



The Leader in Polar Adventures

ARCTIC 2023

# SPITSBERGEN IN DEPTH

Big Island, Big Adventure



# Contents

1	Overview
2	Itinerary
4	Arrival and Departure Details
6	Your Ship
8	Included Activities
9	Adventure Options
10	Dates and Rates
11	Inclusions and Exclusions
12	Your Expedition Team
13	Extend Your Trip
14	Meals on Board
15	Possible Excursions
18	Packing Checklist





# Overview

## Spitsbergen in Depth: Big Island, Big Adventure

This 14-day journey offers the most extensive exploration of Spitsbergen in the Norwegian archipelago of Svalbard, including the opportunity to witness iconic Arctic wildlife like walrus, reindeer and polar bears, a glimpse into 16th-century maritime culture at secluded landing sites, and the rare chance to appreciate breathtaking views at the birdwatching utopias 14th of July Glacier and Alkefjellet. If conditions allow, we will also attempt a full circumnavigation of the archipelago during this memorable voyage, including a visit to the remote, uninhabited polar deserts of Nordaustlandet.

The wildlife-viewing opportunities on this trip will leave you with plenty of memories and photos: the walrus with its long tusks and distinctive whiskers; Arctic birds in all their varied majesty; small herds of reindeer loping across the tundra; and that most iconic of Arctic creatures, the polar bear, as it roams the edges of the pack ice. Shore excursions by Zodiac will enable you to set foot in places few humans have. This voyage truly is the big adventure you've been waiting for.

### EXPEDITION IN BRIEF



Encounter iconic Arctic wildlife, such as polar bears, walrus and reindeer



View numerous Arctic bird species, like puffins, Arctic terns and purple sandpipers



Take advantage of continuous daylight



Explore glaciers, fjords, icebergs and more with included Zodiac cruising



Immerse yourself in the icy realm of the Arctic with optional kayaking adventures



Hike the tundra and polar desert



# Itinerary

## DAY 1 | ARRIVE IN HELSINKI, FINLAND

Your Arctic adventure begins in Helsinki, renowned for its extraordinary architecture and intriguing mix of eastern and western influences. If you arrive early, explore the many museums, galleries and restaurants, relax at a Finnish sauna or wander the vibrant Design District before retiring at your included hotel.

## DAY 2 | FLY TO LONGYEARBYEN, SVALBARD & EMBARK

This morning, the group will transfer to the airport and board our private charter flight to Longyearbyen, Spitsbergen's largest settlement, where you'll have some time to explore before embarkation. As your ship sets sail,

enjoy your first view of the island's rugged, glacier-topped mountains rising majestically from frigid waters.

## DAYS 3 - 13 | EXPLORING SPITSBERGEN

Expect a new adventure every day as we begin our journey by heading north and around the island of Spitsbergen, exploring smaller, outlying islands. We plan to circumnavigate Spitsbergen, but if conditions are favorable, we will also attempt a larger circumnavigation of the archipelago, including many of the outer islands in the Svalbard archipelago. Every expedition will be different, depending on the weather and ice, but some of the places we may visit include the 14th of July Glacier, Ny-London, Phippsøya, Alkefjellet and the seldom-visited Kvitøya.



**SPITSBERGEN IN DEPTH:**  
Big Island, Big Adventure  
Onboard the *Ocean Adventurer* ———  
Flights to/from Helsinki - - -



These names may seem strange to you, but each site has its own unique appeal. There is no shortage of natural beauty in Spitsbergen, where colorful tundra meadows are complemented by immense glaciers. For birders, 14th of July Bay is home to puffins, purple sandpipers, black-legged kittiwakes, pink-footed geese, and barnacle geese, while Alkefjellet's cliffs are teeming with nesting Brünnich's guillemots (thick-billed murre).

Always on the lookout for wildlife, be sure to have your camera ready to capture reindeer when we visit sites like Ny-London, Sundneset and Alkhornet. Searching for the iconic polar bear is a constant activity for your Expedition Team. Phippsøya and Isbukta are often home to sea ice, the bears' preferred

habitat for hunting, which translates into great potential for you to view and capture them in action.

A big part of appreciating Spitsbergen comes from understanding the history—not just how people live today, but also how this land was first explored. Whaling was a key industry, and you will see remains of outposts from the 16th century, plus other evidence of whaling at landing sites such as Smeerenburg.

#### **DAY 14 | DISEMBARK IN LONGYEARBYEN & FLY TO HELSINKI**

Your adventure ends in the frontier-style settlement of Longyearbyen. From here, we'll transfer you to the airport for your return group charter flight to Helsinki, included in the transfer package.

### **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.





# Arrival and Departure Details

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As you prepare for your journey, you may be interested in your arrival and departure details. Since international air transportation is not included in the cost of your expedition, you have some flexibility in planning your flights. Looking to extend your adventure beyond your polar expedition? On page 13, learn how to add on a pre- or post-expedition stop—or both!—in Helsinki or a nearby region of your choice.

## Arrival Day and Embarkation

### ARRIVING IN HELSINKI

You may arrive in Helsinki at any time during Day 1 of the itinerary. Your included accommodation will be at the airport hotel, so arrival transfers are not necessary. 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 that evening to answer any questions about the charter flight(s) scheduled for the following morning.

### LONGYEARBYEN AND EMBARKATION

Upon arrival in Longyearbyen (Day 2 of your itinerary), you will be transferred from the airport to a drop off point to have some free time to explore this historic town. Your luggage will be taken directly to the ship, and later you will be transferred from the designated meeting point to the pier. Details of ship transfer times will be provided during your arrival transfer. Due to port logistics, it is possible that you may need to board the vessel by Zodiac, rather than from the pier.



### PLEASE NOTE

There is a strict luggage limit of 50 lbs (23 kg) checked luggage and 18 lbs (8 kg) cabin baggage on the flights between Helsinki and Longyearbyen. Should you have additional luggage, it can be stored at the hotel in Helsinki. There is NO option to pay for additional luggage.



## Final Day and Departure

### DISSEMBARKATION IN LONGYEARBYEN AND ONWARD

Your voyage is scheduled to end back in Longyearbyen between 7am and 8am local time. After breakfast, you will have time to bid farewell to your Expedition Team and shipmates before completing your disembarkation. The process takes about an hour and due to port logistics, may involve one last Zodiac ride to the pier. After disembarkation, you'll be transferred to the central shopping area in Longyearbyen, and if you've chosen to continue your time in Svalbard, you will be dropped off at your hotel. If you've purchased the transfer package, your luggage will be transferred to the airport while you enjoy some free time in town. Later you will be transferred to the airport by bus to pick up your luggage and check in for our return charter flight.

### DEPARTING FROM HELSINKI

Upon arrival in Helsinki, you may connect directly with your onward flight. Scheduled charter flight times will appear in your final documents, and any additional updates will be communicated on board prior to disembarkation.

## 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. If you are arriving prior to Day 1 of your expedition or are staying after the disembarkation day and would like help booking a pre- or post-stay, please contact your Polar Travel Adviser or travel professional for hotel options. As accommodation space is limited, you are encouraged to request any extra nights as early as possible.

## Arrival and Departure Transfers

### HELSINKI AIRPORT TRANSFERS

Arrival and departure transfers in Helsinki are not included in the expedition. Your first night's included accommodation will be provided at the airport hotel, so please make your way to the lobby for check-in when you arrive. The voyage concludes on arrival at the Helsinki airport; if you require a transfer to the city, a Polar Travel Adviser or your travel professional can arrange one for you.

If you are flying home right away, you will most likely be able to board a connecting flight on the same day. Please be sure to allow three hours between our charter arrival and your international departure.







## Your Ship

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Quark Expeditions® boasts the largest polar-class fleet of any polar operator, and the ability to offer you this incredible voyage on one of our ice strengthened vessels.

The entire Quark Expeditions® fleet is built for challenging polar environments, allowing us to take you to places ordinary cruise companies wouldn't dream of going.





## OCEAN ADVENTURER

*Ocean Adventurer* has long been a fleet favorite among guests and crew who've appreciated the charm of this nimble vessel, its ample outdoor deck space, numerous cozy spots to socialize onboard, the outdoor jacuzzi and, of course, the intimacy of a 128-passenger vessel. In 2017, *Ocean Adventurer* underwent a multimillion-dollar renovation including a refreshed look and feel throughout, plus a completely remodeled lounge, dining room and bar. All cabins received brand new bathroom facilities. Six new deluxe cabins, as well as three new suites, were also added. Major technical enhancements featured two new Rolls-Royce engines, which yield increased speed and fuel efficiency, and a minimized carbon footprint.

### SHIP SPECIFICATIONS:

Staff & Crew: 87

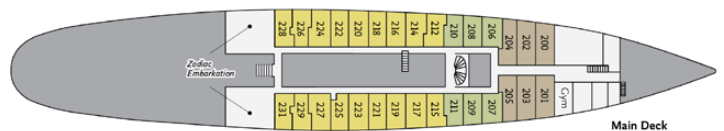
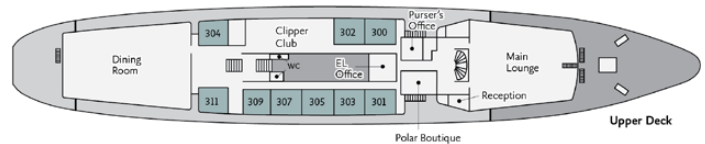
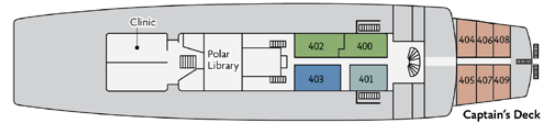
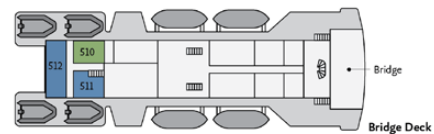
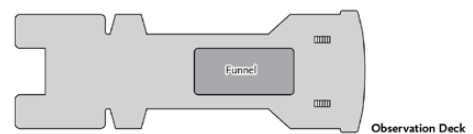
Guests: 128

Lifeboats: 4, partially enclosed

Ice Class: 1A

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

- Owner's Suite
- Suite
- Deluxe
- Superior
- Main Deck Twin Window
- Main Deck Twin Porthole
- Lower Deck Twin
- Triple





# Included Activities

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

## 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 unique 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.

## PRESENTATIONS

Enjoy daily chats with and presentations by our world-class onboard polar experts—expedition guides, specialists, photography guides and other special guests who will introduce you to the fascinating history, biology, ornithology, glaciology and geology of the region, and much, much more.

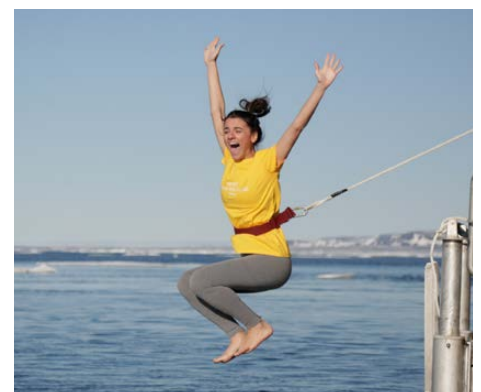
## POLAR PLUNGE

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.

*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

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## PLEASE NOTE

For all paid activities pre-booking is required. We recommend booking early as spaces fill quickly. Please see your pre-departure book for a list of provided gear for each Adventure Option.

### SEA KAYAKING

Imagine gliding across the surface of a bay in the presence of icebergs and glaciers. Our Sea Kayaking program is a great way to intimately explore your surroundings. A small group of kayakers will plan to go out multiple times per voyage as an alternative to shore landings or Zodiac cruises.

The number of opportunities to kayak is weather dependent, and will be conducted only during calm conditions. Prior kayaking experience is required, and you must be able to do a wet exit to participate. Beginners interested in kayaking should consider participating in the Paddling Excursion.

### PADDLING EXCURSION

If you're interested in kayaking but would like to try something a bit less demanding than Sea Kayaking, you're the perfect candidate to sign up 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. Two outings will be pre-booked, and once successfully completed, any subsequent outings will be offered via lottery on board.



# Dates and Rates

Spitsbergen in Depth: Big Island, Big Adventure

## OCEAN ADVENTURER

Dates	Days	Start / End	Triple	Lower Deck Twin	Main Deck Porthole	Main Deck Window	Superior	Deluxe	Suite	Owner's Suite	Transfer Package	Adventure Options	
<b>ARCTIC 2023</b>													
JUL 7 - 20, 2023	14	Helsinki	\$11,995	\$13,995	\$15,495	\$16,995	\$18,495	\$18,495	\$23,495	\$24,995	\$995	\$695	\$195
<b>ARCTIC 2022</b>													
JUL 7 - 20, 2022	14	Oslo	\$10,995	\$13,695	\$15,295	\$16,295	\$17,895	\$17,895	\$23,095	\$24,695	\$995	\$695	\$195





# 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.)
- Select beer and wine during dinner; and 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
- 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
- Transfers between Longyearbyen town center and port on embarkation and disembarkation day

## Exclusions

### RATES SPECIFICALLY DO NOT INCLUDE:

- Mandatory Transfer Package\*
- International airfare
- Arrival and departure transfers in Helsinki
- Passport and visa expenses
- 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 and Internet charges (connectivity 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 night at Helsinki airport hotel, with breakfast
- Charter flight from Helsinki to Longyearbyen
- Arrival and departure transfers in Longyearbyen
- Charter flight from Longyearbyen to Helsinki

**PACKAGE PRICE: \$995 USD**



# Your Expedition Team

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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, all our expedition staff receive comprehensive training in Quark Academy, which provides hands-on polar expedition training prior to any staff member's first voyage as well as ongoing training for experienced staff.







FROM TOP: Kanavaranta Street; Helsinki's Fortress of Sveaborg; Museum of Finland

# Extend Your Trip

## PRE- AND POST-EXPEDITION TRIP EXTENSIONS

You can extend your trip by booking extra days to explore other northern cities before or after the voyage. Since you're traveling such a long way, you may want to spend extra time in Helsinki. Immerse yourself in Finland's capital with a visit to Helsinki's National Museum of Finland where you can learn about the country's history. Then tour the Fortress of Sveaborg before taking in the panoramic views of historic Kanavaranta Street.

*To discover the best options for extending your adventure, get in touch with your Travel Professional or a Polar Travel Adviser for seamless, worry-free booking of all trip extensions.*





# Meals on Board

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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.

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.

Soft drinks and juices are available during meals and when the bar is open; beer and wine are served with dinner; and coffee, tea and water stations are available around the clock - all included in the cost of your package. Spirits, premium wines and champagne are available at extra cost which can be billed to your shipboard account. The well-stocked bars on the ship are open to enjoy with your fellow shipmates in late morning, afternoon and evening.







# Possible Excursions

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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.

## Spitsbergen

### ALKEFJELLET

This cliff is a seabird colony, where Brünnich's guillemots (thick-billed murre) raise their young. An estimated 60,000 breeding pairs reside on the basalt cliffs. The birds do not build nests; rather, they lay eggs on the bare ledges of the cliff. Witness the spectacle of thousands of birds flying to and from their cliff edge, speckling the sky and water, like a beehive on a much grander scale.

### DISKOBUKTA

This bay on the west shore of Edgeøya affords a landing site with a box canyon where black-legged kittiwakes raise their young. Arctic foxes have been seen combing the canyon floor to feed on scraps that have fallen from the nests above. Watch for the bones of ancient North Atlantic right whales—evidence that the land is rebounding since the last major glaciation.



### ISBUKTA

On the eastern shore of the southern tip of Svalbard is Isbukta, which means 'Ice Bay.' Arctic terns, skuas and bearded seals inhabit the bay. Polar bears are known to patrol the area as well.



## KVITØYA

The western part of this island is only 39 miles (62 km) from Victoria Island in Franz Josef Land, which is part of the Russian Arctic. By this definition, this remote outpost is technically closer to the Russian Arctic than it is to Nordaustlandet (50 miles/81 km), though Victoria Island is geologically and geographically part of the Svalbard archipelago, but was omitted by mistake in the Spitsbergen Treaty.

## LILLIEHÖÖK GLACIER

In 2005, nearly 100 years after his great-great-grandfather conducted scientific investigations here, Prince Albert II of Monaco returned to Lilliehöök Glacier to honor his ancestor's memory. Here, you can take a Zodiac cruise amid labyrinths of sparkling icebergs, and witness breathtaking panoramas of ice. You may even spot bearded seals hauled out on the floes.

## LONGYEARBYEN

Home to 2,400 people, the administrative capital of Svalbard is situated on the southern side of Adventfjorden. The settlement was founded in 1905 by John Munroe Longyear, the majority owner of the Arctic Coal Company of Boston. Today as much as ever, this is a true frontier town.

## MOFFEN ISLAND

This island is designated as a protected sanctuary for walrus, which are only viewed from the ship—have your binoculars ready!

## MONACO GLACIER

Prince Albert I of Monaco, a pioneer of oceanography, led an expedition to Svalbard in 1906. His team used sophisticated photographic techniques to understand the shape and position of several glacier fronts. Monaco Glacier honors the expedition, the prince and the principality over which he reigned. While touring the glacier front by Zodiac cruise,





listen to the crackle and pop of the brash ice, search for seals and have a chance to admire a natural sculpture gallery.

#### **NORDAUSTLANDET ISLAND**

This is the second-largest island in the entire Svalbard archipelago, and home to the polar desert. Featured here is Bråsvellbreen, an ice cap connected to the larger Austfonna, which together form a 112-mile- (180 km) long ice cliff. Bråsvellbreen's glacier face makes for an impressive sight during a Zodiac cruise, stretching all the way to the horizon.

#### **PALANDERBUKTA**

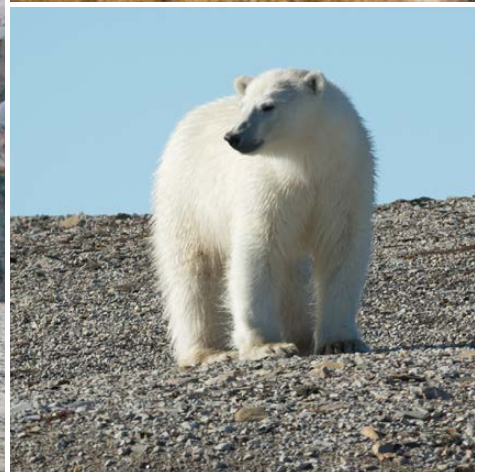
On the western coast of Nordaustlandet, this bay stretches south and east from Wahlenberg Fjord. This is a typical polar desert, where the “ice bear” (polar bear) can sometimes be seen roaming in search of food.

#### **PHIPPSØYA AND MARTENSØYA, SEVEN ISLANDS**

This small archipelago is the northernmost land in Svalbard. Englishmen left their mark following key expeditions in 1773 and 1827. The islands are named after naval officers that took part, with the smallest and least significant island being named Nelsonøya, after the lowly midshipman who was promoted over the years to the rank and title of Vice Admiral Horatio Lord Nelson! Featuring austere polar desert landscapes, and often shrouded in pack ice, these islands are closer to the North Pole than anywhere else in Svalbard.

#### **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'll 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.



# Packing Checklist

## 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 snow squalls, fog and white-outs during an expedition and should be ready for any conditions.

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

### TO WEAR ON LANDINGS

- 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 wool or synthetic socks (wear 2 pairs at a time)
- Glove liners
- Waterproof gloves or mitts (bring an extra pair)
- Scarf, buff, or other face protection
- Warm hat that covers ears
- Waterproof pants (Zodiac mandatory)
- Waterproof bag
- Sunglasses with UV protection (bring an extra pair)
- Sunscreen
- Lip balm

### TO WEAR ONBOARD

- Lightweight waterproof or water repellent shell
- Comfortable casual clothing (lighter shirts, pants or jeans, etc.)
- Comfortable flat shoes with a good tread

### SUGGESTED ITEMS

- Swimsuit (for spa, sauna and steam room use, where applicable, and for the polar plunge!)
- Binoculars
- Hand and feet warmers
- Adjustable hiking poles (if required)
- Camera with extra batteries
- Extra memory or laptop with spare storage (for saving photos)
- Rain sleeve for camera
- Earplugs and eye masks for sleeping
- Voltage adapters
- Mobile phone with alarm clock
- Moisturizer for face and hands
- Extra pair of prescription glasses or contact lenses
- Reusable plastic bags with zippers or ziplocks
- Small medical kit
- Seasickness, indigestion, headache, or other medications
- Passport, travel documents, etc.
- Water bottle
- Yoga and workout attire (for the fitness center!)

For more packing and gear-related info, visit the Quark Expeditions® online Polar Boutique at [Shop.QuarkExpeditions.com](http://Shop.QuarkExpeditions.com)







The Leader in Polar Adventures

TO BOOK YOUR NEXT ADVENTURE

Contact your Travel Professional  
or a Quark Expeditions® Polar Travel Adviser

**TOLL FREE AND LOCAL NUMBERS:**

North America (Toll Free) **1 888 332 0008**

U.K. Tel **+44 203 514 2712**

U.K. (Toll Free) **0 808 120 2333**

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France (Toll Free) **08 05 08 66 46**

**QuarkExpeditions.com**

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EXPEDITION BROCHURE  
*August 2021*