



ALBATROS  
EXPEDITIONS



ARCTICS 2022

# PREDEPARTURE GUIDE

IN THIS DOCUMENT YOU WILL FIND INFORMATION  
FOR YOUR UPCOMING EXPEDITION VOYAGE TO THE  
ARCTIC. PLEASE TAKE THE TIME TO CAREFULLY  
READ IT ALL BEFORE YOUR VOYAGE!

# Welcome on board!

Our voyages are intricately designed to engage your heart, mind and spirit through the duration of the journey. For this reason, each program includes full, active days of excursions and landings, as well as onboard activities while at sea.

Our expedition cruise team consists of expedition leaders, biologists and professionals who have extensive knowledge of Polar Regions and a passion for exploration.

Our small expedition ships have a distinct advantage - they can sail close to shore, in-between icebergs and into remote waters, permitting us to access amazing sites with greater speed and efficiency.

Please keep in mind, the itinerary and outdoor activities during each voyage are solely dependent on weather conditions to ensure the safety of our guests. The route and shore landings will be determined by the captain and expedition leader and communicated to guests through regularly scheduled briefings.



# About Traveling to the Arctic

Traveling to the Arctic on an expedition voyage differs from participating on large cruise ship voyages as it is not possible to plan all details to the same extent.

Many elements of the voyage are hard to predict, and the itinerary and places to visit are subject to changes. Wind, ice, and sea currents all play their part in the voyage, which may lead to changes in the program. The Expedition Leader, together with the Captain, will always discuss and coordinate the route and daily program. They will always ensure the greatest possible benefit from the voyage, based on the current conditions – and the possibility to observe whales, polar bears, and other Arctic animals.

What makes expedition voyages special is the possibility to cruise close to amazing sights, glaciers, wildlife, and bird colonies. To further enhance the experience, Zodiac boats are often used to bring the guests to the shore providing an excellent way of getting even closer to the Arctic's stunning nature.

To participate on a voyage with Albatros Expeditions, please remember to fill out the participant declaration and contact information form. If this has not yet been done, please do so as soon as possible.

## Important Rules for Landings and Excursions



When on land, it is of course very important to show the deepest and utmost respect for the unique nature and culture. This also means not leaving anything behind other than your footprints and not taking anything with you besides memories. It is vital that you always listen to and follow the guidelines of the Expedition Leader and his or her team.

### General Safety Precautions

- *Always inform the Expedition Leader if you want to go ashore/hike on your own.*
- *Do not enter a house/building, unless you have been specifically invited in.*
- *Do not walk around alone in deserted areas. Always make sure that the group is visible. Remember that the weather can change quickly and hence reduce visibility.*
- *Keep the safety distances to animals and birds (minimum 5 meters) – not just for their sake, but also for your own.*
- *Keep an eye on the time. You need to return to the ship by Zodiac, so make sure to be at the meeting point at the designated time.*
- *Remember when the ship is expected to depart and make sure that your watch is set to the same time-zone as the ship's.*
- *Always make sure to swipe your Cruise Card when you leave the ship and when you return, so the ship's crew is aware if you are on board or not when the ship is ready to depart.*



## AECO Information

The Association of Arctic Expedition Cruise Operators (AECO) is an international association for expedition cruise operators operating in the Arctic and others with interests in this industry.

The association was founded in 2003 and has since become an important organization representing the concerns and views of Arctic expedition cruise operators. AECO is dedicated to managing responsible, environmentally friendly and safe tourism in the Arctic and strives to set the highest possible operating standards.

The association's geographical range is considered to encompass the Arctic area north of 60 degrees north latitude. The core areas are Svalbard, Jan Mayen, Greenland, Arctic Canada, the Russian Arctic National Park and Iceland.

In accordance with AECO guidelines, Albatros Expeditions contributes to ensuring the protection of the Arctic for future generations. As vital parts of our obligations to AECO we kindly ask you to read the guidelines; as well as to pay close attention to all briefings on board during your voyage.

For more information about AECO and their guidelines, please visit their website: [aeco.no](http://aeco.no)!

# Basic Principles for Visitors to the Arctic



## Leave no lasting signs of your visit

Besides not leaving any litter behind, do not engrave on rocks or buildings and do not build cairns, rearrange stones or in any other way leave visible signs of your visit. In addition, we also ask you to watch where you set foot in order to protect the flora and vegetation and avoid path-making. Avoid stepping on flowers or plant beds if possible.

## Do not take anything with you

We encourage you to leave Arctic as it is. Cultural remains are protected. In addition, we ask you to leave stones, bones, driftwood and other items where they are. AECO regards all flora as protected and asks you to not pick flowers or other plants.



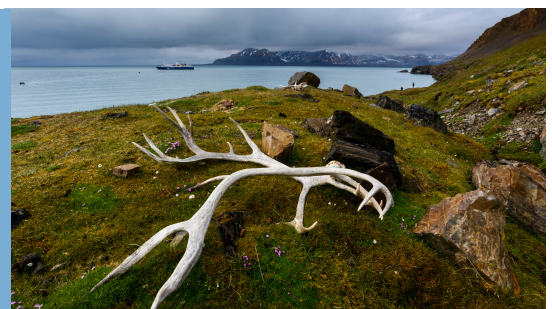
## Do not disturb animals and birds

AECO regards all fauna in the Arctic as protected. Avoid disturbing animals as much as possible, if close refrain from making loud noises and keep conversation low and calm.

AECO rules dictate maximum group sizes when making landings and excursions and also the minimum distances to various wildlife. Please help us preserve the wildlife by following the instructions

## Leave cultural remains alone

Cultural remains are protected by law and a zone of 100 meters around the remains is also considered as protected. Watch where you are walking and standing. Walk around and not in between objects. Do not take anything with you and do not attempt to touch or rearrange objects.



## Be safe

Traveling in Arctic areas may involve various risks. Rule number one is that you must always pay attention to and follow the instructions given by your expedition leader or guide. Never stray from your group.

# Safety precautions & Guidelines 1.

## Biosecurity Guidelines

### Help protect the Arctic Environment

The Arctic remains one of the most pristine natural environments in the world. AECO's [biosecurity guidelines](#) aim to minimize the risk of future introductions of non-native species to the Arctic. Non-native species can spread to the Antarctic through our activities there. By following a few simple steps in these guidelines, you can help prevent this.

If you notice organic matter on boots, clothing, or personal equipment, make sure to clean it off.

### Be a responsible visitor

One of the main ways non-native species can spread to the Arctic is by our activities there. Seeds, microorganisms, and even insects can hitchhike to the Arctic on footwear, attached to clothing, or in bags that have been used in the outdoors previously. By following a few simple steps, you can ensure that your visit do not lead to non-native species being introduced to the Arctic.

### Before leaving home

Examine and clean clothes, footwear, and bags thoroughly. Examine and clean all clothing, including pockets, seams, Velcro fasteners, and footwear soles for dirt and organic material. Use a vacuum cleaner, brushes, and water where necessary to ensure all seeds and dirt have been removed. This is especially important if you have used your clothing and equipment previously in parklands or rural settings, or other polar regions.

### Upon arrival – be biosecurity aware

Follow the biosecurity procedures on your expedition.

Watch your step. If you notice organic matter on boots, clothing or gear, make sure to clean it off before leaving a site and use the disinfectant wash between visits. Leave disinfectant to dry between landings.

Spread the word. Share this information with others and help protect the Arctic environment.

### Non-native species – a potential threat to the Arctic environment

Non-native species represent a threat to biodiversity globally as they can cause serious negative impacts to the natural environment. These are species that are introduced to regions where they are not normally found because of human activity. Increasing visitation in the Arctic means a greater chance of more non-native species introductions.

## Cultural and Social

Tourism is a great way of learning about, promoting and creating tolerance between people of different backgrounds and cultures. When visiting foreign countries and cultures, guests may find things very different from home. It is important not to judge other cultures based on one's own sense of reality, norms and values, but try to understand that cultures are qualitatively different.

### Cultural understanding

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### Flying a UAV (drone)

As AECO has banned a general use of UAV by revenue passengers, Albatros Expedition cannot allow our guests to fly a drone during Ocean Atlantic's Arctic Voyages.

# Safety precautions & Guidelines 2.

## Respect local cultures

- Engage the people and cultures with respect; an open mind leads to the best experiences.
- Think of yourself as an ambassador for your country and culture, as the locals are for theirs. Politeness and good manners are always appreciated.
- Respect privacy: Keep a good distance from private houses and never glance or photograph through private windows.
- Talk to and not about people you meet.
- Please do not litter. In remote areas, please also consider the community's ability to handle the waste. Perhaps you should bring some of it, and especially special category waste, back with you.
- Do not visit graveyards or other areas of religious or cultural significance without permission.
- Ask before you photograph – a hesitation means NO.
- Never photograph or give presents to children without their superiors' permission.
- Cairns may be signposts – do not alter them.
- Never barter or import banned substances to a community.
- You are encouraged to buy local souvenirs and products, but be aware of the legalities of importing/transporting purchases into other countries e.g. CITES – Convention of 3 March 1973 on International Trade in Endangered Species of Wild Fauna and Flora/ The Washington Convention, [www.cites.org](http://www.cites.org).

A large group of visitors can easily impact everyday life in small communities, so please be aware of your surroundings. If you are part of such a group, consider how you can contribute to the best possible interaction, for example, by avoiding blocking roads, entrances and exits.

## Sustainable tourism in Arctic regions

With some exceptions, the Arctic is characterized by huge wilderness areas and small remote towns and settlements, often with Inuit population. Inuit is a general term for the group of culturally similar indigenous people. Few small towns and settlements in the Arctic have road accessibility and contact with the outside world may be limited for greater parts of the year. Larger parts of the Arctic regions are therefore different from more populated and industrialized areas of the world. For a small and sometimes isolated town or settlement in the Arctic, the call of a cruise ship is often a welcome and happy event. Locals may find both ships and their passengers interesting. But tourism in Arctic regions is growing rapidly. Anyone involved needs to be cognizant to the economic, social and cultural impact the growing tourism may have on local communities. Responsibility for respectable interaction and local benefits also rests with the tour operators and visiting guests.

## Cultural understanding

Do not deposit any litter or garbage on land nor discard it into the sea.

At stations or camps smoke only at designated areas, to avoid litter and risk of fire to structures. Collect ash and litter for disposal outside the landing sites.

Ensure that all equipment and rubbish is always secured in such a way as to prevent dispersal into the environment through high winds or wildlife foraging.

## Wilderness values

Watching undisturbed wildlife in its natural environment is a great experience. To avoid disturbance, you are asked to be considerate and follow these wildlife guidelines. AECO's Wildlife Guidelines cover various arctic wildlife. Please follow the guidelines on board the ship for each when ashore.

# Practical Information

When going on an expedition cruise to the Arctic regions with Albatros Expeditions there are several things to remember and take into consideration before the voyage.

## Climate

Depending on your chosen itinerary, you are bound to encounter a wide range of climates. Later, under the "Specific Information Regarding Destinations and Travel Areas" section we are going to detail the climates of each destination.



## Gearing Up – What to bring

An expedition cruise requires a relatively large variation of clothing as the temperature on each island will vary. On shore, as well as outdoors on board the ship, warm wind- and waterproof clothes, gloves and hats are necessary.

So, what is the secret of keeping warm? Layers! They insulate trapped air, and you can adjust them as needed. Select lightweight technical fabrics engineered to lead away moisture, while keeping you dry and warm. This could for example be, from the inside out, a wool base layer, a sweater or fleece as the mid layer and wind- and waterproof jacket as the outer layer. On the legs, tightly woven leisure pants would normally be sufficient on shore, but on cold days at sea thermal underwear as a base layer will add substantial comfort. On windy days with rain and surf, a pair of water-resistant pants are important when Zodiac cruising!

A pair of strong slip-resistant hiking shoes/boots are ideal to wear on board and excellent for strolling in the villages or hiking nearby. On board the ship, the dress code is casual, bring practical clothes to wear on board and



# Practical Information 2.

## We highly recommend you bring:

- Thermal base layer
- Mid-layer fleece
- Jacket
- Waterproof or water-repellent pants
- Waterproof shell/wind breaker
- Good hiking shoes/boots (rubber boots available on board on a loan basis)
- Seasickness medication



## And don't forget:

- Passport
- Credit card and cash in local currency
- Winter hat, scarf & waterproof gloves
- Wool socks
- Binoculars
- Swimsuit
- High-protection sunglasses
- Sunscreen & SPF lip balm
- Waterproof backpack for excursions
- Waterproof bags for separating clean clothes from wet clothes
- Camera, extra batteries & memory cards

## Sunscreen

The Arctic sun's rays and reflections from sea, snow and ice may be strong on the skin. Hence, we highly recommend bringing a high factor sunscreen.

## Seasickness

On an expedition cruise you may at times experience large swells and rough seas. There are various alternatives to combat seasickness, such as seasickness patches or seasickness pills. Seasickness medication also come in different active ingredients and what works for one person may not work for another. Please also note that medication against motion sickness can cause drowsiness. If in doubt what is the best option for you, please consult your doctor or a health care professional prior to your departure. The ship will carry a limited number of seasick pills for sale in the reception. We highly recommend bringing your own seasickness medication.

## Language & Onboard Briefings

The official language aboard the ship is English; however, our expedition leaders and crew are knowledgeable in a variety of languages. If there is a large group, desiring communication in their own language, we will make special arrangements to accommodate these needs.

The Expedition Leader will conduct regularly scheduled briefings to highlight key points in the itinerary, organize excursions and communicate important information. Please attend all briefings onboard.

## Practical Information 3.

### Zodiac Excursions

For some landings, when there is no pier, Zodiacs will be used to bring you on land and back to the ship. Many wonder what a Zodiac is and whether the landings are safe? Rest assured, the Zodiac brand has earned a well-deserved reputation as the sturdiest and safest small watercraft available. These boats are constructed for professional use and are outfitted with a top-quality outboard engine, yet their design minimally affects the environment.



Your safety and comfort are our foremost priority. You will receive a Zodiac briefing on board the ship, so that you can learn to enter and exit the Zodiac safely. Traveling by Zodiac is not particularly challenging, if you can move around unassisted on ship you will be capable of participating in Zodiac landings. Our guides are always on hand to assist.

Some Zodiac shore landings will bring you to a floating pier or concrete ramp, and some landings will be on a gravel beach where a little surf can be expected. We offer sturdy, high-quality boots for you to use (free of charge) for the duration of your trip. These boots will be your own private pair for the entire voyage to wear during wet landings and hikes. The Expedition Team will inform you during the daily briefing on the condition of each specific landing.



### Security, Safety & Lifesaving Equipment

The ship complies with all safety regulations. The ship is an ice-class vessel suitable for sailing in polar environments. Upon arrival on board the ship, there will be a mandatory passenger briefing and safety drill before departure. Here you will be provided with security information, practical details regarding life onboard, and an introduction to key personnel on board.

### Phone and Internet & Wi-Fi

Keep in mind, we will be cruising in a very remote region of the world. Where accessible, Wi-Fi access is available for an extra charge from the reception. Please ensure that your 'Data Roaming' function is switched off. Mobile phone reception may be possible in select regions along our route. For further details, please contact your mobile phone operator.

It is possible to purchase Wi-Fi at the reception, but remember that connectivity may be limited in many places.

### Smoking & Alcohol

For safety reasons and to protect the health of our guests and employees, smoking is only permitted in designated areas on the outside decks. Smoking is not permitted inside the vessel, in the cabins or near the Zodiacs. Please remember to respect our natural environments and dispose of cigarette butts only in designated ashtrays and bins.

Bringing alcohol aboard is generally not encouraged. It is, however, possible to consume alcohol brought on board in public areas at a small "corkage fee" of US\$20 per bottle, charged to guest's onboard account. A large variety of alcoholic and non-alcoholic beverages are served on board and are available in the restaurant and at the bar.

## Practical Information 4.

### Cruise Card / Payments / Credit Cards

During check-in onboard, you will receive your personal cruise card, which you should always have with you. This cruise card is linked to your onboard account during check-in. The cruise card is used on board as a payment instrument and identity card. All on-board purchases are charged to your shipboard account via the cruise card.

Visa, MasterCard, and American Express credit cards are all accepted. Alternatively, you can deposit cash (US\$). At the end of the voyage, your account will be settled by the payment methods mentioned above. All prices and payments on board are in US\$.

There is no currency exchange office onboard the vessel.

Be sure to contact your credit card provider regarding the use of your credit cards overseas and note that if you pay by credit card onboard transactions onboard the vessel are via an American bank.

The currency used in Svalbard is Norwegian Kroner (NOK), in Scotland, British pounds sterling (GBP), and for the Faroe Islands and Greenland, Danish Kroner (DKK). Many shops and restaurants also accept credit cards. We recommend that you bring NOK with you (for Svalbard), as ATMs are limited and not always in service. In Iceland, the currency is Icelandic Kroner (ISK), but many shops and restaurants accept credit cards.

### Health / Medical Emergency

Each of our vessels has a small medical facility equipped with the necessary equipment and medicine to handle small emergencies. A professionally licensed, English-speaking physician staffs the infirmary, but sophisticated medical care is unavailable onboard. All guests must therefore have personal travel/health/evacuation insurance for the voyage. Please note that consultations and treatment by the doctor will be charged to the guest's onboard account. Consultations vary from US\$25-US\$75 and treatments from US\$5-US\$100. Make sure to keep a receipt of all medical costs for insurance purposes.

Although we do not have an official requirement regarding personal fitness, you should be able to move on board and ashore without the help of others. Please be aware that the ship does not provide wheelchair-accessible cabins.

Due to safety reasons, a cruise is only possible for pregnant women until the 24th week of pregnancy. A medical certificate must indicate the stage of the pregnancy and be presented upon request during check-in.

Passengers are further advised that medical evacuation, if available, is expensive and we strongly recommend you acquire the correct medical insurance that would reimburse you for this cost. Please note, the locations being traveled in are very remote, and in the areas where Medevacs (Medical Evacuations) are possible, it can take up to 2 days to be reached. For this reason, medical insurance should cover sufficient remote area evacuation and repatriation costs.

### Itinerary & Program Changes

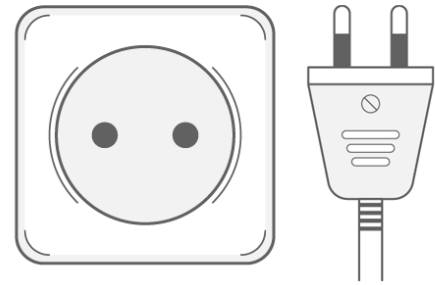
As this is an expedition cruise to a remote region, we are at the mercy of Mother Nature. We have planned itineraries for each day of the voyage, but to ensure the safety of our guests, expedition team and crew, we may be forced to change the route.

# Practical Information 5.

## Electrical Outlets

The ship has a 220v / 50 Hz cycle system. Please check your appliances before use. 110-volt appliances require an adapter prior to use aboard the ship.

The electrical outlets on board the ship are the so called 'F-type sockets', round 2-pin, 220- 240 V, grounded, used in continental Europe and Russia. They take C, E, and F-type 2-pin plugs.



## Cabin Service & Gratuities

Your cabin is serviced daily. We provide turndown service.

Following international standards in the service industry, it is customary to leave a gratuity for the ship's crew at the end of the voyage. All gratuities are divided among the crew. A gratuity is voluntary, but it is a custom to show appreciation to the hardworking crew. The ship will send out a letter regarding gratuities some days before disembarkation, that they will automatically charge the gratuity to the onboard account unless there are any questions or objections. The gratuity per person per day is 14.00 US\$. In case of any questions or disagreements, please speak directly with the reception on board.

## Albatros Ocean Boutique

Maximize the way you experience the polar conditions by wearing specifically designed gear, meant to protect your body, keep balanced body temperatures and be adequate and practical for ease of movement through your journeys.

The items you find at the Albatros Ocean Boutique have been chosen by the Albatros Expeditions' team with warmth, mobility and comfort in mind.

Visit our Boutique to pick the perfect souvenir, gift, t-shirt, jewelry created especially for Albatros Expeditions and the voyage, or one of the cute cuddly toys for sale, and get a copy of The Polar Handbook, Albatros Expeditions founder's latest book release.

Opening hours will be posted on board the ship. All purchases made will be charged to your on-board account.

## Information Regarding Your Passenger Ticket and Luggage Tags

Together with this document, you will have received your passenger ticket.

Upon check-in on the ship, you will be required to present your Passenger Ticket and passport. Luggage tags will be handed out prior to check-in by an Albatros Expeditions representative at the check-in at the pier. Please ensure that you write clearly in capital letters both your full name and cabin number. It is important that ALL pieces of luggage are tagged. Please ensure this is undertaken prior to check-in.

## Polar Plunge

Depending on the weather conditions, you will be offered to participate in this once in a lifetime - chilling experience. Jump into the icy waters of the Arctic directly from our vessel- with our guides standing by at all times. The activity is free of charge.

# Specific Information Regarding Destinations and Travel Areas

## Aberdeen, Scotland

In May, the average maximum daytime temperature lies around 13.0 °C. The amount of rain for the month of May is around 59mm. If you enjoy blue skies then this is the best time to visit Aberdeen, with around 194 hours of sun.

## Ireland & Scotland

The climate of Ireland and Scotland is influenced mostly by the Atlantic Ocean. As a result, it doesn't have the extreme temperatures that other countries at similar latitudes would have. Hills and mountains – not least in Scotland – create their own weather and can give sudden winds and rain showers as well as shelter from humid ocean winds.

## Jan Mayen Island

Jan Mayen Island is a Norwegian volcanic island in the Arctic Ocean, that has no permanent habitation. The island is mountainous and partly covered by glaciers. The Gulf Stream's powerful influence makes seasonal temperature variations extremely small considering the latitude of the island. During the summer temperatures of around 6 °C (43 °F) can be expected in May. However, due to the position of the island, it can be extremely cloudy with little sunshine even during the continuous polar day.

## Lerwick, Shetland Islands

The average maximum daytime temperature lies around 10 °C. May is the driest month on the Shetland Islands, with around 55mm of precipitation. There are around 17 hours of daylight (daily).

## Tórshavn, Faroe Islands

In Tórshavn, the average daily temperature during May is around 9.0 °C. Precipitation lies around 80mm for the month. During this time of year, you can expect around 17 hours of daylight (daily).



# Specific Information Regarding Destinations and Travel Areas 2.

## Svalbard, Norway

Svalbard is a group of islands ranging from 74 to 81 north latitude, and from 10 to 35 east longitude. The archipelago features an Arctic climate, although with significantly higher temperatures than other areas at the same latitude.

In June, Svalbard is well and truly into the 'polar day' season with 24 hours of daylight and of course the midnight sun. Temperatures start to rise above 0°C to reach a possible maximum of 5-8°C at the end of the month. There is still relatively low rainfall with only around 18mm throughout the month, which is good news for exploring both aboard your expedition ship and on land. Svalbard is in fact part of the Arctic desert as it receives so little rainfall year-round.

July is the warmest month, with average temperatures of 3 - 7 °C. The Midnight Sun's constant daylight helps maximize wildlife sightings. There is still relatively low rainfall with only around 18mm throughout the month, which is good news for exploring both aboard your expedition ship and on land. Svalbard is in fact part of the Arctic desert as it receives so little rainfall year-round.

## Iceland

Iceland sits squarely in the path of the mild North Atlantic current and therefore enjoys a relatively temperate climate. Expect temperatures during summer of 10 to 15°C with high humidity. Bear in mind that Iceland's weather is notoriously variable and as the saying goes: "If you do not like the weather in Iceland, wait half an hour...!" So, it is always good to have a waterproof jacket within reach.



# Specific Information Regarding Destinations and Travel Areas 3.

## Greenland

All of Greenland's ice-free areas lie in the Polar Tundra climate zone. Summer temperatures are the same all-around Greenland's long coastline. There are local differences though, and the inner fjords enjoy drier and more sunny weather than the coastal areas. Expect temperatures during the summer of 5°C to 15°C in the shade. But as the air is often dry, temperature feels much higher in the sun. Precipitation varies considerably. The southern regions can be quite rainy and humid, and northern areas usually drier and sunnier.

With higher summer temperatures come the almost ubiquitous mosquitoes. Come prepared with tight-woven clothing, a simple mosquito net for the head and a small flask of repellent for your hands. And expect many days to have no mosquitos at all.

August being the last month of summer in this part of Greenland you can expect to enjoy temperatures with an average high of 9°C and lows of around 5°C. During August, the region regularly aggregates up to 13mm of precipitation. During the entire year in this region, you can expect up to 198mm. The average for the day in August is 18.5h

September is the first month of fall, in this region of Greenland, and average temperatures fluctuate between -4°C and 1°C. During the entire month of September, around 49mm of precipitation is accumulated.

In September, the average length of the day is 13.3h and the average sunshine during the month is 4h.



## Greenland's Heritage Act, Inatsisartut Law no. 11 of 19th May 2010

As we will visit protected heritage sites in Greenland, the following laws are important to follow and understand. Greenland's Heritage Act stipulates that no activities may be carried out within twenty meters of an ancient monument or a registered archaeological site in Greenland. Ancient monuments and archaeological sites are defined as any earthen work or stone feature, building, or structure (including all archaeological components) that predates AD 1900. Graves pre-dating 1900 and after are also protected under the Act. It is important that there is no disturbance to any ancient monument, archaeological feature, or cultural remains, including looting or manipulation of any ancient artifacts, bones, antlers, or stones lying on the ground.

# Kayaking in the Arctic

Glide through the waters and take in the royal grace of the coastline and see the varied wildlife, birds, and maybe even whales in their natural habitat. Paddle through this scenery under the supervision of experienced kayaking guides who will ensure your safety during each outing. Due to the colossal nature of this location, it is important to maintain certain precautions and to understand that these kayak excursions are solely dependent on favorable weather conditions.



This adventure activity will run separate from, though simultaneous to, Zodiac cruising and landing activities.

The number of participants is restricted to maximum of 10 guests in twin kayaks.

## Duration:

2-3 hours per each kayak excursion, depending on timings, weather and ice conditions.

## Price for the Kayak Excursion:

From US\$250 per kayak excursion (weather dependent).

## Clothing & Equipment:

The equipment provided by Albatros Expeditions – such as the dry suits – has been chosen based on research by professional experts in the field, to maximize comfort and minimize risk. You are welcome to bring your own dry suit, but the Kayak Master must check it before the kayak excursion, to ensure it complies with safety standards. Everyone participating is required to wear a dry suit during the entirety of the activity.

A clothing layering system is more effective for the Arctic and for any extreme cold conditions. Build an outfit through several layers: create a foundation layer that leads moisture away and keeps the body warm, a mid-layer that traps body heat and insulates, and a waterproof outer layer that allows the body to breathe but also protects you from strong winds. Participants should also wear winter gear for the extremities to allow mobility and maintain body heat. Everything participants wear under the drysuit is their own responsibility to bring to the voyages.

## Pre-requisites to participate:

- You are required to have minimum standard skill level and previous kayaking experience. We recommend you book a kayaking outing in regular surroundings as practice before the expedition.
- You are required to have basic training in sea kayaking strokes, entries, exits, as well as a wet exit. Our guides will determine the competence of those allowed to participate in the outings.
- You must participate in all kayak-related briefings on board.
- The Kayak Master decides who is capable of participation based on previous experience and who is not capable of participating in a kayak excursion.
- Due to precautionary measures, participants are not to be under the influence of any substance during these outings.
- The Kayak Master has the right to assess each situation and the qualification of each participant. The Kayak Master may decide to pull out a participant from the excursion if the participant does not comply with directions during the kayak excursion.
- You are required to have travel and medical insurance that is verifiable during the expedition.



# Optional Excursions

The following optional excursions are available on our Arctic 2022 cruises.

The excursions can be preordered or bought separately onboard pending availability. Please see the complete list and pricing on the last page.



**Orkney Isles: Incredible Skara Brae and spirit tasting & Callanish standing stones and Lewis sightseeing**  
Excursion package. Available for the "Jewels of the Scottish Isles" voyage.

Depart Kirkwall and head into the west of Mainland, Orkney's largest island. This excursion passes through gentle rolling landscape and into the Neolithic Heartland of Orkney; an area designated as a World Heritage Site due to its wealth of pre-historic archaeology. Passing the Standing Stones of Stenness, we will stop at the Ring of Brodgar; a huge ceremonial circle of stones dating back almost 5000 years. We then continue on to the 5000-year-old village of Skara Brae, beautifully interpreted in the visitor center. See the remarkable dwellings revealed from beneath the sand dunes by storms only 150 years ago. Back in Kirkwall, we will visit one of the areas distilleries, get a tour and taste of the precious drops. This allows us to taste Scotland's northernmost distilled spirits. Includes transport in coach, entrance to Skara Brae and spirit tasting (gin or whisky). Duration 7-8 hours.

Arriving to the main town in the early morning, we offer an optional excursion that takes us along the wild scenery of the Outer Hebrides and ancient history in the form of the Neolithic Callanish Standing Stones. Expect the guides to share many stories behind the sights we pass. Includes transport in coach. Duration 4 hours

## Activity Level:

Easy

## Terrain:

Soft ground which is uneven in parts at the Ring of Brodgar. Around 2 hours total walking (at discretion of visitor). Good paths at Skara Brae. Some uneven ground.

## Wheelchairs:

Full participation for wheelchair users at Ring of Brodgar is not possible due to the soft ground. Skara Brae fully accessible. We request that any wheelchair users be accompanied as the guide cannot undertake responsibility for them during the tour.

## Shopping:

Historic Scotland gift shop at Skara Brae.

## Refreshments:

Café is available for visitors in the visitor centre at Skara Brae which sells hot and cold drinks, home baking and light meals. Refreshments are not included in this tour.

## Photo opportunities:

Photo opportunities throughout the tour.

## Clothing:

Warm and waterproof clothing, sturdy footwear.

## Optional Excursions 2.

### Stoneage Clickimin Broch and Shetland sightseeing & Torshavn: sightseeing and Kirkjubøu visit

Excursion package. Available for the "Through the North Atlantic: From Scotland to Svalbard" voyage.

Once securely docked at the port, we depart through Lerwick towards Scalloway for a short scenic drive. From the elevated position we can enjoy the view of the charming village and the imposing Scalloway Castle. After a short photo stop, we continue eastwards through the area that is locally known as the "Black Gates" – an area where peat is still cut to use as fuel. Following the road northwards our main destination of Clickimin Broch is only a short drive. There will be free time to discover this well preserved and restored Broch and learn more about life in the Iron Age. Includes transport in coach. The Broch of Clickimin is a large, well preserved but restored Broch in the heart of Lerwick.

Come with us on this look back into history! We drive out of the capital and over the mountains to the south. As the climate on the Faroe Islands is 'stably unstable' it is not unlikely that we will drive through the cloud base and experience some fog on the way. But if you wait a moment, it is also not unlikely that it will clear up and give us a dramatic view. We arrive in Kirkjubøur, the most important historical site on the islands. Kirkjubøur was in medieval times the Episcopal center of the Faroe Islands, and also its undisputed cultural center. We visit the ruins of the impressive Magnus Cathedral that perhaps never was completed, and the St. Olav church – the only remaining medieval church on the Faroe Islands. During our excursion we will learn a lot more about the Faroe Islands, both geographically, historically and the current state of the isles.

#### Activity Level:

Easy

#### Terrain:

Hillsides, soft ground and flat terrains on photo stops. Mostly flat terrains on town visits. Some slightly rugged/elevated terrains if you walk off road. Walking at Clickimin Broch is at guests own discretion. Some uneven ground. Total walking distance: approx. 1,5 km.

#### Wheelchairs:

We request that wheelchair guests are accompanied as the guide cannot undertake responsibility for them during the tour.

#### Shopping:

Shopping is available in Torshavn.

#### Refreshments:

Refreshments are not included in this tour.

#### Photo opportunities:

Bring camera! Remember that the Faroese weather is unreliable, but part of the total experience!

#### Clothing:

Warm and waterproof clothing, sturdy footwear.



# Optional Excursions 3.

## Boat trip to the ice-fjord

Available for the "In the Wake of Eric the Red" and "Greenland - Disko Bay" voyages

On this day, you will also have the opportunity to join a boat trip to the Icefjord. The journey takes about 2,5 hours in total and presents an opportunity to gain a closer look at the amazing ice-sculpted scenery. The trip is definitely something out of the ordinary and a great natural experience that you will remember for years to come - but be sure to remember warm clothes!



### Activity Level:

Easy

### Terrain:

Zodiac to shore pontoon, where we also board the boat.

### Wheelchairs:

Not suitable for wheelchairs.

### Shopping:

Shop available at Shop Siku close to the pontoon.

### Refreshments:

Refreshments are not included in this tour.

### Photo opportunities:

Weather permitting, fantastic photo options throughout the tour.

### Clothing:

Warm and waterproof clothing.

## Ice-fjord Flight Sightseeing

Available for the "In the Wake of Eric the Red" and "Greenland - Disko Bay" voyages

Discover huge icebergs pushing towards the mouth of the Kangia Icefjord, and breaching their way into the Disko Bay. Get to see the very small settlement of Ilimanaq just south of the ice fjord, and if you are lucky, you might get a glimpse of the many whales in the bay on your way back to Ilulissat. We fly Vulcanair Partenavia P68 airplanes. These airplanes are ideal for the purpose of sightseeing flights. Being high wing mounted with large windows at each seat, you have the perfect conditions for taking pictures and bringing your memories back home, as well as giving you a clear view of the landscape. The Partenavia can carry up to 5 passengers plus the pilot. Duration: approx. 40 min.

### Activity Level:

Easy

### Terrain:

Zodiac to shore pontoon, walk up boarded bridge walk to the car that takes us to the airport.

### Wheelchairs:

Not suitable for wheelchairs.

### Shopping:

Shop available at Shop Siku close to the pontoon.

### Refreshments:

Refreshments are not included in this tour.

### Photo opportunities:

Weather permitting, fantastic photo options throughout the tour.

### Clothing:

Warm and waterproof clothing (only recommended for Zodiac transport part).

**Remark:** We reserve the right to increase the price due to fuel rates.



# Optional Excursions 4.

## Trip to the Reindeer Glacier, Kangerlussuaq

Available for: "In the Wake of Eric the Red" and "Greenland - Disko Bay" voyages

The Ice Sheet is one of Greenland's biggest attractions. It covers 80% of the surface of the country, but the size of this mass of ice is reduced every year, because it melts more than it rebuilds. Our destination is a place we call Reindeer Glacier, which stands tall like an ice wall – in some places up to 60 meters high – displaying a clear contrast between land and ice.

The name is due to the frequent sight of reindeers here, but even without the presence of the animals, this location is a world-class spectacle, with a myriad of motives for the camera and calmness that brings to our thoughts nature's pristine, immaculate beauty. Our journey to one of the area's most remarkable glaciers requires transport via a tundra coach, a 4WD vehicle, which is designed to take on the rocky, changeable terrain and gravel roads. Along the way, keep your eyes open for the wildlife that resides in the area, namely reindeer and musk oxen, while you let your mind wander while listening to the history and stories of the area narrated by our guide.

During the warm summer months, glacial thinning and instability within the colossal walls of ice happens more often. These structures can calve and break suddenly; therefore, it is important to maintain a safe distance from the ice giants. After approx. 90 minutes of driving, we will reach the resplendent Reindeer Glacier, where one can walk parallel to the glacier edge up from the waterfall, and there is the opportunity to photograph the scenery from many different good angles, or just enjoy the greatness and silence, interrupted only by the roaring sound of the melting ice water.

The area where we spend most of the time is equipped with about twenty benches with tables and primitive but practical mobile toilets for those in need. After an appropriate amount of time in front of the fascinating glacier, we leave the unique nature as it was when we got to it: Untouched, magnificent and unforgettable.



### Activity Level:

Easy

### Terrain:

A somewhat bumpy ride on the rocky roads. The walking terrain is rugged and requires you to be careful and attentive. The hike is evaluated as between easy and intermediate difficulty.

### Wheelchairs:

Not suitable for wheelchairs.

### Shopping:

Shop available in Kangerlussuaq.

### Refreshments:

Sandwich & water is included.

### Photo opportunities:

Great photo options throughout the tour.

### Clothing:

Warm and waterproof clothing, sturdy boots.

# Optional Excursions 5.

## Trip to the Russel Glacier, Kangerlussuaq

Available for: "In the Wake of Eric the Red" and "Greenland - Disko Bay" voyages

The Ice Sheet is one of Greenland's biggest attractions. It covers 80% of the surface of the country, but the size of this mass of ice is reduced every year, because it melts more than it rebuilds. At Kangerlussuaq, clear signs have been found that the ice is receding. Our adventure to the area's most remarkable glacier requires transport with a tundra coach, a 4WD vehicle, which is designed to take on the rocky, changeable terrain and gravel roads.

This leg of our journey takes approximately 1.5 hours. On the way, we will be on the lookout for wildlife, such as reindeer and musk oxen, and listen to stories from our guide about the area's history. After arriving to Russell Glacier, you can hike along the glacier's edge, and simply enjoy its immensity. Here, the roar of melting and morphing ice structures are the only sounds that disrupt the peaceful silence. You will find many excellent locations for close-up photography and panoramas. Due to the melting of ice during the warmer summer months, glacial thinning and instability within the colossal walls of ice can result.

These structures can calve and break suddenly; therefore, it is important to maintain a safe distance. As the ice slowly moves across the mountain landscapes, its unseen power crushes the rock below, thereby producing an accumulation of stony deposits and fine, gray silt. The silt is actually fine sand, clay and gravel that resulted from the ice's crushing weight. These moraines and silt serve as a true testament to the great forces that nature can exert. They also help explain the steely gray color of the 160-kilometer (199-mile) long Kangerlussuaq Fjord. After an hour spent enjoying the fantastic glacial surroundings and nature's might, we will leave Russell Glacier behind, just as we found it – pristine, magnificent and unforgettable. The Russell Glacier is located within the UNESCO World Heritage site of Aasivissuit - Nipisat.

### Activity Level:

Medium

### Terrain:

A somewhat bumpy ride on the rocky roads. The walking terrain is rugged and requires you to be careful and attentive. The hike is evaluated as between easy and intermediate difficulty. Walking 6000-700 meters depending on how far you want to walk

### Wheelchairs:

Not suitable for wheelchairs.

### Shopping:

Shop available in Kangerlussuaq.

### Refreshments:

Sandwich & water is included.

### Photo opportunities:

Great photo options throughout the tour.

### Clothing:

Warm and waterproof clothing, sturdy boots.



# Optional Excursions- Price List

## EXCURSION

## PREBOOKING RATE

## ONBOARD RATE

Orkney Isles: Incredible Skara Brae and spirit tasting  
& Callanish standing stones and Lewis sightseeing

\$290.00/pax

\$225/85.00/pax/tour\*

Stoneage Clickimin Broch and Shetland sightseeing  
& Torshavn: sightseeing and Kirkjubøu visit

\$120.00/pax

\$68/68.00/pax/tour

Boat trip to the ice-fjord

\$120.00/pax

\$125.00/pax

Ice-fjord Flight Sightseeing

\$425.00/pax

\$450.00/pax

Trip to the Reindeer Glacier, Kangerlussuaq

\$120.00/pax

\$125.00/pax

Trip to the Russel Glacier, Kangerlussuaq

\$120.00/pax

\$125.00/pax

\*Skara Brae and spirit tasting in Kirkwall rate is 225 USD per person  
& Callanish Standing Stones is 85 USD per person.



## About Albatros Travel Group

'Albatros' is the Danish spelling of 'albatross' - the globe-trotting bird with the big wingspan! From safaris and cruises, to Arctic voyages and Adventure Marathons in the African bush, Albatros Travel spans the world with our unique packages.

From a small office in Copenhagen, Denmark, the company now employs more than 250 full-time staff in branches across three continents. Being one of the first Scandinavian travel companies to send guests on safari, we have perfected and honed our offerings to provide authentic bush experiences for even the most seasoned travellers.

Initially focused on Africa, today Albatros Travel offers tours and cruises throughout the world, as well as owning the Albatros Adventure brand that arranges and hosts marathons in exotic locations, such as the Greenland ice sheet, African savannah and the Great Wall of China. Three decades ago, Albatros Arctic Circle was the pioneer travel operator to venture into the arctic wilderness of Greenland. Today, Albatros Arctic Circle has cemented its presence in Kangerlussuaq in the form of a local office offering business-to-business services, a restaurant, gift shop, two hotels and a portfolio of exciting excursions. In Ilulissat, Albatros Arctic Circle owns and operates both a hotel and a tour operations company. Staff in both locations have either lived there their entire lives or for many years. Whether you choose an exciting dog sled ride, kayaking, tundra safari or sightseeing tour, AAC's team looks forward to sharing their 12 Greenland with you.

Our passion for Greenland is all encompassing and reflected in everything done here. When choosing Albatros Arctic Circle, you are guaranteed to receive an authentic Greenlandic experience. Albatros Travel also has refitted luxury cruise ships that sail voyagers to the more isolated corners of the Arctic. A family company, Albatros Travel remains privately owned and has been awarded the AA credit rating for the financial security of its operations. All our different business operations are united under the same set of principles that govern the Albatros Way: a commitment to quality, responsible travel and customer satisfaction.