

GREENLAND & WILD LABRADOR

DETAILED ITINERARY

Jan 31/25



Follow the route of Leif Erickson. From Kangerlussuaq, Greenland to St. John's, NL, via coastal Labrador—stopping at incredible Canadian National Parks along the way!

Sailing south over the Arctic Circle, we are surrounded by mountains and glaciers. Greenland's coast is sublime! Nuuk, one of the world's northernmost capitals, offers shopping, dining, and handicrafts.

Crossing the Davis Strait to Canada, we visit Torngat Mountains National Park. This jewel in the Canadian park system is the first and only national park in Canada to be staffed completely by Inuit. We'll honour this monumental achievement while hiking and exploring the deep fjords with Inuit hosts. Our southerly journey will follow the rugged Labrador coast.

Across the Strait of Belle Isle in Newfoundland, we'll roam North America's only authenticated Norse site before sailing the picturesque coast of northeast Newfoundland.

FACTS & HIGHLIGHTS

- 15 days • Start in Kangerlussuaq, Greenland and finish in St. John's, Canada • All meals on board included • Travel aboard the Exploris One Experience the extraordinary privilege of journeying through Inuit Nunangat—the ice, water, and lands of Inuit • Zodiac along the face of a Greenlandic glacier • Cross the Arctic Circle by ship via glorious Kangerlussuaq Fjord (Søndre Strømfjord)
- See and learn about the Qilakitsoq mummies at the Greenland National Museum in Nuuk • Hike and Zodiac among the fall colours of Torngat Mountains National Park, a model of Inuit leadership • Enjoy a warm Inuit welcome in Nain, the administrative capital of Nunatsiavut • Visit the UNESCO World Heritage Site of L'Anse aux Meadows • Sail through the Narrows into St. John's historic harbour for a spectacular finale

DEPARTURE DATES & PRICES FROM (Per person)

Sept 27 – Oct 11, 2026

Premium Stateroom	-	\$15995 USD
Superior Stateroom	-	\$16495 USD
Ocean Stateroom	-	\$16995 USD
Deluxe Stateroom	-	\$17895 USD
Balcony Stateroom	-	\$18895 USD

Does not include charter flight cost, approx \$1595 USD

Activity Level: 1

Comfort Level:

Seas can be rough. Zodiac landings required

ACCOMMODATIONS

Travel aboard the Exploris One.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

This is not an ElderTreks operated tour. As such, participants on this tour are not exclusive ElderTreks clients and it may not adhere to ElderTreks' maximum size restrictions of our tours.

DAY 1 KANGERLUSSUAQ

After your charter flight from Toronto, ON, you'll transfer to the ship by Zodiac.

Begin your journey by sailing out of Kangerlussuaq Fjord (Søndre Strømfjord), a 190-kilometre-long fjord surrounded by mountains and glaciers.

Cross the Arctic Circle on your way and spend time on deck watching for aurora borealis.

Kangerlussuaq, the settlement at the head of the fjord, is a former US Air Force base.

DAY 2 KANGERLUSSUATSIAQ FJORD (EVIGHEDSFJORDEN)

Kangerlussuatsiaq means "the rather big fjord" in Greenlandic, while the Danish name Evighedsfjorden translates to "the fjord of eternity," underscoring its vastness and seemingly never-ending nature.

See why Kangerlussuatsiaq Fjord lives up to its name and marvel at this complex coastal waterway that includes calving glaciers, sheer bird cliffs, and streams cascading against a towering mountain backdrop.

Explore this sublime glacial landscape by ship and by Zodiac.

The waters here are relatively warm, due to the West Greenland Current and the subarctic location.



DAY 3 NUUK

Welcome to Nuuk, the capital of Greenland and one of the world's northernmost capital cities! Nuuk means 'the headland' and is situated at the mouth of a gigantic fjord system. Established in 1728, Nuuk remains the bustling centre of the country today. We have the chance to spot humpback whales in the fjord, reindeer roaming the land, and birds soaring above. The town is home to the University of Greenland, a cathedral dating back to 1849, and Greenland's National Museum. We will visit some of the city's most important sites, and you'll have some free time to explore on your own.

DAY 4 AT SEA - DAVIS STRAIT

Deepen your understanding of the environment, cultures, and history of the region as we sail across the Davis Strait towards Labrador. Get the privileged opportunity to engage with and learn from Inuit in their homeland.

Enjoy workshops and presentations, watch a documentary, and get out on deck! Try your hand at athletic feats during an interactive cultural performance of Inuit games.

Through shared experiences and interactions, develop a deep appreciation for the culture and gain a connection to the stunning landscapes we traverse.

Keep your binoculars ready to spot whales and seabirds who follow in our wake.

DAYS 5-8 TORNGAT MOUNTAIN RANGE, NL, CANADA

We spend four days exploring an area of treeless, mountainous tundra in Torngat Mountains National Park, where some of Canada's highest peaks east of the Rockies are found.

Enjoy your time hiking, visiting archaeological sites, and Zodiac cruising. Here, Inuit of Nunatsiavut will be your guides in their spiritual homeland. Inuit of Nunavik and Nunatsiavut play a key role as partners in the management of Torngat Mountains National Park, and many see the park as a portal for better understanding of Inuit culture. The word Torngat is derived from the Inuttut word tongait, meaning "place of spirits," where Inuit shamans travelled to connect with higher powers. It is not hard, even for a visitor, to feel the power of the place.

Marvel at the gorgeous fjords, landscapes ablaze with autumn colours, and wonderful wildlife sighting opportunities, including the possibility of both polar and black bears.

DAY 9 HEBRON

Step back in time to the historical site of Hebron, which preserves a Moravian Mission station dating from the 1830s.

Call in at the old church, where Inuit who resided here in 1959 learned of their forced relocation.

Take a moment to let history sink in and read the plaque that commemorates this history and the apology to people affected by the relocations, issued by the government of Newfoundland and Labrador in 2005.

Listen to the stories shared by our guides and meet former Hebron residents and their kin who continue to visit the site and to hunt and fish nearby.

DAY 10 NAIN

Visit Nain, the most northerly community in Labrador and the administrative capital of Nunatsiavut.

Stop in at the historic Moravian church, enjoy the brass band, and visit Illusuak, the stunning cultural centre.

Expect a warm welcome and the opportunity to peruse arts and handicrafts at this dynamic visit.

This will be your first chance to see trees since the start of your journey!

DAYS 11-12 LABRADOR COAST

Along the Labrador coast we find coastal barrens, high subarctic tundra, high boreal forest, mid-boreal forest, and string bog. The area is dotted with islands and we'll select a landing based on the conditions of the day

DAY 13 L'ANSE AUX MEADOWS

Wander through the reconstructed Viking habitation at L'Anse aux Meadows, a UNESCO World Heritage Site and the only authenticated Norse settlement in North America.

Learn more about the archaeological remains that date to approximately 1000 CE, and how—amazingly—the site was first found here in 1960 by a close reading of the Viking sagas.

Be sure to visit the superb interpretation centre and meet the actors in period costumes as you

make your way through the reconstructed Norse-style sod buildings. This is a must-see for any visitor to Newfoundland and Labrador!

DAY 14 TERRA NOVA NATIONAL PARK

Northeast Newfoundland is known for the dozens of quaint villages that dot its rocky shores, and it is to one of these small settlements that we will be paying a visit today. We may look forward to a characteristically warm Newfoundland welcome upon our arrival. The bay itself is home to a plethora of islands and, seasonally, icebergs that drift in from the Atlantic.

Photographers will have their work cut out for them capturing the special charm of classic island architecture.

DAY 15 ST. JOHN'S, NL

Sailing into the port of St. John's has to be experienced to be believed. Watch for locals waving from Signal Hill as we take on our pilot and enter the world-famous Narrows to North America's oldest city. The colourful houses of The Battery are always a hit with shutterbugs!

Today we disembark the Exploris One. We will say our farewells and the expedition team will be on hand to assist you with luggage and transportation arrangements.



THE EXPLORIS ONE DETAILS:



Maximum: 144 passengers

Wake up aboard the Exploris One, where breathtaking ocean views from your cabin spark your inner poet. This intimate ship, with space for 144 adventurers is designed to take you to the planet's most remote corners in style. Blending cozy comforts with epic exploration, it's perfect for you thrill-seekers that don't want to leave your barista behind. Learn from our expert expedition team, known for their deep knowledge and quirky charm. Spot seabirds from panoramic decks, enjoy inspiring talks, hands-on workshops, live music, or simply unwind in the ship's welcoming spaces.

CABIN CATEGORIES:

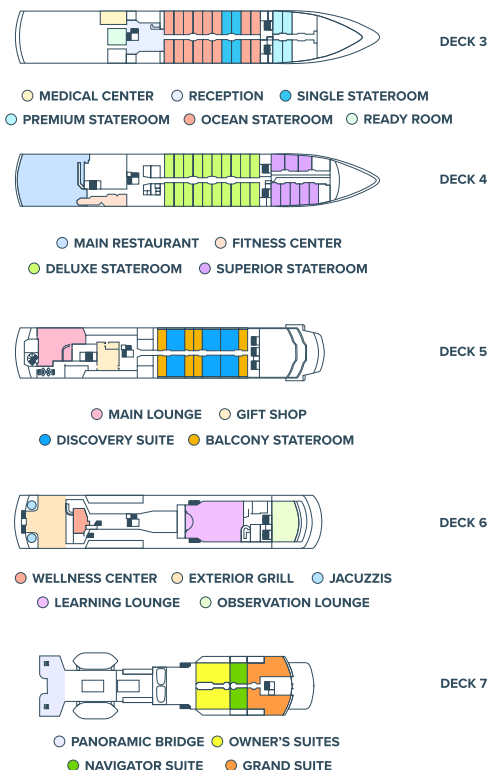
- CABIN CATEGORY 1
Premium Stateroom / Deck 3
- CABIN CATEGORY 2
Superior Stateroom / Deck 4
- CABIN CATEGORY 3
Ocean Stateroom / Deck 3
- CABIN CATEGORY 4
Deluxe Stateroom / Deck 4
- CABIN CATEGORY 5
Balcony Stateroom / Deck 5



Explorers Table Grand Restaurant aboard the Exploris One.



Main lounge aboard the Exploris One.



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

The Exploris One is a 144 passenger vessel which was specifically built for expedition travel.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

From Day 1 to disembarkation, all meals, speciality drinks (including alcoholic and non alcoholic drinks), wifi, lectures, expeditions, entertainment and services of naturalist guides are included. A complimentary expedition jacket is also included.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International and charter flights, and tips. Personal expenses like telephone calls and laundry are not included and put onto your shipboard account which is payable in USD the night prior to disembarkation. Gratuities are not included. Automatic gratuity of \$15 USD per guest/per day will be added to shipboard account. This goes into a lump sum and distributes to the entire crew equally.

4. HOW DO WE TRAVEL DURING THE TOUR?

We cruise on our vessel and often use zodiac's for our adventure excursions.

5. WHAT ARE OUR ACCOMMODATIONS LIKE?

The ship offers exterior cabins with lower berths (one queen size bed, with the option to split into two beds.) All cabins have private washroom facilities, safe, mini bar, direct satellite telephone line, flat screen TV, 24 hour room service and AC. Cabin sizes vary from 160 sq feet to 720 sq feet. The ship's amenities also include a fitness center, sauna, massage room and two outdoor jacuzzies. Please call for pricing.

6. WHAT ABOUT THE WEATHER?

We travel during the northern summer season. In general, we can experience temperatures between 35-55°F (1-12°C).

7. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$3000 USD is due as soon as you decide to go and will reserve your place on the tour. The balance of the land payment is due 150 days before departure. Cancellation charges are applicable and these are outlined in the "Terms & Conditions" section of our brochure.

8. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is required for this adventure with a minimum of \$500,000 USD coverage for evacuation insurance, including air ambulance. We strongly recommend cancellation and interruption insurance as well! ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

9. WHAT MEALS ARE INCLUDED?

All meals are included, starting with dinner on day 1 and finishing with breakfast on departure day.

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed "What to Take" list in our Trip Kit, which we will send to you after you have booked the trip.

11. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries, not group flights. Stop over enroute, come in a few days early, or extend your stay. Call us for a customized itinerary.

12. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the adventure, please call our office for more details. A Trip Specialist will be happy to answer your questions. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

