

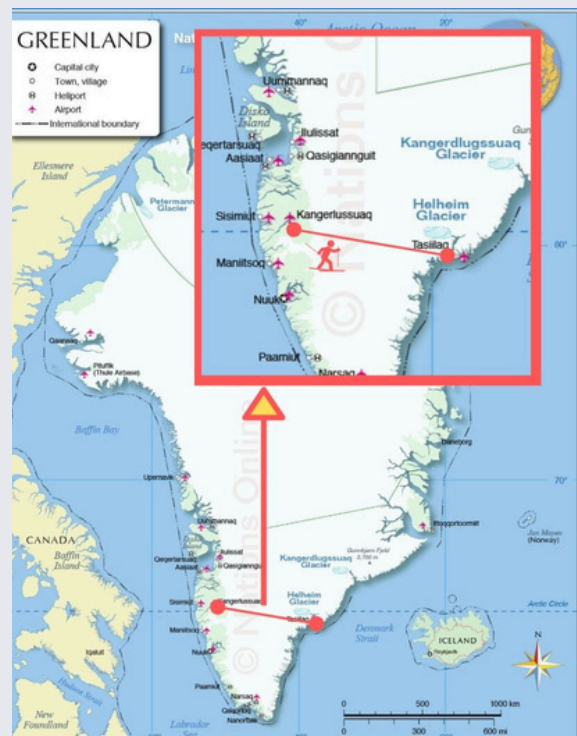
POLAREXPLORERS

SKI & PULK GREENLAND ICECAP CROSSINGS (WEST TO EAST)



A Very Challenging Ski Expedition Crossing the Interior of Greenland.

Epic and beautiful, unpredictable and wild. When it comes to classic polar expeditions Greenland rivals Antarctica in terms of raw challenge and beauty. As the world's largest island it is simply immense with three quarters of its area covered in snow and ice. Crossing the icecap by ski and pulk is no small feat. It will take everything you've got and then some. The sleds are heavy. The weather is notoriously unpredictable and it can change in an instant making travel difficult or impossible. The ascent from the coast to the summit, roughly 2/3 of the way through our route (from west to east) will keep you breathing hard, day after day. And the endless ocean of white that makes up the scenery for the majority of the trip can be mind numbing and disorienting. But for people with an insatiable appetite for adventure, the ability to endure long days and be a positive member of a team, this expedition is a MUST DO. The incredible sense of accomplishment at the end will stay with you forever and the beauty of Greenland will be eternally etched into your heart.



Skill level:



Your level of skill and physical conditioning must be high. You will encounter adverse conditions that will test your abilities. You'll spend 24 hours a day in some of the most extreme conditions the planet has to offer. Trip specific preparation is required.

Distance: Approximately 575 km as the crow flies.

Duration: Approximately 27-30 days +/- depending on weather, snow conditions, and the pace of the group.

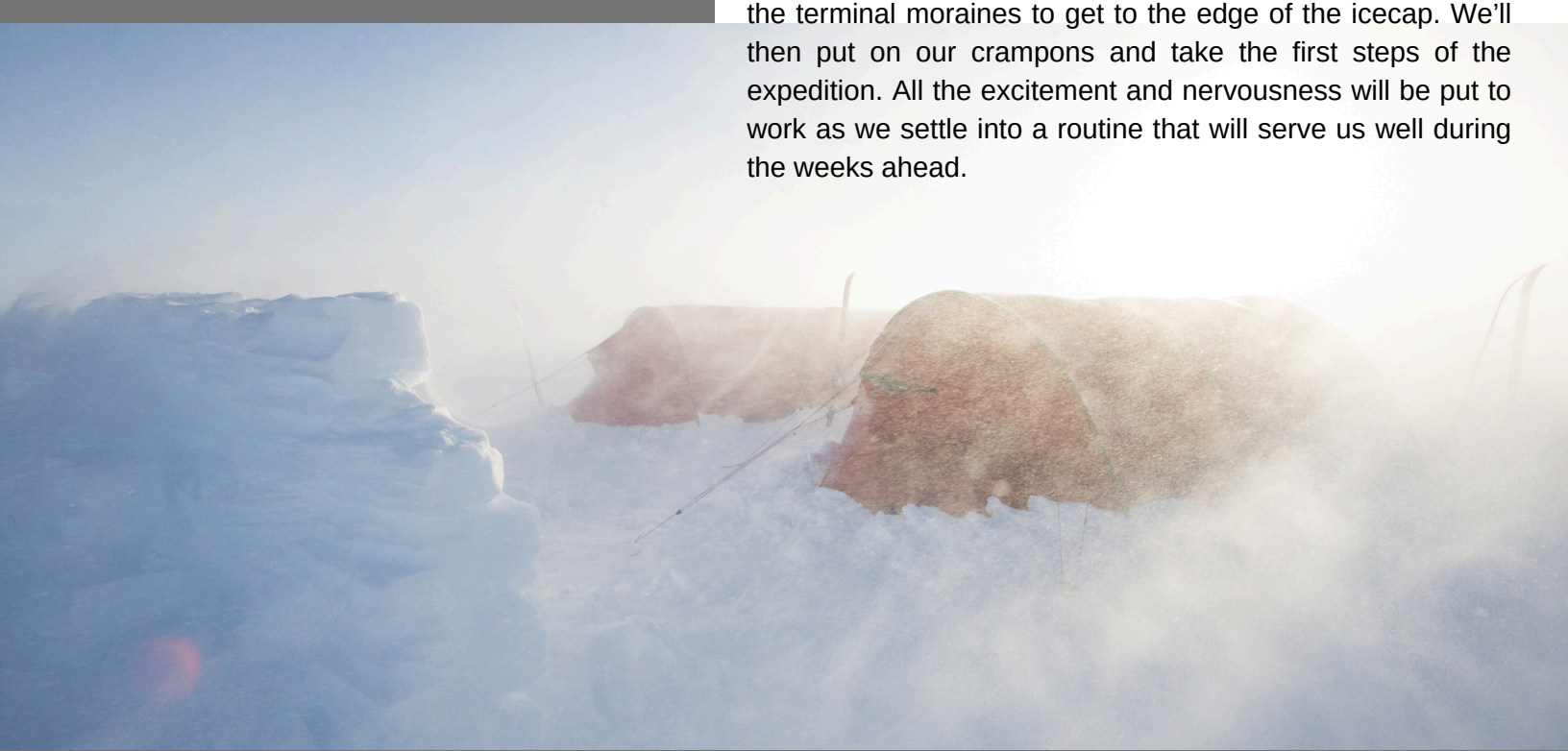
Polar Shakedown Training: Our six day [Polar Shakedown Training](#) is required for team members who have no previous polar expedition experience. Learn the basics of polar travel on one of our two annual trainings in the USA and Norway. We can also arrange private or custom trainings as needed.

Daily Itinerary

Pre-expedition: Arrive in Kangerlussuaq on the west coast of Greenland. We recommend arriving a day or two early to get started with your personal preparations including packing your lunch snacks, organizing your sled and giving yourself a little wiggle room if you experience any delays with travel or your luggage. Your guides will have reviewed your gear prior to your arrival.

Day 1: Meet your team and PolarExplorers guide(s) in Kangerlussuaq. Kangerlussuaq is a small community at the end of a long fjord. There are no stores selling outdoor equipment so you need to come fully prepared. We will spend a day reviewing expedition systems, checking gear and taking care of last minute preparations before our departure.

Day 2: Leaving Kangerlussuaq we will take a bus to Point 660 which is at the edge of the Greenland Icecap. The bus will be loaded with our sleds, skis and everything we need for the duration of the expedition. After getting dropped off at Point 660 we will carry or "portage" our sleds and gear over the terminal moraines to get to the edge of the icecap. We'll then put on our crampons and take the first steps of the expedition. All the excitement and nervousness will be put to work as we settle into a routine that will serve us well during the weeks ahead.



The Expedition Mindset

The Greenland Crossing is an expedition that demands more than strength and the ability to push through challenging days. It requires an *Expedition Mindset* which affects all aspects of expedition life including relationships, self care, and the need for humor and hope. It has a tremendous impact on your ability to achieve individual and team goals. It's a skill that we consider as important as being able to properly set up a tent, efficiently use a stove, or ski. Probably more important. Having a good Expedition Mindset goes beyond being positive and adaptable. It includes an awareness of all the relationships within the group and a commitment to being attentive to those relationships in a positive way. It means asking for help when you need it and offering help to others on a regular basis and in many ways.

Day 3-4: This is the initial ascent of the icecap through an area known as the icefall. The terrain is rolling, carved and sometimes crevassed and we will take our time maneuvering around obstacles and areas of melt water. With plenty of hills, ridges and various ups and downs these days will keep us busy and always curious about what's over the next rise. Depending on the temperature we may experience some wet conditions.

Day 5-25 (+/-) : Crossing the Greenland Icecap. The beginning of the crossing is a series of undulating upward hills with a noticeable ascent that most people find very challenging. The coastal mountains are quickly lost to a sea of white as the icecap stretches out in every direction. A typical day starts with an early breakfast and breaking camp followed by roughly 8-10 hours of skiing (could be more or less depending on weather and our timing). We will stop approximately every 60-80 minutes for a short break to eat, drink and rejuvenate. Then it's back to skiing for the next "march". In the early evening we will stop skiing and establish camp. The nightly routine is to organize camp, securing it for all possible weather, then relax and rejuvenate with a hearty meal, soups and hot drinks. Each night we will report our position and the day's events so friends and family can follow our progress via the [Expedition Blog](#). Socializing with your tentmates can be a nice way to end the day. Then it's off to bed for some much needed rest. On or around day 10 we will reach DYE II, an abandoned cold war relic. On or around day 18 we will reach the summit of our crossing after which we descend a little each day.

Day 26-29 (+/-): The majority of the descent to the east coast takes place on the last 1-2 days. It is dramatic and beautiful. We will travel cautiously to avoid melt streams and crevasses. The final miles can be tricky depending on how much snow and ice remain. If there is little we may need to portage our sleds and gear to our final pick up location. Our pickup will be by helicopter or boat and is largely determined by weather, ice conditions and timing. Our finish may involve going to the small community of Isortoq or we may take a helicopter directly to Tasiilaq, a beautiful village that, with 2,000 inhabitants, is the largest community on the east coast of Greenland. From Tasiilaq you will take a helicopter to Kulusuk where you can catch flights to Iceland or Nuuk for your homeward journey.

The extreme conditions of the Greenland Icecap demand that each person is well organized and able to maintain their personal health and energy reserves throughout the expedition. This is where all of your physical training, mental preparation, and time spent acquiring the right clothing and equipment will pay off. Your participation in our Polar Shakedown Training will help you tremendously as you learn what to expect and how to deal with the adverse conditions. Weather in Greenland is notoriously fickle and you must be able to adapt quickly and effectively to be successful and safe.

This itinerary is highly dependent on a number of factors and it is subject to change.





Ask us for references!

We have guided hundreds of people in the polar regions. Ask us for references from your city or country and we will put you in contact with someone who has done an expedition with us and can give you the “inside scoop”. References can be the BEST way to learn about the expedition.

Getting there:

Kangerlussuaq is accessible by Air Greenland from Copenhagen several days a week. Please contact them directly for flight information (+299 34 85 85). From Kulusuk you can fly to Iceland most days of the week with Iceland Air. If you prefer to fly back to Copenhagen without a stop in Iceland you will need to fly first to Nuuk, Greenland. You can learn more about these routes with Air Greenland (airgreenland.com) , Iceland Air (<https://www.icelandair.com/>) and SAS (www.flysas.com). Trip cancellation, medical evacuation and search and rescue insurance are all required.

Additional information:

Please contact us for links to our expedition videos, expedition reviews, equipment checklist, dates and rates and FAQ.

Meet us!

We are always free to meet you, check your gear, or discuss your expedition via Skype or Google. Give us a shout!

WANT TO JOIN? HERE'S HOW:



- 1 Complete and return our application.**

To join one of our expeditions you'll need to complete and return our [online application](#). You can also request an application by emailing annie@polarexplorers.com.
- 2 Reserve your space with a deposit.**

A 25% deposit will reserve your space on any expedition. Contact us at annie@polarexplorers.com to request an invoice for your deposit. Deposits can be paid by wire transfer, credit card or USD check. Currency exchange fees and credit card processing fees may apply.
- 3 Review your eConfirmation Kit.**

Upon receipt of your completed application and deposit we will send you a comprehensive eConfirmation Kit that includes all the information you need to prepare for your expedition including what to expect, what to pack and how to prepare. From this point on we are always available answer any questions and to offer assistance during your preparations.
- 4 Get ready!**

All of our expeditions require varying degrees of preparations. There will be forms to complete and travel insurance to purchase. We can assist you with any of these requirements. Some of our expeditions also require physical and mental preparations or participation on our [Polar Shakedown Training](#). We are always available to talk with you about training regimens and to help you prepare as best as possible.
- 5 Let the adventure begin!**

As the expedition approaches we will be in touch on more regular basis. We will meet you at the expedition's starting location and check your kit to ensure you have everything you need. With your preparations behind you now is the time to let the adventure begin. We will be right beside you to help you make the most of the expedition!



Connect with us!



+1-847-245-4409
800-RECREATE (in USA)



annie@polarexplorers.com



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(in USA)