

**17 DAYS MS FRAM**  
Departure: August 19, 2021

# Greenland and Atlantic Canada – The Ultimate Fjord and National Park Expedition

## Itinerary 2

Journey from Iceland to the remote eastern coast of Greenland to explore the largest national park and fjord in the world. Then, visit historical sites, cultural gems, and charming cities of eastern Canada.



**Day 1 Reykjavik**  
Start your adventure in the northernmost capital city in the world. Why not book a Pre-Program to visit nearby geothermal hot springs before boarding MS Fram?

**Day 2 At Sea**  
Discover how to protect Greenland's great wilderness during our mandatory safety and sustainability briefing, and visit the Science Center to learn more about Arctic wildlife and ecosystems.

**Day 3 Ittoqqortoormiit** (Half day)  
Visit the most remote inhabited community in the Western Hemisphere, surrounded by ice most of the year and counting less than 500 hardy—yet warm and friendly—souls.

**Days 4-7 North East Greenland National Park**  
Explore the world's largest and least-visited national park, which only allows a small number of expeditions during the very short summer season. Encounter large fjords, giant icebergs, hanging glaciers, tundra, and vertical granite cliffs reaching as far as the eye can see. Go ashore at the best landing sites, and join

exciting optional activities such as kayaking and guided hikes, during which we watch for Arctic wildlife.

**Day 8 Scoresbysund Fjord**  
We attempt to land at the mouth of the Scoresbysund fjord, the world's largest fjord system, extending 215 miles inland and almost 2,000 feet deep. Watch for seabirds, seals, and whales.

**Day 9 At Sea**  
Enjoy lectures on Arctic history, exploration, and Earth sciences presented by the Expedition Team as we cruise along the eastern coast of Greenland.

**Day 10 Umivik**  
Go ashore at Umivik, which is fringed by numerous calving glaciers and where Fridtjof Nansen launched his famous Greenland ice sheet expedition in 1888.

**Day 11 Skjoldungen**  
See the island of Skjoldungen, situated between two deep fjords and described by 19th century Danish explorer W.A. Graah as 'paradise on Earth.'

**Day 12 Prins Christian Sund**  
Cruise through this long, enchanting fjord encircled by peaks soaring over 7,280 feet high and packed with glaciers calving icebergs into the sea.

**Day 13 At Sea**  
We set our course for Canada. Spend this day at sea recapping your adventures, having fun and learning in the Science Center, or just relaxing out on deck.

**Day 14 Red Bay** (Full day)  
The remains of several submerged 17th century Basque whaling ships led to this small fishing town becoming a UNESCO World Heritage Site.  
**INCLUDED EXCURSION:**  
*Red Bay Highlights Access*

**Day 15 Corner Brook**  
Explore the small Canadian city of Corner Brook at the mouth of the Bay of Islands and the Humber River.  
**INCLUDED EXCURSION:**  
*Local Performance on Board*

**Day 16 At Sea**  
Spend a final day at sea exchanging stories with your fellow adventurers, or observing samples taken on the voyage through state-of-the-art microscopes in the Science Center.

**Day 17 Halifax**  
Discover the colorful capital of Nova Scotia after disembarking MS Fram. We suggest you extend your adventure on our exciting Post-Program before heading home.



This map describes our planned journey. Weather and ice conditions will determine our final itinerary.

### Included

#### ACTIVITIES

- Lecture program
- Nature landings
- Small-boat (RIB) cruising
- Art activities
- Photo program
- Science activities
- Birdwatching

### Optional

#### EXCURSIONS

- Coastal Labrador and Point Amour Lighthouse, Red Bay
- Red Bay Then and Now Historical Walking Tour
- Gros Morne by Bus, Corner Brook
- Marble Mountain Zip Line, Corner Brook
- Captain Cook's Trail, Corner Brook
- Corner Brook Trails Adventure, Corner Brook
- Kayaking

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