

# Greenland Icecap Crossings



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**For true adventurers who love the Arctic this is THE classic expedition.** Though a part of the Arctic, the interior of Greenland more closely resembles the interior of Antarctica with unbroken snow as far as the eye can see. Long days, unpredictable weather and altitude combine to make this expedition a serious challenge, but the scenery and spirit of Greenland make it all worth while. [More...](#)

## Expedition Dates

**2011 Tentative dates:** May 12-June 7, 2011

**2012 Tentative dates:** May 14-June 8, 2012

## Expedition Pricing

**2011 Price:** \$22,500 (Includes 5-day Polar Shakedown Training & 2 nights pre/post expedition lodging, breakfasts & dinners.)

**2012 Price:** TBA

## Daily Itinerary

Day 1:	Arrive in Kangerlussuaq. Transfer to hotel. Evening welcome reception provides time to meet other team members and review itinerary.
Day 2:	A day in Kangerlussuaq to review expedition procedures and equipment, and to take care of last minute details.
Day 3:	Depart Kangerlussuaq for the Greenland ice cap by skidoo or charter air. We'll be meeting our dog teams and mushers on the ice at a pre-determined "dog camp" located on the icecap just beyond the crevasse zone approximately 30-40 km from Kangerlussuaq.
Day: 4-25	After meeting up with our dog teams, we'll embark on the great crossing. For the next 16-19 days we'll dogsled & ski across the Greenland icecap. This incredible expanse is unlike any other place on Earth, except perhaps for the interior of Antarctica. Our days will be long and potentially very challenging. Our nights provide respite from the elements and a great time to replenish our bodies and spirits with great food, camaraderie, and well-deserved rest. As we near the east coast of Greenland we'll make the descent to the coast on ski and by foot, arriving at the town of Isortoq, then transfer by boat or helicopter to Kulusuk. A very welcome night at a local hotel (with hot shower, ahhh!) and a celebratory dinner will provide a fitting finale to this wonderful adventure.
Day 26:	After an optional breakfast, we'll transport you to the airport for your flight home.

This itinerary is highly dependent on a number of factors and is subject to change. Contact us for a more detailed itinerary!

## **Qualifications**

This adventure is for people who are in good shape, and who are eager to push themselves physically and mentally. Prior cross country skiing experience is preferred. You will need to have very good cardiovascular endurance and the ability to ski several hours at a time, with only short pauses, day after day. This expedition demands that you stay well-fed and hydrated. You need to be proactive about keeping yourself healthy and free of injury. An evacuation from this expedition is very costly and logistically difficult. You do not have to be a world class athlete to participate in and enjoy this expedition, but every ounce of training and preparation will help to make the journey more enjoyable and safer. Please contact us with further questions!

## **Equipment**

Upon registration, you will receive a comprehensive gear guide including an instructional DVD that explains the importance of each item as well as gear recommendations from our past participants.

- 1 pair skis and ski poles (supplied by PolarExplorers)
- 1 pair backcountry ski boots compatible with NNN BC bindings (*must be NNN BC compatible!*) - *IMPORTANT*
- Sleeping bag rated to at least -20° Celsius (bring your own or rent this item from PolarExplorers)
- Bivy sack (bring your own or rent this item from PolarExplorers)
- 2 sleeping pads (bring your own or rent this item from PolarExplorers)
- 1 windproof / waterproof anorak with hood (must be breathable!)
- 1 pr. wind pants (must be breathable!)
- 1 insulated parka with hood
- 1 warm fleece jacket and pants
- 2 sets synthetic or wool underwear, medium weight top and bottom- 2nd set optional
- 1 overmitt system (need to fit over working gloves)
- 2 pair synthetic or wool working gloves
- 2 hats: 1 lightweight balaclava, 1 ski type
- 2 neck gaiters
- 3 pair socks and sock liners
- 1 face mask
- Sun glasses and/ or mountain ski glasses
- 2 pr. anti-fog goggles
- 1 sturdy small backpack with waist belt and sternum strap
- 2 Thermos bottles or insulated water bottles
- 1 set eating utensils with bowl
- Pocket knife / multi-tool
- Personal toiletries
- 1 pee bottle (small plastic bottle)
- Face cream, lip protection
- 4 carabiners

- combined 40+ polar expeditions & adventures)
- 5-day Polar Shakedown Training (THE best polar training available!)
- PolarExplorer's "Polar Prep" DVD covering personal clothing & equipment and tips for training.
- Daily online expedition blogs for friends and family back home
- Pick up at Kangerlussuaq airport and transfer to hotel, drop off at Kulusuk airport from hotel.
- Welcome reception on first night of expedition
- All charter air transportation during expedition as outlined in itinerary
- Up to two nights lodging in hotels (with dinners and breakfasts)
- Skis, poles, sleds (quality gear that's tried and true in the polar environment)
- Tents & all group camping gear
- Expedition patch
- All food while on the ice
- Official Greenland Crossing certificate upon completion
- Communication and safety gear
- Baggage allowance up to 77lbs (35 kg)

#### **What's Not Included:**

- Airfare to/from Greenland
- Personal clothing and accessories
- Full medical, baggage, trip cancellation, evacuation, & search and rescue insurance (required)
- Extended stay fees associated with weather delays
- Alcoholic beverages
- Taxes and gratuity
- Travel to Polar Shakedown location

#### **Full Expedition Description**

For true adventurers who love the Arctic this is THE classic expedition. Though a part of the Arctic, the interior of Greenland more closely resembles the interior of Antarctica with unbroken snow as far as the eye can see. Long days, unpredictable weather and altitude combine to make this expedition a serious challenge, but the scenery and spirit of Greenland make it all worth while. We'll start the expedition in Kangerlussuaq on the west coast of Greenland and make our way to Isortoq on the east coast via the celebrated Dye II station. This is a dogsled-supported ski expedition which means that most equipment and food will be transported by Inuit dogteams, leaving skiers with relatively light day packs that carry only emergency supplies and food and drink for the day. Having dogs as a part of the team adds a wonderful dynamic to the expedition. The local Greenland mushers who join us bring a knowledge and understanding of the Greenland icecap that can't be found outside their culture. On most days the skiers will leave camp first, and break trail for the dogteams who will follow their path. The almost 24 hour sunlight means that we can travel any time of day, and depending on local temperatures we may opt to travel during the night for firmer snow conditions. At the end of each day we'll gather for camaraderie and great meals in a communal cooking tent before retiring to our 2-3 person sleeping tents for the night. This classic expedition has long been considered the third achievement in the Polar trilogy. Join our team and find out why a crossing of the Greenland icecap is held in the same high regard as skiing to the North or South Poles.

**Our Polar shakedown trip is the best Polar training opportunity on the market.** We cover everything from clothing and equipment systems, to cooking, packing a dogsled or pulk, safety systems, and traveling over the ice by dogsled or ski. [More...](#)

## Expedition Dates

2011 Tentative Dates: January 26-January 30, 2011

2012 Tentative Dates: January 25-January 29, 2012

## Expedition Pricing

**2011 Pricing:** \$2,000 (In Ely MN, USA. Includes 2 nights at lodge and 2 nights in tents, all meals)

**2012 Pricing:** TBA

**Can't make these dates?** Contact us about our Expedition Essentials training program in Longyearbyen, Norway just prior to the North Pole expeditions in April, 2011.

## Daily Itinerary

<b>Day 1:</b>	Arrive in Ely, shuttle to our first night's lodge. Over a hearty dinner you'll have an opportunity to meet the other members of the Shakedown training and discuss with your PolarExplorers' guide the upcoming days. After dinner your PolarExplorers' guide will perform an in depth review of Polar equipment and closely review each participants clothing and equipment.
<b>Day 2-4:</b>	After breakfast we'll have a few classes and then it's time to hit the trail! For two days & nights you'll experience what its like to survive (and thrive!) in extremely cold temperatures. We'll cover all sorts of important information (see a sampling of the class list below), and help you gain invaluable experience prior to your expedition. On our final night we'll make our way back to our lodge for hot showers. On most trips, our final night includes the opportunity to ski into a hole cut into the ice. This exercise gives you critical experience in dealing with cold water submerging (an unlikely, but possible occurrence on a North Pole expedition).
<b>Day 5:</b>	Before individuals depart for their respective homes, they will have an individual review with their PolarExplorers' guide. This review is designed to help individuals focus on certain aspects of personal preparations. Our guides will help you create a solid plan so that you arrive for your expedition as prepared as possible.

This itinerary is highly dependent on a number of factors and is subject to change. Contact us for a more detailed itinerary!

## Qualifications

This training is for people who are in good shape, and who are eager to push themselves physically and mentally. You will need to have very good cardiovascular endurance and the ability to either pull a loaded sled or work with a dogteam for several hours at a time, with only a short break in between sessions. Towards the end of the day you'll need to have the energy reserves to set up camp, melt snow for hot tea or cocoa, and help make dinner. This trip can encounter extremely cold conditions, and living in such cold conditions 24 hours a day can be very challenging. You do not have to be a world class athlete to participate in and enjoy this trip, but every ounce of training and preparation will help to make the trip more enjoyable and safer. Please contact us with further questions!

## Equipment

Upon registration, you will receive a comprehensive gear guide including an instructional DVD that explains the importance of each item as well as gear recommendations from our past participants.

- 1 pair skis and ski poles (supplied by PolarExplorers)
- 1 pair skins covering the full length of your skis (supplied by PolarExplorers)
- 1 pair snow pack ski boots (bring your own or let PolarExplorers supply this item)
- 1 pair extra boot liners (bring your own or let PolarExplorers supply this item)
- Sleeping bag rated to at least -35° Celsius (bring your own or let PolarExplorers supply this item)
- Bivy sack (bring your own or let PolarExplorers supply this item)
- 2 sleeping pads (PolarExplorers will provide one pad)
- 1 wind anorak with hood
- 1 wind pants
- 1 insulated parka with hood
- 1 warm fleece jacket and pants
- 2 sets synthetic underwear, medium weight top and bottom-2nd set optional
- 3 sets mitts: 1 regular, 1 overmitts, 1 spare regular mitts or gloves
- 2 pair liner gloves
- 2 hats: 1 lightweight balaclava, 1 ski type
- 2 neck gaiters
- 3 pair socks and sock liners
- 1 face mask
- Sun glasses and/ or mountain ski glasses
- 2 pr. anti-fog goggles
- 1 sturdy small backpack with waist belt and sternum strap
- 2 Thermos bottles or insulated water bottles
- 1 set eating utensils with bowl
- Pocket knife / multi-tool
- Personal toiletries
- 1 pee bottle (small plastic bottle)
- Face cream, lip protection
- 4 carabiners

### What's Included:

- All lodging and food as outlined in itinerary
- All group equipment and some personal gear (skis system, sled system)
- Permits
- Communication and safety gear.

### What's Not Included:

- Round trip airfare to Ely, Minnesota
- Personal clothing and equipment (see list below)
- Trip cancellation and baggage insurance.

## Full Expedition Description

Our Polar shakedown trip is the best Polar training opportunity on the market. We cover everything from clothing and equipment systems, to cooking, packing a dogsled or pulk, safety systems, and traveling over the ice by dogsled or ski. Days are spent skiing and/or dogsledding in conditions similar to those you will find at the North or South Poles. Classes are scheduled throughout the day to maximize your learning, and to give you opportunities to ask questions. Evenings are spent making camp and learning how to survive comfortably in the extreme cold. Nighttime readings from the journals of Polar explorers add to the magic of the experience.

Once you arrive in the Polar region, there is no time to learn the essentials of surviving in the cold. People who have attended the shakedown trip are able to handle the stresses in a systematized manner allowing them the freedom to enjoy their expedition to the fullest. Those who don't have the necessary skills often feel cold, uncomfortable and overwhelmed for the duration of their expedition. In extreme cases, we have seen people on other expeditions drop out before they even left base camp!

If you are going to make the financial, mental and physical commitment to join a polar expedition, why not ensure that you have the best possible experience? Join our Polar Shakedown and make the most of your time on the ice!