



## Arctic: An Arctic & Greenland Expedition

**DURATION** | 15 Days

**TRIP LEVEL** | Level 2 - Moderate

# Trip Overview

---

Join our Arctic expedition through the unforgettable beauty of Greenland & the Arctic. Guided by a knowledgeable expedition leadership team, travel through Svalbard and East Greenland, spotting polar bears, walrus, musk ox, and Arctic foxes hunting beneath towering cliffs teeming with guillemots and fulmars. Venture through pack ice, explore immense glaciers by Zodiac, and watch sunset bathe Øfjord in vivid pink. Marvel at East Greenland's ancient geology, and gain insight into Inuit history and culture. Take in the life-changing views while experiencing the camaraderie of your all female AdventureWomen group. As a pioneer in the all women's adventure travel industry, AdventureWomen's 40+ years of experience and award-winning support promise an unforgettable, seamless adventure.

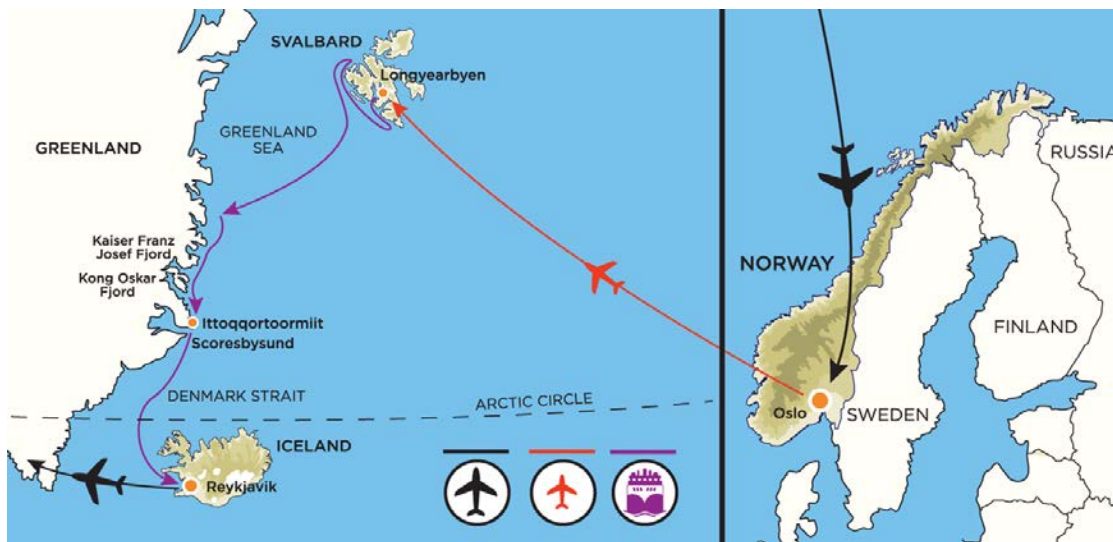
## Trip Highlights

---

- Spot polar bears, walrus, whales, and musk oxen across tundra and ice-strewn fjords. Daily excursions and expert guides bring you closer to the Arctic's most iconic wildlife.
- Marvel at towering glaciers and the world's largest fjord system. Experience Zodiac excursions, remote hikes, and stunning views shaped by nature's raw power and beauty.
- Meet locals in Greenland's most isolated village, explore ancient Thule sites, and share this journey with a close-knit group of adventurous women.

## Map View

---



Arrival: Oslo Airport (OSL) on Day One.

Departure: Keflavik airport (KEF) after 12 PM on Day Fifteen.

adventurewomen

[www.adventurewomen.com](http://www.adventurewomen.com) | [info@adventurewomen.com](mailto:info@adventurewomen.com) | 1.800.804.8686

# Trip Itinerary

---



## Day 1

### Welcome to Norway!

You will be met at Oslo Airport (OSL) by a representative of your expedition crew and transferred to your hotel. Upon arrival at your hotel, please visit your Expedition Team hospitality desk to collect your luggage cabin tags and to speak with your ground operations team, who may have information to share with you about pre-embarkation, provide you with information about where to dine, withdraw cash or purchase last-minute items from a local pharmacy or supermarket with the remainder of your time at leisure to prepare for the journey ahead!



### Radisson Blu Plaza Hotel (or similar)

Set in the vibrant heart of Norway's capital, the Radisson Blu Plaza Hotel in Oslo is a sleek, contemporary hotel offering stunning panoramic views of the city, Oslofjord, and surrounding hills. Towering 37 stories high, it is one of the tallest buildings in Norway and a modern landmark that blends comfort with Scandinavian style. Perfectly situated near Oslo Central Station, the hotel provides easy access to the city's top cultural attractions, from the Oslo Opera House to the bustling Karl Johans Gate shopping street. After a day of exploration, unwind in the hotel's stylish rooms and relax in the sauna and indoor pool.





# Trip Itinerary

---



## Day 2

### Bon Voyage to the Arctic!

This morning, tag your luggage with your name and cabin number, keeping valuables and personal items with you. After enjoying breakfast, transfer to the airport for your charter flight to Longyearbyen. Enjoy a guided tour of the town (flight time-dependent) before heading to the pier for late-afternoon embarkation. Settle into your cabin, attend safety briefings, and experience the excitement of setting sail. Conclude the day with a welcome dinner, connecting with fellow travelers and sharing what draws each of you to this unforgettable Arctic adventure!

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



### The Sylvia Earle

A small purpose-built ship, the Sylvia Earle, connects with like-minded travelers in a meaningful way on perspective-altering voyages to some of the most remote, unique and spectacular places on the planet. Featuring the Ulstein X-BOW® design, it cuts through the swell for smoother transit through waves while minimizing its environmental impact.

A floating ambassador for the conservation of the planet, the Sylvia Earle pays tribute to marine biologist, oceanographer and explorer Dr. Sylvia Earle and six pioneering women in conservation: Dr. Carden Wallace AM, Joanna Ruxton, Sharon Kwok, Bernadette Demientieff, Dr. Asha de Vos and Hanli Prinsloo, with

# Trip Itinerary

---



## Day 3

### Explore Svalbard

The next few days your vessel will sail in the Svalbard area, with members of your experienced Expedition Team choosing your itinerary based on the conditions and opportunities for wildlife encounters. Phenomenal fjords, magnificent mountains ranges, and a polar desert rich in fossils await. See walrus lay out on sea ice or on beaches, and on land, walk across tundra carpeted in brightly colored wildflowers. Visit towering cliffs with nesting guillemots and puffins. If you have chosen an optional activity such as kayaking (or polar plunging!) you will have an opportunity to enjoy that activity when conditions allow.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 4

### Wildlife Watch in Svalbard

Today, you'll have another opportunity to watch walrus lounging on rocky shores or drifting ice floes. Ashore, follow gentle trails over mosses and lichens in bloom, their colors vivid against the muted earth tones of the north. If you've selected an optional adventure such as paddling a kayak among the ice, you'll have the chance to take part when conditions are favorable. A polar plunge could come at any moment, offering an icy rush you'll never forget.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 5

### Sailing Through Cliffs

Scan the horizon for walrus resting in the sun or bobbing beside the ice edge. On land, wander across Arctic meadows where saxifrage and Arctic poppies bring bursts of color to the wild landscape. Cliffs alive with seabird colonies rise above you, while scree-strewn slopes host tens of thousands of little auks in constant motion. Those taking part in optional activities may find today's conditions perfect for their adventure.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 6

### Sail Towards the Coast of East Greenland

As you sail towards the coast of East Greenland, you may encounter whales feeding in the wildlife-rich waters of the north. Approach East Greenland and be prepared to spot seals and a variety of seabirds, including the northern fulmar and Brünnich's guillemot. The strong, icy currents have isolated East Greenland from the Polar Basin, making it an incubator for wildlife. Climatic conditions create thick, ethereal morning fog that only vanishes in presence of the midday sun. Your experts will inform and entertain you with fascinating discussions and heroic tales of exploration.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle





# Trip Itinerary

---



## Day 7

### Continue Your Sea Journey

Today, you continue your voyage along the coast of East Greenland, where the nutrient-rich northern waters may reveal feeding whales. As you venture deeper into this remote coastline, the likelihood of encountering drifting pack ice increases. Enjoy the stunning views as you continue to bond with your fellow AdventureWomen on this remarkable journey.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 8

### Welcome to East Greenland

Today, the raw beauty of East Greenland unfolds before you. Guided by your seasoned Expedition Team, each moment is shaped by ice, weather, and wildlife. Zodiac excursions take you along towering ice cliffs and into narrow fjords where glaciers have carved massive icebergs into the sea. Deep, channels framed by peaks soaring 2,000 meters set the stage as whales may feed nearby. With two outings planned per day, every turn promises awe, adventure, and unforgettable Arctic wonder.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 9

### Tundra & Inuit Culture

Today's adventure takes you across Arctic tundra, home to musk oxen, Arctic hare, and reindeer. Along the way, discover ancient Thule sites, historic trappers' huts, and modern Inuit hunting cabins. A highlight awaits in Ittoqqortoormiit, Greenland's most isolated settlement, where 450 residents welcome you with warm hospitality. Explore the village museum, browse the gift shop, and meet the many Greenlandic sled dogs. As always, plans remain flexible, with weather, ice, and wildlife shaping each day's experiences.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 10

### Scoresbysund & Beyond

Journey into Scoresbysund, the world's largest fjord, where massive glaciers give birth to towering icebergs. North of here, the Kong Oskar and Kaiser Franz Josef fjord systems stretch across volcanic landscapes rich in wildlife. Musk oxen, Arctic foxes, mountain hares, and even reindeer roam these valleys, while glaucous gulls, ravens, and kittiwakes soar above. With fertile soil and sheltered waters, this region offers both breathtaking scenery and thriving ecosystems. As always, daily plans adapt to weather, ice, and wildlife conditions.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 11

### Remote Fjords & Rugged Coastlines

Today, your Expedition Team sets out toward Kaiser Franz Josef Fjord, a remote and seldom-visited gem within Northeast Greenland National Park. Weather and ice permitting, cruise through Kong Oskar Fjord, where towering peaks and dramatic cliffs reveal the region's geological wonders. Later, journey south along Liverpool Land's rugged coastline, watching for wildlife and ever-changing landscapes along the way. As always, the day's route remains flexible, shaped by conditions to ensure the best opportunities for exploration and discovery.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle





# Trip Itinerary

---



## Day 12

### Tundra Trails & Arctic Wildlife

Hike across the Arctic tundra today, tracing the footsteps of Inuit communities who lived here over 3,000 years ago. Ancient graveyards and summer villages dot the landscape, while musk ox, Arctic hare, and reindeer graze nearby. The region's calm, interwoven waterways offer perfect conditions for sea kayaking, where ringed seals and, if you're lucky, narwhals may appear. Look out for polar bears hunting on the pack ice, as each moment brings new possibilities for discovery.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 13

### Final Arctic Adventures

Your final day in East Greenland offers one last chance to immerse yourself in this wild, remote world. Weather and ice permitting, enjoy up to two Zodiac excursions or landings, venturing deep into fertile valleys shaped by volcanic soil and teeming with Arctic wildlife. Scan the tundra for musk oxen and reindeer, listen for seabirds wheeling overhead, and soak in the solitude of towering cliffs and glittering glaciers. Each moment captures the raw beauty of East Greenland.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 14

### Denmark Strait & Farewell Celebration

As you sail across the Denmark Strait toward Iceland, keep watch for whale blows on the horizon and photograph the seabirds gliding effortlessly in the Arctic winds above. The day offers time to reflect on your incredible journey before gathering for the Captain's Farewell Reception. Savor a four-course dinner paired with cocktails, beer, wine, or non-alcoholic beverages as you celebrate newfound friendships, unforgettable moments, and the awe-inspiring beauty of East Greenland one final time.

Meals: breakfast, lunch, dinner | Overnight: The Sylvia Earle



# Trip Itinerary

---



## Day 15

### Disembark in Reykjavík

Arriving in Reykjavík early this morning, you'll bid farewell to your Expedition Team and fellow travelers after an unforgettable journey through East Greenland. Disembark around 8:00 AM and transfer to Keflavík Airport (KEF) for your onward travels. To allow for any unforeseen delays, we recommend booking flights departing after 12:00 PM. As you leave the ship behind, carry with you memories of breathtaking landscapes, incredible wildlife, and the camaraderie of an extraordinary Arctic adventure.



# What's Included

---

## What's Included

- Accommodations as per itinerary based on double occupancy
- Charter flight from Oslo to Longyearbyen
- Activities as indicated in the itinerary
- All meals, snacks, tea, coffee, soft drinks and juices during voyage
- Beer and house wine with dinner
- All shore excursions and Zodiac cruises
- Educational lectures and guiding services provided by Expedition Team
- Complimentary access to onboard expedition doctor and medical clinic (initial consultation)
- One 3-in-1 waterproof, polar expedition jacket
- Complimentary use of Muck Boots during the voyage
- Gratuities during excursions and enrichment program for local guides, drivers, venues and local sites
- Wi-Fi (please note we travel to remote regions and therefore the connection can be unreliable)
- Port surcharges, permits and landing fees

## Not Included

- International airfare
- Any arrival and departure transfer (unless specified otherwise)
- Meals not specified in the itinerary
- Fees for passport, visas, immunizations, or travel insurance
- Mandatory Evacuation Insurance Coverage
- Cost of hospitalization or evacuation (unless otherwise specified)
- Adventure options. Advanced booking required.
- Excess baggage fees on international and domestic flights
- Airport arrival or departure taxes
- All items of a personal nature, including but not limited to alcoholic beverages (outside of dinner service), on board gratuities, laundry services, personal clothing, medical expenses, email or phone charges.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

