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INDUSTRY AWARDS

**WINNER**

2022 MOST OUTSTANDING  
TOUR OPERATOR

# Arctic Travellers Guide



[chimuadventures.com](http://chimuadventures.com)



## WELCOME TO THE ARCTIC

In this Arctic Travellers Guide you will find a complete picture of how to get prepared for what can only be described as the adventure of a lifetime.

The Arctic is one of the world's most extraordinary regions, famous for its incredible landscapes, uninhabited valleys and fascinating wildlife. The Canadian Arctic offers some of the most dramatic glaciated landscapes on the planet, as well as diverse wildlife and a rich Inuit culture plus access to the fabled Northwest Passage. Greenland showcases towering coastal cliffs lined with vast fjords and glaciers, waters strewn with imposing icebergs and isolated Inuit communities. Spitsbergen is the land of the polar bear and the midnight sun, the 'wildlife capital of the Arctic'. Please read through this Arctic Travellers Guide as it contains some important information and helpful hints that will ensure you're prepared for your expedition to the Arctic. Thank you for choosing to travel with us. We hope you are as excited about your Chimu adventure as we are! We are sure you will make the most of it.



*Chad Carey*

**Chad Carey**

Co-Founder of Chimu Adventures

## M.A.D PROJECT

Since we started in 2004, we have been working with separate projects in Antarctica and Latin America. Now, we have pulled these all together under the banner of the Make A Difference (M.A.D.) Project, where we can directly work and promote humanitarian programs that would not otherwise have a voice. All of our projects have been thoroughly researched for their ethical and moral outcomes. We support the MAD Project so that the project itself has no overheads, every donation made is passed onto the projects it supports, in full.

If you would like to contribute or learn more about this or one of the other projects, donate, join an event or get involved, visit: [madproject.org](http://madproject.org)





# THINK BEFORE YOU PRINT

*PAPER AND PULP PRODUCTION HAS BEEN NOTED AS THE 4TH LARGEST INDUSTRY CONTRIBUTOR OF GREENHOUSE GAS EMISSION IN THE WORLD TODAY.*

As a company we care about sustainability and being environmentally accountable. We are currently striving towards using less paper and aim to become a paperless organisation.

As a way of giving back to the earth that makes who we are and what we do possible, we are highly dedicated to playing our part in minimising our impact.

For more information about our Best Practice Guide on sustainability for our organisation and our travellers please go to:

[chimuadventures.com/about/bestpractices](https://chimuadventures.com/about/bestpractices)

For these reasons all documentation including your Final Travel Documentation will be sent electronically. To view your Travel Documentation including this guide simply download them to your electronic device before you depart for access during your trip. We ask our travellers that you reconsider printing any communication and documents from us.





## TRAVEL DOCUMENTS

Once you are confirmed on an Arctic cruise, these are the following steps:

### STEP 1

You will receive a Cruise Information Email with links to important forms to fill out.

### STEP 2

Fill out necessary forms and return **no later than 100 days prior to departure.**

### STEP 3

Receive your final documents which includes detailed transfer and boarding information, contact information for the ship and local emergency contacts.

**Please note:** Failure to complete the forms in Step 2 may delay your final documents.

### STEP 4

If you are arriving ahead of your cruise departure, please ensure that you have booked pre-tour accommodation.

## TRAVEL ADVICE AND SAFETY PRECAUTIONS

### AUSTRALIAN CITIZENS

We recommend registering with Smarttraveller to be kept up to date with the latest travel advice and safety precautions:

[smartraveller.gov.au](http://smartraveller.gov.au)

### NEW ZEALAND CITIZENS:

We recommend registering with Safe Travel be kept up to date with the latest travel advice and safety precautions:

[safetravel.govt.nz/register-your-travel](http://safetravel.govt.nz/register-your-travel)

### UK CITIZENS

we recommend checking the FCO website for the latest travel advice and safety precautions:

<https://www.gov.uk/foreign-travel-advice>

Please monitor the travel warnings and make an informed decision about your plans based on your advice.

## CANADIAN ARCTIC

If flying into Canada, an eTA (Electronic Travel Authorisation) is required for citizens of Australia, New Zealand, European Union, England and Ireland.

Applications can be made on line: <http://www.cic.gc.ca/english/visit/eta-start.asp>

You will need a valid passport, credit card and email address. The cost is currently CA\$7.00 per person, and the eTA is valid for a period of 5 years from the date of issue. In most cases applications are approved within minutes.

## COVID-19 REGULATIONS

Most cruise operators have implemented a range of COVID protocols to manage health, safety and hygiene and ensure the safety of their guests, staff and crew onboard.

### 1. CHECK REQUIREMENTS

It is the passengers responsibility to check entry requirements embassies and airline prior to departure

### 2. MAKE SURE YOU HAVE CORRECT PAPERWORK

Failure to produce the correct paperwork may result in being denied boarding.

**We cannot be held responsible if you do not meet these requirements or unable to provide the required documentation to partake in any part of your itinerary.**





## PASSPORTS



Please ensure that your passport is valid for at least six months after the return date of your holiday, and you have sufficient blank pages for any entry/exit stamps.

 **Traveller Tip:**

Take a photo or scan the first pages of your passport and email these to yourself along with a copy of your air ticket and any other relevant travel and insurance documents.

## VISA REQUIREMENTS

### IMPORTANT:

Please refer to our Visa Requirements Page on our website for the most up to date information on visas and travel restrictions.

[CHIMUADVENTURES.COM/TRAVEL/CHIMU-VISA-TRAVEL-INFORMATION](https://www.chimuadventures.com/travel/chimu-visa-travel-information)

Be sure to also check requirements for any countries you are traveling through on the way to and from your city of embarkation.

### DISCLAIMER:

*While we will assist in every possible way to provide you with accommodation and flight details necessary to obtain any necessary visas, we are NOT a consular service and it is the sole responsibility of the traveller to obtain the necessary visas before departing Australia. Travelling without a visa may result in the cancellation of part or the whole of your tour without refund. Please refer to our terms and conditions for more information.*





## TRAVEL INSURANCE

**TRAVEL INSURANCE IS MANDATORY ON ALL CRUISES AND TOURS BOOKED WITH CHIMU.**

Travel Insurance is one of the most important components of any trip, especially if you are travelling to the Arctic.

**It is vital that you have comprehensive cover for:**

### ✓ ACCIDENTS & EMERGENCY EVACUATION

Because of the remoteness of the Arctic, medical attention and evacuations and repatriation to your home country are extremely expensive. A lot of cruise operators will require you to have unlimited cover for this or at least to cover a specified amount which can differ between operators so please check with your booking agent.

### ✓ SICKNESS & LOSS OF LUGGAGE

If you have any existing medical conditions, you will need to declare these and there are some things that may not be covered. Refer to the wording of your chosen policy and read this carefully.

### ✓ CANCELLATION/DISRUPTION TO TRAVEL

You should have adequate cancellation cover and take out a policy at the time of booking so you are covered in case of unforeseen circumstances that may prevent you from travelling.

Travel insurance will also protect you against disruption to travel and alterations to your pre-booked travel plans, if local issues arise.

### ✓ WEATHER

Travel delays and unforeseen disruptions are not uncommon in the Arctic – mainly due to weather and sea conditions, so please take a policy that covers this.

### ✓ SPECIFIC DESTINATIONS/CRUISE COVER

Select a policy that will cover all your intended destinations as well as anywhere else on land you will be spending time.

For some policies you will need to select 'cruise cover' to be covered while you are onboard. If you have any doubts, please check with your policy provider.

### ✓ ACTIVITIES

Please ensure you have adequate cover for any additional activities you may take part in, such as camping, mountaineering, kayaking, skiing and diving.





## WHAT IS INCLUDED IN YOUR ARCTIC CRUISE

This does vary from cruise to cruise, but meals are included on all cruises, as are all main activities (such as Zodiac cruises and shore landings). Some cruises may charge for more extreme activities such as snowshoeing, polar diving and ski mountaineering etc or other optional activities like city tours while in port. These may need to be

booked in advance and as spaces are generally limited, the activities can become fully booked long before the cruise departure. Most drinks, souvenirs, laundry services and any communication charges are generally not included and need to be purchased separately and tipping is suggested.

## TAXES & CHARGES

### BAGGAGE ALLOWANCES

Please check with your airlines ahead of time and/or when booking flights to determine what your carry-on and checked bag allowance is as this often varies. Excess baggage fees can be very expensive.

**Internal flights** often have stricter baggage restrictions and some carriers do not include baggage allowance on their domestic routes and will charge upon check in.

**Charter flights** also have very strict luggage restrictions, please refer to your documentation if relevant to your booking.

Always carry your important documents and necessities (including any prescribed medication) in your carry-on luggage.

**If you are traveling via the United States**, we advise that you do not lock your luggage, or alternatively use a Travel Security Administration (TSA) approved security device.

### FUEL SURCHARGES

Please note that should world oil prices increase significantly prior to departure your cruise booking may be subject to fuel surcharges. Cruise operators do attempt to factor this into the price of your cruise. However,

unexpected rises in the cost of marine fuel can change rapidly and sometimes it is necessary for these to be passed on. By booking a tour with us, you accept this as part of our booking terms. Once we have been notified of any surcharges from the cruise operator, we will endeavour to advise you as soon as possible.

### CHANGES TO SCHEDULE

The Arctic is an extreme environment. While all efforts will be made to keep to the planned schedule, there may be reasons outside of the cruise company's control that will result in changes to your planned program. If the itinerary is changed to allow for weather (or other factors) then you agree that this is the nature of expedition cruising and that no compensation will be offered because of applicable itinerary changes.

### DEPOSIT & FINAL PAYMENT

Please refer to your invoice for details of deposit and final payment. All deposits are non-refundable as per our terms and conditions. It is important to remember that failure to pay deposits or to make the final payment by the due date may result in the cancellation of your booking.





## HEALTH INFORMATION

### ON BOARD MEDICAL FACILITIES

Most Arctic cruise ships have an infirmary and a qualified physician on board to provide routine and emergency health care. There is usually a charge for a consultation and for any medication prescribed, although seasickness is often treated free of charge.

### MEDICATION BROUGHT FROM HOME

It is recommended to pack double the amount you might require

### SEASICKNESS

There are a variety of over the counter and prescription remedies available. Inter-dermal patches (such as Scopolamine patches) and bands tend to be the most effective preventative medication.

Seasickness medication is most effective if taken prior to the onset of nausea – so don't wait until you feel sick to start taking it. If you are prone to motion sickness, it is best to stay hydrated, eat small amounts regularly and avoid alcohol, tobacco, excess liquids and confined spaces.





# PERSONAL GEAR & PACKING ESSENTIALS

The Arctic is an extreme environment and the weather can change dramatically with no warning. UV radiation is strong and you should bring plenty of sun protection. Temperatures vary from -20°C (-4°F) to +5°C (41°F). For your comfort avoid getting wet and bring wind and waterproof outer layers. Wool, silk and some of the new synthetic fibres like polar fleece retain heat better than cotton.

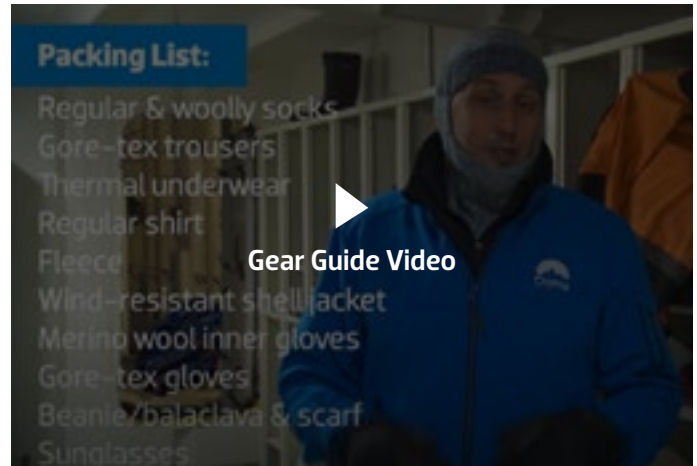
Body heat is easily lost from the hands and feet and the head, so keep them warm and dry. For hands, mittens are better than gloves and wear a hat or beanie. Between each layer there is a film of trapped air which, when heated by your body, acts as an excellent insulator. It also gives you the flexibility to remove a layer if you are too warm to keep you from overheating.

We recommend that you pack your gear in sturdy soft-sided luggage to make it easier to stow in your cabin. Try to avoid overpacking and bring informal, practical attire for your trip that can be worn in layers.

## WHAT TO PACK:

In this video you can find insider tips and tricks to guide you on your trip of a lifetime:

[youtu.be/lu9c7lkW08s?si=Se1V-wnCkrweSiP1](https://youtu.be/lu9c7lkW08s?si=Se1V-wnCkrweSiP1)



## CLOTHING GUIDE FOR EXCURSIONS



**THERMAL UNDERWEAR**  
Merino Wool is recommended



**T-SHIRT**



**FLEECE JUMPER**



**WATERPROOF JACKET**  
Usually supplied by ship



**BEANIE**



**SUNGLASSES/GOGGLES**



**SNOOD/SCARF**  
to protect your face from wind



**SNOW GLOVES**



**FLOTATION DEVICE**  
Supplied by ship



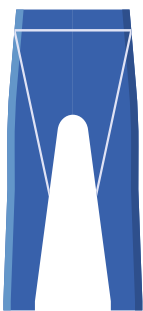
**GLOVE LINERS**



**THERMAL SOCKS**  
2 pairs on colder days



**BOOTS**  
Supplied by ship



**THERMAL UNDERWEAR**  
Merino Wool is recommended



**OPTIONAL**  
for colder days



**DOWN JACKET**  
Optional for colder days



**TRACKSUIT PANTS**  
Optional for colder days



**WATERPROOF TROUSERS**  
*Very Important!*  
You cannot ride on Zodiacs without these!

### Traveller Tips!

- > **Pack a spare set of snow gloves in case they get wet.** This way you will have time for them to dry.
- > **If you are doing a heli tour, you will need to wear waterproof trousers over a dry suit (provided).** Try to bring a larger size of waterproof trousers.
- > **Don't forget to put on Sunscreen!**





## PACKING CHECKLIST

### BASICS

- Underwear
- Socks
- Pyjamas
- Gym clothing

### TOILETRIES/ MEDICATION

- Toothbrush, paste & floss
- Shampoo & conditioner
- Nailcare kit
- Shaving essentials
- Band-aids
- Pocket tissues
- Deodorant
- Hairbrush & hair bands
- Eye drops
- Face & hand cream
- Lip balm with SPF
- Sunscreen SPF50+
- Antiseptic cream
- Seasickness medication
- Painkillers
- Imodium & rehydration salts
- Prescription medication

### TO WEAR ONBOARD

- T-shirts
- Long sleeve t-shirts
- Jumpers
- Nice shirt for casual dinners
- Swimsuit
- Jeans
- Jacket

### TO WEAR ON EXCURSIONS

- Thermal socks
- Base layers/leggings/thermals
- Insulating layers polar fleece/puffy vest
- Waterproof trousers
- Waterproof ski gloves
- Beanie/fleece headband
- Buff/neckwarmer/snood

### ACCESSORIES

- Waterproof rucksack/drybag
- Spare glasses/contacts
- Ski goggles/polarised sunglasses/prescription sunglasses & cord
- Walking poles
- Travel journal & pens
- Travel pillow
- Reusable water bottle

### TECHNOLOGY

- Laptop or iPad & charger
- External hard drive
- GoPro & charger & batteries
- Mini tripod
- Camera & waterproof housing
- Phone & charger
- Binoculars
- Headphones
- Voltage adapters
- Multiplug powerboard

### OPTIONAL ITEMS

- Ziplock bags
- Travelling snacks
- Kindle & charger
- Tablet & charger
- Sleep eye mask
- Waterproof phone case
- Ugg boots/Slippers
- Binoculars
- Body moisturiser





## MONEY IN THE ARCTIC

The currency that you'll use during your Arctic voyage will depend on the countries you are visiting during your trip.

### NORWAY

If you are joining in Longyearbyen, the local currency is the "Norwegian Krone" and is represented as NOK, although many shops in Longyearbyen accept Euros.

### ICELAND

For tours that visit Reykjavik in Iceland, the local currency is the "Icelandic Krona" and is represented as ISK.

### CANADA

In Iqaluit, the local currency is the "Canadian Dollar" and is represented as CAD

### GREENLAND

In Kangerlussuaq the local currency is the "Danish Krone", represented as DKK.

Most cruise ships accept Euros € and US \$ to settle any onboard expenses. Major credit cards, in particular Visa and MasterCard are also widely accepted on board. In general, all on board purchases made during the cruise are charged to your cabin and settled at the end of the voyage.

## TIPPING GUIDELINES

Crew members are paid a fair wage. Tipping staff is still recommended for good service. You can choose what you deem as fair and think about what you would pay in your home country.

**A suggested amount would be US\$15 per day.**

Without the crew, and their expertise the voyage would not be possible. On most cruise ships, tips are collected centrally and distributed amongst the entire crew.





## LIFE ONBOARD

Expedition ships are much smaller than large contemporary cruise ships with more limited facilities. The majority have a lecture theatre, lounge, library and a bar and restaurant. Some ships may have a gym, spa, sauna or small pool. A doctor is on board, in case of major sickness, but passengers should be prepared.

Many itineraries include visits to Inuit communities and National Parks such as Auyuittuq National Park on Canada's Baffin Island.

### DAILY PROGRAM

The expedition leader will advise the program for the following day in the evenings. They will outline mealtimes, activities, events, excursion times and details of any lectures or presentations. There may be changes to the scheduled daily program due to weather, sea and ice conditions or to take advantage of opportunities such as wildlife sightings.

### DRESS ON BOARD

We recommend you wear casual and informal clothes onboard that are lightweight and easy to care for. Warm clothing is needed when on deck. You should opt for things you can layer in a hurry if there's an unexpected wildlife sighting. Some ships require slightly dressier attire, such as a sports jacket and collared shirt for men, and equivalent for women, for the captain's dinner or special occasions such as Christmas and New Year dinners.

### FOOD & DINING

Most vessels have dining rooms that can seat all guests in one sitting. The menus feature a diverse selection of dishes prepared by chefs. Breakfasts and lunches tend to be buffet style, while dinner is usually a three or four-course meal. Vegetarian options are available but please advise us of any special dietary requirements, at time of booking or note these on your Passenger Information Form. Some dietary requirements may be more difficult to cater to. If you do not advise of dietary requirements in advance it may not be possible to cater to them.

### INTERNET

You can stay connected to the internet on board most ships. Connections can be slow and most ships charge you based on the amount of data you use. Mobile phones and roaming do not work in most areas. Please refer to your pre-departure information for more information about what your ship offers.

### LAUNDRY

Most ships provide a laundry service. You will be charged per item. Some ships have a heated mudroom where wet clothes can be stored and dried.

### ELECTRICAL OUTLETS

The electrical outlets on board many vessels are 220V (AC current) with European 2 pin round holes, as well as 110-volt shaving sockets in bathrooms for electric razors. Please check your pre-departure information and consider bringing an international adapter and you may need to bring a voltage converter.

### SMOKING

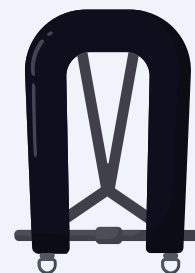
Smoking is only allowed in designated areas on the outside decks. Smoking is not permitted anywhere inside the vessel, in cabins or anywhere near the Zodiacs and is strictly prohibited when doing onshore landings. Please remember to respect the natural environment and dispose of all cigarette butts in designated ashtrays or bins. **DO NOT under any circumstance throw any cigarette butts overboard.**





## ZODIAC CRUISING

You will be transferred from the ship on excursions by Zodiacs. These are large, stable vessels that are extremely safe and designed for expeditions. They are used for Zodiac cruises among icebergs and alongside wildlife such as whales. Most zodiacs carry between 10 and 15 people. Your ship will provide a briefing, including information on the best and safest way to board and exit a Zodiac and the difference between wet and dry landings. They will have specific rules and regulations but the following acts as a general guide.



**You must have proper attire including waterproof trousers, warm headgear and waterproof boots.**

**Always wear a Personal Flotation Device (PFD) over your parka.**



- ▶ Keep your hands free of personal items so you can hold on and accept assistance when embarking or disembarking the Zodiac.
- ▶ Bring waterproof bags or dry sacks to store electronics and valuables.
- ▶ Never attach anything to the grab lines.
- ▶ While the Zodiac is in motion, you must remain seated with your feet on the deck. Never attempt to stand unless the Zodiac driver has given permission to do so. On arrival at a landing site or alongside the ship gangway, remain seated until instructed to disembark.
- ▶ Keep your body, arms and hands inside the Zodiac to avoid injuries.
- ▶ Boots and clothing must be cleaned before and after each landing to avoid contamination of landing sites.



## TYPICAL DAY ONBOARD

There is really no such thing as a typical day on an Arctic cruise. Landing locations vary with each cruise and ship and can depend on weather and ice conditions, the season and wildlife sightings. Some days are full sailing days whereas other days involve one or more excursions. Certain operators include other activities or offer optional adventure activities. If you have pre-booked these, then more information will be included in your travel documents/given onboard the ship.



### 6.00am – 7.00am

Wakeup call sounds across the PA System. Make your way to the lounge for an early cup of tea or coffee. After breakfast, return to your cabin to get ready for the first excursion of the day. Head to the gangway and board your zodiac.



### 8.00am – 11.30am:

You may spend the morning cruising amongst the icebergs and looking for wildlife, or perhaps enjoy a landing to walk to a viewpoint or explore an area on foot.



### 11.30am – 2.30pm:

Enjoy lunch onboard. The ship is likely to set sail again as you have lunch, heading towards the next location. After lunch there is generally time to relax before the ship reaches its next destination.



### 2.30pm – 5.30pm:

You return to your room to layer up once more and prepare for the afternoon excursion. At the end of the excursion, you are returned to the ship by Zodiac.



### 5.30pm – 7.00pm:

If there are no more excursions for the day, there may be the option to attend a presentation on an aspect of the Arctic.



### 7.00pm – 8.30pm:

Dinner is served around 7.00pm and is usually a sit down a la carte meal. After dinner there may be a movie shown or you can just relax in the lounge or bar.





## TOURISM & SUSTAINABILITY

The Arctic region is a vast and pristine natural environment, and we want it to stay that way for generations to come. There are a number of regulations and guidelines to follow when you are exploring remote regions such as the Arctic. In areas with high density of wildlife ships will often need to reduce their speed and some activities, such as helicopter flightseeing may be limited or prohibited. When visiting local communities and during shore landings and encounters with wildlife you should follow guidelines given by your expedition crew.

## AECO GUIDELINES

Arctic expedition vessels are governed by AECO – Association of Arctic Expedition Cruise Operators, which was founded in 2003 to implement a range of guidelines to ensure that expedition ships cruising in the Arctic adhere to safe, responsible and environmentally friendly travel practices. AECO is also working to reduce plastic pollution through their Clean Seas program.

More information about the guidelines and what you can do to uphold them will be provided during briefings onboard your cruise. Please follow the instructions of the expedition and onboard crew who are well versed in the regulations. You can also find the guidelines on the AECO website <https://www.aeco.no/guidelines/visitor-guidelines/> or watch the following video:



# WILDLIFE IN THE ARCTIC

## WALRUSES



Spending two thirds of their lives in the water, these "tooth-walking sea horses" cuddle their calves in the same fashion as human mothers. They have distinctive "whiskers", blubbery skin and long tusks that males use to fight for dominance over harems. The average weight of a walrus is between 800 and 1,700kg.

## ARCTIC FOXES



Arctic foxes, also known as snow foxes, have the warmest mammal fur in the world, which is why they are so well-adapted to handling the extreme cold and able to endure temperatures as low as -50°C. They will eat whatever is available, even if it means scavenging leftovers from other predators, such as polar bears!

## POLAR BEARS



Only found in the Arctic, polar bears are the largest bears in the world weighing between 295-600kgs. They have black skin to absorb heat, but their fur appears white. They can swim for several hours and move up to 40km p/hr on land. Polar bears feed almost exclusively on seals but they can fast for months. They travel great distances in search of prey.

## REINDEER



These animals are the only type of deer in which both the males and females grow antlers. These antlers fall off and regrow every year. In the summer months reindeer eat grasses, herbs, ferns and mosses, while in winter they feed almost exclusively on lichens. They are ruminants, which means they have four stomachs.

## CARIBOU



Although the similarities between reindeer and caribou are numerous, the differences are enough that they are classified as two subspecies. Caribou are larger and wilder than reindeer and have never been domesticated. Unlike reindeer which are more sedentary, caribou are famous for their long migrations, journeys that may span more than 4,500km annually.

## MUSK OXEN



Their name is derived from the strong musky smell of the bulls that is emitted during the mating season in summer. The musky smell is used to attract females during breeding. Musk oxen roam the tundra in search of the roots, mosses and lichens that sustain them. In winter, they use their hooves to dig through snow to graze on these plants. During the summer, they supplement their diet with Arctic flowers and grasses. They are more closely related to sheep and goats than to oxen.

## ATLANTIC PUFFINS



Nicknamed "sea parrots", puffins have black and white feathers and a large beak which changes colour during the year. In winter, the beak has a dull grey colour, but in spring it blooms with an outrageous orange. They spend most of their lives out at sea, resting on the waves while not swimming. They measure around 25cm in length.

## SNOWY OWLS



Snowy owls are mostly white with narrow, sparse brown bars and spots. Their golden coloured eyes are rather small for an owl and their toes and claws are thickly covered with feathers. Unlike most other owl species, snowy owls hunt mainly in the daytime. They are highly nomadic and their movements are tied to the abundance of their primary prey species, lemmings.

## HUMPBACK WHALES



Humpbacks are one of the most active whales, frequently breaching, slapping their tails and fins on the water surface. They also have the longest annual migration of all mammals. The male humpback whale is famous for its complex songs, which can last for hours.

## BELUGA WHALES



Beluga whales have white skin and a round bump called a "melon", used to make many different communication sounds and facial expressions. They communicate with one another with sounds like clicks, moos, whistles and clangs. They can also mimic the sounds they hear around them, including human speech. Belugas are known as the "canaries of the sea" because of the vast range of sounds they produce, according to the NOAA.

## NARWHAL WHALES



Often dubbed "the unicorns of the sea", narwhals are strange and beautiful creatures with long tusks protruding from their heads. These are actually enlarged teeth with sensory capability and up to 10 million nerve endings inside. Their length ranges from 4 to 6 metres.

## ORCAS



Orcas are often called killer whales. Though they don't typically attack humans, this name is still well-chosen due to the animal's ability to take down large marine animals, such as sea lions and whales. In fact orcas will prey on almost any animal they find in the sea, in the air over the water or along the coastline. To hunt, killer whales use their massive teeth, which can grow up to 10 centimetres long.

## HARP SEALS

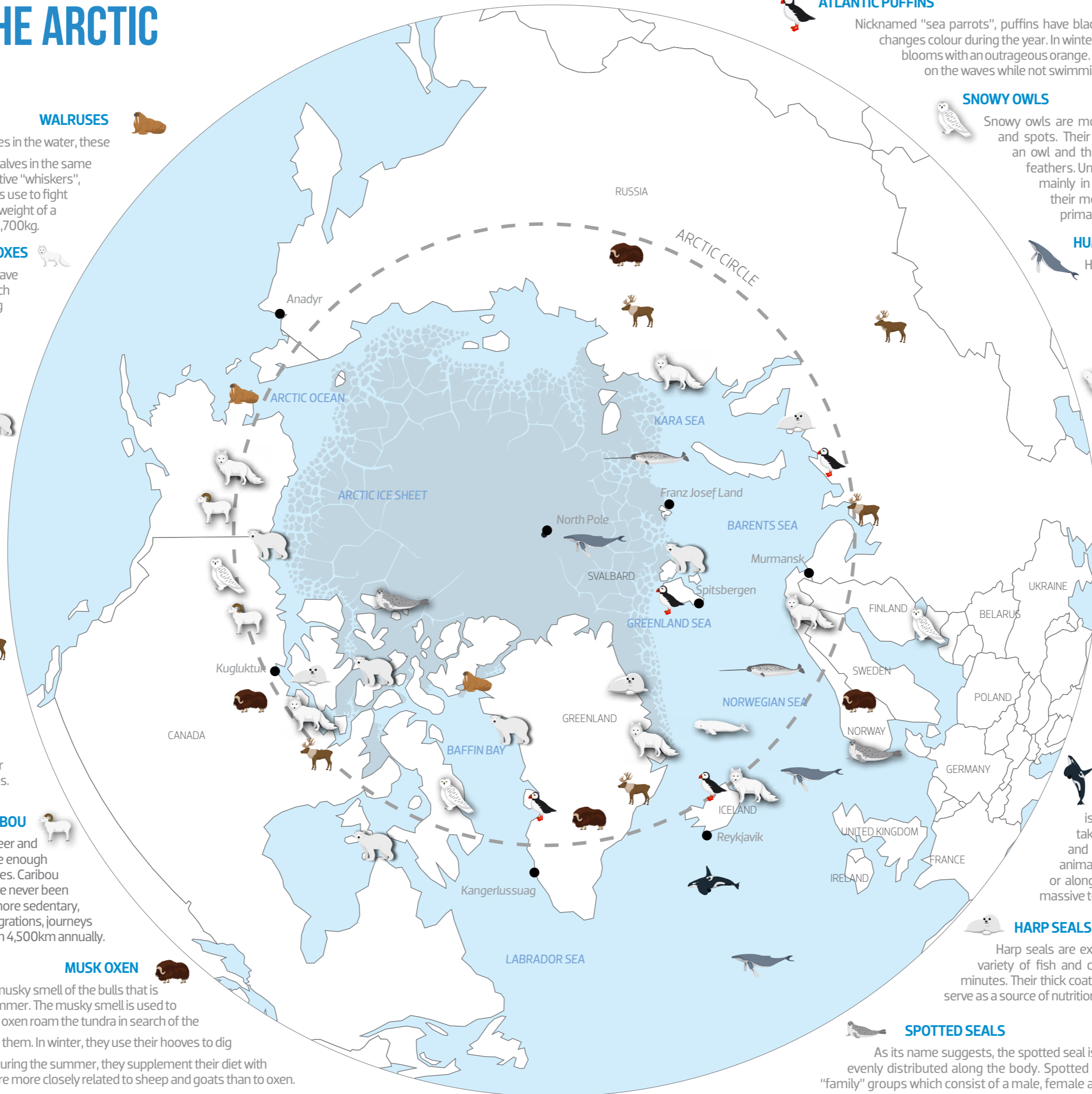


Harp seals are extremely agile swimmers, able to catch a wide variety of fish and crustaceans. They can stay underwater for 15 minutes. Their thick coats of blubber not only keep them warm but also serve as a source of nutrition when food resources are thin.

## SPOTTED SEALS



As its name suggests, the spotted seal is marked with a pattern of dark spots and are evenly distributed along the body. Spotted seals are monogamous each year and form "family" groups which consist of a male, female and a pup.







## PHOTOGRAPHIC TIPS & HINTS



### LEARN HOW TO USE YOUR CAMERA!

If you have purchased a new camera or any other photographic equipment, we strongly recommend that you learn about it and how to use it before your trip.



### BRING SPARES

Bring spare batteries and plenty of memory cards, as you are likely to take far more photos than you expect and cold temperatures drain batteries faster than normal.



### PREPARE FOR WET WEATHER

Bring a dry sac or waterproof bag to protect your camera and other equipment, especially when on the Zodiacs.



### FILTERS

Use a polarising or 'warming' filter for shots of the ice and to reduce the glare on the water.



### LENSES

Use a longer lens length or zoom for wildlife photography to avoid disturbing the wildlife.

Use a wide-angle lens to capture the true scale of the Arctic.




















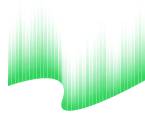





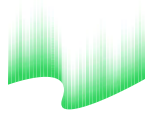








### BRING A DAY PACK

Daypacks are a more convenient way to carry your equipment when getting into and out of the Zodiacs, rather than a side bag.





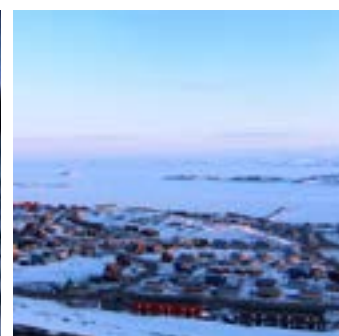
## SEASONS IN THE ARCTIC

Month	Daylight	Avg Temp	Sea Ice	Best time to see
<b>Spring</b> MAY	 16 HOURS	MIN <b>-3 °C</b> MAX <b>3 °C</b>		 polar bears  seals  snow/icebergs
<b>Summer</b> JUNE	 18 HOURS	MIN <b>2 °C</b> MAX <b>8 °C</b>		 polar bears  seals  snow/icebergs
<b>Summer</b> JULY	 21 HOURS	MIN <b>5 °C</b> MAX <b>11 °C</b>		 polar bears  seals  migrating whales  sea birds
<b>Summer</b> AUGUST	 20 HOURS	MIN <b>4 °C</b> MAX <b>10 °C</b>		 auroras  seals  migrating whales  sea birds
<b>Autumn</b> SEPTEMBER	 16 HOURS	MIN <b>0 °C</b> MAX <b>5 °C</b>		 auroras  seals  migrating whales  sea birds
<b>Autumn</b> OCTOBER	 13 HOURS	MIN <b>-1 °C</b> MAX <b>-7 °C</b>		 auroras  seals  sea birds



## CANADIAN ARCTIC

Beyond Canada's continental north you will find the Canadian Arctic Archipelago, with over 36,000 islands, most lying deep within the Arctic Circle. A cruise in this remote region takes you through incredible wilderness scenery of fjords, glaciers, mountains and pack ice. The Canadian Arctic is also well known for its diverse wildlife, history and rich Inuit culture. It is home to seals, whales, polar bears, caribou, musk oxen, walrus, Arctic wolves and foxes as well as thousands of seabirds that nest in the cliffs. Here you may also encounter small indigenous communities and the archaeological remains of hunting lodges that date back thousands of years. It is in this region that you can follow in the wake of the legendary explorers Amundsen, Baffin and Franklin who searched for the Northwest Passage, a fabled trade route across the Arctic from Europe to the Far East. The two ships under Franklin's command disappeared mysteriously before Amundsen made the first successful navigation of the route on his 1903–6 Gjoa expedition.



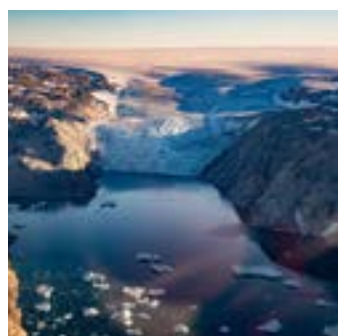
### Getting there:

Departure from selected Canadian cities where guests will board a charter flight to Iqaluit to board their cruise. From here you can explore the Canadian Arctic and Greenland.



## GREENLAND

Unique, spectacular and dramatically beautiful, Greenland is dominated by a vast ice cap that covers 80% of the island. It is the largest non-continental island in the world, lying almost entirely within the Arctic Circle. Greenland's waters are strewn with icebergs, sometimes turquoise and sometimes beautifully sculpted. Glaciers are prolific and the coast is lined with fjords. For wildlife enthusiasts, Greenland will not disappoint as it is home to polar bears, musk oxen, reindeer, walruses, whales, seals and sea eagles. And then of course there are the incredible Northern Lights (Aurora Borealis), Greenland providing one of the best vantage points to see the spectacular display of colours flashing across the Arctic sky.



### Getting there:

Most cruises that include Greenland will usually start or end in either Longyearbyen or Reykjavik. Charter flights can also be included in the package



## SPITSBERGEN

The only permanently inhabited island in Svalbard and renowned for being home to more polar bears than people, Spitsbergen is an unrivalled Arctic destination. In summer, you can cruise the Arctic waters and tackle heart-thumping expeditions by dog sled. In winter, be blown away by the spectacle of the Northern Lights. Spitsbergen is the most visited Arctic destination in Europe and a brilliant introduction to Arctic explorations.



### Getting there:

Longyearbyen is the major thoroughfare for Arctic cruises visiting the Spitsbergen area. It is also the departure point for most cruises to the North Pole. Fly via Oslo or Tromsø to Longyearbyen.



## NEW REGULATIONS FROM JANUARY 2025

On the archipelago of Svalbard there are new regulations coming into place to protect the delicate eco systems and wildlife in the region. Tourism in Svalbard has grown enormously over the past decade, and regulations are needed.

- There will be a limitation of 200 passengers on board in nature reserves and national parks.
- Previously it was required to keep a distance of 300 meters from polar bears around the archipelago. **From 2025 it will be required to keep a distance of 500 meters from polar bears** around the archipelago between 1 March and 30 June.

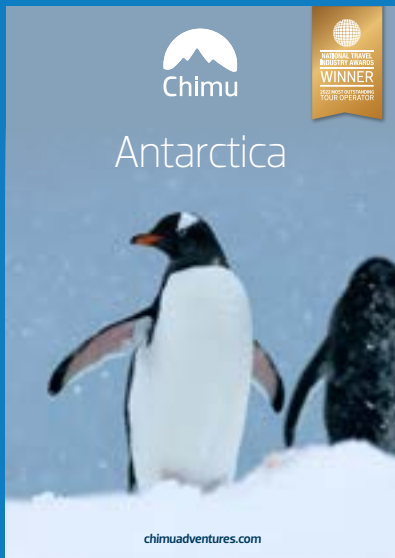
- From 2025 there will be a speed limit of 5 knots within 500 meters from land outside bird cliffs in the period April 1 to August 31.
- From 2025 motor traffic at sea must keep a minimum of 150 meters distance from haul out sites for walrus and the speed limit for motor traffic is 5 knots at a distance of 300 meters from haul out sites for walrus.

Please see the below links from Association of Arctic Expedition Cruise Operators (AECO) for additional information

Guidelines: <https://aeco.no/guidelines/>

Polar Bear Viewing Guidelines: <https://aeco.no/wp-content/uploads/2024/04/polar-bear-new-profile.pdf>





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