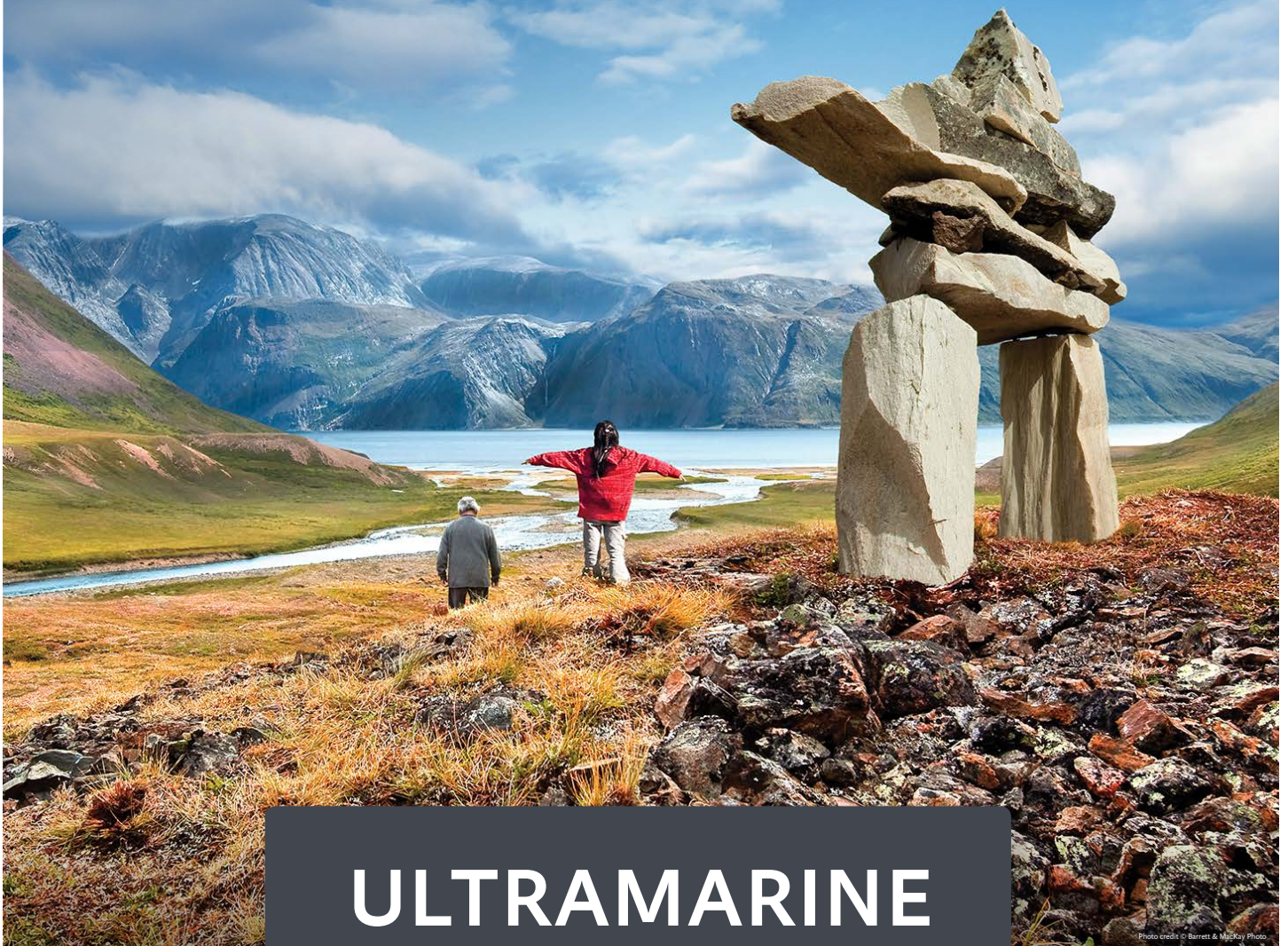


ARCTIC 2025

# Northwest Passage to Newfoundland

Glaciers, Mountains and Wildlife



**ULTRAMARINE**

DESIGNED TO GO BEYOND

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# Overview








## Northwest Passage to Newfoundland: Glaciers, Mountains and Wildlife

This exciting new 16-day itinerary takes you on a 2,500-nautical mile journey along the legendary Northwest Passage in the Canadian High Arctic, then down the rarely-visited east coast of Baffin Island to Newfoundland and Labrador, where we'll visit magnificent Torngat Mountains National Park and the windswept Viking ruins at l'Anse Aux Meadows UNESCO world heritage site. This voyage of discovery also features a visit to the French islands of Saint Pierre and Miquelon, located in the Gulf of the St. Lawrence.

Setting sail from the northern gateway of Qausuittuq (Resolute) in Nunavut, we start our adventure in the middle of the historic Northwest Passage. Your home away from home during this ground-breaking exploration is our technologically-advanced *Ultramarine*, which is equipped with two twin-engine helicopters, and a fleet of 20 quick-deploy Zodiacs that enable you to get off the ship quickly and efficiently. Throughout this voyage, we'll set our sights on remote wilderness areas along the east coast of Baffin Island, Labrador and Newfoundland that are only accessible by water. You will also get to explore Beechey Island National Historic Site, Icy Arm Fjord, the small Baffin Island community of Qikiqtaaluaq, Cape Mercy on southern Baffin Island at the mouth of Cumberland Sound, Torngat Mountains National Park, l'Anse aux Meadows UNESCO world heritage site, the French archipelago of Saint Pierre and Miquelon and, finally, the historic city of St. John's, Newfoundland.

The geographical range of this expedition is massive. You'll start at 74.69° N, cross the Arctic Circle at 66.66° N, and ultimately finish your journey in St. John's, at 47.55° N. Clearly, this is the ideal trip for travelers who long to see as much of the remote Canadian wilderness as possible. In addition to exploring the Territory of Nunavut, as well as Newfoundland and Labrador, we're especially excited to visit Nunatsiavut, the self-governing region that's home to the Labrador Inuit who are known as Nunatsiavummiut.

### EXPEDITION IN BRIEF

-  Visit the Viking ruins at L'Anse Aux Meadows UNESCO world heritage site
-  Explore the unrivalled wilderness of Torngat Mountains National Park
-  Journey along the legendary Northwest Passage
-  Visit the French archipelago of Saint Pierre and Miquelon, off the coast of Newfoundland
-  Learn about Indigenous culture in Qikiqtaaluaq
-  Voyage along the staggeringly beautiful east coast of Baffin Island
-  Witness unsurpassed views of the Arctic wilderness while heli flightseeing aboard *Ultramarine's* twin-engine helicopters.



# Itinerary

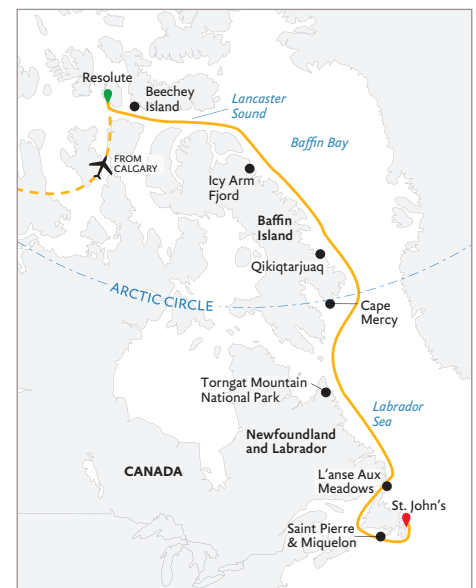
## DAY 1 | ARRIVE IN CALGARY, ALBERTA

Arrive at Calgary International Airport and make your way to your included hotel. The rest of the day is yours to explore this fascinating Western Canadian city—home of the world-famous Calgary Stampede—which mixes cosmopolitan flair with cowboy charm.

## DAY 2 | FLY TO QAU SUITTUQ (RESOLUTE) AND EMBARK

This morning we'll catch our flight to the northern gateway of Qausuittuq (Resolute) in Nunavut, where we start our adventure in the middle of the legendary Northwest Passage. You will be transferred to your ship by Zodiac or helicopter depending on ship location and weather conditions.

Qausuittuq (Resolute), located on the southern shores of Cornwallis Island, means “the place with no dawn” in Inuktitut. This name, unsurprisingly, refers to the 24-hour winter nights that occur in this remote northern region. Timing of this expedition, however, is aptly positioned to take advantage of the late summer and early fall ice conditions, which make Quasuittuq accessible, while at the same time welcoming the setting sun high above the Arctic Circle. Upon departing Qausuittuq, your ship will navigate through Tallurutiup-Imanga (Lancaster Sound). This 320-km waterway and the surrounding lands are extremely rich in wildlife and history, both indigenous and European. The Inuit and their predecessors have made their home in this domain for thousands of years.



**NORTHWEST PASSAGE TO NEWFOUNDLAND: Glaciers, Mountains and Wildlife**

Onboard *Ultramarine* ———  
Flight from Calgary to Resolute - - - - -



### DAY 3 | TALLURUTIUP-IMANGA (LANCASTER SOUND) AND THE MYTH OF FRANKLIN

Today we'll head to the western end of Devon Island, on the north side of Tallurutiup-Imanga, and go ashore at wind-swept Beechey Island, which is home to Beechey Island Sites National Historic Sites. These sites, maintained by Parks Canada, tell the story—or at least the part that's not still shrouded in mystery—of Sir John Franklin's much-chronicled 1845-46 expedition to explore the Northwest Passage.

The island is small, only 2.5 kilometres at its widest point, but its shores are steep, and rise to a flat plateau 244 metres high. That's where Franklin and his crew of 128 men spent the winter after embarking from England aboard their two ships, HMS *Erebus* and HMS *Terror*. The ill-fated 1845-46 expedition—to navigate and chart the Northwest Passage—ended in tragedy for all 129 men and their two vessels.

What happened to Franklin and his men is the stuff of legend—but also the focus for several search expeditions over the years, which discovered bodies, personal belongings of crew members, and handwritten notes that suggested starvation, deaths from hypothermia, scurvy, and lead poisoning from the tinned food supplies. Accounts by Inuit suggest the crew split up into small groups and subsequently perished. What is known for certain is that no one survived.

The graves of three officers from HMS *Erebus*— John Hartnell, William Braine, and John Torrington—were discovered in 1851. You will have an opportunity to visit their graves, and honor the memory of the entire Franklin crew who braved massive challenges to explore the Northwest Passage. Franklin's story is an integral part of the history of Arctic exploration.

The wrecks of *Erebus* and *Terror* were discovered in 2014 and 2016, respectively.

### DAY 4 | AT SEA: EXPLORING THE LARGEST MARINE-PROTECTED AREA IN CANADA

We continue our exploration of Tallurutiup-Imanga, which, in 2017, became the Tallurutiup Imanga National Marine Conservation Area (Lancaster Sound National Marine Conservation Area). At 109,000 square kilometres, it's the largest marine-protected area in Canada. Heed the advice we always give to our guests whenever a voyage takes them above the Arctic Circle: keep your binoculars ready—especially when out on deck—to view the diverse wildlife that inhabit these waters. Upon leaving Tallurutiup-Imanga, *Ultramarine* heads into the Davis Strait, which separates Baffin Bay and the Labrador Sea and forms part of the historic Northwest Passage. Clear skies later in the evening herald the promise of a spectacular display of the Northern Lights. Prepare to be awestruck.



## DAY 5 | BAFFIN ISLAND FJORDS AND HELI FLIGHTSEEING

This is an especially exciting day as you become one of the very few travelers to explore the stunningly majestic Icy Arm Fjord, which cuts almost 80 kilometres deep into northern Baffin Island.

Accessible only by water in summer months when the sea ice recedes, this rarely-visited fjord is known for its unrivalled landscape of towering cliffs and stunning glaciers, and is valued as much for its sheer remoteness as it is for its singularly pristine environment. Icy Arm Fjord is the epitome of unspoiled Arctic wilderness. We may observe polar bears, Arctic foxes, seals, walruses, as well as guillemots, kittiwakes and other Arctic-dwelling birds.

Excitement grows on Day 5 as *Ultramarine's* two twin-engine helicopters are made ready for Heli Flightseeing excursions. Prepare to view the

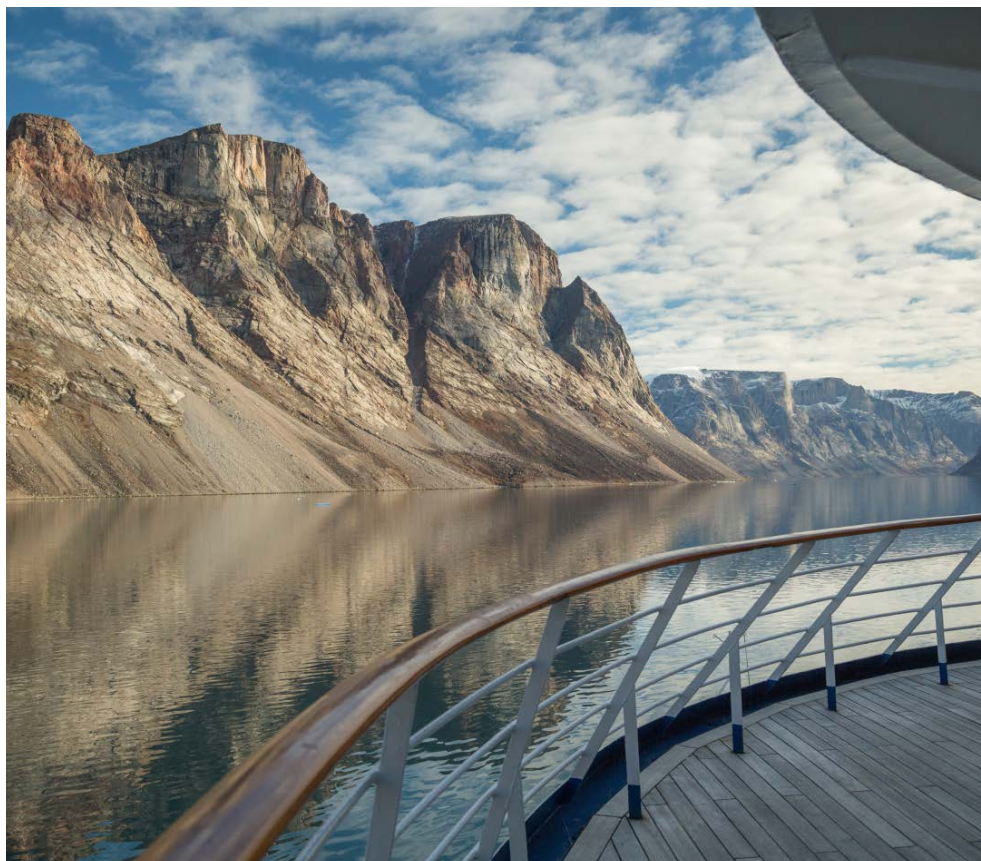
remote Arctic terrain from the seat of a helicopter—camera at the ready. It's also an excellent day for Zodiac cruises, which offer guests a sea-level intimacy with the the surrounding lands and waters.

## DAY 6 | AT SEA: GET ACQUAINTED WITH THE ON-BOARD FEATURES OF *ULTRAMARINE*

Cruising along the east coast of Baffin Island, particularly from the middle of the island to the southern tip, brings into sharp perspective the sheer vastness of the largest island in Canada, and the fifth-largest in the world. Day 6 is an excellent opportunity to familiarize yourself with the features of your ship, including the fitness centre, spa and library. Any surplus time between the expert-led polar presentations—and delicious meals, of course—is perfect for editing your digital photos. We know you've taken hundreds by now!

## DAY 7 | LIFE IN QIKIQTARJUAQ

Qikiqtarjuaq, fondly called Qik, is a small hamlet—populated mostly by Inuit—north of the Arctic Circle on Broughton Island, off the east coast of Baffin Island. Known as the iceberg capital of Nunavut, Qikiqtarjuaq is located at the northern entrance to the mountainous Auyuittuq National Park, which is home to narwhals, bowhead and orca whales, polar bears, seals and migratory birds. Community visits, arranged in collaboration with our local partners, enable guests to learn about local culture, and purchase art and traditional handicrafts, such as parkas, boots and local art when available.





## DAY 8 | CAPE MERCY: FASCINATING HISTORY IN THE REMOTE WILDERNESS

History buffs will enjoy a visit to Cape Mercy, an isolated cove at the southern tip of Cumberland Sound in Nunavut. Cape Mercy was named by British explorer John Davis, who sailed through this part of the Arctic in 1585. Fast-forward several centuries to the 1950s when Cape Mercy was chosen as the site of a Distant Early Warning Line (DEW) installation, which was part of a system of radar stations set up during the Cold War to detect nuclear attacks. Today, Cape Mercy, accessible by water, offers modern-day travelers the chance to experience the splendid isolation of the Arctic—with no sign of civilization in sight. You can join a guided hike to a glacier-carved freshwater lake on Cape Mercy. Make sure you bring your camera for this off-ship excursion.

## DAY 9 | AT SEA: ENJOY THE ON-SHIP AMENITIES AND LEARNING OPPORTUNITIES

There's no shortage of activities on board *Ultramarine* for your at-sea days. You can relax and rejuvenate in the sauna with floor-to-ceiling windows, book a soothing treatment in Tundra Spa, visit the fitness

centre, practise yoga, or deepen your Arctic knowledge by attending one of our expert-led presentations on geology, wildlife, history, glaciology or botany, among other polar subjects.

## DAY 10 | TORNGAT MOUNTAINS NATIONAL PARK—"THE LAND OF THE SPIRITS"

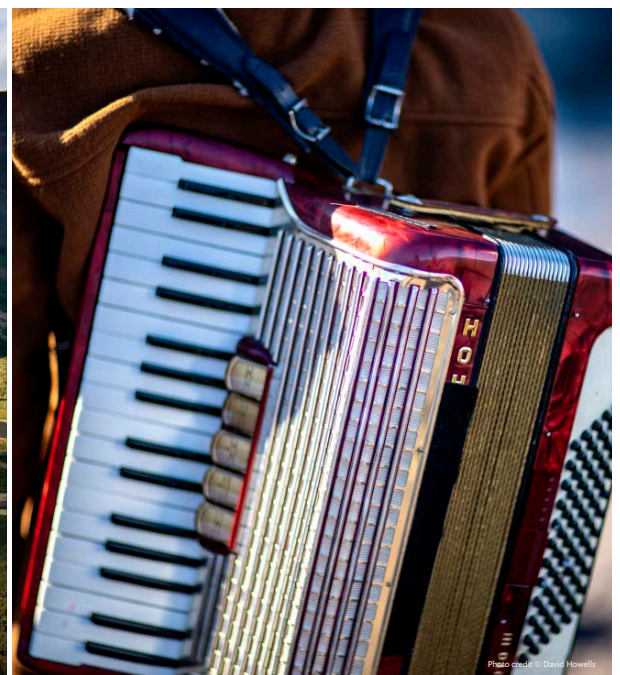
Today's wilderness adventure into Torngat Mountains National Park will leave you awestruck. Within the 10,000 square-kilometer national park, established in 2008, are Canada's highest mountains east of the venerable Rockies. The park is a wilderness landscape painting brought to life: breathtaking fjords, dramatic glacial formations, stunning landscapes and wildlife. For students of Indigenous history, Torngat Mountain National Park is especially meaningful: the park is located at the northern edge of autonomous Nunatsiavut territory, which was recognized as the homeland of the Labrador Inuit in 2005, with its own constitution and administration. In fact, these lands have been home to the Nunatsiavut and their predecessors for over 7,500 years. We are honored to explore this majestic wilderness territory with you. Torngat, in Inuktitut, means

"place of the spirits," which reflects the spiritual significance of the region to the Inuit communities. As a national park, this wilderness domain offers protection to boreal woodland caribou, black bears, Labrador wolves, red and Arctic foxes, polar bears, and peregrine falcons, among other species.

You will have incredible opportunities to explore this national wilderness area during helicopter, Zodiac and kayaking excursions, and guided hikes.

### DOWN EAST KITCHEN PARTY:

Just as our on-board experts will chronicle the histories of the diverse places we visit on this 17-day journey, we will also highlight a popular music tradition of Newfoundland, our last stop on this voyage. With performances by talented musicians from Atlantic Canada, we will enjoy Down East Kitchen Party entertainment most nights of the voyage. Expect lively music—and a rollicking good party.





**DAY 11 & 12 | AT SEA: OBSERVING THE EVER-CHANGING TERRAIN**

As we continue sailing, take note of the ever-changing landscapes and scenery throughout your 2,500-nautical mile voyage. We've progressed from a pristine tundra environment in the arctic, then down along the rocky, big-walled coast of Baffin Island, to the wind-battered coastal forests of Newfoundland and Labrador.

**DAY 13 | L'ANSE AUX MEADOWS NATIONAL HISTORIC SITE: VIKING AND NORSE HISTORY**

As we sail toward L'Anse Aux Meadows National Historic Site on the northern tip of Newfoundland, consider the differences in modern and ancient marine vessels. Today, you're comfortably ensconced on the state-of-the-art *Ultramarine*, a beautifully designed ship

with helicopters, quick-launch Zodiacs, a sauna and spa, dining areas surrounded by glass, high-tech presentation spaces, cabins with the best of amenities, and a wide array of exciting off-ship adventure options. Then consider the wooden longboats that transported the Vikings an incredible 2,180 kilometres from Greenland to Newfoundland in 1000 AD. Today, you're going to visit the archeological remains of where they landed in their hand-hewn vessels. L'Anse aux Meadows National Historic Site (also a recognized UNESCO World Heritage Site) is the only confirmed Norse or Viking settlement in North America.

Enjoy a guided tour to see where Norseman Leif Erikson, son of Erik the Red, is believed to have founded "Vinland" (the East Coast area including

what would later be known as Newfoundland) around 1000 AD. Explore the reconstructed sod huts and Norse ruins throughout the historic site—proof that Vikings discovered North America 500 years before Christopher Columbus's much-chronicled arrival.

**DAY 14 | AT SEA: THE MUSIC CONTINUES**

Enjoy another evening of kitchen party music performed by our guest artists. If you haven't already, seize the opportunity when the musicians take a break to inquire about the various musical traditions of Newfoundland and Labrador, particularly the origins of kitchen party music. Also, try to spend time with the expedition team, all of whom are polar experts with vast expertise they're always eager to share.





## DAY 15 | SAINT PIERRE AND MIQUELON

Experience the traditional culture of France during our visit to the islands of Saint Pierre and Miquelon. This small archipelago, only 20 kilometers from Newfoundland, is the only French territory on the North American continent. We'll disembark in the colorful and vibrant port town of Saint-Pierre, where we can stroll along the seaside, sample French patisseries and enjoy the café scene. Get a taste of Europe where you least expect it.

While Europeans have had a presence on the tiny archipelago since the early 17th-century, the islands are traditional territory of the Mi'kmaq, the Indigenous people who first appeared in Atlantic Canada 10,000 years ago. The Mi'kmaq culture thrives throughout Eastern Canada.

### Do you require a visa for Saint Pierre and Miquelon?

Citizens of some countries require a visa to visit Saint Pierre and Miquelon, which are overseas territories belonging to France. Please contact your nearest French consulate or embassy to determine your visa requirements.

## DAY 16 | ONWARD FLIGHTS

Your ship arrives at the pier in St. John's for a morning disembarkation. After breakfast, you may make your way to St. John's International Airport to connect with your homeward flight, or stay longer if you have booked additional accommodation







# Arrival and Departure Details, and International Flight Planning



## Arrival Day and Embarkation

### DAY 1 — ARRIVAL AND HOTEL NIGHT IN CALGARY, ALBERTA

You may arrive in Calgary at any time during Day 1 of the itinerary and make your own way to the included hotel, near the airport.

On arrival at the hotel, you will receive a welcome letter outlining the departure information for the following day's flight. An agent representing Quark Expeditions® will be available in the lobby of the hotel this evening to answer any questions about the charter flight(s) scheduled for the following morning.

### DAY 2 — CHARTER FLIGHT AND EMBARKATION IN RESOLUTE, NUNAVUT

Your flight to the Arctic is expected to depart from Calgary to Resolute on Day 2 of the itinerary in the morning. The scheduled flight time will be communicated in your welcome letter, and you will be transferred from your hotel to check in at the airport. Upon arrival in Resolute, you will be transferred to the ship by Zodiac.

### PLEASE NOTE

There is a strict luggage weight limit on checked luggage and cabin baggage on the flights between Calgary and Resolute. Should you have additional luggage, it can be stored at the hotel in Calgary. There is NO option to pay for additional luggage.

### You will find in your final documents:

- › Luggage weight restrictions on charter flights.
- › Hotel information and check in time
- › Charter flight time to embarkation point
- › Embarkation plan
- › Departure charter flight time



# Final Day and Departure

## DISEMBARKATION IN ST. JOHN'S, NEWFOUNDLAND

You will disembark your ship at the pier in St. John's.

### DEPARTING FROM ST. JOHN'S

After disembarkation, you may make your way to the airport to connect with your homeward flight, or stay longer in historic St. John's if you have booked additional accommodation.

## Arrival and Departure Transfers

### CALGARY AIRPORT TRANSFERS

Arrival and departure transfers are not included in either Calgary or St. John's. If you require a transfer, you will need to arrange your own transportation. Most airports we travel in and out of have reliable taxi ranks in the arrivals area, or you can often pre-book a transfer online.

### PLEASE NOTE

#### Included Hotel Accommodations:

Your included accommodation begins on Day 1 of your itinerary, and the specific hotel(s) will be indicated in your final voyage confirmation.





# Your Ship: *Ultramarine*

## ULTRAMARINE

The newest ship in our fleet, *Ultramarine* is designed to go beyond the familiar in polar exploration, to discover new places, and to immerse you in the best the region has to offer.

Equipped with two twin-engine H145 helicopters and 20 quick-deploy Zodiacs, *Ultramarine* offers the most robust portfolio of adventure activities in the industry, the most spacious suites in this category, breathtaking public spaces, excellent outdoor wildlife viewing areas, plus an innovative mix of sustainability systems that exceeds all industry standards.

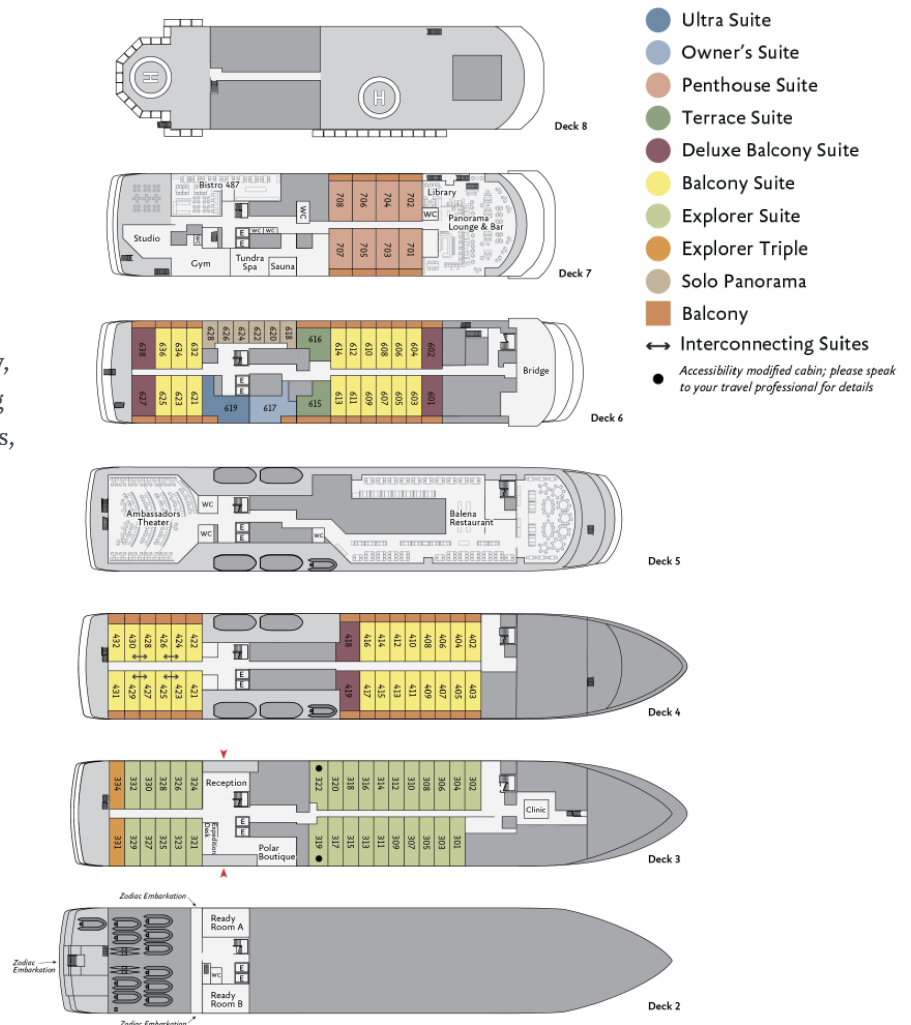
With all this and more, *Ultramarine* is perfectly positioned to deliver the ultimate polar expedition experience.

### SHIP SPECIFICATIONS:

- Staff & Crew: 140
- Guests: 199
- Lifeboats: 4, fully enclosed
- Ice Class: PC6

Visit [QuarkExpeditions.com](http://QuarkExpeditions.com) to view deck plan details.

All images are artist's renderings.







*Deluxe Balcony Suite*



*Sauna*



*Panorama Lounge*



*Fitness Center*



*Balena Restaurant*





# Included Activities

All of these activities are included in the price of your trip.



Ready for a little adventure beyond your ship? Each Quark Expeditions® voyage offers a variety of recreational activities to enhance your polar adventure.

## FLIGHTSEEING

While polar landscapes are spectacular from the sea, they're even more stunning from the air, a view you can enjoy while seated in one of the two twin-engine helicopters stationed on *Ultramarine*. Typically in groups of 6-9, you will experience an unforgettable aerial tour of the Arctic during a 10- to 15-minute flightseeing excursion that's included in the cost of the voyage. Additional helicopter activities may also be available for purchase on board. Please note: all helicopter operations are weather- and logistics-dependent.

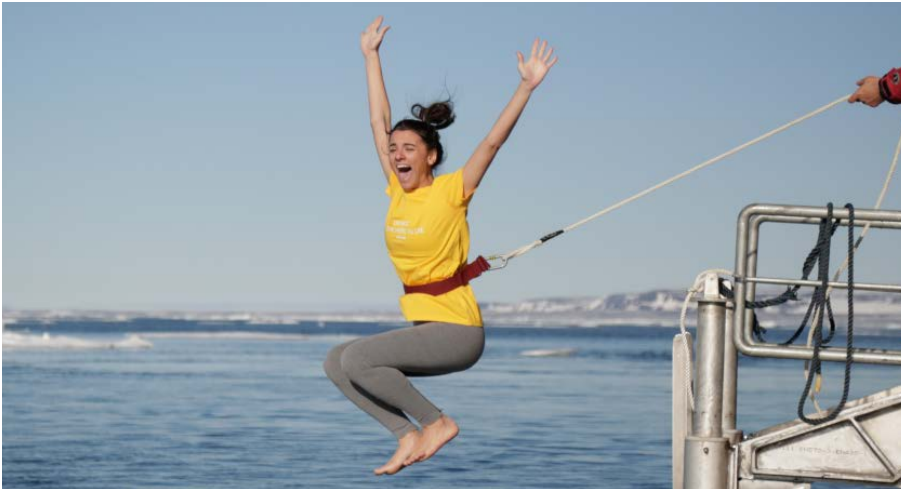
## ZODIAC CRUISING

Zodiacs are the workhorses of polar expeditions, taking you to places the ships can't access, allowing you to reach remote shorelines, explore shallow inlets and search for wildlife. Expedition staff make stepping in and out of them safe and comfortable, and your Zodiac drivers will provide active interpretation, making the landscape come even more alive.

## HIKING

Led by experienced staff, exploring on foot is one of the best ways to appreciate the polar landscapes. Our guides are able to accommodate a range of skill levels to suit every guest.





## POLAR PLUNGE

This rite of passage, scheduled only once per expedition, gives you the chance to jump safely into the bracing Arctic waters under the watchful eye of our staff—and just about every single camera on board!

## PHOTOGRAPHY

Documenting your voyage so you can take the memories home is a rewarding experience. Our photography guides will help you hone your skills to capture the beauty of the polar regions.

*Included with limited availability. Contact your Polar Travel Adviser or your Travel Professional for more information about your Included Activities and Adventure Options, including the necessary experience, physical requirements and cost.*



# Adventure Options

This activity costs extra and should be booked in advance of your trip.



## PLEASE NOTE

Pre-booking is required for all paid activities as there's no guarantee of available spaces on ship. Book early as spaces fill quickly. Please see your pre-departure guide for a list of provided gear for each Adventure Option.

## TUNDRA TO TABLE: INUIT CULINARY EXPERIENCE

This one-of-a-kind adventure into the culinary traditions of the Inuit in Greenland and Nunavut is hosted by Inuit chefs who are experts in Indigenous cuisine. Tundra to Table was developed in partnership with Igapall, a non-profit Inuit food and cultural group. Guests enjoy four courses of modern Inuit fusion-style cuisine while chefs talk about the origins of the food and elements of Inuit cooking. The dinner, featuring regional tableware, includes cultural storytelling.

\* Select departures on *Ultramarine*.

## PADDLE EXCURSION

Join us for a one-time paddle on our stable sit-on-top kayaks—perfect for anyone with minimal or no kayaking experience. Small groups of passengers will be taken out on calm days, with our expert guides always present to provide instruction and help you connect with the polar sea.












# Departure Date

Northwest Passage to Newfoundland: Glaciers, Mountains and Wildlife

**ULTRAMARINE**

<i>Dates</i>	<i>Days</i>	<i>Start / End</i>	 Flightseeing	 Polar Plunge	 Photography	 Zodiac cruising	 Hiking	 Paddling Excursion	 Tundra to Table
<b>ARCTIC 2025</b>									
SEPT 18 - OCT 3, 2025	16	Calgary/ St.John's	Included	Included	Included	Included	Included	\$	\$

## Raise a Glass and Stay Connected.

See below for specifics on our complimentary Wi-Fi and bar service.



# Inclusions and Exclusions

## Inclusions

### RATES INCLUDE:

- Leadership throughout your voyage by our experienced Expedition Leaders, including shore landings and other activities
- All Zodiac transfers and cruising as per the daily program
- All shore landings as per the daily program
- Shipboard accommodation with daily housekeeping
- All meals, snacks, soft drinks and juices on board throughout your voyage (Please inform us of any dietary requirements as far in advance as possible. Unfortunately, the ships' galleys cannot prepare kosher meals.)
- Complimentary beer, standard wines, spirits, and cocktails during bar service hours and dinner
- Complimentary coffee, tea and cocoa available around the clock
- Formal and informal presentations by our Expedition Team and guest speakers as scheduled
- A photographic journal documenting the expedition
- A pair of waterproof expedition boots on loan for landings and Zodiac cruising excursions
- An official Quark Expeditions® parka to keep
- Hair dryer and bathrobes in every cabin
- Complimentary Wi-Fi service on one device permitting basic Internet browsing, email, posting on social media and voice applications. (Premium packages are available for more data-intensive applications.)
- All miscellaneous service taxes and port charges throughout the program
- All luggage handling aboard the ship
- Emergency Evacuation insurance for all passengers to a maximum benefit of USD \$500,000 per person

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival and departure transfers in Calgary and St. John's
- Passport and visa expenses
- Canadian eTA required for non-Canadian or U.S. visa-exempt passengers
- Government arrival and departure taxes not mentioned above
- Meals ashore unless otherwise specified
- Baggage, cancellation, interruption and medical travel insurance—strongly recommended
- Excess-baggage fees on international and domestic flights
- Mandatory waterproof pants for Zodiac cruising, or any other gear not mentioned
- Laundry, bar and other personal charges unless specified
- Phone charges may vary by location
- Voluntary gratuity at the end of the voyage for shipboard staff and crew
- Additional overnight accommodation
- Adventure Options not listed in Included Activities

### \*MANDATORY TRANSFER PACKAGE INCLUDES:

- One night's pre-expedition hotel accommodation in Calgary
- Group transfer from the Calgary hotel to the airport on Day 2
- Charter flights between Calgary and Resolute





## Your Expedition Team

Our Expedition Leaders and their teams bring diverse expertise in subjects as varied as polar history, marine biology, glaciology, ornithology and photography. Their knowledge and enthusiasm will greatly enhance your immersion into the polar environment and further deepen your connection to the Arctic.

With over 30 years of experience bringing passengers to remote polar regions and an industry-leading staff-to-guest ratio, we know how to safely handle the unexpected. Ensuring this hard earned experience is passed on, our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior as part of our onboarding process as well as ongoing training for experienced staff.



## Raise a Glass and Stay Connected

See below for specifics on our complimentary Wi-Fi and bar service.



# Meals on Board

If there is one constant on board, it is that you'll enjoy delicious meals daily. While meal times may change due to landings and wildlife encounters, you'll always be served three well-prepared meals per day. Most dietary restrictions can be accommodated by letting us know prior to your expedition.

Balena Restaurant, the main diningroom on Deck 5 of *Ultramarine*, features tables that accommodate 2 to 10. Guests can enjoy a quiet dinner with a loved one or join a larger table of new friends. Guests will enjoy views from every seat in addition to direct access to the wraparound deck. Guests can also enjoy a meal in Bistro 487, which offers an indoor/outdoor dining experience—perfect for enjoying the polar landscapes.

Breakfasts and lunches are normally served buffet style, while dinners are served plated. À la carte meals are made at the time of your order, allowing our chefs to prepare each dish to your individual needs, ensuring you receive top-quality meals during the course of your expedition.

Complimentary coffee, tea, cocoa and water stations are available around the clock, while soft drinks and juices are available during meals and when the bar is open—all included in the cost of your package.

Enjoy free beer, standard wines, spirits, and cocktails during bar service hours and dinner as part of our new “Raise a Glass and Stay Connected Free” program. Premium wines and champagne are available at extra cost and can be billed to your shipboard account. The well-stocked bars on the ship are open from approximately 5 pm onwards, though hours may occasionally change to accommodate the expedition schedule.







# Possible Excursions

When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. The following sites are a sample of what you may experience on your expedition, whether by ship, Zodiac cruise, or shore landing.

## BEECHEY ISLAND

This is one of Canada’s most important Arctic sites and has been deemed a Canadian National Historic Site. During the Franklin expedition of 1845–46, two of Franklin’s ships, HMS *Erebus* and HMS *Terror*, anchored here with perilous results. Three of Franklin’s crew died here and are buried at marked gravesites.

## CAPE MERCY

Wild and rocky Cape Mercy, at 66.5 degrees North, lies within the Arctic Circle. A shore landing at Cape Mercy will appeal to travelers longing to experience an “extreme Arctic environment.” This remote mountainous wilderness destination, marked by boulder-strewn shores and steep cliffs, has been home to various Indigenous groups, including the Innu and Inuit. Cape Mercy is ideal for hiking. A guided

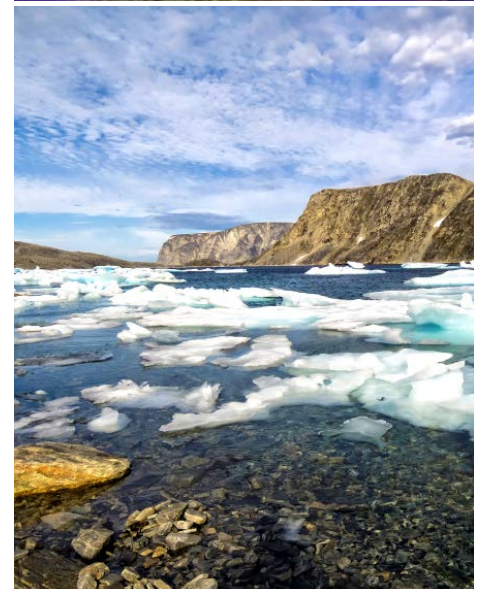
shore walk will deliver incredible views of the vast Davis Strait, which connects Baffin Bay to the Labrador Sea.

## ICY ARM FJORD

Icy Arm Fjord cuts 80 about kilometers deep into northern Baffin Island. This rarely-visited fjord, prized for its towering cliffs, stunning glaciers and unspoiled wilderness, is home to polar bears, Arctic foxes, seals, walruses, as well as guillemots, kittiwakes and other Arctic-dwelling birds.

## L’ANSE AUX MEADOWS NATIONAL HISTORIC SITE

L’Anse aux Meadows National Historic Site, a highly-regarded UNESCO World Heritage Site on the northern tip of Newfoundland, is the only confirmed Norse or Viking colony in North America. Historians believe the settlement, which dates back to 1000 AD, was established by Norse explorer Leif Erikson, son of Erik the Red. Visitors can explore reconstructed Norse buildings and learn about Viking life through exhibits and guided tours, which offer a fascinating glimpse into early transatlantic voyages—in hand-hewn wooden long boats—and Norse culture.





## QIKIQTARJUAQ

Qikiqtarjuaq, which the locals call Qik, is a small, mostly Inuit hamlet off the east coast of Baffin Island. Known as the iceberg capital of Nunavut, Qik is located at the northern entrance to the Auyuittuq National Park, which is home to narwhals, bowhead and orca whales, polar bears, seals and migratory birds. Community visits enable guests to learn about local culture, and purchase art and traditional handicrafts, such as parkas, boots and hand-made items, while gaining insight into life in the far north.

## SAINT PIERRE AND MIQUELON

This small archipelago, 20 kilometers off the coast of Newfoundland, is a self-governing territorial overseas collectivity of France. In fact, these islands, in the Gulf of the St. Lawrence, are the only French lands located on the continent of North America. While visiting the main port town of Saint-Pierre, known for its colonial architecture, winding streets, museums and pronounced French

atmosphere, you can stroll along the seaside, sample French patisseries and enjoy a café scene reminiscent of Paris. Saint Pierre is also highly regarded for its picturesque coastal scenery featuring rugged cliffs and pristine beaches. The islands are traditional territory of the Mi'kmaq, the Indigenous people who first appeared in Atlantic Canada 10,000 years ago.

## TORNGAT MOUNTAINS NATIONAL PARK

Established in 2008, Torngat Mountains National Park is home to Canada's highest mountains east of the venerable Rocky Mountains. The Torngats reach 1,652 meters (5,420 feet) above sea level. The 10,000 square-kilometer park encompasses breathtaking fjords, dramatic glacial formations, stunning landscapes and diverse wildlife, such as boreal woodland caribou, black bears, Labrador wolves, red and Arctic foxes, polar bears, and peregrine falcons. The vast wilderness park is located

at the northern edge of autonomous Nunatsiavut territory, which was recognized as the homeland of the Labrador Inuit in 2005. Torngat, in Inuktitut, means "place of the spirits."

## EXPEDITION SPIRIT

Embracing the unexpected is part of the legacy—and excitement—of expedition travel. When traveling in extremely remote regions, your Expedition Team must consider the sea, ice and weather to guide the route and itinerary details. This itinerary is a tentative outline of what you may experience on this voyage; please be aware that no specific itinerary can be guaranteed. By the same token, wildlife encounters as described are expected, but not guaranteed. Your Expedition Team will use their considerable experience to seek out wildlife in known habitats, but the presence of any particular species of bird or marine wildlife is not guaranteed.





# What to pack on your Arctic expedition

## BY SEA AND AIR

All transfers ship to shore, helicopter flights and Zodiac/ship cruising.

- Waterproof pants (mandatory for every Zodiac and helicopter ride)
- Base-layer wool or synthetic top\*
- Base-layer wool or synthetic bottom\*
- Mid-layer warm or fleece top\*
- Mid-layer warm or fleece bottom\*
- Warm hat that covers ears (bring an extra)
- Scarf, buff, or other face protection
- Warm wool or synthetic socks (keep a dry pair in your bag, and bring extras for layering)
- Waterproof gloves or mitts (bring an extra, lighter pair for hiking)
- Glove liners\*
- Hand and feet warmers\*
- Binoculars
- Polarized sunglasses with UV protection (consider bringing an eyewear retainer: string/clip etc.)
- Ski goggles (for Zodiac cruising on snowy or windy days)
- Waterproof, lightweight backpack or dry sack and/or rain sleeve for camera or a waterproof phone case (to keep camera & gear dry)

\*recommended layering depending on the conditions of the day and reflecting your personal thermo-regulation comfort levels.

## BY LAND (Shore Excursions and Hiking)

In addition to the gear requirements (as above) mandatory for the transit from ship to shore, it is recommended to bring:

- Hat, buff or scarf (for wind and weather protection)
- UV protection (sun hat, polarized sun glasses, sun block, lip balm etc.)
- Collapsible walking sticks for hikes (if required)  
Quantities are available to borrow on every vessel
- Additional reusable (thermos-regulating) water bottle (in addition to the reusable collapsible water bottle provided)

**WHAT TO BRING!** Packing for the Polar and sub-Polar Regions doesn't have to be daunting, and to make it easier for you, all Quark Expeditions voyages include a Quark parka to keep, and a loan of insulated waterproof boots. Additional suggested items include:

## TO WEAR ON BOARD

- The complimentary Quark 3-in-1 Parka provided on board is designed with a waterproof shell that can be worn out on deck, and a removable liner that you can wear to stay comfortable indoors)
- Comfortable casual clothing like lighter shirts, pants or jeans, etc. (in case the ship gets warm)
- Comfortable non-slip closed-toed, heelless shoes (flip flops, sandals or slip-on shoes should not be worn on board due to safety concerns)
- Workout attire (for the fitness center and other indoor activities)
- Swimsuit (for the Polar Plunge! Some vessels may also have a pool, hot tub, sauna and/or steam room. See your ship book for details.)

**Just a reminder:** No formal evening wear required on our voyages but if you would like to bring something a little more dressy for the Captain's welcome and farewell cocktails you may certainly do so!

## ADDITIONAL ITEMS

- Passport, visas, immunization records, travel documents, etc. as required
- Camera gear—complete with charger, storage medium, transport and cleaning kit (lens cloth etc.) and extra batteries
- Reusable waterproof bags or plastic bags with zippers (to keep small items organized and cameras dry)
- Voltage converters and plug adapters (see ship book for details)
- Seasickness, indigestion, headache, or other medications
- Earplugs and eye masks for sleeping
- Moisturizer for face and hands (skin dryness due to wind and temperature changes)
- Credit Card & Small amount of local currency (see pre-departure book for more details)

- › To view our packing checklist online, visit: [QuarkExpeditions.com/What-to-Pack/Arctic](https://www.quarkexpeditions.com/What-to-Pack/Arctic)
- › Related topics are covered on our Frequently Asked Questions page: [QuarkExpeditions.com/Frequently-Asked-Questions](https://www.quarkexpeditions.com/Frequently-Asked-Questions)



Scan this QR code or [click here](#) to watch our video on what to pack before you go!

## WEATHER CONDITIONS & TEMPERATURES

Polar weather is extremely variable; temperatures may hover around the freezing mark and winds can be strong. The extended daylight warms sheltered areas so that you may sometimes find it warm enough for t-shirts. However, you may encounter rain, snow squalls, fog and white-outs during an expedition and should be ready for any conditions.



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Photos captured with a telephoto lens from a responsible distance, following regulatory/AECO guidelines.

**PHOTO CREDITS:** (over all Expedition Brochures for the Arctic 2025 season):

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EXPEDITION BROCHURE  
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