

GREENLAND WILDERNESS ADVENTURE



Highlights

- Journey deep into the fjord system of Southern Greenland and discover the country's most dramatic landscapes
- Witness glaciers in one of the world's most wild, remote and awe-inspiring settings
- Hike to the summit of massif Niggu and take in the incredible views extending to the Greenlandic Ice Sheet
- Keep a look out for local wildlife - reindeers, ptarmigans or snow hares, foxes and eagles
- Wild camp on the edge of Kangarsuneq peninsula by the beautiful ice fiord
- Sleep under a glistening starry sky listening to icebergs calve from mighty glaciers
- Fish for arctic char or forage for local herbs, mushrooms and berries to accompany home cooked meals
- Embrace the mountain lakes for a cold-water dip
- Hike to the only river in Greenland where the salmon come to spawn and learn to fish the traditional way
- Explore the traditional Greenlandic village of Kapisillit
- Learn about the Inuit culture and way of life
- Enjoy the best camp coffee in the world spiced up with stories from your local guide
- Receive a free Adventurous Ewe Water-To-Go bottle when you depart on this trip to minimise our plastic foot-print in Greenland!



WELCOME

Tikilluarit

Overview

The fjord systems of Southern Greenland are blessed with some of the most dramatic views the country has to offer – white mountains and green valleys, towering icebergs and landscapes in full bloom. Towns cling to its rocky coastline and vast glaciers slowly carve their way through the mountains. This is the place for a breath-taking adventure.

Explore the depths of these fabulous fjords on a 5-day expedition that takes you through the second largest fiord system in the world by boat before hiking to a truly special place - Kangersuneq / the ice fiord! Here the Greenland ice cap meets the bottom of Nuuk fiord and fills it with thousands of years old ice.

Hiking these vast landscapes and mountains, wild camping amid the raw ecological beauty whilst listening to the ice carving from the glaciers with a warm cup of coffee, sets the scene for one heck of a journey.

The weather conditions can be harsh & ever-changing while the people friendly & welcoming; you'll get an insight into daily life for the indigenous locals and learn about their fascinating culture. Plus, you'll have the chance to fish and forage in traditional ways and enjoy homecooked meals in some of the most pristine wilderness settings on the planet. Plus you'll have the opportunity for some optional extensions of glacial SUP'ing, whale watching or kayaking trips.

This is the perfect adventure for those seeking a remote expedition with no paths to follow and epic landscapes to set up camp. Undoubtedly your local guide will take you on a trip of a lifetime in a meaningful way with real connections to the pristine environment and the people that call it home.





TRIP SUMMARY



Activity: Trekking

Duration: 8 days & 7 nights

Active days: 5 days trekking
2-hour return boat transfer through fjords

Accommodation: Hotel & wild camping

Cost: Deposit: £295 per person
Remaining balance: £2600 per person
Total cost: £2895 per person

Group size: 6 – 8 people

Trip grading: 
Tough

Remote trekking, carrying own kit and camping
August / September

Dates:

Why go: Get off the beaten track amid the truly magnificent mountain-scapes, glaciers and spectacular fjords of the vastly untouched wilderness of Greenland.

ROUTE MAP

Get ready for an adventure



DAY 1
Arrive and transfer to hotel in Nuuk.

DAY 2
Boat transfer from Nuuk to Kapisillit and hike to base camp at the ice fiord Kangersuneaq.

DAY 3
Hike to mountain massif Niggu with views of Greenlandic Ice Sheet and overnight at base camp.

DAY 4
Hike to Lake Qajartoriarsuaq and overnight camp.

DAY 5
Mountain and lakes hike and overnight stay at base camp.

DAY 6
Hike along the river to the village of Kapisillit. Return boat transfer to Nuuk.

DAY 7
Free day in Nuuk with options of glacial SUP'ing, whale watching or kayaking trips.

DAY 8
Return home.



ITINERARY

2nd largest Fjord. Epic wild camps. Wildlife & traditions. 1 unique journey.

DAY 1

Arrive in Nuuk, Greenland

Flights are not included in your Greenland trip giving you the flexibility to depart from the airport of your choice and extend your stay in Greenland or enroute in Iceland or Denmark if you wish.

We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Greenland. Alternately, you can book your flights through our flight agent who is ATOL & ABTA protected. 6

Transfer from Airport to hotel in Nuuk

On arrival in to Nuuk you will be met and transferred to your hotel where you will meet your fellow trekkers and local Guide. There will be a briefing of the trek ahead and your chance to ask any questions and make any last-minute preparations. The remainder of the day/evening is at your leisure or you can explore this small Capital City which commands a grand fjord system and is backed by a splendid panorama of mountains.

Included

Transfer:	Private transfer
Accommodation:	Hotel (twin share basis)
Meals:	None



DAY 2

Boat transfer from Nuuk to Kapisillit and hike to base camp at the ice fiord Kangersuneq

Your adventure begins with a boat transfer from Nuuk to Kapisillit in a cabin boat. This is not just any boat ride, it's a journey through the world's second largest fiord system in the world. The scenery is spectacular with several mountains emerging steeply from the water line where they top at around 1000 metres. If lucky, you'll catch sight of whales, seals and different kinds of seabirds. Plus there's a lot of history to be told on this 2-hour journey.

Docking in the inner bay of Kapisillit (Kangerlupiluk) where you'll start your 3km hike towards your basecamp. On reaching a peninsula by the beautiful ice fiord (Kangersuneq), you'll set up camp. An incredible location to soak in the spectacular scenery whilst you settle in to camping life.

Included

Transfer:	Boat transfer
Accommodation:	Camping
Meals:	Breakfast, lunch & dinner



ITINERARY CONTINUED

2nd largest Fjord. Epic wild camps. Wildlife & traditions. 1 unique journey.

DAY 3

Hike to mountain massif Niggu with views of Greenlandic Ice Sheet and overnight at base camp

Starting the day with a good solid breakfast spiced up with a world class view, you'll be in awe of the early morning rays of sunshine striking the dramatic mountains rising on each side of the ice fjord. With your day-pack you'll set off for a great day's hike towards the mountain massif Niggu which rises almost 1000 metres. Part way up the mountain you'll stop for lunch and also take in the incredible views. Fully fueled if you're happy to push on, the summit beckons and rewards you with breath-taking views of the Greenlandic Ice Sheet located around 30km further inland. You'll also have a birds eye view of the beautiful landscape you will be covering on the following days. All being well you may be lucky to see some wildlife too - reindeers, ptarmigans or snow hares, foxes and eagles.

Back at the basecamp you have the opportunity to go fishing to catch dinner and/or go foraging to collect some local herbs, mushrooms and berries.

The evening will be used to prepare for the next two days - a hike inland with a sleepover at Lake Qajartoriarsuaq.

Trek details

Trek length: approx. 8 - 15kms (depending on how high you trek)
Total ascent: approx. 1000m

Included

Accommodation: Camping
Meals: Breakfast, lunch & dinner

DAY 4

Hike to Lake Qajartoriarsuaq and overnight camp

This day will be a full day of exploratory hiking towards Lake Qajartoriarsuaq in pristine Greenlandic nature. The hike will be in a varying terrain, with plenty of time to soak in the views and surroundings.

On reaching Lake Qajartoriarsuaq you'll set up camp. You're most welcome to embrace the lake for a refreshing cold-water dip or fish arctic char. Or take a stroll along the lake shore in the evening sun.

Trek details

Trek length: 10 - 15kms

Included

Accommodation: Camping
Meals: Breakfast, lunch & dinner

DAY 5

Mountain and lakes hike and overnight stay at base camp

After packing up the camp by the lake, you'll retrace your route before turning toward the mountain massif and leaving the lowlands behind. The target of the day will be a hidden gem of a viewpoint – an iconic cone shaped peak in the midst of the rugged mountain range. Surrounded by lakes and with a high chance of catching a glimpse of some wildlife, this will also be your picturesque lunch spot.

Then you'll return to basecamp and prepare a feast. And if you have remembered the whiskey, it's a treat to have a toast with a chunk of ice that dates back millions of years. Filled with amazing experiences and stories to share by the bonfire before snuggling back in to your sleeping bag for the final night of camping and a good nights rest.

Trek details

Trek length: 10 - 15kms

Included

Accommodation: Camping
Meals: Breakfast, lunch & dinner

ITINERARY CONTINUED

2nd largest Fjord. Epic wild camps. Wildlife & traditions. 1 unique journey.

DAY 6

Hike along the river to the village of Kapisillit. Return boat transfer to Nuuk

When the last photos have been taken of your stunningly located camp site, you'll take down your basecamp before hiking along the southside of the bay in Kapisillit. Breathing in the crisp clear air your hike reaches the river close to the village of Kapisillit. This is the only river in Greenland where the salmon come to spawn. Here you'll have a short stop to see if we might catch arctic char in an alternative & traditional way - by hand! A method commonly used by the local guide, so you're in good hands...

After fishing you'll hike the last couple of kilometers to Kapisillit with the opportunity to explore this very traditional Greenlandic village. There will be time to chit chat with locals before your pick-up and return boat trip back to Nuuk.

Included

Transfer:	Private transfer
Accommodation:	Hotel (twin share basis)
Meals:	Breakfast only



DAY 7

Free day in Nuuk for optional activities / a poor weather contingent day

This is a free day in Nuuk with the optional activities below. It is also a spare day just in case of poor weather during your expedition.

- [Glacier SUP'ing](#)
- [Whale Safari](#)
- [Coastal Kayak](#)

Included

Meals:	Breakfast only
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DAY 8

Return home

Filled with a huge sense of achievement, incredible memories, a greater understanding of this amazing country & it's people and with new-found friends it's time to return home. However, you'll have stories to share and experiences to reflect for many years to come.

Depart Nuuk for your return flight home. Airport transfers are included for those who are on the recommended Adventurous Ewe flight.

Those not flying on the recommended flights will leave the hotel after breakfast and make your own travel arrangements.

Included

Meals:	Breakfast only
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TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Snapshot of trip highlights



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your adventure



01

Safety & well-being

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority.

The Greenland Wilderness Adventure will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 6 people and is an experienced expedition leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this expedition and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and satellite phone contact with base, the local office and Adventurous Ewe's HQ.

Trip grading

This expedition is graded as 'tough', given you're trekking in very remote areas, but one that is very achievable with the correct preparations and experience.

It requires a good level of strength, endurance, determination and a willingness to chip in and help with camping duties.

The terrain is uneven as there are no designated trail to follow. You will be required to carry all your own kit plus potentially a few extra bits & pieces for camping and food supplies.

Please also be prepared for varied conditions and temps. You're likely to be cold, washing facilities and loos are non-existent on the trek, Though please remember that everyone will be experiencing the same conditions and as a team pursuit, we encourage strong teamwork and support.



02



03



04



05

Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trek to run is **6 people** and the maximum group size is **8 people**.

You are most welcome to join this trek with friends, family or colleagues or as a solo traveller.

If you have a group of over 6 people, we would be more than happy to run a private trip for you. Please get in touch for more info.

Training

A bespoke training programme will be provided when you join this trip to help you with your preparations.

For more info and offers with our training partners, please visit <https://www.adventurousewe.co.uk/training-kit/>

The more you are prepared, the more you will enjoy the challenge. Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list can be found on page 22 of these Trip Notes. An exclusive Adventurous Ewe discount code for specialist outdoor retailers will be provided on booking this trek.

Packing and kit tips will also be provided when you sign up.



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07

Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



Travel Admin

A quick snapshot of what you need to know...

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking through IPP (International Passenger Protection). If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time. Our Flight Agent is ATOL protected too.

Passport

All nationalities require a full passport that must be valid for 3 months beyond the intended length of stay. For the latest info, please visit <https://www.gov.uk/foreign-travel-advice/denmark/entry-requirements>

Visa

Most nationalities do not require a visa for Greenland. Though please refer to the latest updates at: [https://www.gov.uk/foreign-travel-](https://www.gov.uk/foreign-travel-advice/denmark/entry-requirements)
[advice/denmark/entry-requirements](https://www.gov.uk/foreign-travel-advice/denmark/entry-requirements)

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover. For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Global Rescue Membership

For peace of mind whilst trekking in the mountains, Global Rescue provides short term membership giving access to travel, security, medical advisory and evacuation services up to \$US500,000. For more info, please visit <https://ss.globalrescue.com/partner/adventurousewe/index.html>

Vaccinations

There are currently no mandatory vaccination requirements. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit [https://www.fitfortravel.nhs.uk/destinations/north-](https://www.fitfortravel.nhs.uk/destinations/north-america/greenland)
[america/greenland](https://www.fitfortravel.nhs.uk/destinations/north-america/greenland)

GHIC / MEDICAL COVER

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.





WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the...

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;

Deliver climate action plans within 12 months from becoming a signatory and begin implementing;

Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabawelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

COOL EARTH



TOP TIPS

Greenland expedition

- Dress the part and layer up – base layer, insulating layer and shell. Base layer that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold and a shell layer that keeps wind and moisture out
- Ensure you have comfortable trekking boots which are well-worn in and waterproof
- Wear synthetic or merino wool socks that fit well. Thicker socks provide more insulation, but make sure they don't cause your boots to fit too tight. It's also important to keep your feet dry, so have an extra pair of socks to change into
- Train in your trekking kit. Including your hiking boots & socks and wearing of your pack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your expedition
- Ensure your pack is comfortable and has a waist strap to help take the weight of your bag on your hips
- Pack your kit inside a dry bag especially your sleeping bag & mat
- Stay hydrated – it's important when undertaking any physical activity. Use a hydration bladder system with a cover over the drinking nozzle and bring a wide-mouthed Nalgene bottle
- Hygiene, hygiene, hygiene – use hand sanitiser regularly and don't share any personal items
- Look after your feet – blister prevention
- When it's cold, you might be less inclined to stop for food and water. Make it simple by keeping snacks and water within reach so you can eat and sip regularly throughout the trek
- Bring your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Ensure there is still space in your pack to allow for potential additional items you may need to carry – camping equipment, food, etc.
- Bring your Water-to-Go bottle which you'll receive when travelling with us so that you can refill and avoid purchasing plastic bottles
- Be respectful of the rural communities, the people, their land and their homes
- **Most importantly.....SMILE & ENJOY THE JOURNEY!**





COST

Deposit:	£295 per person payable on booking
Remaining balance:	£2600 per person payable 4 weeks prior to start of trip
Total:	£2895 per person

A monthly payment plan can be arranged for this trip. Please contact us for more information or to set up your plan. Simply email info@adventurousewe.co.uk or call 01492 588 069.

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#) and see our [T&C's](#).

Fundraising

All sponsorship monies are to be sent directly to chosen Charity/s / Foundation.

INCLUSIONS & EXCLUSIONS

Greenland Wilderness Adventure

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trip
- Trek training guide
- Discount on personal kit both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free [Adventurous Ewe Water-to-Go Bottle](#)

During your trip:

- Adventurous Ewe Leader (for groups over 6 people)
- Qualified & experience Local Mountain Guide
- Accommodation - 3 nights hotel (twin or triple share) and 4 night camping. Rental of tents and cooking equipment included
- Meals as outlined in your itinerary (breakfast x 7, lunch x 5 and dinner x 4). Hot drinks provided during trek.
- Medical safety equipment and supplies
- All logistical and safety management whilst in Greenland.

NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Nuuk, Greenland. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Airport transfers in Greenland if flights booked are outside of our recommended flight times
- Visa – currently not required though please refer to the latest updates at: <https://www.gov.uk/foreign-travel-advice/denmark/entry-requirements>
- Vaccination/s. Please refer to: <https://www.fitfortravel.nhs.uk/destinations/north-america/greenland>
- Any Government entry or exit requirements
- Personal spending money
- Drinking water – feel free to use your [Water-to-Go Bottle](#)
- Meals not listed in your itinerary
- Snacks, electrolytes, water purification tablets
- Any optional activities – glacial SUP'ing, whale safari or coastal kayaking
- Kit and equipment as listed on your kit list and medication
- Tips for local guide
- Single room supplement where available
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Greenland, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at info@adventurousewe.co.uk.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your expedition.

BAGS

- Rucksack** – 55+ litre with waist straps for carrying your kit needed during your expedition, plus potentially some camping equipment, group shelter and food & drinks
- Small duffel or rucksack.** Before leaving Nuuk you can leave a small bag of clothing at the hotel
- Dry bags** – for clean and dirty kit whilst trekking

CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It's imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- Down jacket** ideally with a hood. Essential for when having breaks during your expedition, for wearing at night or in extreme weather conditions
- Midlayer or fleece**
- Trekking trousers** – soft shell trousers are ideal
- Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for snowshoeing and one pair for mountain hut & sleeping)
- Neck warmer** or merino wool buff – which can also be pulled over the lower half of your face in poor weather conditions
- Beanie** – for camping
- Gloves** – for extra warmth
- Inner/liner gloves** – ideally merino wool, windproof
- Socks** – liner socks x 3, merino wool mountaineering extra thick socks x 2. We recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- Underwear** – merino wool or wicking fabric are ideal
- Clothes for hotel and travel**

- Please check the weather local forecast prior to departure and prepare accordingly**

FOOTWEAR

- Hiking boots** – fully water-proof with ankle support and well worn-in
- Trainers** or crocs or similar for camping

EQUIPMENT

- Sleeping bag** – 3+ season for camping. Option to bring a sleeping bag liner for extra warmth and protection of your sleeping bag.
- Sleeping mat** – for camping
- Sunglasses** - must have strong UVA/UVB protection. Ideally be wrap-around glasses to fully protect the eyes from potential strong reflections off the snow
- Gaiters** - optional
- Spork** – for camping
- Flask or thermos** – 1 litre, for carrying hot drinks
- Water bottle** – 2 litre capacity. Wide mouthed water-bottle (easy to refill) and camel-packs/platypus/bladder system. Recommend Nalgene wide mouthed water bottles
- Head torch and spare batteries**

TRAVEL ADMIN

- Passport**
- Flight tickets / e-tickets**
- Travel insurance policy and emergency number**
- Any COVID-19 or other health forms required by either the UK or Danish Governments for entry / re-entry requirements
- Debit / credit cards**
- Cash – Danish kroner (DKK)** . Ensure you have some cash for tipping your local guide.

ADDITIONAL ITEMS

- Antibacterial hand gel** (essential)
- Face mask**
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes**
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant. Please note, there are no showering facilities during the trek
- Travel toiletries**
- Travel towel and/or sarong**
- Swimming costume** – if you wish to take a cold water dip
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, and plasters/Compeed blister pads, zinc oxide or Rock tape, knee or ankle support if you experience knee or ankle problems, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for camping
- Reading material / card games** for camping
- Spare dry bag** for dirty or wet clothing
- Portable charger**
- Small foam pad** or similar to use to sit on during breaks on expedition

WHAT YOU WILL BE SUPPLIED WITH

- Tent**
- Cooking equipment during camping**

ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
ADVENTURES

CONTACT US

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We look forward to welcoming you to the world's largest island, Greenland, to explore the dramatic fjords, mountains and glaciers on this remote and exclusive expedition.

