

# POLAREXPLORERS

## GREENLAND ICECAP CROSSINGS

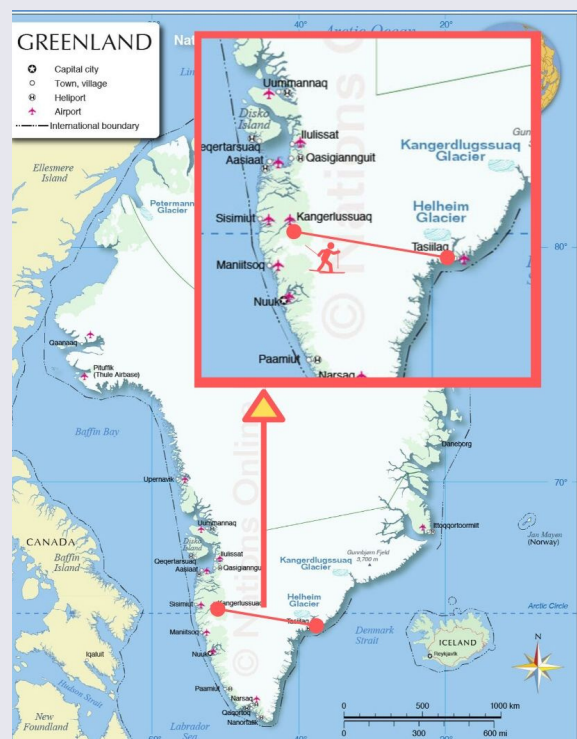


### TWO EXPEDITION OPTIONS:

- ✓ SKI & PULK
- ✓ SKI WITH DOGSLED SUPPORT

### *A 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 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 island by ski is no small feat. The weather is notoriously unpredictable and 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 working hard all day long. 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 this expedition is a **MUST DO**. The incredible sense of accomplishment at the end of the crossing 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 550 km as the crow flies.

**Duration:** Approximately 19-30 days +/- (depending on whether you do the dogsled assisted ski expedition or the ski/pulk expedition).

**Polar Shakedown Training:** Our five 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 (some expeditions may start on the east coast). If you have a couple extra days consider a one or two day visit to the town of Ilulissat, a short flight north of Kangerlussuaq. Ilulissat is home to the famous "Ice Fjord" a World Heritage Site and one of Greenland's must-see natural wonders.

**Day 1:** Meet your team and PolarExplorers guide in Kangerlussuaq (some expeditions may start of the east coast). 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 today reviewing expedition details, checking gear and taking care of last minute preparations.

**Day 2:** Leaving Kangerlussuaq we will depart for the icecap. The ski and pulk expedition will get dropped off at point 660 at the edge of the icecap or if the group is inclined to walk from the coast this can be arranged. The dogsled-supported expedition will get dropped off at "dog camp" approximately 30 kilometers from the edge of the icecap.



**Day 3-4:** The initial ascent to the icecap for the ski & pulk team. The terrain is crevassed and we will take our time maneuvering around obstacles and areas of melt water. Depending on the temperature we may experience some wet conditions. The dogsled supported skiers will start above the crevasse zone and will have the advantage of starting “high and dry”.

**Day 5-18 (dogsled supported ski expedition) or day 5-29 (ski & pulk expedition):** Crossing the Greenland Icecap. The beginning of the crossing is a series of undulating hills with a noticeable ascent. 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 6-8 hours of skiing (could be more or less depending on weather and our timing). We will stop approximately every hour for a short break to eat, drink and rejuvenate. Then it's back to skiing for the next “march”. In the late afternoon 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 phone in our position and description of the day's events so friends and family can follow our progress and share messages via the Expedition Blog. Socializing with the group in the evening can be a wonderful end to the day. Then it's off to bed for some much needed rest.

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

**Day 19 (dogsled assisted ski expedition) or day 30 (ski & pulk expedition):** 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 crevasses on our way down to the sea. Upon arriving on the east coast we will be picked up by boat and taken to the small hunting village of Isortoq. This is home to our mushers and we will say our goodbyes to them as well as the dozens of dogs who have been our companions on the dogsled assisted expedition. From Isortoq we will take a helicopter to Tasiilaq, a beautiful village and, with 2,000 inhabitants, the largest community on the east coast of Greenland. We will spend the night before taking a helicopter to Kulusuk where we will catch our flight to Iceland and onwards.

The extreme conditions of the Greenland Icecap demand that each person is well organized and able to maintain their personal health and energy reserves. 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.





### 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 this expedition 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](http://airgreenland.com)) , Iceland Air ([www.icelandair.com](http://www.icelandair.com)) and SAS ([www.flysas.com](http://www.flysas.com)). Trip cancellation insurance is HIGHLY recommended and medical evacuation insurance and search and rescue insurance are required. Contact us for assistance!

### 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](mailto: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](mailto: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!



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