



## Itinerary

### Greenland, Labrador and Newfoundland

**\*IMPORTANT NOTE:** Any extra nights, optional tours or other amendments, will not be visible on this itinerary.

#### Day 1: Arrive Copenhagen, Denmark

Your journey begins with an overnight stay in Copenhagen, Denmark's stylish and compact capital. This city blends rich history with modern charm, offering stunning architecture, cosy coffee shops, and lush parks.

Stroll through the colourful canal district of Nyhavn, a perfect spot to relax and enjoy a Danish pastry while watching the world go by. Explore the charming streets by bike or on foot, making your way to the famous Little Mermaid statue—a must-see landmark along the picturesque waterfront.

With its mix of history, culture, and Scandinavian design, Copenhagen is the perfect place to begin your expedition.

**MEALS:** Nil

**OVERNIGHT:** 4 Star Hotel, Copenhagen

#### Day 2: Copenhagen ~ Nuuk – Embark Ship

Today begins with an early morning flight from Copenhagen to Nuuk, the vibrant and colourful capital of Greenland. Despite having a population of fewer than 20,000 people, Nuuk is a fascinating mix of traditional and modern architecture, set against a backdrop of breathtaking Arctic landscapes.

Explore the old town by the waterfront, where you'll find the Nuuk Cathedral and the statue of Hans Egede, the missionary who founded the city in 1728. Nearby, the striking Mother of the Sea statue rises from the water, symbolising an important legend in Greenlandic folklore.

Upon arrival at the harbour, you'll board your expedition ship, the MS Roald Amundsen.

After a warm welcome from the crew, you'll settle into your cabin and collect your complimentary expedition jacket. As the ship sets sail, take some time to explore your home for the journey ahead and enjoy your first onboard dinner while surrounded by stunning Arctic scenery.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

#### Day 3: At Sea

Today, we continue our journey, sailing south along the coast of Greenland. This is the perfect time to relax and prepare for the adventures ahead. While at sea, take the opportunity to attend important briefings on the AECO (Association of Arctic Expedition Cruise Operators) guidelines. These presentations will introduce you to the rules and recommendations for responsible exploration in this fragile Arctic environment.

Your Expedition Team will also begin their lecture series, covering fascinating topics such as Arctic wildlife, geology, and Inuit culture. You may also have the chance to participate in Citizen Science projects, contributing to real scientific research while enjoying the stunning surroundings.

As we cruise along Greenland's breathtaking coastline, admire the towering cliffs, deep fjords, and floating icebergs from the deck. If conditions allow, we may venture into Kuannersooq Fjord (also known as Kvanerfjord in Danish), one of the region's most scenic waterways.

Whether you spend your day learning, relaxing, or simply taking in the views, today is about preparing for the incredible experiences that lie ahead.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 4-5: Kujalleq ~ Viking Settlements

For the next two days, we explore South Greenland, a region where Norse history, Inuit culture, and breathtaking landscapes come together in a truly unique way. This area is home to some of the most fascinating Viking ruins in the world, as well as vibrant coastal towns and stunning fjords.

As we sail along the dramatic coastline, you'll have the chance to explore historic Viking settlements, where Norse explorers once attempted to make a home in Greenland's harsh environment. Alongside this rich history, you'll experience the lively culture of modern Inuit communities, who have lived here for generations, adapting to the ever-changing Arctic landscape.

During our journey, we may visit some of these incredible sites:

- **Kujataa UNESCO World Heritage Site** – A cultural landscape that tells the story of early Norse farming and Inuit hunting traditions.
- **Qassiarsuk (Brattahlíð)** – The site of Erik the Red's famous Norse settlement, featuring reconstructed Viking longhouses and churches.
- **Hvalsey** – Home to Greenland's best-preserved Norse ruins, including the remains of a medieval church.
- **Qaqortoq** – A lively town known for its stunning natural surroundings, colourful houses, and historic landmarks.

With towering mountains, gleaming glaciers, and floating icebergs, this region offers endless opportunities for adventure. Whether you're a history enthusiast, nature lover, or cultural explorer, these two days will be unforgettable.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 6-7: At Sea

After several days of exciting exploration, it's time to relax at sea as we continue our journey westward across Baffin Bay, following the historic route of the Vikings. Our destination is the rugged coast of Labrador, home to the majestic Torngat Mountains.

These sea days are the perfect opportunity to unwind and prepare for the incredible experiences ahead. Join the Expedition Team for fascinating presentations on topics such as biology, ornithology, and the history of the region. Their engaging lectures, demonstrations, and storytelling sessions will deepen your understanding of the landscapes and wildlife we'll encounter. You may also enjoy art and craft workshops, or even some traditional singing led by local experts.

As we sail under the vast Arctic sky, keep an eye out for the Northern Lights. In September, this far north, the conditions are ideal for witnessing this breathtaking natural phenomenon. If the aurora appears in the middle of the night, expect a gentle wake-up call—this is a sight you won't want to miss!

Take this time to relax, reflect, and enjoy the comforts of the ship, getting ready for the wilderness adventures that await in the coming days.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 8-10: Northern Labrador

Welcome to Canada! After clearing customs, we'll be joined by local Park Rangers who will accompany and guide us as we explore Torngat Mountains National Park over the next few days.

In Inuktitut, Torngat means "place of spirits," and this vast 6,000-mile wilderness certainly lives up to its name. The park stretches from Saglek Fjord to the northern tip of Labrador, reaching from the Atlantic coast to the Québec border. This remote and untamed landscape is shaped by towering mountains, small glaciers, and deep fjords.

This region is also home to incredible Arctic wildlife. Keep a lookout for polar bears patrolling the shores and caribou roaming the tundra. The Torngats are rich in Inuit heritage, with a long history of hunting, fishing, and storytelling passed down through generations. The land holds spiritual and cultural significance for the Indigenous communities that have lived here for thousands of years.

While exploring this breathtaking national park, we plan to visit several stunning and historically significant locations, each offering a unique glimpse into the region's natural beauty and cultural heritage:

- **Saglek Bay** – A dramatic coastal area surrounded by towering cliffs and deep fjords, where Arctic wildlife thrives. Keep an eye out for polar bears, caribou, and seabirds soaring above.
- **Nachvak Fiord** – One of the most impressive fjords in the Torngat Mountains, known for its sheer granite walls, cascading waterfalls, and icy blue waters. This pristine wilderness is a haven for Arctic wildlife and a dream for photographers.
- **Ramah** – A historically rich area where traces of ancient Inuit and early European explorers can still be found. This site is home to Ramah chert, a rare type of rock used by Indigenous peoples for tools and weapons for thousands of years.

Each of these locations highlights the untouched beauty, rugged landscapes, and deep cultural significance of the Torngat Mountains National Park, making them unmissable stops on our Arctic adventure.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 11-15: The Labrador Coast

Over the next five days, we'll cruise south along the stunning Labrador coast, uncovering its rich cultural heritage and intriguing past. This remote region is home to some of Labrador's most significant historical sites, including old Moravian settlements and a once-thriving fishing village that is now a National Historic Site.

As we navigate these breathtaking waterways, we will explore the stories of the past, from Indigenous communities and early European settlers to the boom of the whaling industry. The mix of untouched landscapes, historic ruins, and thriving wildlife makes this part of the journey both educational and unforgettable.

Over the next five days, our possible destinations include:

- **Hebron** – A former Moravian mission, now an important heritage site.
- **Mugford Tickle** – A dramatic coastal passage surrounded by towering cliffs.
- **Hopedale** – One of Labrador's oldest Inuit communities and home to a historic Moravian church.
- **Battle Harbour** – A beautifully preserved 19th-century fishing village offering a glimpse into life in the past.
- **Red Bay** – A UNESCO-listed whaling station with a fascinating maritime history.

Each day brings new insights into Labrador's past, from its indigenous traditions to its European influence and maritime legacy.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Days 16-17: Newfoundland

As our journey continues, we arrive at the breathtaking island of Newfoundland, a place of rugged mountains, peaceful bays, and lush forests. With its rich history and diverse cultural heritage, Newfoundland is a fascinating destination that offers a mix of natural beauty and historical significance.

Over the next two days, we will explore sites that tell the island's incredible past, from early explorers and pioneering missionaries to the Vikings who settled here over 1,000 years ago. The blend of Indigenous traditions, European influences, and maritime history creates a truly unique experience.

Our planned destinations include:

- **St. Anthony** – A charming fishing town known for its stunning coastal scenery and rich maritime history.
- **UNESCO-listed L'Anse aux Meadows & Norstead** – The site of the first known Viking settlement in North America, offering a fascinating look into Norse history.
- **Bonavista** – A historic town where explorer John Cabot is believed to have first landed in North America in 1497.

From ancient Viking legends to early European settlements, Newfoundland offers a captivating glimpse into the past, surrounded by some of the most spectacular landscapes in Canada.

**MEALS:** Breakfast, Lunch, Dinner

**OVERNIGHT:** MS Roald Amundsen

### Day 18: Arrive St. John's – Disembark Ship

Today, we bid farewell to our expedition ship as we arrive in St. John's, the capital of Newfoundland. This historic and vibrant city marks the final stop of our incredible journey.

As one of the oldest cities in North America, St. John's is full of charm. Its iconic row houses, painted in bright colours, line the steep and rugged hillside, creating a picturesque coastal view. Overlooking the city from above is Signal Hill, home to the famous Cabot Tower, a site rich in history and offering breathtaking views of the Atlantic Ocean.

If time allows before your onward journey, take a moment to explore this fascinating city. Stroll through its lively streets, visit historic landmarks, or enjoy a final taste of Newfoundland's warm hospitality.

As your adventure comes to an end, you'll leave with unforgettable memories, incredible experiences, and a newfound appreciation for the wild and remote beauty of the Arctic and North Atlantic.

**MEALS:** Breakfast