



1266 66th Street, Suite 4  
Emeryville, California  
94608-1117

T: +1 510 594 6000  
1 888 MTSOBEK (687 6235)  
F: +1 510 594 6001  
info@mtsobek.com  
www.mtsobek.com



©Jock Montgomery/Aurora Photos

**TRIP DETAILS**  
*12 days*

*Greenland & Iceland*

*6 days kayaking with some  
day hikes (Greenland),  
2 days hiking in rugged  
terrain (Iceland)*

*3 nights hotels,  
8 nights camping*

**2008 DATES**

*Jun 27-Jul 8  
Jul 11-Jul 22  
Jul 25-Aug 5*

**LAND COST**

*\$3,850 per person  
(8-12 members)*

*\$4,050 per person  
(4-7 members)*

*\$750-\$1,000  
internal airfare*

# ICELAND & GREENLAND ADVENTURE

**Hiking & Kayaking in the Lands to the North**

TRIP LEVEL  
MODERATE TO STRENUOUS



**HIGHLIGHTS**

- *Outstanding combination of both Iceland and Greenland in a single trip!*
- *A great adventure for trekkers and kayakers who want the unspoiled best*
- *Dramatic scenery of the highest order, from rugged fjords to massive glaciers*



# ICELAND & GREENLAND ADVENTURE

*Hiking & Kayaking in the Lands to the North*

---

For the intrepid adventurer who *really* wants to get off the beaten path, our combo journey to Greenland and Iceland with experienced polar guide **David Nitsch** is the experience of a lifetime. This trip rewards the hardy traveler, as you'll explore the remote reaches of these magical islands on foot and by kayak.

Our tour of Iceland takes you to abandoned villages where the roads have long since been overgrown by wild foliage, and you'll hike in isolated Hornstrandir Nature Preserve, where Arctic foxes hide in the lush vegetation and massive sea bird colonies rule the rocky cliffs.

In Greenland, you'll leave the day trippers behind as you paddle in and out of rugged fjords, with jagged ice peaks and glacial cirques looming overhead, following a route that takes you past Inuit villages where the Northern hunting culture is still the norm. If you have a strong aversion to paved roads, you'll want to join us on this remarkable journey to the green slopes of Iceland and the icy shores of Greenland! Please note, this trip is best suited for those with previous sea kayaking and camping experience, an expeditionary spirit, and a flexible attitude.



## ITINERARY

☞ This trip begins with a rendezvous at the airport in Reykjavík, Iceland, on the morning of Day 1. If you are traveling from the U.S., you will need to depart the evening of the previous day (most flights are overnight).

### **DAY 1 ~ Arrive in Iceland – Hornstrandir Nature Preserve**

Arrive in Reykjavík, Iceland, where your trip leader will meet you outside the customs and immigration area of the airport. Connect with a flight to Isafjordur on the northwest coast of the country. Upon arrival, we'll catch a boat across the fjord to Hornstrandir Nature Preserve, situated in the most isolated part of coastal Iceland (which is why people originally left, and why we now want to go back!). The last fulltime inhabitants—who made a living mostly from the sea—left in the 1940s and '50s, and the vegetation has reverted to its original lush, ungrazed floral state (there are some 260 species of flowering plants and ferns), which is quite rare in Iceland. There are a few houses still remaining and some summer cottages, but we will see few other people while here. There are no roads, telephone poles, or wires; access is only by water and walking.

*L,D...Camp*

### **DAY 2 ~ Hornstrandir Nature Preserve**

Geologically, Hornstrandir is the oldest part of Iceland, resulting in different and unusual erosional landforms: a dramatic treeless landscape with terraced mountains (some with ice caps) and deep fjord-like valleys. Seabirds like puffins and shearwaters nest in colonies on the huge, sheer cliffs, while arctic foxes roam the rugged terrain. The landscape has a mystical, mythological quality: stories abound of hidden people, elves, dwarfs, trolls, and giants that dwell in and under the mountains.

Today we'll take a roundtrip hike over a pass and down to scenic Fljótavík Bay on the north side of the peninsula.  
*B,L,D...Camp*

### **DAY 3 ~ Hornstrandir Nature Preserve**

Today we'll take a long roundtrip hike to the dramatic seascape at Adalvík Bay in the Veidileysufjordur. Imposing mountains drop steeply into the bay, and we shall find a few old residences that are now maintained as summer cottages by the descendants of the original owners (permanent residents have been absent since 1952).

*B,L,D...Camp*

### **DAY 4 ~ Reykjavík**

After a midday boat ride to Isafjordur, we fly back to Reykjavík. After a well-earned shower and cleanup, we'll head into town to experience Reykjavík's well-known night life!

*B,L,D...Hotel TBA*

### **DAY 5 ~ Kulusuk, Greenland**

Transfer to the domestic airport and fly to Kulusuk, Greenland, an isolated village on a small rocky island situated between high mountains and fjords filled with fantastic icebergs. Kulusuk has about 300 residents, and they make their living primarily by fishing and hunting. Some make additional income by selling handmade carvings and other Greenlandic crafts. Time permitting, we will visit the town to observe their way of life, including seeing the seal and fish-drying racks, sled dogs on summer vacation, traditional skin kayak (*qajaq*). We will also complete the purchase of supplies for this portion of the trip, and assemble the kayaks in preparation for our paddle out into the iceberg-filled fjords.

*B,L,D...Hotel Kulusuk or similar*

### **DAYS 6-7 ~**

With loaded single and double kayaks we depart our hotel early in the morning. We dogleg up Tuno passage and into the Ammassalik Fjord in the direction of the small community of Kungmiut, passing numerous small islands en route. *Ammassalik* means "place with ammassater," referring to the tasty capelin fish that abound here. Along the way we'll explore our surroundings by kayak and on foot. We'll try to cover longer distances in the first two days (perhaps 10-12 miles a day), as the weather permits. There are several logical loop routes we can do; the exact turnaround point will be determined by the weather conditions, the number of large icebergs on our route, and the strength of our group.

*B,L,D each day...Camp*

### **DAYS 8-9 ~**

We circumnavigate one of several neighboring islands before returning toward the back side of Apusiak Island, perhaps down Niaiqkap Passage. We'll try to stay at a favorite campsite, a pebbly flat area perched on a saddle with

a view of a glacier-fed waterfall. From here we have optional long walks to a mossy, flowery bowl strewn with monolithic boulders or to a more distant peninsula.

*B,L,D each day...Camp*

### **DAY 10 ~**

We paddle to Apusiak Glacier, a huge tidewater glacier just a few miles from town, and make camp on a rocky island center stage, right in front of the ice face. While here, we'll explore the rocky, glacial erratic-strewn moonscape of our island camp, and make time for a victory toast on the panoramic island summit, just a few minutes' walk from our campsite.

*B,L,D...Camp*

### **DAY 11 ~ Reykjavík**

We complete our leisurely two-hour paddle trip back at the village of Kulusuk and head for the airport. Fly back to Reykjavík in the early afternoon and check into the hotel. After a well-earned shower and clean up, we head to town to experience the well known night life. Festive farewell dinner with the group.

*B,L,D...Hotel TBA*

### **DAY 12 ~ Depart Reykjavík**

Transfer to the airport and depart on homeward-bound flights.

*B...*

## **LAND COST**

\$3,850 per person (8-12 members)

\$4,050 per person (4-7 members)

\$750-\$1,000 per person internal airfare (Kulusuk/Isafjordur/Kulusuk—depending on availability and subject to change. Mountain Travel Sobek will book and issue these tickets for you.)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$600 for “requested” singles; \$400 for “forced” singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you're traveling alone and wish to share accommodations, we'll try our best to find you a roommate. If that's not possible, we will only charge you a \$400 single supplement.

### **Tier Pricing**

Adventure travel works best with a small group of people. In order to operate these small groups, our trips are priced according to the number of full-price passengers on the trip. (Mountain Travel Sobek staff, trip doctors, and other discounted travelers are excluded from the count for this purpose.) We initially invoice you at the highest tier level price (the smallest group size we can operate). If the price drops due to an increase in group size, you will be refunded the difference.

### **What's Included**

- ◆ expert leadership
- ◆ accommodations at hotels in Reykjavík and Kulusuk

- ◆ all arrangements in the field, including camp meals, group gear, and equipment
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ flights between Iceland and Greenland (see separate cost above)
- ◆ airport transfers
- ◆ sightseeing and activities as noted in the itinerary
- ◆ ground transportation
- ◆ basic medical and evacuation insurance

### What's Not

International airfare; meals not noted in itinerary; insurance other than basic medical and evacuation insurance as noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

### Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their "frequent flyer" miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

### Payment & Cancellation Policy

*(This differs from regular Mountain Travel Sobek trips)*

#### I. Payment

At time of reservation	\$750
120 days prior to departure	\$1200
90 days prior to departure	Balance

#### II. Cancellation

If written notice of cancellation is received:      Cancellation Fee will be:

From time of reservation until 120 days prior to departure	\$750 deposit
119 to 90 days prior to departure	25% of Land Cost
89 days or less prior to departure	100% of Land Cost

## WHAT YOU CAN EXPECT

### Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way.

**David Nitsch** is scheduled to lead this trip (see page 2). David has been leading kayak expeditions in Alaska and the South Pacific for nearly 20 years. While he enjoys the challenge of a logistically complex trip (and sometimes weather- and conditions-challenged as well!), nothing gives him greater satisfaction than taking a new, rough-hewn trip and seeing it evolve into a smoother, easier, more polished trip after a few performances. (This is how our Greenland trip has developed, so, of course, we decided to throw Iceland into the mix to make things more exciting!)

Of all the kayaking destinations throughout the world David has paddled, East Greenland tops his list with a series of superlatives: it's the most dramatic, most surreal, has the most jagged mountains, convoluted landscape, biggest glaciers and icebergs, most dramatic light. Greenland is the rawest and most exotic, and always little different every season! Having visited in 2001, 2005, 2006, and again in 2007 is simply not enough, and this year, we're throwing hiking in Iceland into the mix. Another mythological landscape, Iceland's Hornstrandir remains on the fringes of modern travel, a little more cutting-edge. Try it and you'll see why the interaction of ocean, ice, and fire has produced such a wild place.

Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

### **Activity Level**

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. We rate this trip as moderate to strenuous and not a trip for everyone. It is expedition-style travel: we carry equipment and some of our own food supplies from the U.S., and everyone will be asked to assist with minor camp chores, such as setting up your own tents and carrying baggage. Prior camping experience is highly recommended.

A flexible attitude is a must! We'll be traveling in remote areas that have seen only a few visitors. Even though we will reconfirm all of our arrangements to every extent possible, these are still wild places, and any and all plans can easily go awry. We may need to modify our itinerary due to weather and/or ice conditions.

A typical paddling day is four hours, with some breaks. Previous moderate multi-day sea kayaking touring experience is a prerequisite since we will cover eight to fifteen miles per day, depending on the weather and wind. The hikes in Greenland are moderate to strenuous, last anywhere from one to four hours; you will be walking on very rugged, uneven terrain. In Iceland, we'll take all-day hikes on Days 2 and 3. You can expect 6+ hours of total walking time on those days, in uncertain weather, with a daypack on your back. Hikes will start at sea level, and go over one or two passes averaging 1,000'-1,500', dropping back nearly to sea level between passes (daily gain 2,000'-3,000'.) Daily distance is dependent on group abilities, but possibly as much as 12-15 miles per day. With two guides, we'll have the ability to split the group into faster and longer and slower and shorter excursions.

We recommend you start a moderate training program *several months* before departure, then slowly build up to a more strenuous level. You should concentrate your conditioning program on building upper body strength, particularly shoulders, lower and upper back, abdomen, forearms, and upper arms muscles. Check with your doctor before undertaking any new fitness program.

### **Accommodations**

Accommodations in Reykjavik will be first rate, and the hotel in Kulusuk is simple but clean, but most of our journey will be basic camping.

### **About the Kayaks**

We use mostly double kayaks, either hard shell fiberglass available locally, or folding boats made by Feathercraft. Singles are available, depending on your experience.

### **Weather**

Greenland is notorious for its high-pressure system and good weather in the summer. The climate is dry and the temperatures generally range from 35 to 60 degrees Fahrenheit. Showers and strong wind can occur, although rarely. In Iceland, be prepared for cool (45-50 degrees F), wet, and windy weather.

## **THE NEXT STEP**

### **Ready to go? Signing up is easy!**

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website ([www.mtsobek.com](http://www.mtsobek.com)). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

### **Then Leave the Rest to Us**

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details.

### **Why Mountain Travel Sobek is Your First Choice for Adventure**

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

### **References**

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

### **Questions?**

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at [www.mtsobek.com](http://www.mtsobek.com).

### **Note on Itinerary**

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at [www.mtsobek.com/faq](http://www.mtsobek.com/faq) and the form itself at [www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf).

**Terms & Conditions**

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at [www.mtsobek.com/faq/#liability](http://www.mtsobek.com/faq/#liability) or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form ([www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf)). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

©2007, *Mountain Travel Sobek*

CST 2014882-10

*Registration as a seller of travel does not constitute approval by the State of California.*