fjords, this deep fjord, which is also known as Island Fjord, is truly impressive, flanked by towering mountains and dotted with large icebergs.

RØDEFJORD

Red Fjord, or Rødefjord, is named for the colorful sandstone located on its western side. The stone has been "stained" red by hematite, creating an oddity in this part of Greenland.

SCORESBY SUND

Revered by many as the most beautiful fjord system in the world, Scoresby Sund is definitely the longest and largest. The sound was named by William Scoresby Jr., a whaler, scientist and man of the cloth, who was famed for mapping more than 400 miles (640 km) of Greenland's coastline.

Iceland

REYKJAVIK

Iceland has been ranked by the United Nations as one of the best countries in which to live. Its capital, Reykjavik (which means "Smoky Bay"), was named by the country's first settler, Norseman Ingólfur Arnarson, who was inspired by the geothermal mist rising from the ground.



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Packing Checklist

WEATHER CONDITIONS & TEMPERATURES

Weather is very variable; temperatures may hover around the freezing mark and winds can be strong. The continuous daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

WHAT TO BRING! Packing for the polar regions doesn't have to be daunting, and to make it easier for you, all Quark voyages include an expedition parka to keep, and a loan of appropriate polar footwear. Additional suggested items include:

FOR SHORE LANDINGS

- Base layers (wool, synthetic or a blend)
- Mid-layer warm/fleece top
- Mid-layer warm/fleece pant
- Wool and synthetic sock (3 to 4 pairs)
- Neck warmer or balaclava
- Warm hat that covers ears
- Waterproof pants
- Waterproof gloves and glove liners
- Sunscreen
- Sunglasses with UV protection
- Spare set of gloves
- Bug spray and bug nets

SUGGESTED ITEMS

- Waterproof, lightweight backpack or dry sack
- Swimsuit (for the polar plunge!)
- Binoculars
- Camera with extra batteries
- Extra memory cards
- Earplugs (in case of noisy cabinmates)
- Eye masks for sleeping
- Seasickness, indigestion, headache or other medicine
- Voltage converters and plug adapters (220V/European outlets)
- Ski goggles (for Zodiac cruising)

FOR ON BOARD

- Comfortable casual clothing (pants/jeans, shirts, sweaters)
- Lighter shirts (in case the ship gets warm)
- Comfortable non-slip close-toed unheeled shoes (**NOTE:** Flip flops or sandals should not be worn on board due to safety concerns)



TO BOOK YOUR NEXT ADVENTURE

Contact your Travel Professional



PHOTO CREDITS:

Acacia Johnson; David Merron; Nicky Souness; Samantha Crimmin; Sue Flood;
Cindy Miller Hopkins; Hugo Perrin; Grange Productions; Focus Productions

EXPEDITION BROCHURE
December 2018